

ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: High School Breakfast/High School Lunch

Portion Values - Detailed

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Generated on: 3/10/2017 8:52:53 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 03/06/2017															
High School Breakfast	Total														
BREAKFAST BURRITO -CHORIZ O-H.S	1 EACH	381	123	507	4.51	2.66	216.6	578	3.94	*0	16.94	41.97	14.91	5.49	0.00
BREAKFAST BURRITO - EGG- H.	1 EACH	400	125	494	4.18	2.19	310.0	400	3.54	*0	16.18	41.81	17.77	8.00	0.00
BREAKFAST SANDWICH - MS, HS	1 EACH	203	20	468	2.50	1.68	71.0	87	0.0	*N/A*	15.5	20.0	7.5	2.00	0.00
MINI MAPLE PANCAKES- ALL SC HS	3 OZ	220	5	340	3.00	1.44	60.0	0	0.0	*N/A*	5.0	36.0	7.0	1.00	0.00
SANDWICH, PBJ - MS & HS	SANDWIC	334	0	334	3.13	1.13	20.9	0	0.0	*N/A*	10.44	33.42	17.76	3.66	*N/A*
CEREAL, ASSORTED-ALL SCHO OLS	1 EACH	233	0	311	5.00	16.20	125.0	625	7.2	*N/A*	5.25	50.75	1.75	0.00	0.00
YOGURT & BAR (GREEK) - HS	1 EACH	240	5	150	3.00	1.08	200.0	0	2.4	*N/A*	12.0	38.0	4.0	1.00	0.00
YOGURT & BAR (REGULAR) - HS	1 EACH	230	0	190	3.00	1.08	400.0	0	1.2	*N/A*	5.0	43.0	4.0	1.00	0.00
FRUIT: ASSORTED FRESH-ALL S CHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL S CHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
KETCHUP- ALL SCHOOLS	1 Packet	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00

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

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

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

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Base Menu Spreadsheet

Combined: High School Breakfast/High School Lunch

Portion Values - Detailed

Page 2

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
High School Lunch	Total														
CHEESY BEEF NACHOS- HS	1 EACH	526	49	1018	4.90	3.07	338.7	566	2.9	*0	19.34	46.17	28.28	13.99	0.00
SALAD, HAND TOSSED- HS	1 EACH	612	64	887	7.05	4.30	149.3	*10057	8.51	*3	27.45	61.98	28.62	5.42	*0.00
RICE BOWL, TERIYAKI CHIX - HS	1 each	388	53	434	6.36	2.46	70.4	1030	36.89	*1	22.89	63.7	4.37	1.38	0.00
POTATO BAKED W/TACO & CHS E-HS	1 EACH	459	48	728	6.44	4.42	320.7	500	27.22	*3	20.18	64.93	13.28	7.56	0.00
PIZZA, PAPA J CHEESE- HS	SLICE	380	20	780	4.00	2.70	500.0	500	3.6	6	22.0	49.0	11.0	4.00	0.00
PIZZA, PAPA J PEPPERONI- HS	SLICE	430	30	950	4.00	2.70	450.0	750	4.8	6	23.0	49.0	16.0	6.00	0.00
PIZZA, PAPA J HAWAIIAN- HS	SLICE	410	30	990	5.00	2.70	500.0	500	4.8	8	25.0	52.0	12.0	4.50	0.00
PIZZA, PAPA J VEGGIE- HS	SLICE	390	20	780	5.00	2.70	500.0	750	12.0	8	23.0	53.0	11.0	4.00	0.00
SPICY CHIX SANDWICH-MS, HS	SANDWIC	344	55	691	2.92	3.18	58.4	500	8.65	*N/A*	19.81	39.87	12.92	2.98	0.00
HAMBURGER- HS	SANDWIC	254	35	501	2.92	3.18	58.4	100	8.65	*N/A*	18.81	28.87	6.92	2.48	0.00
CHEESEBURGER- H.S.	SANDWIC	308	49	714	2.92	3.21	137.4	238	8.65	*N/A*	21.98	29.1	11.41	5.31	*0.00
WESTERN BURGER - HS	SANDWIC	338	35	723	4.12	3.62	74.4	121	9.61	*2	20.01	41.55	10.12	3.08	0.00
SIDE SALAD - MS, HS	EACH	20	0	17	1.85	0.58	25.2	6112	8.77	*2	1.05	4.18	0.24	0.02	*0.00
SALSA - ALL SCHOOLS	SERVING	41	0	488	1.59	2.54	13.6	624	4.54	*N/A*	1.7	7.94	0.23	0.03	*N/A*
POTATO SALAD - HS	1 EACH	150	4	352	1.50	2.03	15.0	0	6.75	*N/A*	1.5	18.0	8.25	1.12	0.00
CARROTS- ALL SCHOOLS	bag	30	0	66	2.47	0.76	27.2	11728	2.21	4	0.54	7.01	0.11	0.02	0.00
POTATO TOTS- ALL SCHOOLS	1 EACH	140	0	225	2.70	0.36	10.9	2182	3.56	*N/A*	2.16	19.99	5.65	0.81	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
KETCHUP- ALL SCHOOLS	PACKET	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00
MAYONNAISE- ALL SCHOOLS	packet	25	0	100	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	2.5	0.00	0.00
DRESSING, RANCH- ALL SCHOO	PACKET	49	5	105	0.02	0.02	1.5	8	0.05	*N/A*	0.15	1.05	4.93	0.72	0.05
MUSTARD, PACKET-ALL SCHOO	1 EACH	5	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.5	0.5	0.0	0.00	0.00
DRESSING, ITALIAN- HS	PACKET	12	0	107	0.00	0.03	1.8	1	0.0	1	0.05	1.2	0.8	0.10	0.00
BBQ SAUCE PACKET- ALL SCHO OLS	PORTION	15	0	85	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
Weighted Daily Average		649	48	971	8.76	4.29	561.6	*4728	27.25	*18	27.33	98.63	17.27	5.32	*0.01
% of Calories										*10.9%	16.9%	60.8%	24.0%	7.4%	*0.0%
Nutrient Guideline		633-750		1146										<10.00	

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

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Base Menu Spreadsheet

Combined: High School Breakfast/High School Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 03/07/2017															
High School Breakfast															
	Total														
BREAKFAST BURRITO - BACON	1 EACH	375	115	527	4.18	2.26	210.4	250	3.54	*0	14.18	41.44	15.86	6.00	0.00
BREAKFAST BURRITO - EGG- H.	1 EACH	400	125	494	4.18	2.19	310.0	400	3.54	*0	16.18	41.81	17.77	8.00	0.00
BURRITO, BEAN & CHSE- ALL S CHS	1 EACH	397	16	447	9.00	1.57	312.0	216	1.4	*N/A*	18.5	56.0	11.0	4.70	0.00
MINI MAPLE PANCAKES- ALL SC HS	3 OZ	220	5	340	3.00	1.44	60.0	0	0.0	*N/A*	5.0	36.0	7.0	1.00	0.00
SANDWICH, PBJ - MS & HS	SANDWIC	334	0	334	3.13	1.13	20.9	0	0.0	*N/A*	10.44	33.42	17.76	3.66	*N/A*
CEREAL, ASSORTED-ALL SCHO OLS	1 EACH	233	0	311	5.00	16.20	125.0	625	7.2	*N/A*	5.25	50.75	1.75	0.00	0.00
YOGURT & BAR (GREEK) - HS	1 EACH	240	5	150	3.00	1.08	200.0	0	2.4	*N/A*	12.0	38.0	4.0	1.00	0.00
YOGURT & BAR (REGULAR) - HS	1 EACH	230	0	190	3.00	1.08	400.0	0	1.2	*N/A*	5.0	43.0	4.0	1.00	0.00
FRUIT: ASSORTED FRESH-ALL S CHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL S CHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
KETCHUP- ALL SCHOOLS	1 Packet	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00

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Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: High School Breakfast/High School Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
High School Lunch	Total														
CHEESY BEEF NACHOS- HS	1 EACH	526	49	1018	4.90	3.07	338.7	566	2.9	*0	19.34	46.17	28.28	13.99	0.00
SALAD, HAND TOSSED- HS	1 EACH	612	64	887	7.05	4.30	149.3	*10057	8.51	*3	27.45	61.98	28.62	5.42	*0.00
KOREAN BBQ PORK TACOS	SERVING	382	54	655	6.01	2.65	166.2	4	0.4	*0	16.89	44.76	15.71	3.71	*0.00
CHICKEN W/MASHED POTATO-	SERVING	323	55	332	3.62	2.43	57.1	36	50.16	*1	20.22	36.68	11.48	2.37	0.41
PIZZA, PAPA J CHEESE- HS	SLICE	380	20	780	4.00	2.70	500.0	500	3.6	6	22.0	49.0	11.0	4.00	0.00
PIZZA, PAPA J PEPPERONI- HS	SLICE	430	30	950	4.00	2.70	450.0	750	4.8	6	23.0	49.0	16.0	6.00	0.00
PIZZA, PAPA J HAWAIIAN- HS	SLICE	410	30	990	5.00	2.70	500.0	500	4.8	8	25.0	52.0	12.0	4.50	0.00
PIZZA, PAPA J VEGGIE- HS	SLICE	390	20	780	5.00	2.70	500.0	750	12.0	8	23.0	53.0	11.0	4.00	0.00
SPICY CHIX SANDWICH-MS, HS	SANDWIC	344	55	691	2.92	3.18	58.4	500	8.65	*N/A*	19.81	39.87	12.92	2.98	0.00
HAMBURGER- HS	SANDWIC	254	35	501	2.92	3.18	58.4	100	8.65	*N/A*	18.81	28.87	6.92	2.48	0.00
CHEESEBURGER- H.S.	SANDWIC	308	49	714	2.92	3.21	137.4	238	8.65	*N/A*	21.98	29.1	11.41	5.31	*0.00
CHICKEN DRUMSTIX & ROLL - H.	1 EACH	340	55	585	2.00	2.52	20.0	100	2.4	4	21.0	33.0	13.5	3.00	*0.00
SIDE SALAD - MS, HS	EACH	20	0	17	1.85	0.58	25.2	6112	8.77	*2	1.05	4.18	0.24	0.02	*0.00
SALSA - ALL SCHOOLS	SERVING	41	0	488	1.59	2.54	13.6	624	4.54	*N/A*	1.7	7.94	0.23	0.03	*N/A*
POTATO SALAD - HS	1 EACH	150	4	352	1.50	2.03	15.0	0	6.75	*N/A*	1.5	18.0	8.25	1.12	0.00
CARROTS- ALL SCHOOLS	bag	30	0	66	2.47	0.76	27.2	11728	2.21	4	0.54	7.01	0.11	0.02	0.00
POTATO TOTS- ALL SCHOOLS	1 EACH	140	0	225	2.70	0.36	10.9	2182	3.56	*N/A*	2.16	19.99	5.65	0.81	0.00
GO 'BONZO'S - HS	1 EACH	160	0	360	6.00	2.16	40.0	0	0.0	*N/A*	8.0	24.0	4.0	0.00	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
TORTILLA CHIPS - HS	2 OZ	268	0	186	3.06	0.86	60.1	2	0.0	0	4.03	38.43	11.73	1.59	0.46
COOKIE DAY - ALL SCHOOLS	1 EACH	124	0	54	1.34	0.73	6.7	0	0.0	*3	1.68	19.82	4.37	0.91	0.00
KETCHUP- ALL SCHOOLS	PACKET	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00
MAYONNAISE- ALL SCHOOLS	packet	25	0	100	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	2.5	0.00	0.00
DRESSING, RANCH- ALL SCHOO	PACKET	49	5	105	0.02	0.02	1.5	8	0.05	*N/A*	0.15	1.05	4.93	0.72	0.05
MUSTARD, PACKET-ALL SCHOO	1 EACH	5	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.5	0.5	0.0	0.00	0.00
DRESSING, ITALIAN- HS	PACKET	12	0	107	0.00	0.03	1.8	1	0.0	1	0.05	1.2	0.8	0.10	0.00
BBQ SAUCE PACKET- ALL SCHOOLS	PORTION	15	0	85	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
Weighted Daily Average		685	45	926	8.96	4.29	529.7	*5080	25.16	*18	25.89	106.06	18.90	4.60	*0.07
% of Calories										*10.7%	15.1%	61.9%	24.8%	6.0%	*0.1%
Nutrient Guideline		633-750		1146										<10.00	

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Wed - 03/08/2017															
High School Breakfast	Total														
BREAKFAST BURRITO -CHORIZ O-H.S	1 EACH	381	123	507	4.51	2.66	216.6	578	3.94	*0	16.94	41.97	14.91	5.49	0.00
BREAKFAST BURRITO - EGG- H.	1 EACH	400	125	494	4.18	2.19	310.0	400	3.54	*0	16.18	41.81	17.77	8.00	0.00
BREAKFAST SANDWICH - MS, HS	1 EACH	203	20	468	2.50	1.68	71.0	87	0.0	*N/A*	15.5	20.0	7.5	2.00	0.00
MINI MAPLE PANCAKES- ALL SC HS	3 OZ	220	5	340	3.00	1.44	60.0	0	0.0	*N/A*	5.0	36.0	7.0	1.00	0.00
SANDWICH, PBJ - MS & HS	SANDWIC	334	0	334	3.13	1.13	20.9	0	0.0	*N/A*	10.44	33.42	17.76	3.66	*N/A*
CEREAL, ASSORTED-ALL SCHO OLS	1 EACH	233	0	311	5.00	16.20	125.0	625	7.2	*N/A*	5.25	50.75	1.75	0.00	0.00
YOGURT & BAR (GREEK) - HS	1 EACH	240	5	150	3.00	1.08	200.0	0	2.4	*N/A*	12.0	38.0	4.0	1.00	0.00
YOGURT & BAR (REGULAR) - HS	1 EACH	230	0	190	3.00	1.08	400.0	0	1.2	*N/A*	5.0	43.0	4.0	1.00	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
KETCHUP- ALL SCHOOLS	1 Packet	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00

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

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

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: High School Breakfast/High School Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
High School Lunch	Total														
CHEESY BEEF NACHOS- HS	1 EACH	526	49	1018	4.90	3.07	338.7	566	2.9	*0	19.34	46.17	28.28	13.99	0.00
SALAD, HAND TOSSED- HS	1 EACH	612	64	887	7.05	4.30	149.3	*10057	8.51	*3	27.45	61.98	28.62	5.42	*0.00
RICE BOWL, ORANGE CHIX- HS	1 each	392	40	300	6.36	2.10	50.4	930	38.09	*1	18.89	68.7	4.87	0.88	0.00
POTATO BAKED W/TACO & CHS E-HS	1 EACH	459	48	728	6.44	4.42	320.7	500	27.22	*3	20.18	64.93	13.28	7.56	0.00
PIZZA, PAPA J CHEESE- HS	SLICE	380	20	780	4.00	2.70	500.0	500	3.6	6	22.0	49.0	11.0	4.00	0.00
PIZZA, PAPA J PEPPERONI- HS	SLICE	430	30	950	4.00	2.70	450.0	750	4.8	6	23.0	49.0	16.0	6.00	0.00
PIZZA, PAPA J HAWAIIAN- HS	SLICE	410	30	990	5.00	2.70	500.0	500	4.8	8	25.0	52.0	12.0	4.50	0.00
PIZZA, PAPA J VEGGIE- HS	SLICE	390	20	780	5.00	2.70	500.0	750	12.0	8	23.0	53.0	11.0	4.00	0.00
SPICY CHIX SANDWICH-MS, HS	SANDWIC	344	55	691	2.92	3.18	58.4	500	8.65	*N/A*	19.81	39.87	12.92	2.98	0.00
HAMBURGER- HS	SANDWIC	254	35	501	2.92	3.18	58.4	100	8.65	*N/A*	18.81	28.87	6.92	2.48	0.00
CHEESEBURGER- H.S.	SANDWIC	308	49	714	2.92	3.21	137.4	238	8.65	*N/A*	21.98	29.1	11.41	5.31	*0.00
WESTERN BURGER - HS	SANDWIC	338	35	723	4.12	3.62	74.4	121	9.61	*2	20.01	41.55	10.12	3.08	0.00
SIDE SALAD - MS, HS	EACH	20	0	17	1.85	0.58	25.2	6112	8.77	*2	1.05	4.18	0.24	0.02	*0.00
SALSA - ALL SCHOOLS	SERVING	41	0	488	1.59	2.54	13.6	624	4.54	*N/A*	1.7	7.94	0.23	0.03	*N/A*
POTATO SALAD - HS	1 EACH	150	4	352	1.50	2.03	15.0	0	6.75	*N/A*	1.5	18.0	8.25	1.12	0.00
CARROTS- ALL SCHOOLS	bag	30	0	66	2.47	0.76	27.2	11728	2.21	4	0.54	7.01	0.11	0.02	0.00
POTATO TOTS- ALL SCHOOLS	1 EACH	140	0	225	2.70	0.36	10.9	2182	3.56	*N/A*	2.16	19.99	5.65	0.81	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
KETCHUP- ALL SCHOOLS	PACKET	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00
MAYONNAISE- ALL SCHOOLS	packet	25	0	100	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	2.5	0.00	0.00
DRESSING, RANCH- ALL SCHOO	PACKET	49	5	105	0.02	0.02	1.5	8	0.05	*N/A*	0.15	1.05	4.93	0.72	0.05
MUSTARD, PACKET-ALL SCHOO	1 EACH	5	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.5	0.5	0.0	0.00	0.00
DRESSING, ITALIAN- HS	PACKET	12	0	107	0.00	0.03	1.8	1	0.0	1	0.05	1.2	0.8	0.10	0.00
BBQ SAUCE PACKET- ALL SCHO OLS	PORTION	15	0	85	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
Weighted Daily Average		649	47	962	8.76	4.26	566.2	*4721	27.31	*18	26.82	99.16	17.31	5.28	*0.01
% of Calories										*10.9%	16.5%	61.1%	24.0%	7.3%	*0.0%
Nutrient Guideline		633-750		1146										<10.00	

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: High School Breakfast/High School Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 03/09/2017															
High School Breakfast															
	Total														
BREAKFAST BURRITO - BACON	1 EACH	375	115	527	4.18	2.26	210.4	250	3.54	*0	14.18	41.44	15.86	6.00	0.00
BREAKFAST BURRITO - EGG- H.	1 EACH	400	125	494	4.18	2.19	310.0	400	3.54	*0	16.18	41.81	17.77	8.00	0.00
BURRITO, BEAN & CHSE- ALL S CHS	1 EACH	397	16	447	9.00	1.57	312.0	216	1.4	*N/A*	18.5	56.0	11.0	4.70	0.00
MINI MAPLE PANCAKES- ALL SC HS	3 OZ	220	5	340	3.00	1.44	60.0	0	0.0	*N/A*	5.0	36.0	7.0	1.00	0.00
SANDWICH, PBJ - MS & HS	SANDWIC	334	0	334	3.13	1.13	20.9	0	0.0	*N/A*	10.44	33.42	17.76	3.66	*N/A*
CEREAL, ASSORTED-ALL SCHO OLS	1 EACH	233	0	311	5.00	16.20	125.0	625	7.2	*N/A*	5.25	50.75	1.75	0.00	0.00
YOGURT & BAR (GREEK) - HS	1 EACH	240	5	150	3.00	1.08	200.0	0	2.4	*N/A*	12.0	38.0	4.0	1.00	0.00
YOGURT & BAR (REGULAR) - HS	1 EACH	230	0	190	3.00	1.08	400.0	0	1.2	*N/A*	5.0	43.0	4.0	1.00	0.00
FRUIT: ASSORTED FRESH-ALL S CHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL S CHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
KETCHUP- ALL SCHOOLS	1 Packet	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00

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

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: High School Breakfast/High School Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
High School Lunch	Total														
CHEESY BEEF NACHOS- HS	1 EACH	526	49	1018	4.90	3.07	338.7	566	2.9	*0	19.34	46.17	28.28	13.99	0.00
SALAD, HAND TOSSED- HS	1 EACH	612	64	887	7.05	4.30	149.3	*10057	8.51	*3	27.45	61.98	28.62	5.42	*0.00
ASIAN CHIX LEG & FRD RCE MS HS	SERVINGS	455	138	662	3.63	2.26	23.1	1796	2.58	*4	25.55	54.81	13.96	3.19	*0.00
CHICKEN W/MASHED POTATO- PIZZA, PAPA J CHEESE- HS	SERVING SLICE	323	55	332	3.62	2.43	57.1	36	50.16	*1	20.22	36.68	11.48	2.37	0.41
PIZZA, PAPA J PEPPERONI- HS	SLICE	380	20	780	4.00	2.70	500.0	500	3.6	6	22.0	49.0	11.0	4.00	0.00
PIZZA, PAPA J HAWAIIAN- HS	SLICE	430	30	950	4.00	2.70	450.0	750	4.8	6	23.0	49.0	16.0	6.00	0.00
PIZZA, PAPA J VEGGIE- HS	SLICE	410	30	990	5.00	2.70	500.0	500	4.8	8	25.0	52.0	12.0	4.50	0.00
SPICY CHIX SANDWICH-MS, HS	SANDWIC	344	55	691	2.92	3.18	58.4	500	8.65	*N/A*	19.81	39.87	12.92	2.98	0.00
HAMBURGER- HS	SANDWIC	254	35	501	2.92	3.18	58.4	100	8.65	*N/A*	18.81	28.87	6.92	2.48	0.00
CHEESEBURGER- H.S.	SANDWIC	308	49	714	2.92	3.21	137.4	238	8.65	*N/A*	21.98	29.1	11.41	5.31	*0.00
CHICKEN DRUMSTIX & ROLL - H.	1 EACH	340	55	585	2.00	2.52	20.0	100	2.4	4	21.0	33.0	13.5	3.00	*0.00
SIDE SALAD - MS, HS	EACH	20	0	17	1.85	0.58	25.2	6112	8.77	*2	1.05	4.18	0.24	0.02	*0.00
SALSA - ALL SCHOOLS	SERVING	41	0	488	1.59	2.54	13.6	624	4.54	*N/A*	1.7	7.94	0.23	0.03	*N/A*
POTATO SALAD - HS	1 EACH	150	4	352	1.50	2.03	15.0	0	6.75	*N/A*	1.5	18.0	8.25	1.12	0.00
CARROTS- ALL SCHOOLS	bag	30	0	66	2.47	0.76	27.2	11728	2.21	4	0.54	7.01	0.11	0.02	0.00
POTATO TOTS- ALL SCHOOLS	1 EACH	140	0	225	2.70	0.36	10.9	2182	3.56	*N/A*	2.16	19.99	5.65	0.81	0.00
GO 'BONZO'S - HS	1 EACH	160	0	360	6.00	2.16	40.0	0	0.0	*N/A*	8.0	24.0	4.0	0.00	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
TORTILLA CHIPS - HS	2 OZ	268	0	186	3.06	0.86	60.1	2	0.0	0	4.03	38.43	11.73	1.59	0.46
COOKIE DAY - ALL SCHOOLS	1 EACH	124	0	54	1.34	0.73	6.7	0	0.0	*3	1.68	19.82	4.37	0.91	0.00
KETCHUP- ALL SCHOOLS	PACKET	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00
MAYONNAISE- ALL SCHOOLS	packet	25	0	100	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	2.5	0.00	0.00
DRESSING, RANCH- ALL SCHOO	PACKET	49	5	105	0.02	0.02	1.5	8	0.05	*N/A*	0.15	1.05	4.93	0.72	0.05
MUSTARD, PACKET-ALL SCHOO	1 EACH	5	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.5	0.5	0.0	0.00	0.00
DRESSING, ITALIAN- HS	PACKET	12	0	107	0.00	0.03	1.8	1	0.0	1	0.05	1.2	0.8	0.10	0.00
BBQ SAUCE PACKET- ALL SCHOOLS	PORTION	15	0	85	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
Weighted Daily Average		893	59	1265	11.25	5.17	586.4	*8135	31.53	*24	33.91	133.91	26.44	5.97	*0.11
% of Calories										*10.6%	15.2%	60.0%	26.6%	6.0%	*0.1%
Nutrient Guideline		633-750		1146										<10.00	

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: High School Breakfast/High School Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 03/10/2017															
High School Breakfast	Total														
BREAKFAST BURRITO -CHORIZ O-H.S	1 EACH	381	123	507	4.51	2.66	216.6	578	3.94	*0	16.94	41.97	14.91	5.49	0.00
BREAKFAST BURRITO - EGG- H.	1 EACH	400	125	494	4.18	2.19	310.0	400	3.54	*0	16.18	41.81	17.77	8.00	0.00
BREAKFAST SANDWICH - MS, HS	1 EACH	203	20	468	2.50	1.68	71.0	87	0.0	*N/A*	15.5	20.0	7.5	2.00	0.00
MINI MAPLE PANCAKES- ALL SC HS	3 OZ	220	5	340	3.00	1.44	60.0	0	0.0	*N/A*	5.0	36.0	7.0	1.00	0.00
SANDWICH, PBJ - MS & HS	SANDWIC	334	0	334	3.13	1.13	20.9	0	0.0	*N/A*	10.44	33.42	17.76	3.66	*N/A*
CEREAL, ASSORTED-ALL SCHO OLS	1 EACH	233	0	311	5.00	16.20	125.0	625	7.2	*N/A*	5.25	50.75	1.75	0.00	0.00
YOGURT & BAR (GREEK) - HS	1 EACH	240	5	150	3.00	1.08	200.0	0	2.4	*N/A*	12.0	38.0	4.0	1.00	0.00
YOGURT & BAR (REGULAR) - HS	1 EACH	230	0	190	3.00	1.08	400.0	0	1.2	*N/A*	5.0	43.0	4.0	1.00	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
KETCHUP- ALL SCHOOLS	1 Packet	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: High School Breakfast/High School Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
High School Lunch	Total														
CHEESY BEEF NACHOS- HS	1 EACH	526	49	1018	4.90	3.07	338.7	566	2.9	*0	19.34	46.17	28.28	13.99	0.00
SALAD, HAND TOSSED- HS	1 EACH	612	64	887	7.05	4.30	149.3	*10057	8.51	*3	27.45	61.98	28.62	5.42	*0.00
SANDWICH, FISH SRIRACHA	1 EACH	458	47	1057	3.70	*2.92	274.9	475	1.2	*N/A*	25.53	44.16	20.42	7.71	*0.00
POTATO BAKED W/TACO & CHS E-HS	1 EACH	459	48	728	6.44	4.42	320.7	500	27.22	*3	20.18	64.93	13.28	7.56	0.00
PIZZA, PAPA J CHEESE- HS	SLICE	380	20	780	4.00	2.70	500.0	500	3.6	6	22.0	49.0	11.0	4.00	0.00
PIZZA, PAPA J PEPPERONI- HS	SLICE	430	30	950	4.00	2.70	450.0	750	4.8	6	23.0	49.0	16.0	6.00	0.00
PIZZA, PAPA J HAWAIIAN- HS	SLICE	410	30	990	5.00	2.70	500.0	500	4.8	8	25.0	52.0	12.0	4.50	0.00
PIZZA, PAPA J VEGGIE- HS	SLICE	390	20	780	5.00	2.70	500.0	750	12.0	8	23.0	53.0	11.0	4.00	0.00
SPICY CHIX SANDWICH-MS, HS	SANDWIC	344	55	691	2.92	3.18	58.4	500	8.65	*N/A*	19.81	39.87	12.92	2.98	0.00
HAMBURGER- HS	SANDWIC	254	35	501	2.92	3.18	58.4	100	8.65	*N/A*	18.81	28.87	6.92	2.48	0.00
CHEESEBURGER- H.S.	SANDWIC	308	49	714	2.92	3.21	137.4	238	8.65	*N/A*	21.98	29.1	11.41	5.31	*0.00
WESTERN BURGER - HS	SANDWIC	338	35	723	4.12	3.62	74.4	121	9.61	*2	20.01	41.55	10.12	3.08	0.00
SIDE SALAD - MS, HS	EACH	20	0	17	1.85	0.58	25.2	6112	8.77	*2	1.05	4.18	0.24	0.02	*0.00
SALSA - ALL SCHOOLS	SERVING	41	0	488	1.59	2.54	13.6	624	4.54	*N/A*	1.7	7.94	0.23	0.03	*N/A*
POTATO SALAD - HS	1 EACH	150	4	352	1.50	2.03	15.0	0	6.75	*N/A*	1.5	18.0	8.25	1.12	0.00
CARROTS- ALL SCHOOLS	bag	30	0	66	2.47	0.76	27.2	11728	2.21	4	0.54	7.01	0.11	0.02	0.00
POTATO TOTS- ALL SCHOOLS	1 EACH	140	0	225	2.70	0.36	10.9	2182	3.56	*N/A*	2.16	19.99	5.65	0.81	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
KETCHUP- ALL SCHOOLS	PACKET	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00
MAYONNAISE- ALL SCHOOLS	packet	25	0	100	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	2.5	0.00	0.00
DRESSING, RANCH- ALL SCHOO	PACKET	49	5	105	0.02	0.02	1.5	8	0.05	*N/A*	0.15	1.05	4.93	0.72	0.05
MUSTARD, PACKET-ALL SCHOO	1 EACH	5	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.5	0.5	0.0	0.00	0.00
DRESSING, ITALIAN- HS	PACKET	12	0	107	0.00	0.03	1.8	1	0.0	1	0.05	1.2	0.8	0.10	0.00
BBQ SAUCE PACKET- ALL SCHO OLS	PORTION	15	0	85	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
Weighted Daily Average		649	47	1010	8.50	*4.29	578.6	*4687	24.59	*18	27.31	96.49	18.31	5.77	*0.01
% of Calories										*10.8%	16.8%	59.5%	25.4%	8.0%	*0.0%
Nutrient Guideline		633-750		1146										<10.00	

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

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: High School Breakfast/High School Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 03/13/2017															
High School Breakfast	Total														
BREAKFAST BURRITO -CHORIZ O-H.S	1 EACH	381	123	507	4.51	2.66	216.6	578	3.94	*0	16.94	41.97	14.91	5.49	0.00
BREAKFAST BURRITO - EGG- H.	1 EACH	400	125	494	4.18	2.19	310.0	400	3.54	*0	16.18	41.81	17.77	8.00	0.00
BREAKFAST SANDWICH - MS, HS	1 EACH	203	20	468	2.50	1.68	71.0	87	0.0	*N/A*	15.5	20.0	7.5	2.00	0.00
MINI MAPLE PANCAKES- ALL SC HS	3 OZ	220	5	340	3.00	1.44	60.0	0	0.0	*N/A*	5.0	36.0	7.0	1.00	0.00
SANDWICH, PBJ - MS & HS	SANDWIC	334	0	334	3.13	1.13	20.9	0	0.0	*N/A*	10.44	33.42	17.76	3.66	*N/A*
CEREAL, ASSORTED-ALL SCHO OLS	1 EACH	233	0	311	5.00	16.20	125.0	625	7.2	*N/A*	5.25	50.75	1.75	0.00	0.00
YOGURT & BAR (GREEK) - HS	1 EACH	240	5	150	3.00	1.08	200.0	0	2.4	*N/A*	12.0	38.0	4.0	1.00	0.00
YOGURT & BAR (REGULAR) - HS	1 EACH	230	0	190	3.00	1.08	400.0	0	1.2	*N/A*	5.0	43.0	4.0	1.00	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
KETCHUP- ALL SCHOOLS	1 Packet	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00

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

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: High School Breakfast/High School Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
High School Lunch	Total														
CHEESY BEEF NACHOS- HS	1 EACH	526	49	1018	4.90	3.07	338.7	566	2.9	*0	19.34	46.17	28.28	13.99	0.00
SALAD, HAND TOSSED- HS	1 EACH	612	64	887	7.05	4.30	149.3	*10057	8.51	*3	27.45	61.98	28.62	5.42	*0.00
RICE BOWL, TERIYAKI CHIX - HS	1 each	388	53	434	6.36	2.46	70.4	1030	36.89	*1	22.89	63.7	4.37	1.38	0.00
POTATO BAKED W/TACO & CHS E-HS	1 EACH	459	48	728	6.44	4.42	320.7	500	27.22	*3	20.18	64.93	13.28	7.56	0.00
PIZZA, PAPA J CHEESE- HS	SLICE	380	20	780	4.00	2.70	500.0	500	3.6	6	22.0	49.0	11.0	4.00	0.00
PIZZA, PAPA J PEPPERONI- HS	SLICE	430	30	950	4.00	2.70	450.0	750	4.8	6	23.0	49.0	16.0	6.00	0.00
PIZZA, PAPA J HAWAIIAN- HS	SLICE	410	30	990	5.00	2.70	500.0	500	4.8	8	25.0	52.0	12.0	4.50	0.00
PIZZA, PAPA J VEGGIE- HS	SLICE	390	20	780	5.00	2.70	500.0	750	12.0	8	23.0	53.0	11.0	4.00	0.00
SPICY CHIX SANDWICH-MS, HS	SANDWIC	344	55	691	2.92	3.18	58.4	500	8.65	*N/A*	19.81	39.87	12.92	2.98	0.00
HAMBURGER- HS	SANDWIC	254	35	501	2.92	3.18	58.4	100	8.65	*N/A*	18.81	28.87	6.92	2.48	0.00
CHEESEBURGER- H.S.	SANDWIC	308	49	714	2.92	3.21	137.4	238	8.65	*N/A*	21.98	29.1	11.41	5.31	*0.00
WESTERN BURGER - HS	SANDWIC	338	35	723	4.12	3.62	74.4	121	9.61	*2	20.01	41.55	10.12	3.08	0.00
SIDE SALAD - MS, HS	EACH	20	0	17	1.85	0.58	25.2	6112	8.77	*2	1.05	4.18	0.24	0.02	*0.00
SALSA - ALL SCHOOLS	SERVING	41	0	488	1.59	2.54	13.6	624	4.54	*N/A*	1.7	7.94	0.23	0.03	*N/A*
POTATO SALAD - HS	1 EACH	150	4	352	1.50	2.03	15.0	0	6.75	*N/A*	1.5	18.0	8.25	1.12	0.00
CARROTS- ALL SCHOOLS	bag	30	0	66	2.47	0.76	27.2	11728	2.21	4	0.54	7.01	0.11	0.02	0.00
POTATO TOTS- ALL SCHOOLS	1 EACH	140	0	225	2.70	0.36	10.9	2182	3.56	*N/A*	2.16	19.99	5.65	0.81	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
KETCHUP- ALL SCHOOLS	PACKET	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00
MAYONNAISE- ALL SCHOOLS	packet	25	0	100	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	2.5	0.00	0.00
DRESSING, RANCH- ALL SCHOO	PACKET	49	5	105	0.02	0.02	1.5	8	0.05	*N/A*	0.15	1.05	4.93	0.72	0.05
MUSTARD, PACKET-ALL SCHOO	1 EACH	5	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.5	0.5	0.0	0.00	0.00
DRESSING, ITALIAN- HS	PACKET	12	0	107	0.00	0.03	1.8	1	0.0	1	0.05	1.2	0.8	0.10	0.00
BBQ SAUCE PACKET- ALL SCHO OLS	PORTION	15	0	85	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
Weighted Daily Average		649	48	971	8.76	4.29	561.6	*4728	27.25	*18	27.33	98.63	17.27	5.32	*0.01
% of Calories										*10.9%	16.9%	60.8%	24.0%	7.4%	*0.0%
Nutrient Guideline		633-750		1146										<10.00	

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: High School Breakfast/High School Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 03/14/2017															
High School Breakfast															
	Total														
BREAKFAST BURRITO - BACON	1 EACH	375	115	527	4.18	2.26	210.4	250	3.54	*0	14.18	41.44	15.86	6.00	0.00
BREAKFAST BURRITO - EGG- H.	1 EACH	400	125	494	4.18	2.19	310.0	400	3.54	*0	16.18	41.81	17.77	8.00	0.00
BURRITO, BEAN & CHSE- ALL S CHS	1 EACH	397	16	447	9.00	1.57	312.0	216	1.4	*N/A*	18.5	56.0	11.0	4.70	0.00
MINI MAPLE PANCAKES- ALL SC HS	3 OZ	220	5	340	3.00	1.44	60.0	0	0.0	*N/A*	5.0	36.0	7.0	1.00	0.00
SANDWICH, PBJ - MS & HS	SANDWIC	334	0	334	3.13	1.13	20.9	0	0.0	*N/A*	10.44	33.42	17.76	3.66	*N/A*
CEREAL, ASSORTED-ALL SCHO OLS	1 EACH	233	0	311	5.00	16.20	125.0	625	7.2	*N/A*	5.25	50.75	1.75	0.00	0.00
YOGURT & BAR (GREEK) - HS	1 EACH	240	5	150	3.00	1.08	200.0	0	2.4	*N/A*	12.0	38.0	4.0	1.00	0.00
YOGURT & BAR (REGULAR) - HS	1 EACH	230	0	190	3.00	1.08	400.0	0	1.2	*N/A*	5.0	43.0	4.0	1.00	0.00
FRUIT: ASSORTED FRESH-ALL S CHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL S CHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
KETCHUP- ALL SCHOOLS	1 Packet	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: High School Breakfast/High School Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
High School Lunch	Total														
CHEESY BEEF NACHOS- HS	1 EACH	526	49	1018	4.90	3.07	338.7	566	2.9	*0	19.34	46.17	28.28	13.99	0.00
SALAD, HAND TOSSED- HS	1 EACH	612	64	887	7.05	4.30	149.3	*10057	8.51	*3	27.45	61.98	28.62	5.42	*0.00
KOREAN BBQ PORK TACOS	SERVING	382	54	655	6.01	2.65	166.2	4	0.4	*0	16.89	44.76	15.71	3.71	*0.00
CHICKEN W/MASHED POTATO-	SERVING	323	55	332	3.62	2.43	57.1	36	50.16	*1	20.22	36.68	11.48	2.37	0.41
PIZZA, PAPA J CHEESE- HS	SLICE	380	20	780	4.00	2.70	500.0	500	3.6	6	22.0	49.0	11.0	4.00	0.00
PIZZA, PAPA J PEPPERONI- HS	SLICE	430	30	950	4.00	2.70	450.0	750	4.8	6	23.0	49.0	16.0	6.00	0.00
PIZZA, PAPA J HAWAIIAN- HS	SLICE	410	30	990	5.00	2.70	500.0	500	4.8	8	25.0	52.0	12.0	4.50	0.00
PIZZA, PAPA J VEGGIE- HS	SLICE	390	20	780	5.00	2.70	500.0	750	12.0	8	23.0	53.0	11.0	4.00	0.00
SPICY CHIX SANDWICH-MS, HS	SANDWIC	344	55	691	2.92	3.18	58.4	500	8.65	*N/A*	19.81	39.87	12.92	2.98	0.00
HAMBURGER- HS	SANDWIC	254	35	501	2.92	3.18	58.4	100	8.65	*N/A*	18.81	28.87	6.92	2.48	0.00
CHEESEBURGER- H.S.	SANDWIC	308	49	714	2.92	3.21	137.4	238	8.65	*N/A*	21.98	29.1	11.41	5.31	*0.00
CHICKEN DRUMSTIX & ROLL - H.	1 EACH	340	55	585	2.00	2.52	20.0	100	2.4	4	21.0	33.0	13.5	3.00	*0.00
SIDE SALAD - MS, HS	EACH	20	0	17	1.85	0.58	25.2	6112	8.77	*2	1.05	4.18	0.24	0.02	*0.00
SALSA - ALL SCHOOLS	SERVING	41	0	488	1.59	2.54	13.6	624	4.54	*N/A*	1.7	7.94	0.23	0.03	*N/A*
POTATO SALAD - HS	1 EACH	150	4	352	1.50	2.03	15.0	0	6.75	*N/A*	1.5	18.0	8.25	1.12	0.00
CARROTS- ALL SCHOOLS	bag	30	0	66	2.47	0.76	27.2	11728	2.21	4	0.54	7.01	0.11	0.02	0.00
POTATO TOTS- ALL SCHOOLS	1 EACH	140	0	225	2.70	0.36	10.9	2182	3.56	*N/A*	2.16	19.99	5.65	0.81	0.00
GO 'BONZO'S - HS	1 EACH	160	0	360	6.00	2.16	40.0	0	0.0	*N/A*	8.0	24.0	4.0	0.00	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
TORTILLA CHIPS - HS	2 OZ	268	0	186	3.06	0.86	60.1	2	0.0	0	4.03	38.43	11.73	1.59	0.46
COOKIE DAY - ALL SCHOOLS	1 EACH	124	0	54	1.34	0.73	6.7	0	0.0	*3	1.68	19.82	4.37	0.91	0.00
KETCHUP- ALL SCHOOLS	PACKET	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00
MAYONNAISE- ALL SCHOOLS	packet	25	0	100	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	2.5	0.00	0.00
DRESSING, RANCH- ALL SCHOO	PACKET	49	5	105	0.02	0.02	1.5	8	0.05	*N/A*	0.15	1.05	4.93	0.72	0.05
MUSTARD, PACKET-ALL SCHOO	1 EACH	5	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.5	0.5	0.0	0.00	0.00
DRESSING, ITALIAN- HS	PACKET	12	0	107	0.00	0.03	1.8	1	0.0	1	0.05	1.2	0.8	0.10	0.00
BBQ SAUCE PACKET- ALL SCHOO	PORTION	15	0	85	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
Weighted Daily Average		685	45	926	8.96	4.29	529.7	*5080	25.16	*18	25.89	106.06	18.90	4.60	*0.07
% of Calories										*10.7%	15.1%	61.9%	24.8%	6.0%	*0.1%
Nutrient Guideline		633-750		1146										<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

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: High School Breakfast/High School Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 03/15/2017															
High School Breakfast	Total														
BREAKFAST BURRITO -CHORIZ O-H.S	1 EACH	381	123	507	4.51	2.66	216.6	578	3.94	*0	16.94	41.97	14.91	5.49	0.00
BREAKFAST BURRITO - EGG- H.	1 EACH	400	125	494	4.18	2.19	310.0	400	3.54	*0	16.18	41.81	17.77	8.00	0.00
BREAKFAST SANDWICH - MS, HS	1 EACH	203	20	468	2.50	1.68	71.0	87	0.0	*N/A*	15.5	20.0	7.5	2.00	0.00
MINI MAPLE PANCAKES- ALL SC HS	3 OZ	220	5	340	3.00	1.44	60.0	0	0.0	*N/A*	5.0	36.0	7.0	1.00	0.00
SANDWICH, PBJ - MS & HS	SANDWIC	334	0	334	3.13	1.13	20.9	0	0.0	*N/A*	10.44	33.42	17.76	3.66	*N/A*
CEREAL, ASSORTED-ALL SCHO OLS	1 EACH	233	0	311	5.00	16.20	125.0	625	7.2	*N/A*	5.25	50.75	1.75	0.00	0.00
YOGURT & BAR (GREEK) - HS	1 EACH	240	5	150	3.00	1.08	200.0	0	2.4	*N/A*	12.0	38.0	4.0	1.00	0.00
YOGURT & BAR (REGULAR) - HS	1 EACH	230	0	190	3.00	1.08	400.0	0	1.2	*N/A*	5.0	43.0	4.0	1.00	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
KETCHUP- ALL SCHOOLS	1 Packet	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00

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

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

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: High School Breakfast/High School Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
High School Lunch	Total														
CHEESY BEEF NACHOS- HS	1 EACH	526	49	1018	4.90	3.07	338.7	566	2.9	*0	19.34	46.17	28.28	13.99	0.00
SALAD, HAND TOSSED- HS	1 EACH	612	64	887	7.05	4.30	149.3	*10057	8.51	*3	27.45	61.98	28.62	5.42	*0.00
RICE BOWL, ORANGE CHIX- HS	1 each	392	40	300	6.36	2.10	50.4	930	38.09	*1	18.89	68.7	4.87	0.88	0.00
POTATO BAKED W/TACO & CHS E-HS	1 EACH	459	48	728	6.44	4.42	320.7	500	27.22	*3	20.18	64.93	13.28	7.56	0.00
PIZZA, PAPA J CHEESE- HS	SLICE	380	20	780	4.00	2.70	500.0	500	3.6	6	22.0	49.0	11.0	4.00	0.00
PIZZA, PAPA J PEPPERONI- HS	SLICE	430	30	950	4.00	2.70	450.0	750	4.8	6	23.0	49.0	16.0	6.00	0.00
PIZZA, PAPA J HAWAIIAN- HS	SLICE	410	30	990	5.00	2.70	500.0	500	4.8	8	25.0	52.0	12.0	4.50	0.00
PIZZA, PAPA J VEGGIE- HS	SLICE	390	20	780	5.00	2.70	500.0	750	12.0	8	23.0	53.0	11.0	4.00	0.00
SPICY CHIX SANDWICH-MS, HS	SANDWIC	344	55	691	2.92	3.18	58.4	500	8.65	*N/A*	19.81	39.87	12.92	2.98	0.00
HAMBURGER- HS	SANDWIC	254	35	501	2.92	3.18	58.4	100	8.65	*N/A*	18.81	28.87	6.92	2.48	0.00
CHEESEBURGER- H.S.	SANDWIC	308	49	714	2.92	3.21	137.4	238	8.65	*N/A*	21.98	29.1	11.41	5.31	*0.00
WESTERN BURGER - HS	SANDWIC	338	35	723	4.12	3.62	74.4	121	9.61	*2	20.01	41.55	10.12	3.08	0.00
SIDE SALAD - MS, HS	EACH	20	0	17	1.85	0.58	25.2	6112	8.77	*2	1.05	4.18	0.24	0.02	*0.00
SALSA - ALL SCHOOLS	SERVING	41	0	488	1.59	2.54	13.6	624	4.54	*N/A*	1.7	7.94	0.23	0.03	*N/A*
POTATO SALAD - HS	1 EACH	150	4	352	1.50	2.03	15.0	0	6.75	*N/A*	1.5	18.0	8.25	1.12	0.00
CARROTS- ALL SCHOOLS	bag	30	0	66	2.47	0.76	27.2	11728	2.21	4	0.54	7.01	0.11	0.02	0.00
POTATO TOTS- ALL SCHOOLS	1 EACH	140	0	225	2.70	0.36	10.9	2182	3.56	*N/A*	2.16	19.99	5.65	0.81	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
KETCHUP- ALL SCHOOLS	PACKET	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00
MAYONNAISE- ALL SCHOOLS	packet	25	0	100	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	2.5	0.00	0.00
DRESSING, RANCH- ALL SCHOO	PACKET	49	5	105	0.02	0.02	1.5	8	0.05	*N/A*	0.15	1.05	4.93	0.72	0.05
MUSTARD, PACKET-ALL SCHOO	1 EACH	5	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.5	0.5	0.0	0.00	0.00
DRESSING, ITALIAN- HS	PACKET	12	0	107	0.00	0.03	1.8	1	0.0	1	0.05	1.2	0.8	0.10	0.00
BBQ SAUCE PACKET- ALL SCHOOLS	PORTION	15	0	85	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
Weighted Daily Average		649	47	962	8.76	4.26	566.2	*4721	27.31	*18	26.82	99.16	17.31	5.28	*0.01
% of Calories										*10.9%	16.5%	61.1%	24.0%	7.3%	*0.0%
Nutrient Guideline		633-750		1146										<10.00	

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: High School Breakfast/High School Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 03/16/2017															
High School Breakfast															
	Total														
BREAKFAST BURRITO - BACON	1 EACH	375	115	527	4.18	2.26	210.4	250	3.54	*0	14.18	41.44	15.86	6.00	0.00
BREAKFAST BURRITO - EGG- H.	1 EACH	400	125	494	4.18	2.19	310.0	400	3.54	*0	16.18	41.81	17.77	8.00	0.00
BURRITO, BEAN & CHSE- ALL S CHS	1 EACH	397	16	447	9.00	1.57	312.0	216	1.4	*N/A*	18.5	56.0	11.0	4.70	0.00
MINI MAPLE PANCAKES- ALL SC HS	3 OZ	220	5	340	3.00	1.44	60.0	0	0.0	*N/A*	5.0	36.0	7.0	1.00	0.00
SANDWICH, PBJ - MS & HS	SANDWIC	334	0	334	3.13	1.13	20.9	0	0.0	*N/A*	10.44	33.42	17.76	3.66	*N/A*
CEREAL, ASSORTED-ALL SCHO OLS	1 EACH	233	0	311	5.00	16.20	125.0	625	7.2	*N/A*	5.25	50.75	1.75	0.00	0.00
YOGURT & BAR (GREEK) - HS	1 EACH	240	5	150	3.00	1.08	200.0	0	2.4	*N/A*	12.0	38.0	4.0	1.00	0.00
YOGURT & BAR (REGULAR) - HS	1 EACH	230	0	190	3.00	1.08	400.0	0	1.2	*N/A*	5.0	43.0	4.0	1.00	0.00
FRUIT: ASSORTED FRESH-ALL S CHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL S CHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
KETCHUP- ALL SCHOOLS	1 Packet	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: High School Breakfast/High School Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
High School Lunch	Total														
CHEESY BEEF NACHOS- HS	1 EACH	526	49	1018	4.90	3.07	338.7	566	2.9	*0	19.34	46.17	28.28	13.99	0.00
SALAD, HAND TOSSED- HS	1 EACH	612	64	887	7.05	4.30	149.3	*10057	8.51	*3	27.45	61.98	28.62	5.42	*0.00
ASIAN CHIX LEG & FRD RCE MS HS	SERVINGS	455	138	662	3.63	2.26	23.1	1796	2.58	*4	25.55	54.81	13.96	3.19	*0.00
CHICKEN W/MASHED POTATO- PIZZA, PAPA J CHEESE- HS	SERVING SLICE	323	55	332	3.62	2.43	57.1	36	50.16	*1	20.22	36.68	11.48	2.37	0.41
PIZZA, PAPA J PEPPERONI- HS	SLICE	380	20	780	4.00	2.70	500.0	500	3.6	6	22.0	49.0	11.0	4.00	0.00
PIZZA, PAPA J HAWAIIAN- HS	SLICE	430	30	950	4.00	2.70	450.0	750	4.8	6	23.0	49.0	16.0	6.00	0.00
PIZZA, PAPA J VEGGIE- HS	SLICE	410	30	990	5.00	2.70	500.0	500	4.8	8	25.0	52.0	12.0	4.50	0.00
SPICY CHIX SANDWICH-MS, HS	SANDWIC	344	55	691	2.92	3.18	58.4	500	8.65	*N/A*	19.81	39.87	12.92	2.98	0.00
HAMBURGER- HS	SANDWIC	254	35	501	2.92	3.18	58.4	100	8.65	*N/A*	18.81	28.87	6.92	2.48	0.00
CHEESEBURGER- H.S.	SANDWIC	308	49	714	2.92	3.21	137.4	238	8.65	*N/A*	21.98	29.1	11.41	5.31	*0.00
CHICKEN DRUMSTIX & ROLL - H.	1 EACH	340	55	585	2.00	2.52	20.0	100	2.4	4	21.0	33.0	13.5	3.00	*0.00
SIDE SALAD - MS, HS	EACH	20	0	17	1.85	0.58	25.2	6112	8.77	*2	1.05	4.18	0.24	0.02	*0.00
SALSA - ALL SCHOOLS	SERVING	41	0	488	1.59	2.54	13.6	624	4.54	*N/A*	1.7	7.94	0.23	0.03	*N/A*
POTATO SALAD - HS	1 EACH	150	4	352	1.50	2.03	15.0	0	6.75	*N/A*	1.5	18.0	8.25	1.12	0.00
CARROTS- ALL SCHOOLS	bag	30	0	66	2.47	0.76	27.2	11728	2.21	4	0.54	7.01	0.11	0.02	0.00
POTATO TOTS- ALL SCHOOLS	1 EACH	140	0	225	2.70	0.36	10.9	2182	3.56	*N/A*	2.16	19.99	5.65	0.81	0.00
GO 'BONZO'S - HS	1 EACH	160	0	360	6.00	2.16	40.0	0	0.0	*N/A*	8.0	24.0	4.0	0.00	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
TORTILLA CHIPS - HS	2 OZ	268	0	186	3.06	0.86	60.1	2	0.0	0	4.03	38.43	11.73	1.59	0.46
COOKIE DAY - ALL SCHOOLS	1 EACH	124	0	54	1.34	0.73	6.7	0	0.0	*3	1.68	19.82	4.37	0.91	0.00
KETCHUP- ALL SCHOOLS	PACKET	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00
MAYONNAISE- ALL SCHOOLS	packet	25	0	100	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	2.5	0.00	0.00
DRESSING, RANCH- ALL SCHOO	PACKET	49	5	105	0.02	0.02	1.5	8	0.05	*N/A*	0.15	1.05	4.93	0.72	0.05
MUSTARD, PACKET-ALL SCHOO	1 EACH	5	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.5	0.5	0.0	0.00	0.00
DRESSING, ITALIAN- HS	PACKET	12	0	107	0.00	0.03	1.8	1	0.0	1	0.05	1.2	0.8	0.10	0.00
BBQ SAUCE PACKET- ALL SCHOOLS	PORTION	15	0	85	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
Weighted Daily Average		893	59	1265	11.25	5.17	586.4	*8135	31.53	*24	33.91	133.91	26.44	5.97	*0.11
% of Calories										*10.6%	15.2%	60.0%	26.6%	6.0%	*0.1%
Nutrient Guideline		633-750		1146										<10.00	

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: High School Breakfast/High School Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 03/17/2017															
High School Breakfast	Total														
BREAKFAST BURRITO -CHORIZ O-H.S	1 EACH	381	123	507	4.51	2.66	216.6	578	3.94	*0	16.94	41.97	14.91	5.49	0.00
BREAKFAST BURRITO - EGG- H.	1 EACH	400	125	494	4.18	2.19	310.0	400	3.54	*0	16.18	41.81	17.77	8.00	0.00
BREAKFAST SANDWICH - MS, HS	1 EACH	203	20	468	2.50	1.68	71.0	87	0.0	*N/A*	15.5	20.0	7.5	2.00	0.00
MINI MAPLE PANCAKES- ALL SC HS	3 OZ	220	5	340	3.00	1.44	60.0	0	0.0	*N/A*	5.0	36.0	7.0	1.00	0.00
SANDWICH, PBJ - MS & HS	SANDWIC	334	0	334	3.13	1.13	20.9	0	0.0	*N/A*	10.44	33.42	17.76	3.66	*N/A*
CEREAL, ASSORTED-ALL SCHO OLS	1 EACH	233	0	311	5.00	16.20	125.0	625	7.2	*N/A*	5.25	50.75	1.75	0.00	0.00
YOGURT & BAR (GREEK) - HS	1 EACH	240	5	150	3.00	1.08	200.0	0	2.4	*N/A*	12.0	38.0	4.0	1.00	0.00
YOGURT & BAR (REGULAR) - HS	1 EACH	230	0	190	3.00	1.08	400.0	0	1.2	*N/A*	5.0	43.0	4.0	1.00	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
KETCHUP- ALL SCHOOLS	1 Packet	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00

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

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: High School Breakfast/High School Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
High School Lunch	Total														
CHEESY BEEF NACHOS- HS	1 EACH	526	49	1018	4.90	3.07	338.7	566	2.9	*0	19.34	46.17	28.28	13.99	0.00
SALAD, HAND TOSSED- HS	1 EACH	612	64	887	7.05	4.30	149.3	*10057	8.51	*3	27.45	61.98	28.62	5.42	*0.00
SANDWICH, FISH SRIRACHA	1 EACH	458	47	1057	3.70	*2.92	274.9	475	1.2	*N/A*	25.53	44.16	20.42	7.71	*0.00
POTATO BAKED W/TACO & CHS E-HS	1 EACH	459	48	728	6.44	4.42	320.7	500	27.22	*3	20.18	64.93	13.28	7.56	0.00
PIZZA, PAPA J CHEESE- HS	SLICE	380	20	780	4.00	2.70	500.0	500	3.6	6	22.0	49.0	11.0	4.00	0.00
PIZZA, PAPA J PEPPERONI- HS	SLICE	430	30	950	4.00	2.70	450.0	750	4.8	6	23.0	49.0	16.0	6.00	0.00
PIZZA, PAPA J HAWAIIAN- HS	SLICE	410	30	990	5.00	2.70	500.0	500	4.8	8	25.0	52.0	12.0	4.50	0.00
PIZZA, PAPA J VEGGIE- HS	SLICE	390	20	780	5.00	2.70	500.0	750	12.0	8	23.0	53.0	11.0	4.00	0.00
SPICY CHIX SANDWICH-MS, HS	SANDWIC	344	55	691	2.92	3.18	58.4	500	8.65	*N/A*	19.81	39.87	12.92	2.98	0.00
HAMBURGER- HS	SANDWIC	254	35	501	2.92	3.18	58.4	100	8.65	*N/A*	18.81	28.87	6.92	2.48	0.00
CHEESEBURGER- H.S.	SANDWIC	308	49	714	2.92	3.21	137.4	238	8.65	*N/A*	21.98	29.1	11.41	5.31	*0.00
WESTERN BURGER - HS	SANDWIC	338	35	723	4.12	3.62	74.4	121	9.61	*2	20.01	41.55	10.12	3.08	0.00
SIDE SALAD - MS, HS	EACH	20	0	17	1.85	0.58	25.2	6112	8.77	*2	1.05	4.18	0.24	0.02	*0.00
SALSA - ALL SCHOOLS	SERVING	41	0	488	1.59	2.54	13.6	624	4.54	*N/A*	1.7	7.94	0.23	0.03	*N/A*
POTATO SALAD - HS	1 EACH	150	4	352	1.50	2.03	15.0	0	6.75	*N/A*	1.5	18.0	8.25	1.12	0.00
CARROTS- ALL SCHOOLS	bag	30	0	66	2.47	0.76	27.2	11728	2.21	4	0.54	7.01	0.11	0.02	0.00
POTATO TOTS- ALL SCHOOLS	1 EACH	140	0	225	2.70	0.36	10.9	2182	3.56	*N/A*	2.16	19.99	5.65	0.81	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
KETCHUP- ALL SCHOOLS	PACKET	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00
MAYONNAISE- ALL SCHOOLS	packet	25	0	100	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	2.5	0.00	0.00
DRESSING, RANCH- ALL SCHOO	PACKET	49	5	105	0.02	0.02	1.5	8	0.05	*N/A*	0.15	1.05	4.93	0.72	0.05
MUSTARD, PACKET-ALL SCHOO	1 EACH	5	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.5	0.5	0.0	0.00	0.00
DRESSING, ITALIAN- HS	PACKET	12	0	107	0.00	0.03	1.8	1	0.0	1	0.05	1.2	0.8	0.10	0.00
BBQ SAUCE PACKET- ALL SCHO OLS	PORTION	15	0	85	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
Weighted Daily Average		649	47	1010	8.50	*4.29	578.6	*4687	24.59	*18	27.31	96.49	18.31	5.77	*0.01
% of Calories										*10.8%	16.8%	59.5%	25.4%	8.0%	*0.0%
Nutrient Guideline		633-750		1146										<10.00	

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: High School Breakfast/High School Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 03/20/2017															
High School Breakfast	Total														
BREAKFAST BURRITO -CHORIZ O-H.S	1 EACH	381	123	507	4.51	2.66	216.6	578	3.94	*0	16.94	41.97	14.91	5.49	0.00
BREAKFAST BURRITO - EGG- H.	1 EACH	400	125	494	4.18	2.19	310.0	400	3.54	*0	16.18	41.81	17.77	8.00	0.00
BREAKFAST SANDWICH - MS, HS	1 EACH	203	20	468	2.50	1.68	71.0	87	0.0	*N/A*	15.5	20.0	7.5	2.00	0.00
MINI MAPLE PANCAKES- ALL SC HS	3 OZ	220	5	340	3.00	1.44	60.0	0	0.0	*N/A*	5.0	36.0	7.0	1.00	0.00
SANDWICH, PBJ - MS & HS	SANDWIC	334	0	334	3.13	1.13	20.9	0	0.0	*N/A*	10.44	33.42	17.76	3.66	*N/A*
CEREAL, ASSORTED-ALL SCHO OLS	1 EACH	233	0	311	5.00	16.20	125.0	625	7.2	*N/A*	5.25	50.75	1.75	0.00	0.00
YOGURT & BAR (GREEK) - HS	1 EACH	240	5	150	3.00	1.08	200.0	0	2.4	*N/A*	12.0	38.0	4.0	1.00	0.00
YOGURT & BAR (REGULAR) - HS	1 EACH	230	0	190	3.00	1.08	400.0	0	1.2	*N/A*	5.0	43.0	4.0	1.00	0.00
FRUIT: ASSORTED FRESH-ALL S CHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL S CHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
KETCHUP- ALL SCHOOLS	1 Packet	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: High School Breakfast/High School Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
High School Lunch	Total														
CHEESY BEEF NACHOS- HS	1 EACH	526	49	1018	4.90	3.07	338.7	566	2.9	*0	19.34	46.17	28.28	13.99	0.00
SALAD, HAND TOSSED- HS	1 EACH	612	64	887	7.05	4.30	149.3	*10057	8.51	*3	27.45	61.98	28.62	5.42	*0.00
RICE BOWL, TERIYAKI CHIX - HS	1 each	388	53	434	6.36	2.46	70.4	1030	36.89	*1	22.89	63.7	4.37	1.38	0.00
POTATO BAKED W/TACO & CHS E-HS	1 EACH	459	48	728	6.44	4.42	320.7	500	27.22	*3	20.18	64.93	13.28	7.56	0.00
PIZZA, PAPA J CHEESE- HS	SLICE	380	20	780	4.00	2.70	500.0	500	3.6	6	22.0	49.0	11.0	4.00	0.00
PIZZA, PAPA J PEPPERONI- HS	SLICE	430	30	950	4.00	2.70	450.0	750	4.8	6	23.0	49.0	16.0	6.00	0.00
PIZZA, PAPA J HAWAIIAN- HS	SLICE	410	30	990	5.00	2.70	500.0	500	4.8	8	25.0	52.0	12.0	4.50	0.00
PIZZA, PAPA J VEGGIE- HS	SLICE	390	20	780	5.00	2.70	500.0	750	12.0	8	23.0	53.0	11.0	4.00	0.00
SPICY CHIX SANDWICH-MS, HS	SANDWIC	344	55	691	2.92	3.18	58.4	500	8.65	*N/A*	19.81	39.87	12.92	2.98	0.00
HAMBURGER- HS	SANDWIC	254	35	501	2.92	3.18	58.4	100	8.65	*N/A*	18.81	28.87	6.92	2.48	0.00
CHEESEBURGER- H.S.	SANDWIC	308	49	714	2.92	3.21	137.4	238	8.65	*N/A*	21.98	29.1	11.41	5.31	*0.00
WESTERN BURGER - HS	SANDWIC	338	35	723	4.12	3.62	74.4	121	9.61	*2	20.01	41.55	10.12	3.08	0.00
SIDE SALAD - MS, HS	EACH	20	0	17	1.85	0.58	25.2	6112	8.77	*2	1.05	4.18	0.24	0.02	*0.00
SALSA - ALL SCHOOLS	SERVING	41	0	488	1.59	2.54	13.6	624	4.54	*N/A*	1.7	7.94	0.23	0.03	*N/A*
POTATO SALAD - HS	1 EACH	150	4	352	1.50	2.03	15.0	0	6.75	*N/A*	1.5	18.0	8.25	1.12	0.00
CARROTS- ALL SCHOOLS	bag	30	0	66	2.47	0.76	27.2	11728	2.21	4	0.54	7.01	0.11	0.02	0.00
POTATO TOTS- ALL SCHOOLS	1 EACH	140	0	225	2.70	0.36	10.9	2182	3.56	*N/A*	2.16	19.99	5.65	0.81	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
KETCHUP- ALL SCHOOLS	PACKET	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00
MAYONNAISE- ALL SCHOOLS	packet	25	0	100	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	2.5	0.00	0.00
DRESSING, RANCH- ALL SCHOO	PACKET	49	5	105	0.02	0.02	1.5	8	0.05	*N/A*	0.15	1.05	4.93	0.72	0.05
MUSTARD, PACKET-ALL SCHOO	1 EACH	5	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.5	0.5	0.0	0.00	0.00
DRESSING, ITALIAN- HS	PACKET	12	0	107	0.00	0.03	1.8	1	0.0	1	0.05	1.2	0.8	0.10	0.00
BBQ SAUCE PACKET- ALL SCHO OLS	PORTION	15	0	85	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
Weighted Daily Average		649	48	971	8.76	4.29	561.6	*4728	27.25	*18	27.33	98.63	17.27	5.32	*0.01
% of Calories										*10.9%	16.9%	60.8%	24.0%	7.4%	*0.0%
Nutrient Guideline		633-750		1146										<10.00	

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: High School Breakfast/High School Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 03/21/2017															
High School Breakfast	Total														
BREAKFAST BURRITO - BACON	1 EACH	375	115	527	4.18	2.26	210.4	250	3.54	*0	14.18	41.44	15.86	6.00	0.00
BREAKFAST BURRITO - EGG- H.	1 EACH	400	125	494	4.18	2.19	310.0	400	3.54	*0	16.18	41.81	17.77	8.00	0.00
BURRITO, BEAN & CHSE- ALL S CHS	1 EACH	397	16	447	9.00	1.57	312.0	216	1.4	*N/A*	18.5	56.0	11.0	4.70	0.00
MINI MAPLE PANCAKES- ALL SC HS	3 OZ	220	5	340	3.00	1.44	60.0	0	0.0	*N/A*	5.0	36.0	7.0	1.00	0.00
SANDWICH, PBJ - MS & HS	SANDWIC	334	0	334	3.13	1.13	20.9	0	0.0	*N/A*	10.44	33.42	17.76	3.66	*N/A*
CEREAL, ASSORTED-ALL SCHO OLS	1 EACH	233	0	311	5.00	16.20	125.0	625	7.2	*N/A*	5.25	50.75	1.75	0.00	0.00
YOGURT & BAR (GREEK) - HS	1 EACH	240	5	150	3.00	1.08	200.0	0	2.4	*N/A*	12.0	38.0	4.0	1.00	0.00
YOGURT & BAR (REGULAR) - HS	1 EACH	230	0	190	3.00	1.08	400.0	0	1.2	*N/A*	5.0	43.0	4.0	1.00	0.00
FRUIT: ASSORTED FRESH-ALL S CHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL S CHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
KETCHUP- ALL SCHOOLS	1 Packet	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00

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

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

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: High School Breakfast/High School Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
High School Lunch	Total														
CHEESY BEEF NACHOS- HS	1 EACH	526	49	1018	4.90	3.07	338.7	566	2.9	*0	19.34	46.17	28.28	13.99	0.00
SALAD, HAND TOSSED- HS	1 EACH	612	64	887	7.05	4.30	149.3	*10057	8.51	*3	27.45	61.98	28.62	5.42	*0.00
KOREAN BBQ PORK TACOS	SERVING	382	54	655	6.01	2.65	166.2	4	0.4	*0	16.89	44.76	15.71	3.71	*0.00
CHICKEN W/MASHED POTATO-	SERVING	323	55	332	3.62	2.43	57.1	36	50.16	*1	20.22	36.68	11.48	2.37	0.41
PIZZA, PAPA J CHEESE- HS	SLICE	380	20	780	4.00	2.70	500.0	500	3.6	6	22.0	49.0	11.0	4.00	0.00
PIZZA, PAPA J PEPPERONI- HS	SLICE	430	30	950	4.00	2.70	450.0	750	4.8	6	23.0	49.0	16.0	6.00	0.00
PIZZA, PAPA J HAWAIIAN- HS	SLICE	410	30	990	5.00	2.70	500.0	500	4.8	8	25.0	52.0	12.0	4.50	0.00
PIZZA, PAPA J VEGGIE- HS	SLICE	390	20	780	5.00	2.70	500.0	750	12.0	8	23.0	53.0	11.0	4.00	0.00
SPICY CHIX SANDWICH-MS, HS	SANDWIC	344	55	691	2.92	3.18	58.4	500	8.65	*N/A*	19.81	39.87	12.92	2.98	0.00
HAMBURGER- HS	SANDWIC	254	35	501	2.92	3.18	58.4	100	8.65	*N/A*	18.81	28.87	6.92	2.48	0.00
CHEESEBURGER- H.S.	SANDWIC	308	49	714	2.92	3.21	137.4	238	8.65	*N/A*	21.98	29.1	11.41	5.31	*0.00
CHICKEN DRUMSTIX & ROLL - H.	1 EACH	340	55	585	2.00	2.52	20.0	100	2.4	4	21.0	33.0	13.5	3.00	*0.00
SIDE SALAD - MS, HS	EACH	20	0	17	1.85	0.58	25.2	6112	8.77	*2	1.05	4.18	0.24	0.02	*0.00
SALSA - ALL SCHOOLS	SERVING	41	0	488	1.59	2.54	13.6	624	4.54	*N/A*	1.7	7.94	0.23	0.03	*N/A*
POTATO SALAD - HS	1 EACH	150	4	352	1.50	2.03	15.0	0	6.75	*N/A*	1.5	18.0	8.25	1.12	0.00
CARROTS- ALL SCHOOLS	bag	30	0	66	2.47	0.76	27.2	11728	2.21	4	0.54	7.01	0.11	0.02	0.00
POTATO TOTS- ALL SCHOOLS	1 EACH	140	0	225	2.70	0.36	10.9	2182	3.56	*N/A*	2.16	19.99	5.65	0.81	0.00
GO 'BONZO'S - HS	1 EACH	160	0	360	6.00	2.16	40.0	0	0.0	*N/A*	8.0	24.0	4.0	0.00	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
TORTILLA CHIPS - HS	2 OZ	268	0	186	3.06	0.86	60.1	2	0.0	0	4.03	38.43	11.73	1.59	0.46
COOKIE DAY - ALL SCHOOLS	1 EACH	124	0	54	1.34	0.73	6.7	0	0.0	*3	1.68	19.82	4.37	0.91	0.00
KETCHUP- ALL SCHOOLS	PACKET	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00
MAYONNAISE- ALL SCHOOLS	packet	25	0	100	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	2.5	0.00	0.00
DRESSING, RANCH- ALL SCHOO	PACKET	49	5	105	0.02	0.02	1.5	8	0.05	*N/A*	0.15	1.05	4.93	0.72	0.05
MUSTARD, PACKET-ALL SCHOO	1 EACH	5	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.5	0.5	0.0	0.00	0.00
DRESSING, ITALIAN- HS	PACKET	12	0	107	0.00	0.03	1.8	1	0.0	1	0.05	1.2	0.8	0.10	0.00
BBQ SAUCE PACKET- ALL SCHOOLS	PORTION	15	0	85	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
Weighted Daily Average		685	45	926	8.96	4.29	529.7	*5080	25.16	*18	25.89	106.06	18.90	4.60	*0.07
% of Calories										*10.7%	15.1%	61.9%	24.8%	6.0%	*0.1%
Nutrient Guideline		633-750		1146										<10.00	

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: High School Breakfast/High School Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 03/22/2017															
High School Breakfast	Total														
BREAKFAST BURRITO -CHORIZ O-H.S	1 EACH	381	123	507	4.51	2.66	216.6	578	3.94	*0	16.94	41.97	14.91	5.49	0.00
BREAKFAST BURRITO - EGG- H.	1 EACH	400	125	494	4.18	2.19	310.0	400	3.54	*0	16.18	41.81	17.77	8.00	0.00
BREAKFAST SANDWICH - MS, HS	1 EACH	203	20	468	2.50	1.68	71.0	87	0.0	*N/A*	15.5	20.0	7.5	2.00	0.00
MINI MAPLE PANCAKES- ALL SC HS	3 OZ	220	5	340	3.00	1.44	60.0	0	0.0	*N/A*	5.0	36.0	7.0	1.00	0.00
SANDWICH, PBJ - MS & HS	SANDWIC	334	0	334	3.13	1.13	20.9	0	0.0	*N/A*	10.44	33.42	17.76	3.66	*N/A*
CEREAL, ASSORTED-ALL SCHO OLS	1 EACH	233	0	311	5.00	16.20	125.0	625	7.2	*N/A*	5.25	50.75	1.75	0.00	0.00
YOGURT & BAR (GREEK) - HS	1 EACH	240	5	150	3.00	1.08	200.0	0	2.4	*N/A*	12.0	38.0	4.0	1.00	0.00
YOGURT & BAR (REGULAR) - HS	1 EACH	230	0	190	3.00	1.08	400.0	0	1.2	*N/A*	5.0	43.0	4.0	1.00	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
KETCHUP- ALL SCHOOLS	1 Packet	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00

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

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: High School Breakfast/High School Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
High School Lunch	Total														
CHEESY BEEF NACHOS- HS	1 EACH	526	49	1018	4.90	3.07	338.7	566	2.9	*0	19.34	46.17	28.28	13.99	0.00
SALAD, HAND TOSSED- HS	1 EACH	612	64	887	7.05	4.30	149.3	*10057	8.51	*3	27.45	61.98	28.62	5.42	*0.00
RICE BOWL, ORANGE CHIX- HS	1 each	392	40	300	6.36	2.10	50.4	930	38.09	*1	18.89	68.7	4.87	0.88	0.00
POTATO BAKED W/TACO & CHS E-HS	1 EACH	459	48	728	6.44	4.42	320.7	500	27.22	*3	20.18	64.93	13.28	7.56	0.00
PIZZA, PAPA J CHEESE- HS	SLICE	380	20	780	4.00	2.70	500.0	500	3.6	6	22.0	49.0	11.0	4.00	0.00
PIZZA, PAPA J PEPPERONI- HS	SLICE	430	30	950	4.00	2.70	450.0	750	4.8	6	23.0	49.0	16.0	6.00	0.00
PIZZA, PAPA J HAWAIIAN- HS	SLICE	410	30	990	5.00	2.70	500.0	500	4.8	8	25.0	52.0	12.0	4.50	0.00
PIZZA, PAPA J VEGGIE- HS	SLICE	390	20	780	5.00	2.70	500.0	750	12.0	8	23.0	53.0	11.0	4.00	0.00
SPICY CHIX SANDWICH-MS, HS	SANDWIC	344	55	691	2.92	3.18	58.4	500	8.65	*N/A*	19.81	39.87	12.92	2.98	0.00
HAMBURGER- HS	SANDWIC	254	35	501	2.92	3.18	58.4	100	8.65	*N/A*	18.81	28.87	6.92	2.48	0.00
CHEESEBURGER- H.S.	SANDWIC	308	49	714	2.92	3.21	137.4	238	8.65	*N/A*	21.98	29.1	11.41	5.31	*0.00
WESTERN BURGER - HS	SANDWIC	338	35	723	4.12	3.62	74.4	121	9.61	*2	20.01	41.55	10.12	3.08	0.00
SIDE SALAD - MS, HS	EACH	20	0	17	1.85	0.58	25.2	6112	8.77	*2	1.05	4.18	0.24	0.02	*0.00
SALSA - ALL SCHOOLS	SERVING	41	0	488	1.59	2.54	13.6	624	4.54	*N/A*	1.7	7.94	0.23	0.03	*N/A*
POTATO SALAD - HS	1 EACH	150	4	352	1.50	2.03	15.0	0	6.75	*N/A*	1.5	18.0	8.25	1.12	0.00
CARROTS- ALL SCHOOLS	bag	30	0	66	2.47	0.76	27.2	11728	2.21	4	0.54	7.01	0.11	0.02	0.00
POTATO TOTS- ALL SCHOOLS	1 EACH	140	0	225	2.70	0.36	10.9	2182	3.56	*N/A*	2.16	19.99	5.65	0.81	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
KETCHUP- ALL SCHOOLS	PACKET	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00
MAYONNAISE- ALL SCHOOLS	packet	25	0	100	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	2.5	0.00	0.00
DRESSING, RANCH- ALL SCHOO	PACKET	49	5	105	0.02	0.02	1.5	8	0.05	*N/A*	0.15	1.05	4.93	0.72	0.05
MUSTARD, PACKET-ALL SCHOO	1 EACH	5	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.5	0.5	0.0	0.00	0.00
DRESSING, ITALIAN- HS	PACKET	12	0	107	0.00	0.03	1.8	1	0.0	1	0.05	1.2	0.8	0.10	0.00
BBQ SAUCE PACKET- ALL SCHOOLS	PORTION	15	0	85	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
Weighted Daily Average		649	47	962	8.76	4.26	566.2	*4721	27.31	*18	26.82	99.16	17.31	5.28	*0.01
% of Calories										*10.9%	16.5%	61.1%	24.0%	7.3%	*0.0%
Nutrient Guideline		633-750		1146										<10.00	

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: High School Breakfast/High School Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 03/23/2017															
High School Breakfast															
	Total														
BREAKFAST BURRITO - BACON	1 EACH	375	115	527	4.18	2.26	210.4	250	3.54	*0	14.18	41.44	15.86	6.00	0.00
BREAKFAST BURRITO - EGG- H.	1 EACH	400	125	494	4.18	2.19	310.0	400	3.54	*0	16.18	41.81	17.77	8.00	0.00
BURRITO, BEAN & CHSE- ALL S CHS	1 EACH	397	16	447	9.00	1.57	312.0	216	1.4	*N/A*	18.5	56.0	11.0	4.70	0.00
MINI MAPLE PANCAKES- ALL SC HS	3 OZ	220	5	340	3.00	1.44	60.0	0	0.0	*N/A*	5.0	36.0	7.0	1.00	0.00
SANDWICH, PBJ - MS & HS	SANDWIC	334	0	334	3.13	1.13	20.9	0	0.0	*N/A*	10.44	33.42	17.76	3.66	*N/A*
CEREAL, ASSORTED-ALL SCHO OLS	1 EACH	233	0	311	5.00	16.20	125.0	625	7.2	*N/A*	5.25	50.75	1.75	0.00	0.00
YOGURT & BAR (GREEK) - HS	1 EACH	240	5	150	3.00	1.08	200.0	0	2.4	*N/A*	12.0	38.0	4.0	1.00	0.00
YOGURT & BAR (REGULAR) - HS	1 EACH	230	0	190	3.00	1.08	400.0	0	1.2	*N/A*	5.0	43.0	4.0	1.00	0.00
FRUIT: ASSORTED FRESH-ALL S CHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL S CHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
KETCHUP- ALL SCHOOLS	1 Packet	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: High School Breakfast/High School Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
High School Lunch	Total														
CHEESY BEEF NACHOS- HS	1 EACH	526	49	1018	4.90	3.07	338.7	566	2.9	*0	19.34	46.17	28.28	13.99	0.00
SALAD, HAND TOSSED- HS	1 EACH	612	64	887	7.05	4.30	149.3	*10057	8.51	*3	27.45	61.98	28.62	5.42	*0.00
ASIAN CHIX LEG & FRD RCE MS HS	SERVINGS	455	138	662	3.63	2.26	23.1	1796	2.58	*4	25.55	54.81	13.96	3.19	*0.00
CHICKEN W/MASHED POTATO- PIZZA, PAPA J CHEESE- HS	SERVING SLICE	323	55	332	3.62	2.43	57.1	36	50.16	*1	20.22	36.68	11.48	2.37	0.41
PIZZA, PAPA J PEPPERONI- HS	SLICE	380	20	780	4.00	2.70	500.0	500	3.6	6	22.0	49.0	11.0	4.00	0.00
PIZZA, PAPA J HAWAIIAN- HS	SLICE	430	30	950	4.00	2.70	450.0	750	4.8	6	23.0	49.0	16.0	6.00	0.00
PIZZA, PAPA J VEGGIE- HS	SLICE	410	30	990	5.00	2.70	500.0	500	4.8	8	25.0	52.0	12.0	4.50	0.00
SPICY CHIX SANDWICH-MS, HS	SANDWIC	344	55	691	2.92	3.18	58.4	500	8.65	*N/A*	19.81	39.87	12.92	2.98	0.00
HAMBURGER- HS	SANDWIC	254	35	501	2.92	3.18	58.4	100	8.65	*N/A*	18.81	28.87	6.92	2.48	0.00
CHEESEBURGER- H.S.	SANDWIC	308	49	714	2.92	3.21	137.4	238	8.65	*N/A*	21.98	29.1	11.41	5.31	*0.00
CHICKEN DRUMSTIX & ROLL - H.	1 EACH	340	55	585	2.00	2.52	20.0	100	2.4	4	21.0	33.0	13.5	3.00	*0.00
SIDE SALAD - MS, HS	EACH	20	0	17	1.85	0.58	25.2	6112	8.77	*2	1.05	4.18	0.24	0.02	*0.00
SALSA - ALL SCHOOLS	SERVING	41	0	488	1.59	2.54	13.6	624	4.54	*N/A*	1.7	7.94	0.23	0.03	*N/A*
POTATO SALAD - HS	1 EACH	150	4	352	1.50	2.03	15.0	0	6.75	*N/A*	1.5	18.0	8.25	1.12	0.00
CARROTS- ALL SCHOOLS	bag	30	0	66	2.47	0.76	27.2	11728	2.21	4	0.54	7.01	0.11	0.02	0.00
POTATO TOTS- ALL SCHOOLS	1 EACH	140	0	225	2.70	0.36	10.9	2182	3.56	*N/A*	2.16	19.99	5.65	0.81	0.00
GO 'BONZO'S - HS	1 EACH	160	0	360	6.00	2.16	40.0	0	0.0	*N/A*	8.0	24.0	4.0	0.00	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
TORTILLA CHIPS - HS	2 OZ	268	0	186	3.06	0.86	60.1	2	0.0	0	4.03	38.43	11.73	1.59	0.46
COOKIE DAY - ALL SCHOOLS	1 EACH	124	0	54	1.34	0.73	6.7	0	0.0	*3	1.68	19.82	4.37	0.91	0.00
KETCHUP- ALL SCHOOLS	PACKET	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00
MAYONNAISE- ALL SCHOOLS	packet	25	0	100	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	2.5	0.00	0.00
DRESSING, RANCH- ALL SCHOO	PACKET	49	5	105	0.02	0.02	1.5	8	0.05	*N/A*	0.15	1.05	4.93	0.72	0.05
MUSTARD, PACKET-ALL SCHOO	1 EACH	5	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.5	0.5	0.0	0.00	0.00
DRESSING, ITALIAN- HS	PACKET	12	0	107	0.00	0.03	1.8	1	0.0	1	0.05	1.2	0.8	0.10	0.00
BBQ SAUCE PACKET- ALL SCHOOLS	PORTION	15	0	85	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
Weighted Daily Average		893	59	1265	11.25	5.17	586.4	*8135	31.53	*24	33.91	133.91	26.44	5.97	*0.11
% of Calories										*10.6%	15.2%	60.0%	26.6%	6.0%	*0.1%
Nutrient Guideline		633-750		1146										<10.00	

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: High School Breakfast/High School Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 03/24/2017															
High School Breakfast	Total														
BREAKFAST BURRITO -CHORIZ O-H.S	1 EACH	381	123	507	4.51	2.66	216.6	578	3.94	*0	16.94	41.97	14.91	5.49	0.00
BREAKFAST BURRITO - EGG- H.	1 EACH	400	125	494	4.18	2.19	310.0	400	3.54	*0	16.18	41.81	17.77	8.00	0.00
BREAKFAST SANDWICH - MS, HS	1 EACH	203	20	468	2.50	1.68	71.0	87	0.0	*N/A*	15.5	20.0	7.5	2.00	0.00
MINI MAPLE PANCAKES- ALL SC HS	3 OZ	220	5	340	3.00	1.44	60.0	0	0.0	*N/A*	5.0	36.0	7.0	1.00	0.00
SANDWICH, PBJ - MS & HS	SANDWIC	334	0	334	3.13	1.13	20.9	0	0.0	*N/A*	10.44	33.42	17.76	3.66	*N/A*
CEREAL, ASSORTED-ALL SCHO OLS	1 EACH	233	0	311	5.00	16.20	125.0	625	7.2	*N/A*	5.25	50.75	1.75	0.00	0.00
YOGURT & BAR (GREEK) - HS	1 EACH	240	5	150	3.00	1.08	200.0	0	2.4	*N/A*	12.0	38.0	4.0	1.00	0.00
YOGURT & BAR (REGULAR) - HS	1 EACH	230	0	190	3.00	1.08	400.0	0	1.2	*N/A*	5.0	43.0	4.0	1.00	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
KETCHUP- ALL SCHOOLS	1 Packet	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00

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

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: High School Breakfast/High School Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
High School Lunch	Total														
CHEESY BEEF NACHOS- HS	1 EACH	526	49	1018	4.90	3.07	338.7	566	2.9	*0	19.34	46.17	28.28	13.99	0.00
SALAD, HAND TOSSED- HS	1 EACH	612	64	887	7.05	4.30	149.3	*10057	8.51	*3	27.45	61.98	28.62	5.42	*0.00
SANDWICH, FISH SRIRACHA	1 EACH	458	47	1057	3.70	*2.92	274.9	475	1.2	*N/A*	25.53	44.16	20.42	7.71	*0.00
POTATO BAKED W/TACO & CHS E-HS	1 EACH	459	48	728	6.44	4.42	320.7	500	27.22	*3	20.18	64.93	13.28	7.56	0.00
PIZZA, PAPA J CHEESE- HS	SLICE	380	20	780	4.00	2.70	500.0	500	3.6	6	22.0	49.0	11.0	4.00	0.00
PIZZA, PAPA J PEPPERONI- HS	SLICE	430	30	950	4.00	2.70	450.0	750	4.8	6	23.0	49.0	16.0	6.00	0.00
PIZZA, PAPA J HAWAIIAN- HS	SLICE	410	30	990	5.00	2.70	500.0	500	4.8	8	25.0	52.0	12.0	4.50	0.00
PIZZA, PAPA J VEGGIE- HS	SLICE	390	20	780	5.00	2.70	500.0	750	12.0	8	23.0	53.0	11.0	4.00	0.00
SPICY CHIX SANDWICH-MS, HS	SANDWIC	344	55	691	2.92	3.18	58.4	500	8.65	*N/A*	19.81	39.87	12.92	2.98	0.00
HAMBURGER- HS	SANDWIC	254	35	501	2.92	3.18	58.4	100	8.65	*N/A*	18.81	28.87	6.92	2.48	0.00
CHEESEBURGER- H.S.	SANDWIC	308	49	714	2.92	3.21	137.4	238	8.65	*N/A*	21.98	29.1	11.41	5.31	*0.00
WESTERN BURGER - HS	SANDWIC	338	35	723	4.12	3.62	74.4	121	9.61	*2	20.01	41.55	10.12	3.08	0.00
SIDE SALAD - MS, HS	EACH	20	0	17	1.85	0.58	25.2	6112	8.77	*2	1.05	4.18	0.24	0.02	*0.00
SALSA - ALL SCHOOLS	SERVING	41	0	488	1.59	2.54	13.6	624	4.54	*N/A*	1.7	7.94	0.23	0.03	*N/A*
POTATO SALAD - HS	1 EACH	150	4	352	1.50	2.03	15.0	0	6.75	*N/A*	1.5	18.0	8.25	1.12	0.00
CARROTS- ALL SCHOOLS	bag	30	0	66	2.47	0.76	27.2	11728	2.21	4	0.54	7.01	0.11	0.02	0.00
POTATO TOTS- ALL SCHOOLS	1 EACH	140	0	225	2.70	0.36	10.9	2182	3.56	*N/A*	2.16	19.99	5.65	0.81	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
KETCHUP- ALL SCHOOLS	PACKET	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00
MAYONNAISE- ALL SCHOOLS	packet	25	0	100	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	2.5	0.00	0.00
DRESSING, RANCH- ALL SCHOO	PACKET	49	5	105	0.02	0.02	1.5	8	0.05	*N/A*	0.15	1.05	4.93	0.72	0.05
MUSTARD, PACKET-ALL SCHOO	1 EACH	5	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.5	0.5	0.0	0.00	0.00
DRESSING, ITALIAN- HS	PACKET	12	0	107	0.00	0.03	1.8	1	0.0	1	0.05	1.2	0.8	0.10	0.00
BBQ SAUCE PACKET- ALL SCHO OLS	PORTION	15	0	85	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
Weighted Daily Average		649	47	1010	8.50	*4.29	578.6	*4687	24.59	*18	27.31	96.49	18.31	5.77	*0.01
% of Calories										*10.8%	16.8%	59.5%	25.4%	8.0%	*0.0%
Nutrient Guideline		633-750		1146										<10.00	

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: High School Breakfast/High School Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 03/27/2017															
High School Breakfast	Total														
BREAKFAST BURRITO -CHORIZ O-H.S	1 EACH	381	123	507	4.51	2.66	216.6	578	3.94	*0	16.94	41.97	14.91	5.49	0.00
BREAKFAST BURRITO - EGG- H.	1 EACH	400	125	494	4.18	2.19	310.0	400	3.54	*0	16.18	41.81	17.77	8.00	0.00
BREAKFAST SANDWICH - MS, HS	1 EACH	203	20	468	2.50	1.68	71.0	87	0.0	*N/A*	15.5	20.0	7.5	2.00	0.00
MINI MAPLE PANCAKES- ALL SC HS	3 OZ	220	5	340	3.00	1.44	60.0	0	0.0	*N/A*	5.0	36.0	7.0	1.00	0.00
SANDWICH, PBJ - MS & HS	SANDWIC	334	0	334	3.13	1.13	20.9	0	0.0	*N/A*	10.44	33.42	17.76	3.66	*N/A*
CEREAL, ASSORTED-ALL SCHO OLS	1 EACH	233	0	311	5.00	16.20	125.0	625	7.2	*N/A*	5.25	50.75	1.75	0.00	0.00
YOGURT & BAR (GREEK) - HS	1 EACH	240	5	150	3.00	1.08	200.0	0	2.4	*N/A*	12.0	38.0	4.0	1.00	0.00
YOGURT & BAR (REGULAR) - HS	1 EACH	230	0	190	3.00	1.08	400.0	0	1.2	*N/A*	5.0	43.0	4.0	1.00	0.00
FRUIT: ASSORTED FRESH-ALL S CHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL S CHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
KETCHUP- ALL SCHOOLS	1 Packet	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: High School Breakfast/High School Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
High School Lunch	Total														
CHEESY BEEF NACHOS- HS	1 EACH	526	49	1018	4.90	3.07	338.7	566	2.9	*0	19.34	46.17	28.28	13.99	0.00
SALAD, HAND TOSSED- HS	1 EACH	612	64	887	7.05	4.30	149.3	*10057	8.51	*3	27.45	61.98	28.62	5.42	*0.00
RICE BOWL, TERIYAKI CHIX - HS	1 each	388	53	434	6.36	2.46	70.4	1030	36.89	*1	22.89	63.7	4.37	1.38	0.00
POTATO BAKED W/TACO & CHS E-HS	1 EACH	459	48	728	6.44	4.42	320.7	500	27.22	*3	20.18	64.93	13.28	7.56	0.00
PIZZA, PAPA J CHEESE- HS	SLICE	380	20	780	4.00	2.70	500.0	500	3.6	6	22.0	49.0	11.0	4.00	0.00
PIZZA, PAPA J PEPPERONI- HS	SLICE	430	30	950	4.00	2.70	450.0	750	4.8	6	23.0	49.0	16.0	6.00	0.00
PIZZA, PAPA J HAWAIIAN- HS	SLICE	410	30	990	5.00	2.70	500.0	500	4.8	8	25.0	52.0	12.0	4.50	0.00
PIZZA, PAPA J VEGGIE- HS	SLICE	390	20	780	5.00	2.70	500.0	750	12.0	8	23.0	53.0	11.0	4.00	0.00
SPICY CHIX SANDWICH-MS, HS	SANDWIC	344	55	691	2.92	3.18	58.4	500	8.65	*N/A*	19.81	39.87	12.92	2.98	0.00
HAMBURGER- HS	SANDWIC	254	35	501	2.92	3.18	58.4	100	8.65	*N/A*	18.81	28.87	6.92	2.48	0.00
CHEESEBURGER- H.S.	SANDWIC	308	49	714	2.92	3.21	137.4	238	8.65	*N/A*	21.98	29.1	11.41	5.31	*0.00
WESTERN BURGER - HS	SANDWIC	338	35	723	4.12	3.62	74.4	121	9.61	*2	20.01	41.55	10.12	3.08	0.00
SIDE SALAD - MS, HS	EACH	20	0	17	1.85	0.58	25.2	6112	8.77	*2	1.05	4.18	0.24	0.02	*0.00
SALSA - ALL SCHOOLS	SERVING	41	0	488	1.59	2.54	13.6	624	4.54	*N/A*	1.7	7.94	0.23	0.03	*N/A*
POTATO SALAD - HS	1 EACH	150	4	352	1.50	2.03	15.0	0	6.75	*N/A*	1.5	18.0	8.25	1.12	0.00
CARROTS- ALL SCHOOLS	bag	30	0	66	2.47	0.76	27.2	11728	2.21	4	0.54	7.01	0.11	0.02	0.00
POTATO TOTS- ALL SCHOOLS	1 EACH	140	0	225	2.70	0.36	10.9	2182	3.56	*N/A*	2.16	19.99	5.65	0.81	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
KETCHUP- ALL SCHOOLS	PACKET	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00
MAYONNAISE- ALL SCHOOLS	packet	25	0	100	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	2.5	0.00	0.00
DRESSING, RANCH- ALL SCHOO	PACKET	49	5	105	0.02	0.02	1.5	8	0.05	*N/A*	0.15	1.05	4.93	0.72	0.05
MUSTARD, PACKET-ALL SCHOO	1 EACH	5	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.5	0.5	0.0	0.00	0.00
DRESSING, ITALIAN- HS	PACKET	12	0	107	0.00	0.03	1.8	1	0.0	1	0.05	1.2	0.8	0.10	0.00
BBQ SAUCE PACKET- ALL SCHOOLS	PORTION	15	0	85	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
Weighted Daily Average		649	48	971	8.76	4.29	561.6	*4728	27.25	*18	27.33	98.63	17.27	5.32	*0.01
% of Calories										*10.9%	16.9%	60.8%	24.0%	7.4%	*0.0%
Nutrient Guideline		633-750		1146										<10.00	

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

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: High School Breakfast/High School Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 03/28/2017															
High School Breakfast	Total														
BREAKFAST BURRITO - BACON	1 EACH	375	115	527	4.18	2.26	210.4	250	3.54	*0	14.18	41.44	15.86	6.00	0.00
BREAKFAST BURRITO - EGG- H.	1 EACH	400	125	494	4.18	2.19	310.0	400	3.54	*0	16.18	41.81	17.77	8.00	0.00
BURRITO, BEAN & CHSE- ALL S CHS	1 EACH	397	16	447	9.00	1.57	312.0	216	1.4	*N/A*	18.5	56.0	11.0	4.70	0.00
MINI MAPLE PANCAKES- ALL SC HS	3 OZ	220	5	340	3.00	1.44	60.0	0	0.0	*N/A*	5.0	36.0	7.0	1.00	0.00
SANDWICH, PBJ - MS & HS	SANDWIC	334	0	334	3.13	1.13	20.9	0	0.0	*N/A*	10.44	33.42	17.76	3.66	*N/A*
CEREAL, ASSORTED-ALL SCHO OLS	1 EACH	233	0	311	5.00	16.20	125.0	625	7.2	*N/A*	5.25	50.75	1.75	0.00	0.00
YOGURT & BAR (GREEK) - HS	1 EACH	240	5	150	3.00	1.08	200.0	0	2.4	*N/A*	12.0	38.0	4.0	1.00	0.00
YOGURT & BAR (REGULAR) - HS	1 EACH	230	0	190	3.00	1.08	400.0	0	1.2	*N/A*	5.0	43.0	4.0	1.00	0.00
FRUIT: ASSORTED FRESH-ALL S CHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL S CHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
KETCHUP- ALL SCHOOLS	1 Packet	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00

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

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

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: High School Breakfast/High School Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
High School Lunch	Total														
CHEESY BEEF NACHOS- HS	1 EACH	526	49	1018	4.90	3.07	338.7	566	2.9	*0	19.34	46.17	28.28	13.99	0.00
SALAD, HAND TOSSED- HS	1 EACH	612	64	887	7.05	4.30	149.3	*10057	8.51	*3	27.45	61.98	28.62	5.42	*0.00
KOREAN BBQ PORK TACOS	SERVING	382	54	655	6.01	2.65	166.2	4	0.4	*0	16.89	44.76	15.71	3.71	*0.00
CHICKEN W/MASHED POTATO-	SERVING	323	55	332	3.62	2.43	57.1	36	50.16	*1	20.22	36.68	11.48	2.37	0.41
PIZZA, PAPA J CHEESE- HS	SLICE	380	20	780	4.00	2.70	500.0	500	3.6	6	22.0	49.0	11.0	4.00	0.00
PIZZA, PAPA J PEPPERONI- HS	SLICE	430	30	950	4.00	2.70	450.0	750	4.8	6	23.0	49.0	16.0	6.00	0.00
PIZZA, PAPA J HAWAIIAN- HS	SLICE	410	30	990	5.00	2.70	500.0	500	4.8	8	25.0	52.0	12.0	4.50	0.00
PIZZA, PAPA J VEGGIE- HS	SLICE	390	20	780	5.00	2.70	500.0	750	12.0	8	23.0	53.0	11.0	4.00	0.00
SPICY CHIX SANDWICH-MS, HS	SANDWIC	344	55	691	2.92	3.18	58.4	500	8.65	*N/A*	19.81	39.87	12.92	2.98	0.00
HAMBURGER- HS	SANDWIC	254	35	501	2.92	3.18	58.4	100	8.65	*N/A*	18.81	28.87	6.92	2.48	0.00
CHEESEBURGER- H.S.	SANDWIC	308	49	714	2.92	3.21	137.4	238	8.65	*N/A*	21.98	29.1	11.41	5.31	*0.00
CHICKEN DRUMSTIX & ROLL - H.	1 EACH	340	55	585	2.00	2.52	20.0	100	2.4	4	21.0	33.0	13.5	3.00	*0.00
SIDE SALAD - MS, HS	EACH	20	0	17	1.85	0.58	25.2	6112	8.77	*2	1.05	4.18	0.24	0.02	*0.00
SALSA - ALL SCHOOLS	SERVING	41	0	488	1.59	2.54	13.6	624	4.54	*N/A*	1.7	7.94	0.23	0.03	*N/A*
POTATO SALAD - HS	1 EACH	150	4	352	1.50	2.03	15.0	0	6.75	*N/A*	1.5	18.0	8.25	1.12	0.00
CARROTS- ALL SCHOOLS	bag	30	0	66	2.47	0.76	27.2	11728	2.21	4	0.54	7.01	0.11	0.02	0.00
POTATO TOTS- ALL SCHOOLS	1 EACH	140	0	225	2.70	0.36	10.9	2182	3.56	*N/A*	2.16	19.99	5.65	0.81	0.00
GO 'BONZO'S - HS	1 EACH	160	0	360	6.00	2.16	40.0	0	0.0	*N/A*	8.0	24.0	4.0	0.00	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
TORTILLA CHIPS - HS	2 OZ	268	0	186	3.06	0.86	60.1	2	0.0	0	4.03	38.43	11.73	1.59	0.46
COOKIE DAY - ALL SCHOOLS	1 EACH	124	0	54	1.34	0.73	6.7	0	0.0	*3	1.68	19.82	4.37	0.91	0.00
KETCHUP- ALL SCHOOLS	PACKET	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00
MAYONNAISE- ALL SCHOOLS	packet	25	0	100	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	2.5	0.00	0.00
DRESSING, RANCH- ALL SCHOO	PACKET	49	5	105	0.02	0.02	1.5	8	0.05	*N/A*	0.15	1.05	4.93	0.72	0.05
MUSTARD, PACKET-ALL SCHOO	1 EACH	5	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.5	0.5	0.0	0.00	0.00
DRESSING, ITALIAN- HS	PACKET	12	0	107	0.00	0.03	1.8	1	0.0	1	0.05	1.2	0.8	0.10	0.00
BBQ SAUCE PACKET- ALL SCHOOLS	PORTION	15	0	85	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
Weighted Daily Average		685	45	926	8.96	4.29	529.7	*5080	25.16	*18	25.89	106.06	18.90	4.60	*0.07
% of Calories										*10.7%	15.1%	61.9%	24.8%	6.0%	*0.1%
Nutrient Guideline		633-750		1146										<10.00	

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: High School Breakfast/High School Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 03/29/2017															
High School Breakfast	Total														
BREAKFAST BURRITO -CHORIZ O-H.S	1 EACH	381	123	507	4.51	2.66	216.6	578	3.94	*0	16.94	41.97	14.91	5.49	0.00
BREAKFAST BURRITO - EGG- H.	1 EACH	400	125	494	4.18	2.19	310.0	400	3.54	*0	16.18	41.81	17.77	8.00	0.00
BREAKFAST SANDWICH - MS, HS	1 EACH	203	20	468	2.50	1.68	71.0	87	0.0	*N/A*	15.5	20.0	7.5	2.00	0.00
MINI MAPLE PANCAKES- ALL SC HS	3 OZ	220	5	340	3.00	1.44	60.0	0	0.0	*N/A*	5.0	36.0	7.0	1.00	0.00
SANDWICH, PBJ - MS & HS	SANDWIC	334	0	334	3.13	1.13	20.9	0	0.0	*N/A*	10.44	33.42	17.76	3.66	*N/A*
CEREAL, ASSORTED-ALL SCHO OLS	1 EACH	233	0	311	5.00	16.20	125.0	625	7.2	*N/A*	5.25	50.75	1.75	0.00	0.00
YOGURT & BAR (GREEK) - HS	1 EACH	240	5	150	3.00	1.08	200.0	0	2.4	*N/A*	12.0	38.0	4.0	1.00	0.00
YOGURT & BAR (REGULAR) - HS	1 EACH	230	0	190	3.00	1.08	400.0	0	1.2	*N/A*	5.0	43.0	4.0	1.00	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
KETCHUP- ALL SCHOOLS	1 Packet	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: High School Breakfast/High School Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
High School Lunch	Total														
CHEESY BEEF NACHOS- HS	1 EACH	526	49	1018	4.90	3.07	338.7	566	2.9	*0	19.34	46.17	28.28	13.99	0.00
SALAD, HAND TOSSED- HS	1 EACH	612	64	887	7.05	4.30	149.3	*10057	8.51	*3	27.45	61.98	28.62	5.42	*0.00
RICE BOWL, ORANGE CHIX- HS	1 each	392	40	300	6.36	2.10	50.4	930	38.09	*1	18.89	68.7	4.87	0.88	0.00
POTATO BAKED W/TACO & CHS E-HS	1 EACH	459	48	728	6.44	4.42	320.7	500	27.22	*3	20.18	64.93	13.28	7.56	0.00
PIZZA, PAPA J CHEESE- HS	SLICE	380	20	780	4.00	2.70	500.0	500	3.6	6	22.0	49.0	11.0	4.00	0.00
PIZZA, PAPA J PEPPERONI- HS	SLICE	430	30	950	4.00	2.70	450.0	750	4.8	6	23.0	49.0	16.0	6.00	0.00
PIZZA, PAPA J HAWAIIAN- HS	SLICE	410	30	990	5.00	2.70	500.0	500	4.8	8	25.0	52.0	12.0	4.50	0.00
PIZZA, PAPA J VEGGIE- HS	SLICE	390	20	780	5.00	2.70	500.0	750	12.0	8	23.0	53.0	11.0	4.00	0.00
SPICY CHIX SANDWICH-MS, HS	SANDWIC	344	55	691	2.92	3.18	58.4	500	8.65	*N/A*	19.81	39.87	12.92	2.98	0.00
HAMBURGER- HS	SANDWIC	254	35	501	2.92	3.18	58.4	100	8.65	*N/A*	18.81	28.87	6.92	2.48	0.00
CHEESEBURGER- H.S.	SANDWIC	308	49	714	2.92	3.21	137.4	238	8.65	*N/A*	21.98	29.1	11.41	5.31	*0.00
WESTERN BURGER - HS	SANDWIC	338	35	723	4.12	3.62	74.4	121	9.61	*2	20.01	41.55	10.12	3.08	0.00
SIDE SALAD - MS, HS	EACH	20	0	17	1.85	0.58	25.2	6112	8.77	*2	1.05	4.18	0.24	0.02	*0.00
SALSA - ALL SCHOOLS	SERVING	41	0	488	1.59	2.54	13.6	624	4.54	*N/A*	1.7	7.94	0.23	0.03	*N/A*
POTATO SALAD - HS	1 EACH	150	4	352	1.50	2.03	15.0	0	6.75	*N/A*	1.5	18.0	8.25	1.12	0.00
CARROTS- ALL SCHOOLS	bag	30	0	66	2.47	0.76	27.2	11728	2.21	4	0.54	7.01	0.11	0.02	0.00
POTATO TOTS- ALL SCHOOLS	1 EACH	140	0	225	2.70	0.36	10.9	2182	3.56	*N/A*	2.16	19.99	5.65	0.81	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
KETCHUP- ALL SCHOOLS	PACKET	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00
MAYONNAISE- ALL SCHOOLS	packet	25	0	100	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	2.5	0.00	0.00
DRESSING, RANCH- ALL SCHOO	PACKET	49	5	105	0.02	0.02	1.5	8	0.05	*N/A*	0.15	1.05	4.93	0.72	0.05
MUSTARD, PACKET-ALL SCHOO	1 EACH	5	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.5	0.5	0.0	0.00	0.00
DRESSING, ITALIAN- HS	PACKET	12	0	107	0.00	0.03	1.8	1	0.0	1	0.05	1.2	0.8	0.10	0.00
BBQ SAUCE PACKET- ALL SCHO OLS	PORTION	15	0	85	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
Weighted Daily Average		649	47	962	8.76	4.26	566.2	*4721	27.31	*18	26.82	99.16	17.31	5.28	*0.01
% of Calories										*10.9%	16.5%	61.1%	24.0%	7.3%	*0.0%
Nutrient Guideline		633-750		1146										<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
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: High School Breakfast/High School Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 03/30/2017															
High School Breakfast															
	Total														
BREAKFAST BURRITO - BACON	1 EACH	375	115	527	4.18	2.26	210.4	250	3.54	*0	14.18	41.44	15.86	6.00	0.00
BREAKFAST BURRITO - EGG- H.	1 EACH	400	125	494	4.18	2.19	310.0	400	3.54	*0	16.18	41.81	17.77	8.00	0.00
BURRITO, BEAN & CHSE- ALL S CHS	1 EACH	397	16	447	9.00	1.57	312.0	216	1.4	*N/A*	18.5	56.0	11.0	4.70	0.00
MINI MAPLE PANCAKES- ALL SC HS	3 OZ	220	5	340	3.00	1.44	60.0	0	0.0	*N/A*	5.0	36.0	7.0	1.00	0.00
SANDWICH, PBJ - MS & HS	SANDWIC	334	0	334	3.13	1.13	20.9	0	0.0	*N/A*	10.44	33.42	17.76	3.66	*N/A*
CEREAL, ASSORTED-ALL SCHO OLS	1 EACH	233	0	311	5.00	16.20	125.0	625	7.2	*N/A*	5.25	50.75	1.75	0.00	0.00
YOGURT & BAR (GREEK) - HS	1 EACH	240	5	150	3.00	1.08	200.0	0	2.4	*N/A*	12.0	38.0	4.0	1.00	0.00
YOGURT & BAR (REGULAR) - HS	1 EACH	230	0	190	3.00	1.08	400.0	0	1.2	*N/A*	5.0	43.0	4.0	1.00	0.00
FRUIT: ASSORTED FRESH-ALL S CHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL S CHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
KETCHUP- ALL SCHOOLS	1 Packet	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00

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

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

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: High School Breakfast/High School Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
High School Lunch	Total														
CHEESY BEEF NACHOS- HS	1 EACH	526	49	1018	4.90	3.07	338.7	566	2.9	*0	19.34	46.17	28.28	13.99	0.00
SALAD, HAND TOSSED- HS	1 EACH	612	64	887	7.05	4.30	149.3	*10057	8.51	*3	27.45	61.98	28.62	5.42	*0.00
ASIAN CHIX LEG & FRD RCE MS HS	SERVINGS	455	138	662	3.63	2.26	23.1	1796	2.58	*4	25.55	54.81	13.96	3.19	*0.00
CHICKEN W/MASHED POTATO- PIZZA, PAPA J CHEESE- HS	SERVING SLICE	323	55	332	3.62	2.43	57.1	36	50.16	*1	20.22	36.68	11.48	2.37	0.41
PIZZA, PAPA J PEPPERONI- HS	SLICE	380	20	780	4.00	2.70	500.0	500	3.6	6	22.0	49.0	11.0	4.00	0.00
PIZZA, PAPA J HAWAIIAN- HS	SLICE	430	30	950	4.00	2.70	450.0	750	4.8	6	23.0	49.0	16.0	6.00	0.00
PIZZA, PAPA J VEGGIE- HS	SLICE	410	30	990	5.00	2.70	500.0	500	4.8	8	25.0	52.0	12.0	4.50	0.00
SPICY CHIX SANDWICH-MS, HS	SANDWIC	344	55	691	2.92	3.18	58.4	500	8.65	*N/A*	19.81	39.87	12.92	2.98	0.00
HAMBURGER- HS	SANDWIC	254	35	501	2.92	3.18	58.4	100	8.65	*N/A*	18.81	28.87	6.92	2.48	0.00
CHEESEBURGER- H.S.	SANDWIC	308	49	714	2.92	3.21	137.4	238	8.65	*N/A*	21.98	29.1	11.41	5.31	*0.00
CHICKEN DRUMSTIX & ROLL - H.	1 EACH	340	55	585	2.00	2.52	20.0	100	2.4	4	21.0	33.0	13.5	3.00	*0.00
SIDE SALAD - MS, HS	EACH	20	0	17	1.85	0.58	25.2	6112	8.77	*2	1.05	4.18	0.24	0.02	*0.00
SALSA - ALL SCHOOLS	SERVING	41	0	488	1.59	2.54	13.6	624	4.54	*N/A*	1.7	7.94	0.23	0.03	*N/A*
POTATO SALAD - HS	1 EACH	150	4	352	1.50	2.03	15.0	0	6.75	*N/A*	1.5	18.0	8.25	1.12	0.00
CARROTS- ALL SCHOOLS	bag	30	0	66	2.47	0.76	27.2	11728	2.21	4	0.54	7.01	0.11	0.02	0.00
POTATO TOTS- ALL SCHOOLS	1 EACH	140	0	225	2.70	0.36	10.9	2182	3.56	*N/A*	2.16	19.99	5.65	0.81	0.00
GO 'BONZO'S - HS	1 EACH	160	0	360	6.00	2.16	40.0	0	0.0	*N/A*	8.0	24.0	4.0	0.00	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
TORTILLA CHIPS - HS	2 OZ	268	0	186	3.06	0.86	60.1	2	0.0	0	4.03	38.43	11.73	1.59	0.46
COOKIE DAY - ALL SCHOOLS	1 EACH	124	0	54	1.34	0.73	6.7	0	0.0	*3	1.68	19.82	4.37	0.91	0.00
KETCHUP- ALL SCHOOLS	PACKET	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00
MAYONNAISE- ALL SCHOOLS	packet	25	0	100	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	2.5	0.00	0.00
DRESSING, RANCH- ALL SCHOO	PACKET	49	5	105	0.02	0.02	1.5	8	0.05	*N/A*	0.15	1.05	4.93	0.72	0.05
MUSTARD, PACKET-ALL SCHOO	1 EACH	5	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.5	0.5	0.0	0.00	0.00
DRESSING, ITALIAN- HS	PACKET	12	0	107	0.00	0.03	1.8	1	0.0	1	0.05	1.2	0.8	0.10	0.00
BBQ SAUCE PACKET- ALL SCHOOLS	PORTION	15	0	85	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
Weighted Daily Average		893	59	1265	11.25	5.17	586.4	*8135	31.53	*24	33.91	133.91	26.44	5.97	*0.11
% of Calories										*10.6%	15.2%	60.0%	26.6%	6.0%	*0.1%
Nutrient Guideline		633-750		1146										<10.00	

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: High School Breakfast/High School Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 03/31/2017															
High School Breakfast	Total														
BREAKFAST BURRITO -CHORIZ O-H.S	1 EACH	381	123	507	4.51	2.66	216.6	578	3.94	*0	16.94	41.97	14.91	5.49	0.00
BREAKFAST BURRITO - EGG- H.	1 EACH	400	125	494	4.18	2.19	310.0	400	3.54	*0	16.18	41.81	17.77	8.00	0.00
BREAKFAST SANDWICH - MS, HS	1 EACH	203	20	468	2.50	1.68	71.0	87	0.0	*N/A*	15.5	20.0	7.5	2.00	0.00
MINI MAPLE PANCAKES- ALL SC HS	3 OZ	220	5	340	3.00	1.44	60.0	0	0.0	*N/A*	5.0	36.0	7.0	1.00	0.00
SANDWICH, PBJ - MS & HS	SANDWIC	334	0	334	3.13	1.13	20.9	0	0.0	*N/A*	10.44	33.42	17.76	3.66	*N/A*
CEREAL, ASSORTED-ALL SCHO OLS	1 EACH	233	0	311	5.00	16.20	125.0	625	7.2	*N/A*	5.25	50.75	1.75	0.00	0.00
YOGURT & BAR (GREEK) - HS	1 EACH	240	5	150	3.00	1.08	200.0	0	2.4	*N/A*	12.0	38.0	4.0	1.00	0.00
YOGURT & BAR (REGULAR) - HS	1 EACH	230	0	190	3.00	1.08	400.0	0	1.2	*N/A*	5.0	43.0	4.0	1.00	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
KETCHUP- ALL SCHOOLS	1 Packet	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: High School Breakfast/High School Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
High School Lunch	Total														
CHEESY BEEF NACHOS- HS	1 EACH	526	49	1018	4.90	3.07	338.7	566	2.9	*0	19.34	46.17	28.28	13.99	0.00
SALAD, HAND TOSSED- HS	1 EACH	612	64	887	7.05	4.30	149.3	*10057	8.51	*3	27.45	61.98	28.62	5.42	*0.00
SANDWICH, FISH SRIRACHA	1 EACH	458	47	1057	3.70	*2.92	274.9	475	1.2	*N/A*	25.53	44.16	20.42	7.71	*0.00
POTATO BAKED W/TACO & CHS E-HS	1 EACH	459	48	728	6.44	4.42	320.7	500	27.22	*3	20.18	64.93	13.28	7.56	0.00
PIZZA, PAPA J CHEESE- HS	SLICE	380	20	780	4.00	2.70	500.0	500	3.6	6	22.0	49.0	11.0	4.00	0.00
PIZZA, PAPA J PEPPERONI- HS	SLICE	430	30	950	4.00	2.70	450.0	750	4.8	6	23.0	49.0	16.0	6.00	0.00
PIZZA, PAPA J HAWAIIAN- HS	SLICE	410	30	990	5.00	2.70	500.0	500	4.8	8	25.0	52.0	12.0	4.50	0.00
PIZZA, PAPA J VEGGIE- HS	SLICE	390	20	780	5.00	2.70	500.0	750	12.0	8	23.0	53.0	11.0	4.00	0.00
SPICY CHIX SANDWICH-MS, HS	SANDWIC	344	55	691	2.92	3.18	58.4	500	8.65	*N/A*	19.81	39.87	12.92	2.98	0.00
HAMBURGER- HS	SANDWIC	254	35	501	2.92	3.18	58.4	100	8.65	*N/A*	18.81	28.87	6.92	2.48	0.00
CHEESEBURGER- H.S.	SANDWIC	308	49	714	2.92	3.21	137.4	238	8.65	*N/A*	21.98	29.1	11.41	5.31	*0.00
WESTERN BURGER - HS	SANDWIC	338	35	723	4.12	3.62	74.4	121	9.61	*2	20.01	41.55	10.12	3.08	0.00
SIDE SALAD - MS, HS	EACH	20	0	17	1.85	0.58	25.2	6112	8.77	*2	1.05	4.18	0.24	0.02	*0.00
SALSA - ALL SCHOOLS	SERVING	41	0	488	1.59	2.54	13.6	624	4.54	*N/A*	1.7	7.94	0.23	0.03	*N/A*
POTATO SALAD - HS	1 EACH	150	4	352	1.50	2.03	15.0	0	6.75	*N/A*	1.5	18.0	8.25	1.12	0.00
CARROTS- ALL SCHOOLS	bag	30	0	66	2.47	0.76	27.2	11728	2.21	4	0.54	7.01	0.11	0.02	0.00
POTATO TOTS- ALL SCHOOLS	1 EACH	140	0	225	2.70	0.36	10.9	2182	3.56	*N/A*	2.16	19.99	5.65	0.81	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
KETCHUP- ALL SCHOOLS	PACKET	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00
MAYONNAISE- ALL SCHOOLS	packet	25	0	100	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	2.5	0.00	0.00
DRESSING, RANCH- ALL SCHOO	PACKET	49	5	105	0.02	0.02	1.5	8	0.05	*N/A*	0.15	1.05	4.93	0.72	0.05
MUSTARD, PACKET-ALL SCHOO	1 EACH	5	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.5	0.5	0.0	0.00	0.00
DRESSING, ITALIAN- HS	PACKET	12	0	107	0.00	0.03	1.8	1	0.0	1	0.05	1.2	0.8	0.10	0.00
BBQ SAUCE PACKET- ALL SCHO OLS	PORTION	15	0	85	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
Weighted Daily Average		649	47	1010	8.50	*4.29	578.6	*4687	24.59	*18	27.31	96.49	18.31	5.77	*0.01
% of Calories										*10.8%	16.8%	59.5%	25.4%	8.0%	*0.0%
Nutrient Guideline		633-750		1146										<10.00	

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: High School Breakfast/High School Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 04/03/2017															
High School Breakfast	Total														
BREAKFAST BURRITO -CHORIZ O-H.S	1 EACH	381	123	507	4.51	2.66	216.6	578	3.94	*0	16.94	41.97	14.91	5.49	0.00
BREAKFAST BURRITO - EGG- H.	1 EACH	400	125	494	4.18	2.19	310.0	400	3.54	*0	16.18	41.81	17.77	8.00	0.00
BREAKFAST SANDWICH - MS, HS	1 EACH	203	20	468	2.50	1.68	71.0	87	0.0	*N/A*	15.5	20.0	7.5	2.00	0.00
MINI MAPLE PANCAKES- ALL SC HS	3 OZ	220	5	340	3.00	1.44	60.0	0	0.0	*N/A*	5.0	36.0	7.0	1.00	0.00
SANDWICH, PBJ - MS & HS	SANDWIC	334	0	334	3.13	1.13	20.9	0	0.0	*N/A*	10.44	33.42	17.76	3.66	*N/A*
CEREAL, ASSORTED-ALL SCHO OLS	1 EACH	233	0	311	5.00	16.20	125.0	625	7.2	*N/A*	5.25	50.75	1.75	0.00	0.00
YOGURT & BAR (GREEK) - HS	1 EACH	240	5	150	3.00	1.08	200.0	0	2.4	*N/A*	12.0	38.0	4.0	1.00	0.00
YOGURT & BAR (REGULAR) - HS	1 EACH	230	0	190	3.00	1.08	400.0	0	1.2	*N/A*	5.0	43.0	4.0	1.00	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
KETCHUP- ALL SCHOOLS	1 Packet	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00

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

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

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: High School Breakfast/High School Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
High School Lunch	Total														
CHEESY BEEF NACHOS- HS	1 EACH	526	49	1018	4.90	3.07	338.7	566	2.9	*0	19.34	46.17	28.28	13.99	0.00
SALAD, HAND TOSSED- HS	1 EACH	612	64	887	7.05	4.30	149.3	*10057	8.51	*3	27.45	61.98	28.62	5.42	*0.00
RICE BOWL, TERIYAKI CHIX - HS	1 each	388	53	434	6.36	2.46	70.4	1030	36.89	*1	22.89	63.7	4.37	1.38	0.00
POTATO BAKED W/TACO & CHS E-HS	1 EACH	459	48	728	6.44	4.42	320.7	500	27.22	*3	20.18	64.93	13.28	7.56	0.00
PIZZA, PAPA J CHEESE- HS	SLICE	380	20	780	4.00	2.70	500.0	500	3.6	6	22.0	49.0	11.0	4.00	0.00
PIZZA, PAPA J PEPPERONI- HS	SLICE	430	30	950	4.00	2.70	450.0	750	4.8	6	23.0	49.0	16.0	6.00	0.00
PIZZA, PAPA J HAWAIIAN- HS	SLICE	410	30	990	5.00	2.70	500.0	500	4.8	8	25.0	52.0	12.0	4.50	0.00
PIZZA, PAPA J VEGGIE- HS	SLICE	390	20	780	5.00	2.70	500.0	750	12.0	8	23.0	53.0	11.0	4.00	0.00
SPICY CHIX SANDWICH-MS, HS	SANDWIC	344	55	691	2.92	3.18	58.4	500	8.65	*N/A*	19.81	39.87	12.92	2.98	0.00
HAMBURGER- HS	SANDWIC	254	35	501	2.92	3.18	58.4	100	8.65	*N/A*	18.81	28.87	6.92	2.48	0.00
CHEESEBURGER- H.S.	SANDWIC	308	49	714	2.92	3.21	137.4	238	8.65	*N/A*	21.98	29.1	11.41	5.31	*0.00
WESTERN BURGER - HS	SANDWIC	338	35	723	4.12	3.62	74.4	121	9.61	*2	20.01	41.55	10.12	3.08	0.00
SIDE SALAD - MS, HS	EACH	20	0	17	1.85	0.58	25.2	6112	8.77	*2	1.05	4.18	0.24	0.02	*0.00
SALSA - ALL SCHOOLS	SERVING	41	0	488	1.59	2.54	13.6	624	4.54	*N/A*	1.7	7.94	0.23	0.03	*N/A*
POTATO SALAD - HS	1 EACH	150	4	352	1.50	2.03	15.0	0	6.75	*N/A*	1.5	18.0	8.25	1.12	0.00
CARROTS- ALL SCHOOLS	bag	30	0	66	2.47	0.76	27.2	11728	2.21	4	0.54	7.01	0.11	0.02	0.00
POTATO TOTS- ALL SCHOOLS	1 EACH	140	0	225	2.70	0.36	10.9	2182	3.56	*N/A*	2.16	19.99	5.65	0.81	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
KETCHUP- ALL SCHOOLS	PACKET	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00
MAYONNAISE- ALL SCHOOLS	packet	25	0	100	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	2.5	0.00	0.00
DRESSING, RANCH- ALL SCHOO	PACKET	49	5	105	0.02	0.02	1.5	8	0.05	*N/A*	0.15	1.05	4.93	0.72	0.05
MUSTARD, PACKET-ALL SCHOO	1 EACH	5	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.5	0.5	0.0	0.00	0.00
DRESSING, ITALIAN- HS	PACKET	12	0	107	0.00	0.03	1.8	1	0.0	1	0.05	1.2	0.8	0.10	0.00
BBQ SAUCE PACKET- ALL SCHOOLS	PORTION	15	0	85	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
Weighted Daily Average		649	48	971	8.76	4.29	561.6	*4728	27.25	*18	27.33	98.63	17.27	5.32	*0.01
% of Calories										*10.9%	16.9%	60.8%	24.0%	7.4%	*0.0%
Nutrient Guideline		633-750		1146										<10.00	

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: High School Breakfast/High School Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 04/04/2017															
High School Breakfast	Total														
BREAKFAST BURRITO - BACON	1 EACH	375	115	527	4.18	2.26	210.4	250	3.54	*0	14.18	41.44	15.86	6.00	0.00
BREAKFAST BURRITO - EGG- H.	1 EACH	400	125	494	4.18	2.19	310.0	400	3.54	*0	16.18	41.81	17.77	8.00	0.00
BURRITO, BEAN & CHSE- ALL S CHS	1 EACH	397	16	447	9.00	1.57	312.0	216	1.4	*N/A*	18.5	56.0	11.0	4.70	0.00
MINI MAPLE PANCAKES- ALL SC HS	3 OZ	220	5	340	3.00	1.44	60.0	0	0.0	*N/A*	5.0	36.0	7.0	1.00	0.00
SANDWICH, PBJ - MS & HS	SANDWIC	334	0	334	3.13	1.13	20.9	0	0.0	*N/A*	10.44	33.42	17.76	3.66	*N/A*
CEREAL, ASSORTED-ALL SCHO OLS	1 EACH	233	0	311	5.00	16.20	125.0	625	7.2	*N/A*	5.25	50.75	1.75	0.00	0.00
YOGURT & BAR (GREEK) - HS	1 EACH	240	5	150	3.00	1.08	200.0	0	2.4	*N/A*	12.0	38.0	4.0	1.00	0.00
YOGURT & BAR (REGULAR) - HS	1 EACH	230	0	190	3.00	1.08	400.0	0	1.2	*N/A*	5.0	43.0	4.0	1.00	0.00
FRUIT: ASSORTED FRESH-ALL S CHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL S CHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
KETCHUP- ALL SCHOOLS	1 Packet	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: High School Breakfast/High School Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
High School Lunch	Total														
CHEESY BEEF NACHOS- HS	1 EACH	526	49	1018	4.90	3.07	338.7	566	2.9	*0	19.34	46.17	28.28	13.99	0.00
SALAD, HAND TOSSED- HS	1 EACH	612	64	887	7.05	4.30	149.3	*10057	8.51	*3	27.45	61.98	28.62	5.42	*0.00
KOREAN BBQ PORK TACOS	SERVING	382	54	655	6.01	2.65	166.2	4	0.4	*0	16.89	44.76	15.71	3.71	*0.00
CHICKEN W/MASHED POTATO-	SERVING	323	55	332	3.62	2.43	57.1	36	50.16	*1	20.22	36.68	11.48	2.37	0.41
PIZZA, PAPA J CHEESE- HS	SLICE	380	20	780	4.00	2.70	500.0	500	3.6	6	22.0	49.0	11.0	4.00	0.00
PIZZA, PAPA J PEPPERONI- HS	SLICE	430	30	950	4.00	2.70	450.0	750	4.8	6	23.0	49.0	16.0	6.00	0.00
PIZZA, PAPA J HAWAIIAN- HS	SLICE	410	30	990	5.00	2.70	500.0	500	4.8	8	25.0	52.0	12.0	4.50	0.00
PIZZA, PAPA J VEGGIE- HS	SLICE	390	20	780	5.00	2.70	500.0	750	12.0	8	23.0	53.0	11.0	4.00	0.00
SPICY CHIX SANDWICH-MS, HS	SANDWIC	344	55	691	2.92	3.18	58.4	500	8.65	*N/A*	19.81	39.87	12.92	2.98	0.00
HAMBURGER- HS	SANDWIC	254	35	501	2.92	3.18	58.4	100	8.65	*N/A*	18.81	28.87	6.92	2.48	0.00
CHEESEBURGER- H.S.	SANDWIC	308	49	714	2.92	3.21	137.4	238	8.65	*N/A*	21.98	29.1	11.41	5.31	*0.00
CHICKEN DRUMSTIX & ROLL - H.	1 EACH	340	55	585	2.00	2.52	20.0	100	2.4	4	21.0	33.0	13.5	3.00	*0.00
SIDE SALAD - MS, HS	EACH	20	0	17	1.85	0.58	25.2	6112	8.77	*2	1.05	4.18	0.24	0.02	*0.00
SALSA - ALL SCHOOLS	SERVING	41	0	488	1.59	2.54	13.6	624	4.54	*N/A*	1.7	7.94	0.23	0.03	*N/A*
POTATO SALAD - HS	1 EACH	150	4	352	1.50	2.03	15.0	0	6.75	*N/A*	1.5	18.0	8.25	1.12	0.00
CARROTS- ALL SCHOOLS	bag	30	0	66	2.47	0.76	27.2	11728	2.21	4	0.54	7.01	0.11	0.02	0.00
POTATO TOTS- ALL SCHOOLS	1 EACH	140	0	225	2.70	0.36	10.9	2182	3.56	*N/A*	2.16	19.99	5.65	0.81	0.00
GO 'BONZO'S - HS	1 EACH	160	0	360	6.00	2.16	40.0	0	0.0	*N/A*	8.0	24.0	4.0	0.00	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
TORTILLA CHIPS - HS	2 OZ	268	0	186	3.06	0.86	60.1	2	0.0	0	4.03	38.43	11.73	1.59	0.46
COOKIE DAY - ALL SCHOOLS	1 EACH	124	0	54	1.34	0.73	6.7	0	0.0	*3	1.68	19.82	4.37	0.91	0.00
KETCHUP- ALL SCHOOLS	PACKET	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00
MAYONNAISE- ALL SCHOOLS	packet	25	0	100	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	2.5	0.00	0.00
DRESSING, RANCH- ALL SCHOO	PACKET	49	5	105	0.02	0.02	1.5	8	0.05	*N/A*	0.15	1.05	4.93	0.72	0.05
MUSTARD, PACKET-ALL SCHOO	1 EACH	5	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.5	0.5	0.0	0.00	0.00
DRESSING, ITALIAN- HS	PACKET	12	0	107	0.00	0.03	1.8	1	0.0	1	0.05	1.2	0.8	0.10	0.00
BBQ SAUCE PACKET- ALL SCHOOLS	PORTION	15	0	85	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
Weighted Daily Average		685	45	926	8.96	4.29	529.7	*5080	25.16	*18	25.89	106.06	18.90	4.60	*0.07
% of Calories										*10.7%	15.1%	61.9%	24.8%	6.0%	*0.1%
Nutrient Guideline		633-750		1146										<10.00	

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: High School Breakfast/High School Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 04/05/2017															
High School Breakfast	Total														
BREAKFAST BURRITO -CHORIZ O-H.S	1 EACH	381	123	507	4.51	2.66	216.6	578	3.94	*0	16.94	41.97	14.91	5.49	0.00
BREAKFAST BURRITO - EGG- H.	1 EACH	400	125	494	4.18	2.19	310.0	400	3.54	*0	16.18	41.81	17.77	8.00	0.00
BREAKFAST SANDWICH - MS, HS	1 EACH	203	20	468	2.50	1.68	71.0	87	0.0	*N/A*	15.5	20.0	7.5	2.00	0.00
MINI MAPLE PANCAKES- ALL SC HS	3 OZ	220	5	340	3.00	1.44	60.0	0	0.0	*N/A*	5.0	36.0	7.0	1.00	0.00
SANDWICH, PBJ - MS & HS	SANDWIC	334	0	334	3.13	1.13	20.9	0	0.0	*N/A*	10.44	33.42	17.76	3.66	*N/A*
CEREAL, ASSORTED-ALL SCHO OLS	1 EACH	233	0	311	5.00	16.20	125.0	625	7.2	*N/A*	5.25	50.75	1.75	0.00	0.00
YOGURT & BAR (GREEK) - HS	1 EACH	240	5	150	3.00	1.08	200.0	0	2.4	*N/A*	12.0	38.0	4.0	1.00	0.00
YOGURT & BAR (REGULAR) - HS	1 EACH	230	0	190	3.00	1.08	400.0	0	1.2	*N/A*	5.0	43.0	4.0	1.00	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
KETCHUP- ALL SCHOOLS	1 Packet	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: High School Breakfast/High School Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
High School Lunch	Total														
CHEESY BEEF NACHOS- HS	1 EACH	526	49	1018	4.90	3.07	338.7	566	2.9	*0	19.34	46.17	28.28	13.99	0.00
SALAD, HAND TOSSED- HS	1 EACH	612	64	887	7.05	4.30	149.3	*10057	8.51	*3	27.45	61.98	28.62	5.42	*0.00
RICE BOWL, ORANGE CHIX- HS	1 each	392	40	300	6.36	2.10	50.4	930	38.09	*1	18.89	68.7	4.87	0.88	0.00
POTATO BAKED W/TACO & CHS E-HS	1 EACH	459	48	728	6.44	4.42	320.7	500	27.22	*3	20.18	64.93	13.28	7.56	0.00
PIZZA, PAPA J CHEESE- HS	SLICE	380	20	780	4.00	2.70	500.0	500	3.6	6	22.0	49.0	11.0	4.00	0.00
PIZZA, PAPA J PEPPERONI- HS	SLICE	430	30	950	4.00	2.70	450.0	750	4.8	6	23.0	49.0	16.0	6.00	0.00
PIZZA, PAPA J HAWAIIAN- HS	SLICE	410	30	990	5.00	2.70	500.0	500	4.8	8	25.0	52.0	12.0	4.50	0.00
PIZZA, PAPA J VEGGIE- HS	SLICE	390	20	780	5.00	2.70	500.0	750	12.0	8	23.0	53.0	11.0	4.00	0.00
SPICY CHIX SANDWICH-MS, HS	SANDWIC	344	55	691	2.92	3.18	58.4	500	8.65	*N/A*	19.81	39.87	12.92	2.98	0.00
HAMBURGER- HS	SANDWIC	254	35	501	2.92	3.18	58.4	100	8.65	*N/A*	18.81	28.87	6.92	2.48	0.00
CHEESEBURGER- H.S.	SANDWIC	308	49	714	2.92	3.21	137.4	238	8.65	*N/A*	21.98	29.1	11.41	5.31	*0.00
WESTERN BURGER - HS	SANDWIC	338	35	723	4.12	3.62	74.4	121	9.61	*2	20.01	41.55	10.12	3.08	0.00
SIDE SALAD - MS, HS	EACH	20	0	17	1.85	0.58	25.2	6112	8.77	*2	1.05	4.18	0.24	0.02	*0.00
SALSA - ALL SCHOOLS	SERVING	41	0	488	1.59	2.54	13.6	624	4.54	*N/A*	1.7	7.94	0.23	0.03	*N/A*
POTATO SALAD - HS	1 EACH	150	4	352	1.50	2.03	15.0	0	6.75	*N/A*	1.5	18.0	8.25	1.12	0.00
CARROTS- ALL SCHOOLS	bag	30	0	66	2.47	0.76	27.2	11728	2.21	4	0.54	7.01	0.11	0.02	0.00
POTATO TOTS- ALL SCHOOLS	1 EACH	140	0	225	2.70	0.36	10.9	2182	3.56	*N/A*	2.16	19.99	5.65	0.81	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
KETCHUP- ALL SCHOOLS	PACKET	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00
MAYONNAISE- ALL SCHOOLS	packet	25	0	100	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	2.5	0.00	0.00
DRESSING, RANCH- ALL SCHOO	PACKET	49	5	105	0.02	0.02	1.5	8	0.05	*N/A*	0.15	1.05	4.93	0.72	0.05
MUSTARD, PACKET-ALL SCHOO	1 EACH	5	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.5	0.5	0.0	0.00	0.00
DRESSING, ITALIAN- HS	PACKET	12	0	107	0.00	0.03	1.8	1	0.0	1	0.05	1.2	0.8	0.10	0.00
BBQ SAUCE PACKET- ALL SCHO OLS	PORTION	15	0	85	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
Weighted Daily Average		649	47	962	8.76	4.26	566.2	*4721	27.31	*18	26.82	99.16	17.31	5.28	*0.01
% of Calories										*10.9%	16.5%	61.1%	24.0%	7.3%	*0.0%
Nutrient Guideline		633-750		1146										<10.00	

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: High School Breakfast/High School Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 04/06/2017															
High School Breakfast															
	Total														
BREAKFAST BURRITO - BACON	1 EACH	375	115	527	4.18	2.26	210.4	250	3.54	*0	14.18	41.44	15.86	6.00	0.00
BREAKFAST BURRITO - EGG- H.	1 EACH	400	125	494	4.18	2.19	310.0	400	3.54	*0	16.18	41.81	17.77	8.00	0.00
BURRITO, BEAN & CHSE- ALL S CHS	1 EACH	397	16	447	9.00	1.57	312.0	216	1.4	*N/A*	18.5	56.0	11.0	4.70	0.00
MINI MAPLE PANCAKES- ALL SC HS	3 OZ	220	5	340	3.00	1.44	60.0	0	0.0	*N/A*	5.0	36.0	7.0	1.00	0.00
SANDWICH, PBJ - MS & HS	SANDWIC	334	0	334	3.13	1.13	20.9	0	0.0	*N/A*	10.44	33.42	17.76	3.66	*N/A*
CEREAL, ASSORTED-ALL SCHO OLS	1 EACH	233	0	311	5.00	16.20	125.0	625	7.2	*N/A*	5.25	50.75	1.75	0.00	0.00
YOGURT & BAR (GREEK) - HS	1 EACH	240	5	150	3.00	1.08	200.0	0	2.4	*N/A*	12.0	38.0	4.0	1.00	0.00
YOGURT & BAR (REGULAR) - HS	1 EACH	230	0	190	3.00	1.08	400.0	0	1.2	*N/A*	5.0	43.0	4.0	1.00	0.00
FRUIT: ASSORTED FRESH-ALL S CHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL S CHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
KETCHUP- ALL SCHOOLS	1 Packet	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: High School Breakfast/High School Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
High School Lunch	Total														
CHEESY BEEF NACHOS- HS	1 EACH	526	49	1018	4.90	3.07	338.7	566	2.9	*0	19.34	46.17	28.28	13.99	0.00
SALAD, HAND TOSSED- HS	1 EACH	612	64	887	7.05	4.30	149.3	*10057	8.51	*3	27.45	61.98	28.62	5.42	*0.00
ASIAN CHIX LEG & FRD RCE MS HS	SERVINGS	455	138	662	3.63	2.26	23.1	1796	2.58	*4	25.55	54.81	13.96	3.19	*0.00
CHICKEN W/MASHED POTATO- PIZZA, PAPA J CHEESE- HS	SERVING SLICE	323	55	332	3.62	2.43	57.1	36	50.16	*1	20.22	36.68	11.48	2.37	0.41
PIZZA, PAPA J PEPPERONI- HS	SLICE	380	20	780	4.00	2.70	500.0	500	3.6	6	22.0	49.0	11.0	4.00	0.00
PIZZA, PAPA J HAWAIIAN- HS	SLICE	430	30	950	4.00	2.70	450.0	750	4.8	6	23.0	49.0	16.0	6.00	0.00
PIZZA, PAPA J VEGGIE- HS	SLICE	410	30	990	5.00	2.70	500.0	500	4.8	8	25.0	52.0	12.0	4.50	0.00
SPICY CHIX SANDWICH-MS, HS	SANDWIC	344	55	691	2.92	3.18	58.4	500	8.65	*N/A*	19.81	39.87	12.92	2.98	0.00
HAMBURGER- HS	SANDWIC	254	35	501	2.92	3.18	58.4	100	8.65	*N/A*	18.81	28.87	6.92	2.48	0.00
CHEESEBURGER- H.S.	SANDWIC	308	49	714	2.92	3.21	137.4	238	8.65	*N/A*	21.98	29.1	11.41	5.31	*0.00
CHICKEN DRUMSTIX & ROLL - H.	1 EACH	340	55	585	2.00	2.52	20.0	100	2.4	4	21.0	33.0	13.5	3.00	*0.00
SIDE SALAD - MS, HS	EACH	20	0	17	1.85	0.58	25.2	6112	8.77	*2	1.05	4.18	0.24	0.02	*0.00
SALSA - ALL SCHOOLS	SERVING	41	0	488	1.59	2.54	13.6	624	4.54	*N/A*	1.7	7.94	0.23	0.03	*N/A*
POTATO SALAD - HS	1 EACH	150	4	352	1.50	2.03	15.0	0	6.75	*N/A*	1.5	18.0	8.25	1.12	0.00
CARROTS- ALL SCHOOLS	bag	30	0	66	2.47	0.76	27.2	11728	2.21	4	0.54	7.01	0.11	0.02	0.00
POTATO TOTS- ALL SCHOOLS	1 EACH	140	0	225	2.70	0.36	10.9	2182	3.56	*N/A*	2.16	19.99	5.65	0.81	0.00
GO 'BONZO'S - HS	1 EACH	160	0	360	6.00	2.16	40.0	0	0.0	*N/A*	8.0	24.0	4.0	0.00	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
TORTILLA CHIPS - HS	2 OZ	268	0	186	3.06	0.86	60.1	2	0.0	0	4.03	38.43	11.73	1.59	0.46
COOKIE DAY - ALL SCHOOLS	1 EACH	124	0	54	1.34	0.73	6.7	0	0.0	*3	1.68	19.82	4.37	0.91	0.00
KETCHUP- ALL SCHOOLS	PACKET	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00
MAYONNAISE- ALL SCHOOLS	packet	25	0	100	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	2.5	0.00	0.00
DRESSING, RANCH- ALL SCHOO	PACKET	49	5	105	0.02	0.02	1.5	8	0.05	*N/A*	0.15	1.05	4.93	0.72	0.05
MUSTARD, PACKET-ALL SCHOO	1 EACH	5	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.5	0.5	0.0	0.00	0.00
DRESSING, ITALIAN- HS	PACKET	12	0	107	0.00	0.03	1.8	1	0.0	1	0.05	1.2	0.8	0.10	0.00
BBQ SAUCE PACKET- ALL SCHOOLS	PORTION	15	0	85	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
Weighted Daily Average		893	59	1265	11.25	5.17	586.4	*8135	31.53	*24	33.91	133.91	26.44	5.97	*0.11
% of Calories										*10.6%	15.2%	60.0%	26.6%	6.0%	*0.1%
Nutrient Guideline		633-750		1146										<10.00	

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: High School Breakfast/High School Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 04/07/2017															
High School Breakfast	Total														
BREAKFAST BURRITO -CHORIZ O-H.S	1 EACH	381	123	507	4.51	2.66	216.6	578	3.94	*0	16.94	41.97	14.91	5.49	0.00
BREAKFAST BURRITO - EGG- H.	1 EACH	400	125	494	4.18	2.19	310.0	400	3.54	*0	16.18	41.81	17.77	8.00	0.00
BREAKFAST SANDWICH - MS, HS	1 EACH	203	20	468	2.50	1.68	71.0	87	0.0	*N/A*	15.5	20.0	7.5	2.00	0.00
MINI MAPLE PANCAKES- ALL SC HS	3 OZ	220	5	340	3.00	1.44	60.0	0	0.0	*N/A*	5.0	36.0	7.0	1.00	0.00
SANDWICH, PBJ - MS & HS	SANDWIC	334	0	334	3.13	1.13	20.9	0	0.0	*N/A*	10.44	33.42	17.76	3.66	*N/A*
CEREAL, ASSORTED-ALL SCHO OLS	1 EACH	233	0	311	5.00	16.20	125.0	625	7.2	*N/A*	5.25	50.75	1.75	0.00	0.00
YOGURT & BAR (GREEK) - HS	1 EACH	240	5	150	3.00	1.08	200.0	0	2.4	*N/A*	12.0	38.0	4.0	1.00	0.00
YOGURT & BAR (REGULAR) - HS	1 EACH	230	0	190	3.00	1.08	400.0	0	1.2	*N/A*	5.0	43.0	4.0	1.00	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
KETCHUP- ALL SCHOOLS	1 Packet	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00

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High School Lunch	Total														
CHEESY BEEF NACHOS- HS	1 EACH	526	49	1018	4.90	3.07	338.7	566	2.9	*0	19.34	46.17	28.28	13.99	0.00
SALAD, HAND TOSSED- HS	1 EACH	612	64	887	7.05	4.30	149.3	*10057	8.51	*3	27.45	61.98	28.62	5.42	*0.00
SANDWICH, FISH SRIRACHA	1 EACH	458	47	1057	3.70	*2.92	274.9	475	1.2	*N/A*	25.53	44.16	20.42	7.71	*0.00
POTATO BAKED W/TACO & CHS E-HS	1 EACH	459	48	728	6.44	4.42	320.7	500	27.22	*3	20.18	64.93	13.28	7.56	0.00
PIZZA, PAPA J CHEESE- HS	SLICE	380	20	780	4.00	2.70	500.0	500	3.6	6	22.0	49.0	11.0	4.00	0.00
PIZZA, PAPA J PEPPERONI- HS	SLICE	430	30	950	4.00	2.70	450.0	750	4.8	6	23.0	49.0	16.0	6.00	0.00
PIZZA, PAPA J HAWAIIAN- HS	SLICE	410	30	990	5.00	2.70	500.0	500	4.8	8	25.0	52.0	12.0	4.50	0.00
PIZZA, PAPA J VEGGIE- HS	SLICE	390	20	780	5.00	2.70	500.0	750	12.0	8	23.0	53.0	11.0	4.00	0.00
SPICY CHIX SANDWICH-MS, HS	SANDWIC	344	55	691	2.92	3.18	58.4	500	8.65	*N/A*	19.81	39.87	12.92	2.98	0.00
HAMBURGER- HS	SANDWIC	254	35	501	2.92	3.18	58.4	100	8.65	*N/A*	18.81	28.87	6.92	2.48	0.00
CHEESEBURGER- H.S.	SANDWIC	308	49	714	2.92	3.21	137.4	238	8.65	*N/A*	21.98	29.1	11.41	5.31	*0.00
WESTERN BURGER - HS	SANDWIC	338	35	723	4.12	3.62	74.4	121	9.61	*2	20.01	41.55	10.12	3.08	0.00
SIDE SALAD - MS, HS	EACH	20	0	17	1.85	0.58	25.2	6112	8.77	*2	1.05	4.18	0.24	0.02	*0.00
SALSA - ALL SCHOOLS	SERVING	41	0	488	1.59	2.54	13.6	624	4.54	*N/A*	1.7	7.94	0.23	0.03	*N/A*
POTATO SALAD - HS	1 EACH	150	4	352	1.50	2.03	15.0	0	6.75	*N/A*	1.5	18.0	8.25	1.12	0.00
CARROTS- ALL SCHOOLS	bag	30	0	66	2.47	0.76	27.2	11728	2.21	4	0.54	7.01	0.11	0.02	0.00
POTATO TOTS- ALL SCHOOLS	1 EACH	140	0	225	2.70	0.36	10.9	2182	3.56	*N/A*	2.16	19.99	5.65	0.81	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
KETCHUP- ALL SCHOOLS	PACKET	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00
MAYONNAISE- ALL SCHOOLS	packet	25	0	100	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	2.5	0.00	0.00
DRESSING, RANCH- ALL SCHOO	PACKET	49	5	105	0.02	0.02	1.5	8	0.05	*N/A*	0.15	1.05	4.93	0.72	0.05
MUSTARD, PACKET-ALL SCHOO	1 EACH	5	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.5	0.5	0.0	0.00	0.00
DRESSING, ITALIAN- HS	PACKET	12	0	107	0.00	0.03	1.8	1	0.0	1	0.05	1.2	0.8	0.10	0.00
BBQ SAUCE PACKET- ALL SCHOOLS	PORTION	15	0	85	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
Weighted Daily Average		649	47	1010	8.50	*4.29	578.6	*4687	24.59	*18	27.31	96.49	18.31	5.77	*0.01
% of Calories										*10.8%	16.8%	59.5%	25.4%	8.0%	*0.0%
Nutrient Guideline		633-750		1146										<10.00	

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

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: High School Breakfast/High School Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 04/10/2017															
High School Breakfast	Total														
BREAKFAST BURRITO -CHORIZ O-H.S	1 EACH	381	123	507	4.51	2.66	216.6	578	3.94	*0	16.94	41.97	14.91	5.49	0.00
BREAKFAST BURRITO - EGG- H.	1 EACH	400	125	494	4.18	2.19	310.0	400	3.54	*0	16.18	41.81	17.77	8.00	0.00
BREAKFAST SANDWICH - MS, HS	1 EACH	203	20	468	2.50	1.68	71.0	87	0.0	*N/A*	15.5	20.0	7.5	2.00	0.00
MINI MAPLE PANCAKES- ALL SC HS	3 OZ	220	5	340	3.00	1.44	60.0	0	0.0	*N/A*	5.0	36.0	7.0	1.00	0.00
SANDWICH, PBJ - MS & HS	SANDWIC	334	0	334	3.13	1.13	20.9	0	0.0	*N/A*	10.44	33.42	17.76	3.66	*N/A*
CEREAL, ASSORTED-ALL SCHO OLS	1 EACH	233	0	311	5.00	16.20	125.0	625	7.2	*N/A*	5.25	50.75	1.75	0.00	0.00
YOGURT & BAR (GREEK) - HS	1 EACH	240	5	150	3.00	1.08	200.0	0	2.4	*N/A*	12.0	38.0	4.0	1.00	0.00
YOGURT & BAR (REGULAR) - HS	1 EACH	230	0	190	3.00	1.08	400.0	0	1.2	*N/A*	5.0	43.0	4.0	1.00	0.00
FRUIT: ASSORTED FRESH-ALL S CHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL S CHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
KETCHUP- ALL SCHOOLS	1 Packet	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00

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

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: High School Breakfast/High School Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
High School Lunch	Total														
CHEESY BEEF NACHOS- HS	1 EACH	526	49	1018	4.90	3.07	338.7	566	2.9	*0	19.34	46.17	28.28	13.99	0.00
SALAD, HAND TOSSED- HS	1 EACH	612	64	887	7.05	4.30	149.3	*10057	8.51	*3	27.45	61.98	28.62	5.42	*0.00
RICE BOWL, TERIYAKI CHIX - HS	1 each	388	53	434	6.36	2.46	70.4	1030	36.89	*1	22.89	63.7	4.37	1.38	0.00
POTATO BAKED W/TACO & CHS E-HS	1 EACH	459	48	728	6.44	4.42	320.7	500	27.22	*3	20.18	64.93	13.28	7.56	0.00
PIZZA, PAPA J CHEESE- HS	SLICE	380	20	780	4.00	2.70	500.0	500	3.6	6	22.0	49.0	11.0	4.00	0.00
PIZZA, PAPA J PEPPERONI- HS	SLICE	430	30	950	4.00	2.70	450.0	750	4.8	6	23.0	49.0	16.0	6.00	0.00
PIZZA, PAPA J HAWAIIAN- HS	SLICE	410	30	990	5.00	2.70	500.0	500	4.8	8	25.0	52.0	12.0	4.50	0.00
PIZZA, PAPA J VEGGIE- HS	SLICE	390	20	780	5.00	2.70	500.0	750	12.0	8	23.0	53.0	11.0	4.00	0.00
SPICY CHIX SANDWICH-MS, HS	SANDWIC	344	55	691	2.92	3.18	58.4	500	8.65	*N/A*	19.81	39.87	12.92	2.98	0.00
HAMBURGER- HS	SANDWIC	254	35	501	2.92	3.18	58.4	100	8.65	*N/A*	18.81	28.87	6.92	2.48	0.00
CHEESEBURGER- H.S.	SANDWIC	308	49	714	2.92	3.21	137.4	238	8.65	*N/A*	21.98	29.1	11.41	5.31	*0.00
WESTERN BURGER - HS	SANDWIC	338	35	723	4.12	3.62	74.4	121	9.61	*2	20.01	41.55	10.12	3.08	0.00
SIDE SALAD - MS, HS	EACH	20	0	17	1.85	0.58	25.2	6112	8.77	*2	1.05	4.18	0.24	0.02	*0.00
SALSA - ALL SCHOOLS	SERVING	41	0	488	1.59	2.54	13.6	624	4.54	*N/A*	1.7	7.94	0.23	0.03	*N/A*
POTATO SALAD - HS	1 EACH	150	4	352	1.50	2.03	15.0	0	6.75	*N/A*	1.5	18.0	8.25	1.12	0.00
CARROTS- ALL SCHOOLS	bag	30	0	66	2.47	0.76	27.2	11728	2.21	4	0.54	7.01	0.11	0.02	0.00
POTATO TOTS- ALL SCHOOLS	1 EACH	140	0	225	2.70	0.36	10.9	2182	3.56	*N/A*	2.16	19.99	5.65	0.81	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
KETCHUP- ALL SCHOOLS	PACKET	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00
MAYONNAISE- ALL SCHOOLS	packet	25	0	100	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	2.5	0.00	0.00
DRESSING, RANCH- ALL SCHOO	PACKET	49	5	105	0.02	0.02	1.5	8	0.05	*N/A*	0.15	1.05	4.93	0.72	0.05
MUSTARD, PACKET-ALL SCHOO	1 EACH	5	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.5	0.5	0.0	0.00	0.00
DRESSING, ITALIAN- HS	PACKET	12	0	107	0.00	0.03	1.8	1	0.0	1	0.05	1.2	0.8	0.10	0.00
BBQ SAUCE PACKET- ALL SCHOOLS	PORTION	15	0	85	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
Weighted Daily Average		649	48	971	8.76	4.29	561.6	*4728	27.25	*18	27.33	98.63	17.27	5.32	*0.01
% of Calories										*10.9%	16.9%	60.8%	24.0%	7.4%	*0.0%
Nutrient Guideline		633-750		1146										<10.00	

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: High School Breakfast/High School Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 04/11/2017															
High School Breakfast															
	Total														
BREAKFAST BURRITO - BACON	1 EACH	375	115	527	4.18	2.26	210.4	250	3.54	*0	14.18	41.44	15.86	6.00	0.00
BREAKFAST BURRITO - EGG- H.	1 EACH	400	125	494	4.18	2.19	310.0	400	3.54	*0	16.18	41.81	17.77	8.00	0.00
BURRITO, BEAN & CHSE- ALL S CHS	1 EACH	397	16	447	9.00	1.57	312.0	216	1.4	*N/A*	18.5	56.0	11.0	4.70	0.00
MINI MAPLE PANCAKES- ALL SC HS	3 OZ	220	5	340	3.00	1.44	60.0	0	0.0	*N/A*	5.0	36.0	7.0	1.00	0.00
SANDWICH, PBJ - MS & HS	SANDWIC	334	0	334	3.13	1.13	20.9	0	0.0	*N/A*	10.44	33.42	17.76	3.66	*N/A*
CEREAL, ASSORTED-ALL SCHO OLS	1 EACH	233	0	311	5.00	16.20	125.0	625	7.2	*N/A*	5.25	50.75	1.75	0.00	0.00
YOGURT & BAR (GREEK) - HS	1 EACH	240	5	150	3.00	1.08	200.0	0	2.4	*N/A*	12.0	38.0	4.0	1.00	0.00
YOGURT & BAR (REGULAR) - HS	1 EACH	230	0	190	3.00	1.08	400.0	0	1.2	*N/A*	5.0	43.0	4.0	1.00	0.00
FRUIT: ASSORTED FRESH-ALL S CHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL S CHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
KETCHUP- ALL SCHOOLS	1 Packet	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: High School Breakfast/High School Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
High School Lunch	Total														
CHEESY BEEF NACHOS- HS	1 EACH	526	49	1018	4.90	3.07	338.7	566	2.9	*0	19.34	46.17	28.28	13.99	0.00
SALAD, HAND TOSSED- HS	1 EACH	612	64	887	7.05	4.30	149.3	*10057	8.51	*3	27.45	61.98	28.62	5.42	*0.00
KOREAN BBQ PORK TACOS	SERVING	382	54	655	6.01	2.65	166.2	4	0.4	*0	16.89	44.76	15.71	3.71	*0.00
CHICKEN W/MASHED POTATO-	SERVING	323	55	332	3.62	2.43	57.1	36	50.16	*1	20.22	36.68	11.48	2.37	0.41
PIZZA, PAPA J CHEESE- HS	SLICE	380	20	780	4.00	2.70	500.0	500	3.6	6	22.0	49.0	11.0	4.00	0.00
PIZZA, PAPA J PEPPERONI- HS	SLICE	430	30	950	4.00	2.70	450.0	750	4.8	6	23.0	49.0	16.0	6.00	0.00
PIZZA, PAPA J HAWAIIAN- HS	SLICE	410	30	990	5.00	2.70	500.0	500	4.8	8	25.0	52.0	12.0	4.50	0.00
PIZZA, PAPA J VEGGIE- HS	SLICE	390	20	780	5.00	2.70	500.0	750	12.0	8	23.0	53.0	11.0	4.00	0.00
SPICY CHIX SANDWICH-MS, HS	SANDWIC	344	55	691	2.92	3.18	58.4	500	8.65	*N/A*	19.81	39.87	12.92	2.98	0.00
HAMBURGER- HS	SANDWIC	254	35	501	2.92	3.18	58.4	100	8.65	*N/A*	18.81	28.87	6.92	2.48	0.00
CHEESEBURGER- H.S.	SANDWIC	308	49	714	2.92	3.21	137.4	238	8.65	*N/A*	21.98	29.1	11.41	5.31	*0.00
CHICKEN DRUMSTIX & ROLL - H.	1 EACH	340	55	585	2.00	2.52	20.0	100	2.4	4	21.0	33.0	13.5	3.00	*0.00
SIDE SALAD - MS, HS	EACH	20	0	17	1.85	0.58	25.2	6112	8.77	*2	1.05	4.18	0.24	0.02	*0.00
SALSA - ALL SCHOOLS	SERVING	41	0	488	1.59	2.54	13.6	624	4.54	*N/A*	1.7	7.94	0.23	0.03	*N/A*
POTATO SALAD - HS	1 EACH	150	4	352	1.50	2.03	15.0	0	6.75	*N/A*	1.5	18.0	8.25	1.12	0.00
CARROTS- ALL SCHOOLS	bag	30	0	66	2.47	0.76	27.2	11728	2.21	4	0.54	7.01	0.11	0.02	0.00
POTATO TOTS- ALL SCHOOLS	1 EACH	140	0	225	2.70	0.36	10.9	2182	3.56	*N/A*	2.16	19.99	5.65	0.81	0.00
GO 'BONZO'S - HS	1 EACH	160	0	360	6.00	2.16	40.0	0	0.0	*N/A*	8.0	24.0	4.0	0.00	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
TORTILLA CHIPS - HS	2 OZ	268	0	186	3.06	0.86	60.1	2	0.0	0	4.03	38.43	11.73	1.59	0.46
COOKIE DAY - ALL SCHOOLS	1 EACH	124	0	54	1.34	0.73	6.7	0	0.0	*3	1.68	19.82	4.37	0.91	0.00
KETCHUP- ALL SCHOOLS	PACKET	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00
MAYONNAISE- ALL SCHOOLS	packet	25	0	100	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	2.5	0.00	0.00
DRESSING, RANCH- ALL SCHOO	PACKET	49	5	105	0.02	0.02	1.5	8	0.05	*N/A*	0.15	1.05	4.93	0.72	0.05
MUSTARD, PACKET-ALL SCHOO	1 EACH	5	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.5	0.5	0.0	0.00	0.00
DRESSING, ITALIAN- HS	PACKET	12	0	107	0.00	0.03	1.8	1	0.0	1	0.05	1.2	0.8	0.10	0.00
BBQ SAUCE PACKET- ALL SCHOOLS	PORTION	15	0	85	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
Weighted Daily Average		685	45	926	8.96	4.29	529.7	*5080	25.16	*18	25.89	106.06	18.90	4.60	*0.07
% of Calories										*10.7%	15.1%	61.9%	24.8%	6.0%	*0.1%
Nutrient Guideline		633-750		1146										<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

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: High School Breakfast/High School Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 04/12/2017															
High School Breakfast	Total														
BREAKFAST BURRITO -CHORIZ O-H.S	1 EACH	381	123	507	4.51	2.66	216.6	578	3.94	*0	16.94	41.97	14.91	5.49	0.00
BREAKFAST BURRITO - EGG- H.	1 EACH	400	125	494	4.18	2.19	310.0	400	3.54	*0	16.18	41.81	17.77	8.00	0.00
BREAKFAST SANDWICH - MS, HS	1 EACH	203	20	468	2.50	1.68	71.0	87	0.0	*N/A*	15.5	20.0	7.5	2.00	0.00
MINI MAPLE PANCAKES- ALL SC HS	3 OZ	220	5	340	3.00	1.44	60.0	0	0.0	*N/A*	5.0	36.0	7.0	1.00	0.00
SANDWICH, PBJ - MS & HS	SANDWIC	334	0	334	3.13	1.13	20.9	0	0.0	*N/A*	10.44	33.42	17.76	3.66	*N/A*
CEREAL, ASSORTED-ALL SCHO OLS	1 EACH	233	0	311	5.00	16.20	125.0	625	7.2	*N/A*	5.25	50.75	1.75	0.00	0.00
YOGURT & BAR (GREEK) - HS	1 EACH	240	5	150	3.00	1.08	200.0	0	2.4	*N/A*	12.0	38.0	4.0	1.00	0.00
YOGURT & BAR (REGULAR) - HS	1 EACH	230	0	190	3.00	1.08	400.0	0	1.2	*N/A*	5.0	43.0	4.0	1.00	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
KETCHUP- ALL SCHOOLS	1 Packet	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00

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

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

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

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: High School Breakfast/High School Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
High School Lunch	Total														
CHEESY BEEF NACHOS- HS	1 EACH	526	49	1018	4.90	3.07	338.7	566	2.9	*0	19.34	46.17	28.28	13.99	0.00
SALAD, HAND TOSSED- HS	1 EACH	612	64	887	7.05	4.30	149.3	*10057	8.51	*3	27.45	61.98	28.62	5.42	*0.00
RICE BOWL, ORANGE CHIX- HS	1 each	392	40	300	6.36	2.10	50.4	930	38.09	*1	18.89	68.7	4.87	0.88	0.00
POTATO BAKED W/TACO & CHS E-HS	1 EACH	459	48	728	6.44	4.42	320.7	500	27.22	*3	20.18	64.93	13.28	7.56	0.00
PIZZA, PAPA J CHEESE- HS	SLICE	380	20	780	4.00	2.70	500.0	500	3.6	6	22.0	49.0	11.0	4.00	0.00
PIZZA, PAPA J PEPPERONI- HS	SLICE	430	30	950	4.00	2.70	450.0	750	4.8	6	23.0	49.0	16.0	6.00	0.00
PIZZA, PAPA J HAWAIIAN- HS	SLICE	410	30	990	5.00	2.70	500.0	500	4.8	8	25.0	52.0	12.0	4.50	0.00
PIZZA, PAPA J VEGGIE- HS	SLICE	390	20	780	5.00	2.70	500.0	750	12.0	8	23.0	53.0	11.0	4.00	0.00
SPICY CHIX SANDWICH-MS, HS	SANDWIC	344	55	691	2.92	3.18	58.4	500	8.65	*N/A*	19.81	39.87	12.92	2.98	0.00
HAMBURGER- HS	SANDWIC	254	35	501	2.92	3.18	58.4	100	8.65	*N/A*	18.81	28.87	6.92	2.48	0.00
CHEESEBURGER- H.S.	SANDWIC	308	49	714	2.92	3.21	137.4	238	8.65	*N/A*	21.98	29.1	11.41	5.31	*0.00
WESTERN BURGER - HS	SANDWIC	338	35	723	4.12	3.62	74.4	121	9.61	*2	20.01	41.55	10.12	3.08	0.00
SIDE SALAD - MS, HS	EACH	20	0	17	1.85	0.58	25.2	6112	8.77	*2	1.05	4.18	0.24	0.02	*0.00
SALSA - ALL SCHOOLS	SERVING	41	0	488	1.59	2.54	13.6	624	4.54	*N/A*	1.7	7.94	0.23	0.03	*N/A*
POTATO SALAD - HS	1 EACH	150	4	352	1.50	2.03	15.0	0	6.75	*N/A*	1.5	18.0	8.25	1.12	0.00
CARROTS- ALL SCHOOLS	bag	30	0	66	2.47	0.76	27.2	11728	2.21	4	0.54	7.01	0.11	0.02	0.00
POTATO TOTS- ALL SCHOOLS	1 EACH	140	0	225	2.70	0.36	10.9	2182	3.56	*N/A*	2.16	19.99	5.65	0.81	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
KETCHUP- ALL SCHOOLS	PACKET	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00
MAYONNAISE- ALL SCHOOLS	packet	25	0	100	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	2.5	0.00	0.00
DRESSING, RANCH- ALL SCHOO	PACKET	49	5	105	0.02	0.02	1.5	8	0.05	*N/A*	0.15	1.05	4.93	0.72	0.05
MUSTARD, PACKET-ALL SCHOO	1 EACH	5	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.5	0.5	0.0	0.00	0.00
DRESSING, ITALIAN- HS	PACKET	12	0	107	0.00	0.03	1.8	1	0.0	1	0.05	1.2	0.8	0.10	0.00
BBQ SAUCE PACKET- ALL SCHO OLS	PORTION	15	0	85	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
Weighted Daily Average		649	47	962	8.76	4.26	566.2	*4721	27.31	*18	26.82	99.16	17.31	5.28	*0.01
% of Calories										*10.9%	16.5%	61.1%	24.0%	7.3%	*0.0%
Nutrient Guideline		633-750		1146										<10.00	

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 * - denotes combined nutrient totals with either missing or incomplete nutrient data
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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: High School Breakfast/High School Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 04/13/2017															
High School Breakfast															
	Total														
BREAKFAST BURRITO - BACON	1 EACH	375	115	527	4.18	2.26	210.4	250	3.54	*0	14.18	41.44	15.86	6.00	0.00
BREAKFAST BURRITO - EGG- H.	1 EACH	400	125	494	4.18	2.19	310.0	400	3.54	*0	16.18	41.81	17.77	8.00	0.00
BURRITO, BEAN & CHSE- ALL S CHS	1 EACH	397	16	447	9.00	1.57	312.0	216	1.4	*N/A*	18.5	56.0	11.0	4.70	0.00
MINI MAPLE PANCAKES- ALL SC HS	3 OZ	220	5	340	3.00	1.44	60.0	0	0.0	*N/A*	5.0	36.0	7.0	1.00	0.00
SANDWICH, PBJ - MS & HS	SANDWIC	334	0	334	3.13	1.13	20.9	0	0.0	*N/A*	10.44	33.42	17.76	3.66	*N/A*
CEREAL, ASSORTED-ALL SCHO OLS	1 EACH	233	0	311	5.00	16.20	125.0	625	7.2	*N/A*	5.25	50.75	1.75	0.00	0.00
YOGURT & BAR (GREEK) - HS	1 EACH	240	5	150	3.00	1.08	200.0	0	2.4	*N/A*	12.0	38.0	4.0	1.00	0.00
YOGURT & BAR (REGULAR) - HS	1 EACH	230	0	190	3.00	1.08	400.0	0	1.2	*N/A*	5.0	43.0	4.0	1.00	0.00
FRUIT: ASSORTED FRESH-ALL S CHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL S CHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
KETCHUP- ALL SCHOOLS	1 Packet	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: High School Breakfast/High School Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
High School Lunch	Total														
CHEESY BEEF NACHOS- HS	1 EACH	526	49	1018	4.90	3.07	338.7	566	2.9	*0	19.34	46.17	28.28	13.99	0.00
SALAD, HAND TOSSED- HS	1 EACH	612	64	887	7.05	4.30	149.3	*10057	8.51	*3	27.45	61.98	28.62	5.42	*0.00
ASIAN CHIX LEG & FRD RCE MS HS	SERVINGS	455	138	662	3.63	2.26	23.1	1796	2.58	*4	25.55	54.81	13.96	3.19	*0.00
CHICKEN W/MASHED POTATO- PIZZA, PAPA J CHEESE- HS	SERVING SLICE	323	55	332	3.62	2.43	57.1	36	50.16	*1	20.22	36.68	11.48	2.37	0.41
PIZZA, PAPA J PEPPERONI- HS	SLICE	380	20	780	4.00	2.70	500.0	500	3.6	6	22.0	49.0	11.0	4.00	0.00
PIZZA, PAPA J HAWAIIAN- HS	SLICE	430	30	950	4.00	2.70	450.0	750	4.8	6	23.0	49.0	16.0	6.00	0.00
PIZZA, PAPA J VEGGIE- HS	SLICE	410	30	990	5.00	2.70	500.0	500	4.8	8	25.0	52.0	12.0	4.50	0.00
SPICY CHIX SANDWICH-MS, HS	SANDWIC	344	55	691	2.92	3.18	58.4	500	8.65	*N/A*	19.81	39.87	12.92	2.98	0.00
HAMBURGER- HS	SANDWIC	254	35	501	2.92	3.18	58.4	100	8.65	*N/A*	18.81	28.87	6.92	2.48	0.00
CHEESEBURGER- H.S.	SANDWIC	308	49	714	2.92	3.21	137.4	238	8.65	*N/A*	21.98	29.1	11.41	5.31	*0.00
CHICKEN DRUMSTIX & ROLL - H.	1 EACH	340	55	585	2.00	2.52	20.0	100	2.4	4	21.0	33.0	13.5	3.00	*0.00
SIDE SALAD - MS, HS	EACH	20	0	17	1.85	0.58	25.2	6112	8.77	*2	1.05	4.18	0.24	0.02	*0.00
SALSA - ALL SCHOOLS	SERVING	41	0	488	1.59	2.54	13.6	624	4.54	*N/A*	1.7	7.94	0.23	0.03	*N/A*
POTATO SALAD - HS	1 EACH	150	4	352	1.50	2.03	15.0	0	6.75	*N/A*	1.5	18.0	8.25	1.12	0.00
CARROTS- ALL SCHOOLS	bag	30	0	66	2.47	0.76	27.2	11728	2.21	4	0.54	7.01	0.11	0.02	0.00
POTATO TOTS- ALL SCHOOLS	1 EACH	140	0	225	2.70	0.36	10.9	2182	3.56	*N/A*	2.16	19.99	5.65	0.81	0.00
GO 'BONZO'S - HS	1 EACH	160	0	360	6.00	2.16	40.0	0	0.0	*N/A*	8.0	24.0	4.0	0.00	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
TORTILLA CHIPS - HS	2 OZ	268	0	186	3.06	0.86	60.1	2	0.0	0	4.03	38.43	11.73	1.59	0.46
COOKIE DAY - ALL SCHOOLS	1 EACH	124	0	54	1.34	0.73	6.7	0	0.0	*3	1.68	19.82	4.37	0.91	0.00
KETCHUP- ALL SCHOOLS	PACKET	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00
MAYONNAISE- ALL SCHOOLS	packet	25	0	100	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	2.5	0.00	0.00
DRESSING, RANCH- ALL SCHOO	PACKET	49	5	105	0.02	0.02	1.5	8	0.05	*N/A*	0.15	1.05	4.93	0.72	0.05
MUSTARD, PACKET-ALL SCHOO	1 EACH	5	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.5	0.5	0.0	0.00	0.00
DRESSING, ITALIAN- HS	PACKET	12	0	107	0.00	0.03	1.8	1	0.0	1	0.05	1.2	0.8	0.10	0.00
BBQ SAUCE PACKET- ALL SCHOOLS	PORTION	15	0	85	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
Weighted Daily Average		893	59	1265	11.25	5.17	586.4	*8135	31.53	*24	33.91	133.91	26.44	5.97	*0.11
% of Calories										*10.6%	15.2%	60.0%	26.6%	6.0%	*0.1%
Nutrient Guideline		633-750		1146										<10.00	

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: High School Breakfast/High School Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 04/24/2017															
High School Breakfast	Total														
BREAKFAST BURRITO -CHORIZ O-H.S	1 EACH	381	123	507	4.51	2.66	216.6	578	3.94	*0	16.94	41.97	14.91	5.49	0.00
BREAKFAST BURRITO - EGG- H.	1 EACH	400	125	494	4.18	2.19	310.0	400	3.54	*0	16.18	41.81	17.77	8.00	0.00
BREAKFAST SANDWICH - MS, HS	1 EACH	203	20	468	2.50	1.68	71.0	87	0.0	*N/A*	15.5	20.0	7.5	2.00	0.00
MINI MAPLE PANCAKES- ALL SC HS	3 OZ	220	5	340	3.00	1.44	60.0	0	0.0	*N/A*	5.0	36.0	7.0	1.00	0.00
SANDWICH, PBJ - MS & HS	SANDWIC	334	0	334	3.13	1.13	20.9	0	0.0	*N/A*	10.44	33.42	17.76	3.66	*N/A*
CEREAL, ASSORTED-ALL SCHO OLS	1 EACH	233	0	311	5.00	16.20	125.0	625	7.2	*N/A*	5.25	50.75	1.75	0.00	0.00
YOGURT & BAR (GREEK) - HS	1 EACH	240	5	150	3.00	1.08	200.0	0	2.4	*N/A*	12.0	38.0	4.0	1.00	0.00
YOGURT & BAR (REGULAR) - HS	1 EACH	230	0	190	3.00	1.08	400.0	0	1.2	*N/A*	5.0	43.0	4.0	1.00	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
KETCHUP- ALL SCHOOLS	1 Packet	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00

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

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

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: High School Breakfast/High School Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
High School Lunch	Total														
CHEESY BEEF NACHOS- HS	1 EACH	526	49	1018	4.90	3.07	338.7	566	2.9	*0	19.34	46.17	28.28	13.99	0.00
SALAD, HAND TOSSED- HS	1 EACH	612	64	887	7.05	4.30	149.3	*10057	8.51	*3	27.45	61.98	28.62	5.42	*0.00
RICE BOWL, TERIYAKI CHIX - HS	1 each	388	53	434	6.36	2.46	70.4	1030	36.89	*1	22.89	63.7	4.37	1.38	0.00
POTATO BAKED W/TACO & CHS E-HS	1 EACH	459	48	728	6.44	4.42	320.7	500	27.22	*3	20.18	64.93	13.28	7.56	0.00
PIZZA, PAPA J CHEESE- HS	SLICE	380	20	780	4.00	2.70	500.0	500	3.6	6	22.0	49.0	11.0	4.00	0.00
PIZZA, PAPA J PEPPERONI- HS	SLICE	430	30	950	4.00	2.70	450.0	750	4.8	6	23.0	49.0	16.0	6.00	0.00
PIZZA, PAPA J HAWAIIAN- HS	SLICE	410	30	990	5.00	2.70	500.0	500	4.8	8	25.0	52.0	12.0	4.50	0.00
PIZZA, PAPA J VEGGIE- HS	SLICE	390	20	780	5.00	2.70	500.0	750	12.0	8	23.0	53.0	11.0	4.00	0.00
SPICY CHIX SANDWICH-MS, HS	SANDWIC	344	55	691	2.92	3.18	58.4	500	8.65	*N/A*	19.81	39.87	12.92	2.98	0.00
HAMBURGER- HS	SANDWIC	254	35	501	2.92	3.18	58.4	100	8.65	*N/A*	18.81	28.87	6.92	2.48	0.00
CHEESEBURGER- H.S.	SANDWIC	308	49	714	2.92	3.21	137.4	238	8.65	*N/A*	21.98	29.1	11.41	5.31	*0.00
WESTERN BURGER - HS	SANDWIC	338	35	723	4.12	3.62	74.4	121	9.61	*2	20.01	41.55	10.12	3.08	0.00
SIDE SALAD - MS, HS	EACH	20	0	17	1.85	0.58	25.2	6112	8.77	*2	1.05	4.18	0.24	0.02	*0.00
SALSA - ALL SCHOOLS	SERVING	41	0	488	1.59	2.54	13.6	624	4.54	*N/A*	1.7	7.94	0.23	0.03	*N/A*
POTATO SALAD - HS	1 EACH	150	4	352	1.50	2.03	15.0	0	6.75	*N/A*	1.5	18.0	8.25	1.12	0.00
CARROTS- ALL SCHOOLS	bag	30	0	66	2.47	0.76	27.2	11728	2.21	4	0.54	7.01	0.11	0.02	0.00
POTATO TOTS- ALL SCHOOLS	1 EACH	140	0	225	2.70	0.36	10.9	2182	3.56	*N/A*	2.16	19.99	5.65	0.81	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
KETCHUP- ALL SCHOOLS	PACKET	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00
MAYONNAISE- ALL SCHOOLS	packet	25	0	100	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	2.5	0.00	0.00
DRESSING, RANCH- ALL SCHOO	PACKET	49	5	105	0.02	0.02	1.5	8	0.05	*N/A*	0.15	1.05	4.93	0.72	0.05
MUSTARD, PACKET-ALL SCHOO	1 EACH	5	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.5	0.5	0.0	0.00	0.00
DRESSING, ITALIAN- HS	PACKET	12	0	107	0.00	0.03	1.8	1	0.0	1	0.05	1.2	0.8	0.10	0.00
BBQ SAUCE PACKET- ALL SCHO OLS	PORTION	15	0	85	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
Weighted Daily Average		649	48	971	8.76	4.29	561.6	*4728	27.25	*18	27.33	98.63	17.27	5.32	*0.01
% of Calories										*10.9%	16.9%	60.8%	24.0%	7.4%	*0.0%
Nutrient Guideline		633-750		1146										<10.00	

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: High School Breakfast/High School Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 04/25/2017															
High School Breakfast															
	Total														
BREAKFAST BURRITO - BACON	1 EACH	375	115	527	4.18	2.26	210.4	250	3.54	*0	14.18	41.44	15.86	6.00	0.00
BREAKFAST BURRITO - EGG- H.	1 EACH	400	125	494	4.18	2.19	310.0	400	3.54	*0	16.18	41.81	17.77	8.00	0.00
BURRITO, BEAN & CHSE- ALL S CHS	1 EACH	397	16	447	9.00	1.57	312.0	216	1.4	*N/A*	18.5	56.0	11.0	4.70	0.00
MINI MAPLE PANCAKES- ALL SC HS	3 OZ	220	5	340	3.00	1.44	60.0	0	0.0	*N/A*	5.0	36.0	7.0	1.00	0.00
SANDWICH, PBJ - MS & HS	SANDWIC	334	0	334	3.13	1.13	20.9	0	0.0	*N/A*	10.44	33.42	17.76	3.66	*N/A*
CEREAL, ASSORTED-ALL SCHO OLS	1 EACH	233	0	311	5.00	16.20	125.0	625	7.2	*N/A*	5.25	50.75	1.75	0.00	0.00
YOGURT & BAR (GREEK) - HS	1 EACH	240	5	150	3.00	1.08	200.0	0	2.4	*N/A*	12.0	38.0	4.0	1.00	0.00
YOGURT & BAR (REGULAR) - HS	1 EACH	230	0	190	3.00	1.08	400.0	0	1.2	*N/A*	5.0	43.0	4.0	1.00	0.00
FRUIT: ASSORTED FRESH-ALL S CHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL S CHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
KETCHUP- ALL SCHOOLS	1 Packet	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: High School Breakfast/High School Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
High School Lunch	Total														
CHEESY BEEF NACHOS- HS	1 EACH	526	49	1018	4.90	3.07	338.7	566	2.9	*0	19.34	46.17	28.28	13.99	0.00
SALAD, HAND TOSSED- HS	1 EACH	612	64	887	7.05	4.30	149.3	*10057	8.51	*3	27.45	61.98	28.62	5.42	*0.00
KOREAN BBQ PORK TACOS	SERVING	382	54	655	6.01	2.65	166.2	4	0.4	*0	16.89	44.76	15.71	3.71	*0.00
CHICKEN W/MASHED POTATO-	SERVING	323	55	332	3.62	2.43	57.1	36	50.16	*1	20.22	36.68	11.48	2.37	0.41
PIZZA, PAPA J CHEESE- HS	SLICE	380	20	780	4.00	2.70	500.0	500	3.6	6	22.0	49.0	11.0	4.00	0.00
PIZZA, PAPA J PEPPERONI- HS	SLICE	430	30	950	4.00	2.70	450.0	750	4.8	6	23.0	49.0	16.0	6.00	0.00
PIZZA, PAPA J HAWAIIAN- HS	SLICE	410	30	990	5.00	2.70	500.0	500	4.8	8	25.0	52.0	12.0	4.50	0.00
PIZZA, PAPA J VEGGIE- HS	SLICE	390	20	780	5.00	2.70	500.0	750	12.0	8	23.0	53.0	11.0	4.00	0.00
SPICY CHIX SANDWICH-MS, HS	SANDWIC	344	55	691	2.92	3.18	58.4	500	8.65	*N/A*	19.81	39.87	12.92	2.98	0.00
HAMBURGER- HS	SANDWIC	254	35	501	2.92	3.18	58.4	100	8.65	*N/A*	18.81	28.87	6.92	2.48	0.00
CHEESEBURGER- H.S.	SANDWIC	308	49	714	2.92	3.21	137.4	238	8.65	*N/A*	21.98	29.1	11.41	5.31	*0.00
CHICKEN DRUMSTIX & ROLL - H.	1 EACH	340	55	585	2.00	2.52	20.0	100	2.4	4	21.0	33.0	13.5	3.00	*0.00
SIDE SALAD - MS, HS	EACH	20	0	17	1.85	0.58	25.2	6112	8.77	*2	1.05	4.18	0.24	0.02	*0.00
SALSA - ALL SCHOOLS	SERVING	41	0	488	1.59	2.54	13.6	624	4.54	*N/A*	1.7	7.94	0.23	0.03	*N/A*
POTATO SALAD - HS	1 EACH	150	4	352	1.50	2.03	15.0	0	6.75	*N/A*	1.5	18.0	8.25	1.12	0.00
CARROTS- ALL SCHOOLS	bag	30	0	66	2.47	0.76	27.2	11728	2.21	4	0.54	7.01	0.11	0.02	0.00
POTATO TOTS- ALL SCHOOLS	1 EACH	140	0	225	2.70	0.36	10.9	2182	3.56	*N/A*	2.16	19.99	5.65	0.81	0.00
GO 'BONZO'S - HS	1 EACH	160	0	360	6.00	2.16	40.0	0	0.0	*N/A*	8.0	24.0	4.0	0.00	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
TORTILLA CHIPS - HS	2 OZ	268	0	186	3.06	0.86	60.1	2	0.0	0	4.03	38.43	11.73	1.59	0.46
COOKIE DAY - ALL SCHOOLS	1 EACH	124	0	54	1.34	0.73	6.7	0	0.0	*3	1.68	19.82	4.37	0.91	0.00
KETCHUP- ALL SCHOOLS	PACKET	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00
MAYONNAISE- ALL SCHOOLS	packet	25	0	100	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	2.5	0.00	0.00
DRESSING, RANCH- ALL SCHOO	PACKET	49	5	105	0.02	0.02	1.5	8	0.05	*N/A*	0.15	1.05	4.93	0.72	0.05
MUSTARD, PACKET-ALL SCHOO	1 EACH	5	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.5	0.5	0.0	0.00	0.00
DRESSING, ITALIAN- HS	PACKET	12	0	107	0.00	0.03	1.8	1	0.0	1	0.05	1.2	0.8	0.10	0.00
BBQ SAUCE PACKET- ALL SCHOOLS	PORTION	15	0	85	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
Weighted Daily Average		685	45	926	8.96	4.29	529.7	*5080	25.16	*18	25.89	106.06	18.90	4.60	*0.07
% of Calories										*10.7%	15.1%	61.9%	24.8%	6.0%	*0.1%
Nutrient Guideline		633-750		1146										<10.00	

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: High School Breakfast/High School Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 04/26/2017															
High School Breakfast	Total														
BREAKFAST BURRITO -CHORIZ O-H.S	1 EACH	381	123	507	4.51	2.66	216.6	578	3.94	*0	16.94	41.97	14.91	5.49	0.00
BREAKFAST BURRITO - EGG- H.	1 EACH	400	125	494	4.18	2.19	310.0	400	3.54	*0	16.18	41.81	17.77	8.00	0.00
BREAKFAST SANDWICH - MS, HS	1 EACH	203	20	468	2.50	1.68	71.0	87	0.0	*N/A*	15.5	20.0	7.5	2.00	0.00
MINI MAPLE PANCAKES- ALL SC HS	3 OZ	220	5	340	3.00	1.44	60.0	0	0.0	*N/A*	5.0	36.0	7.0	1.00	0.00
SANDWICH, PBJ - MS & HS	SANDWIC	334	0	334	3.13	1.13	20.9	0	0.0	*N/A*	10.44	33.42	17.76	3.66	*N/A*
CEREAL, ASSORTED-ALL SCHO OLS	1 EACH	233	0	311	5.00	16.20	125.0	625	7.2	*N/A*	5.25	50.75	1.75	0.00	0.00
YOGURT & BAR (GREEK) - HS	1 EACH	240	5	150	3.00	1.08	200.0	0	2.4	*N/A*	12.0	38.0	4.0	1.00	0.00
YOGURT & BAR (REGULAR) - HS	1 EACH	230	0	190	3.00	1.08	400.0	0	1.2	*N/A*	5.0	43.0	4.0	1.00	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
KETCHUP- ALL SCHOOLS	1 Packet	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00

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

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

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

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: High School Breakfast/High School Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
High School Lunch	Total														
CHEESY BEEF NACHOS- HS	1 EACH	526	49	1018	4.90	3.07	338.7	566	2.9	*0	19.34	46.17	28.28	13.99	0.00
SALAD, HAND TOSSED- HS	1 EACH	612	64	887	7.05	4.30	149.3	*10057	8.51	*3	27.45	61.98	28.62	5.42	*0.00
RICE BOWL, ORANGE CHIX- HS	1 each	392	40	300	6.36	2.10	50.4	930	38.09	*1	18.89	68.7	4.87	0.88	0.00
POTATO BAKED W/TACO & CHS E-HS	1 EACH	459	48	728	6.44	4.42	320.7	500	27.22	*3	20.18	64.93	13.28	7.56	0.00
PIZZA, PAPA J CHEESE- HS	SLICE	380	20	780	4.00	2.70	500.0	500	3.6	6	22.0	49.0	11.0	4.00	0.00
PIZZA, PAPA J PEPPERONI- HS	SLICE	430	30	950	4.00	2.70	450.0	750	4.8	6	23.0	49.0	16.0	6.00	0.00
PIZZA, PAPA J HAWAIIAN- HS	SLICE	410	30	990	5.00	2.70	500.0	500	4.8	8	25.0	52.0	12.0	4.50	0.00
PIZZA, PAPA J VEGGIE- HS	SLICE	390	20	780	5.00	2.70	500.0	750	12.0	8	23.0	53.0	11.0	4.00	0.00
SPICY CHIX SANDWICH-MS, HS	SANDWIC	344	55	691	2.92	3.18	58.4	500	8.65	*N/A*	19.81	39.87	12.92	2.98	0.00
HAMBURGER- HS	SANDWIC	254	35	501	2.92	3.18	58.4	100	8.65	*N/A*	18.81	28.87	6.92	2.48	0.00
CHEESEBURGER- H.S.	SANDWIC	308	49	714	2.92	3.21	137.4	238	8.65	*N/A*	21.98	29.1	11.41	5.31	*0.00
WESTERN BURGER - HS	SANDWIC	338	35	723	4.12	3.62	74.4	121	9.61	*2	20.01	41.55	10.12	3.08	0.00
SIDE SALAD - MS, HS	EACH	20	0	17	1.85	0.58	25.2	6112	8.77	*2	1.05	4.18	0.24	0.02	*0.00
SALSA - ALL SCHOOLS	SERVING	41	0	488	1.59	2.54	13.6	624	4.54	*N/A*	1.7	7.94	0.23	0.03	*N/A*
POTATO SALAD - HS	1 EACH	150	4	352	1.50	2.03	15.0	0	6.75	*N/A*	1.5	18.0	8.25	1.12	0.00
CARROTS- ALL SCHOOLS	bag	30	0	66	2.47	0.76	27.2	11728	2.21	4	0.54	7.01	0.11	0.02	0.00
POTATO TOTS- ALL SCHOOLS	1 EACH	140	0	225	2.70	0.36	10.9	2182	3.56	*N/A*	2.16	19.99	5.65	0.81	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
KETCHUP- ALL SCHOOLS	PACKET	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00
MAYONNAISE- ALL SCHOOLS	packet	25	0	100	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	2.5	0.00	0.00
DRESSING, RANCH- ALL SCHOO	PACKET	49	5	105	0.02	0.02	1.5	8	0.05	*N/A*	0.15	1.05	4.93	0.72	0.05
MUSTARD, PACKET-ALL SCHOO	1 EACH	5	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.5	0.5	0.0	0.00	0.00
DRESSING, ITALIAN- HS	PACKET	12	0	107	0.00	0.03	1.8	1	0.0	1	0.05	1.2	0.8	0.10	0.00
BBQ SAUCE PACKET- ALL SCHO OLS	PORTION	15	0	85	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
Weighted Daily Average		649	47	962	8.76	4.26	566.2	*4721	27.31	*18	26.82	99.16	17.31	5.28	*0.01
% of Calories										*10.9%	16.5%	61.1%	24.0%	7.3%	*0.0%
Nutrient Guideline		633-750		1146										<10.00	

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: High School Breakfast/High School Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 04/27/2017															
High School Breakfast	Total														
BREAKFAST BURRITO - BACON	1 EACH	375	115	527	4.18	2.26	210.4	250	3.54	*0	14.18	41.44	15.86	6.00	0.00
BREAKFAST BURRITO - EGG- H.	1 EACH	400	125	494	4.18	2.19	310.0	400	3.54	*0	16.18	41.81	17.77	8.00	0.00
BURRITO, BEAN & CHSE- ALL S CHS	1 EACH	397	16	447	9.00	1.57	312.0	216	1.4	*N/A*	18.5	56.0	11.0	4.70	0.00
MINI MAPLE PANCAKES- ALL SC HS	3 OZ	220	5	340	3.00	1.44	60.0	0	0.0	*N/A*	5.0	36.0	7.0	1.00	0.00
SANDWICH, PBJ - MS & HS	SANDWIC	334	0	334	3.13	1.13	20.9	0	0.0	*N/A*	10.44	33.42	17.76	3.66	*N/A*
CEREAL, ASSORTED-ALL SCHO OLS	1 EACH	233	0	311	5.00	16.20	125.0	625	7.2	*N/A*	5.25	50.75	1.75	0.00	0.00
YOGURT & BAR (GREEK) - HS	1 EACH	240	5	150	3.00	1.08	200.0	0	2.4	*N/A*	12.0	38.0	4.0	1.00	0.00
YOGURT & BAR (REGULAR) - HS	1 EACH	230	0	190	3.00	1.08	400.0	0	1.2	*N/A*	5.0	43.0	4.0	1.00	0.00
FRUIT: ASSORTED FRESH-ALL S CHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL S CHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
KETCHUP- ALL SCHOOLS	1 Packet	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00

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

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: High School Breakfast/High School Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
High School Lunch	Total														
CHEESY BEEF NACHOS- HS	1 EACH	526	49	1018	4.90	3.07	338.7	566	2.9	*0	19.34	46.17	28.28	13.99	0.00
SALAD, HAND TOSSED- HS	1 EACH	612	64	887	7.05	4.30	149.3	*10057	8.51	*3	27.45	61.98	28.62	5.42	*0.00
ASIAN CHIX LEG & FRD RCE MS HS	SERVINGS	455	138	662	3.63	2.26	23.1	1796	2.58	*4	25.55	54.81	13.96	3.19	*0.00
CHICKEN W/MASHED POTATO- PIZZA, PAPA J CHEESE- HS	SERVING SLICE	323	55	332	3.62	2.43	57.1	36	50.16	*1	20.22	36.68	11.48	2.37	0.41
PIZZA, PAPA J PEPPERONI- HS	SLICE	380	20	780	4.00	2.70	500.0	500	3.6	6	22.0	49.0	11.0	4.00	0.00
PIZZA, PAPA J HAWAIIAN- HS	SLICE	430	30	950	4.00	2.70	450.0	750	4.8	6	23.0	49.0	16.0	6.00	0.00
PIZZA, PAPA J VEGGIE- HS	SLICE	410	30	990	5.00	2.70	500.0	500	4.8	8	25.0	52.0	12.0	4.50	0.00
SPICY CHIX SANDWICH-MS, HS	SANDWIC	344	55	691	2.92	3.18	58.4	500	8.65	*N/A*	19.81	39.87	12.92	2.98	0.00
HAMBURGER- HS	SANDWIC	254	35	501	2.92	3.18	58.4	100	8.65	*N/A*	18.81	28.87	6.92	2.48	0.00
CHEESEBURGER- H.S.	SANDWIC	308	49	714	2.92	3.21	137.4	238	8.65	*N/A*	21.98	29.1	11.41	5.31	*0.00
CHICKEN DRUMSTIX & ROLL - H.	1 EACH	340	55	585	2.00	2.52	20.0	100	2.4	4	21.0	33.0	13.5	3.00	*0.00
SIDE SALAD - MS, HS	EACH	20	0	17	1.85	0.58	25.2	6112	8.77	*2	1.05	4.18	0.24	0.02	*0.00
SALSA - ALL SCHOOLS	SERVING	41	0	488	1.59	2.54	13.6	624	4.54	*N/A*	1.7	7.94	0.23	0.03	*N/A*
POTATO SALAD - HS	1 EACH	150	4	352	1.50	2.03	15.0	0	6.75	*N/A*	1.5	18.0	8.25	1.12	0.00
CARROTS- ALL SCHOOLS	bag	30	0	66	2.47	0.76	27.2	11728	2.21	4	0.54	7.01	0.11	0.02	0.00
POTATO TOTS- ALL SCHOOLS	1 EACH	140	0	225	2.70	0.36	10.9	2182	3.56	*N/A*	2.16	19.99	5.65	0.81	0.00
GO 'BONZO'S - HS	1 EACH	160	0	360	6.00	2.16	40.0	0	0.0	*N/A*	8.0	24.0	4.0	0.00	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
TORTILLA CHIPS - HS	2 OZ	268	0	186	3.06	0.86	60.1	2	0.0	0	4.03	38.43	11.73	1.59	0.46
COOKIE DAY - ALL SCHOOLS	1 EACH	124	0	54	1.34	0.73	6.7	0	0.0	*3	1.68	19.82	4.37	0.91	0.00
KETCHUP- ALL SCHOOLS	PACKET	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00
MAYONNAISE- ALL SCHOOLS	packet	25	0	100	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	2.5	0.00	0.00
DRESSING, RANCH- ALL SCHOO	PACKET	49	5	105	0.02	0.02	1.5	8	0.05	*N/A*	0.15	1.05	4.93	0.72	0.05
MUSTARD, PACKET-ALL SCHOO	1 EACH	5	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.5	0.5	0.0	0.00	0.00
DRESSING, ITALIAN- HS	PACKET	12	0	107	0.00	0.03	1.8	1	0.0	1	0.05	1.2	0.8	0.10	0.00
BBQ SAUCE PACKET- ALL SCHOOLS	PORTION	15	0	85	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
Weighted Daily Average		893	59	1265	11.25	5.17	586.4	*8135	31.53	*24	33.91	133.91	26.44	5.97	*0.11
% of Calories										*10.6%	15.2%	60.0%	26.6%	6.0%	*0.1%
Nutrient Guideline		633-750		1146										<10.00	

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: High School Breakfast/High School Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 04/28/2017															
High School Breakfast	Total														
BREAKFAST BURRITO -CHORIZ O-H.S	1 EACH	381	123	507	4.51	2.66	216.6	578	3.94	*0	16.94	41.97	14.91	5.49	0.00
BREAKFAST BURRITO - EGG- H.	1 EACH	400	125	494	4.18	2.19	310.0	400	3.54	*0	16.18	41.81	17.77	8.00	0.00
BREAKFAST SANDWICH - MS, HS	1 EACH	203	20	468	2.50	1.68	71.0	87	0.0	*N/A*	15.5	20.0	7.5	2.00	0.00
MINI MAPLE PANCAKES- ALL SC HS	3 OZ	220	5	340	3.00	1.44	60.0	0	0.0	*N/A*	5.0	36.0	7.0	1.00	0.00
SANDWICH, PBJ - MS & HS	SANDWIC	334	0	334	3.13	1.13	20.9	0	0.0	*N/A*	10.44	33.42	17.76	3.66	*N/A*
CEREAL, ASSORTED-ALL SCHO OLS	1 EACH	233	0	311	5.00	16.20	125.0	625	7.2	*N/A*	5.25	50.75	1.75	0.00	0.00
YOGURT & BAR (GREEK) - HS	1 EACH	240	5	150	3.00	1.08	200.0	0	2.4	*N/A*	12.0	38.0	4.0	1.00	0.00
YOGURT & BAR (REGULAR) - HS	1 EACH	230	0	190	3.00	1.08	400.0	0	1.2	*N/A*	5.0	43.0	4.0	1.00	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
KETCHUP- ALL SCHOOLS	1 Packet	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: High School Breakfast/High School Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
High School Lunch	Total														
CHEESY BEEF NACHOS- HS	1 EACH	526	49	1018	4.90	3.07	338.7	566	2.9	*0	19.34	46.17	28.28	13.99	0.00
SALAD, HAND TOSSED- HS	1 EACH	612	64	887	7.05	4.30	149.3	*10057	8.51	*3	27.45	61.98	28.62	5.42	*0.00
SANDWICH, FISH SRIRACHA	1 EACH	458	47	1057	3.70	*2.92	274.9	475	1.2	*N/A*	25.53	44.16	20.42	7.71	*0.00
POTATO BAKED W/TACO & CHS E-HS	1 EACH	459	48	728	6.44	4.42	320.7	500	27.22	*3	20.18	64.93	13.28	7.56	0.00
PIZZA, PAPA J CHEESE- HS	SLICE	380	20	780	4.00	2.70	500.0	500	3.6	6	22.0	49.0	11.0	4.00	0.00
PIZZA, PAPA J PEPPERONI- HS	SLICE	430	30	950	4.00	2.70	450.0	750	4.8	6	23.0	49.0	16.0	6.00	0.00
PIZZA, PAPA J HAWAIIAN- HS	SLICE	410	30	990	5.00	2.70	500.0	500	4.8	8	25.0	52.0	12.0	4.50	0.00
PIZZA, PAPA J VEGGIE- HS	SLICE	390	20	780	5.00	2.70	500.0	750	12.0	8	23.0	53.0	11.0	4.00	0.00
SPICY CHIX SANDWICH-MS, HS	SANDWIC	344	55	691	2.92	3.18	58.4	500	8.65	*N/A*	19.81	39.87	12.92	2.98	0.00
HAMBURGER- HS	SANDWIC	254	35	501	2.92	3.18	58.4	100	8.65	*N/A*	18.81	28.87	6.92	2.48	0.00
CHEESEBURGER- H.S.	SANDWIC	308	49	714	2.92	3.21	137.4	238	8.65	*N/A*	21.98	29.1	11.41	5.31	*0.00
WESTERN BURGER - HS	SANDWIC	338	35	723	4.12	3.62	74.4	121	9.61	*2	20.01	41.55	10.12	3.08	0.00
SIDE SALAD - MS, HS	EACH	20	0	17	1.85	0.58	25.2	6112	8.77	*2	1.05	4.18	0.24	0.02	*0.00
SALSA - ALL SCHOOLS	SERVING	41	0	488	1.59	2.54	13.6	624	4.54	*N/A*	1.7	7.94	0.23	0.03	*N/A*
POTATO SALAD - HS	1 EACH	150	4	352	1.50	2.03	15.0	0	6.75	*N/A*	1.5	18.0	8.25	1.12	0.00
CARROTS- ALL SCHOOLS	bag	30	0	66	2.47	0.76	27.2	11728	2.21	4	0.54	7.01	0.11	0.02	0.00
POTATO TOTS- ALL SCHOOLS	1 EACH	140	0	225	2.70	0.36	10.9	2182	3.56	*N/A*	2.16	19.99	5.65	0.81	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
KETCHUP- ALL SCHOOLS	PACKET	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00
MAYONNAISE- ALL SCHOOLS	packet	25	0	100	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	2.5	0.00	0.00
DRESSING, RANCH- ALL SCHOO	PACKET	49	5	105	0.02	0.02	1.5	8	0.05	*N/A*	0.15	1.05	4.93	0.72	0.05
MUSTARD, PACKET-ALL SCHOO	1 EACH	5	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.5	0.5	0.0	0.00	0.00
DRESSING, ITALIAN- HS	PACKET	12	0	107	0.00	0.03	1.8	1	0.0	1	0.05	1.2	0.8	0.10	0.00
BBQ SAUCE PACKET- ALL SCHO OLS	PORTION	15	0	85	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
Weighted Daily Average		649	47	1010	8.50	*4.29	578.6	*4687	24.59	*18	27.31	96.49	18.31	5.77	*0.01
% of Calories										*10.8%	16.8%	59.5%	25.4%	8.0%	*0.0%
Nutrient Guideline		633-750		1146										<10.00	

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

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: High School Breakfast/High School Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 05/01/2017															
High School Breakfast	Total														
BREAKFAST BURRITO -CHORIZ O-H.S	1 EACH	381	123	507	4.51	2.66	216.6	578	3.94	*0	16.94	41.97	14.91	5.49	0.00
BREAKFAST BURRITO - EGG- H.	1 EACH	400	125	494	4.18	2.19	310.0	400	3.54	*0	16.18	41.81	17.77	8.00	0.00
BREAKFAST SANDWICH - MS, HS	1 EACH	203	20	468	2.50	1.68	71.0	87	0.0	*N/A*	15.5	20.0	7.5	2.00	0.00
MINI MAPLE PANCAKES- ALL SC HS	3 OZ	220	5	340	3.00	1.44	60.0	0	0.0	*N/A*	5.0	36.0	7.0	1.00	0.00
SANDWICH, PBJ - MS & HS	SANDWIC	334	0	334	3.13	1.13	20.9	0	0.0	*N/A*	10.44	33.42	17.76	3.66	*N/A*
CEREAL, ASSORTED-ALL SCHO OLS	1 EACH	233	0	311	5.00	16.20	125.0	625	7.2	*N/A*	5.25	50.75	1.75	0.00	0.00
YOGURT & BAR (GREEK) - HS	1 EACH	240	5	150	3.00	1.08	200.0	0	2.4	*N/A*	12.0	38.0	4.0	1.00	0.00
YOGURT & BAR (REGULAR) - HS	1 EACH	230	0	190	3.00	1.08	400.0	0	1.2	*N/A*	5.0	43.0	4.0	1.00	0.00
FRUIT: ASSORTED FRESH-ALL S CHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL S CHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
KETCHUP- ALL SCHOOLS	1 Packet	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00

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

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

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: High School Breakfast/High School Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
High School Lunch	Total														
CHEESY BEEF NACHOS- HS	1 EACH	526	49	1018	4.90	3.07	338.7	566	2.9	*0	19.34	46.17	28.28	13.99	0.00
SALAD, HAND TOSSED- HS	1 EACH	612	64	887	7.05	4.30	149.3	*10057	8.51	*3	27.45	61.98	28.62	5.42	*0.00
RICE BOWL, TERIYAKI CHIX - HS	1 each	388	53	434	6.36	2.46	70.4	1030	36.89	*1	22.89	63.7	4.37	1.38	0.00
POTATO BAKED W/TACO & CHS E-HS	1 EACH	459	48	728	6.44	4.42	320.7	500	27.22	*3	20.18	64.93	13.28	7.56	0.00
PIZZA, PAPA J CHEESE- HS	SLICE	380	20	780	4.00	2.70	500.0	500	3.6	6	22.0	49.0	11.0	4.00	0.00
PIZZA, PAPA J PEPPERONI- HS	SLICE	430	30	950	4.00	2.70	450.0	750	4.8	6	23.0	49.0	16.0	6.00	0.00
PIZZA, PAPA J HAWAIIAN- HS	SLICE	410	30	990	5.00	2.70	500.0	500	4.8	8	25.0	52.0	12.0	4.50	0.00
PIZZA, PAPA J VEGGIE- HS	SLICE	390	20	780	5.00	2.70	500.0	750	12.0	8	23.0	53.0	11.0	4.00	0.00
SPICY CHIX SANDWICH-MS, HS	SANDWIC	344	55	691	2.92	3.18	58.4	500	8.65	*N/A*	19.81	39.87	12.92	2.98	0.00
HAMBURGER- HS	SANDWIC	254	35	501	2.92	3.18	58.4	100	8.65	*N/A*	18.81	28.87	6.92	2.48	0.00
CHEESEBURGER- H.S.	SANDWIC	308	49	714	2.92	3.21	137.4	238	8.65	*N/A*	21.98	29.1	11.41	5.31	*0.00
WESTERN BURGER - HS	SANDWIC	338	35	723	4.12	3.62	74.4	121	9.61	*2	20.01	41.55	10.12	3.08	0.00
SIDE SALAD - MS, HS	EACH	20	0	17	1.85	0.58	25.2	6112	8.77	*2	1.05	4.18	0.24	0.02	*0.00
SALSA - ALL SCHOOLS	SERVING	41	0	488	1.59	2.54	13.6	624	4.54	*N/A*	1.7	7.94	0.23	0.03	*N/A*
POTATO SALAD - HS	1 EACH	150	4	352	1.50	2.03	15.0	0	6.75	*N/A*	1.5	18.0	8.25	1.12	0.00
CARROTS- ALL SCHOOLS	bag	30	0	66	2.47	0.76	27.2	11728	2.21	4	0.54	7.01	0.11	0.02	0.00
POTATO TOTS- ALL SCHOOLS	1 EACH	140	0	225	2.70	0.36	10.9	2182	3.56	*N/A*	2.16	19.99	5.65	0.81	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
KETCHUP- ALL SCHOOLS	PACKET	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00
MAYONNAISE- ALL SCHOOLS	packet	25	0	100	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	2.5	0.00	0.00
DRESSING, RANCH- ALL SCHOO	PACKET	49	5	105	0.02	0.02	1.5	8	0.05	*N/A*	0.15	1.05	4.93	0.72	0.05
MUSTARD, PACKET-ALL SCHOO	1 EACH	5	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.5	0.5	0.0	0.00	0.00
DRESSING, ITALIAN- HS	PACKET	12	0	107	0.00	0.03	1.8	1	0.0	1	0.05	1.2	0.8	0.10	0.00
BBQ SAUCE PACKET- ALL SCHO OLS	PORTION	15	0	85	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
Weighted Daily Average		649	48	971	8.76	4.29	561.6	*4728	27.25	*18	27.33	98.63	17.27	5.32	*0.01
% of Calories										*10.9%	16.9%	60.8%	24.0%	7.4%	*0.0%
Nutrient Guideline		633-750		1146										<10.00	

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: High School Breakfast/High School Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 05/02/2017															
High School Breakfast															
	Total														
BREAKFAST BURRITO - BACON	1 EACH	375	115	527	4.18	2.26	210.4	250	3.54	*0	14.18	41.44	15.86	6.00	0.00
BREAKFAST BURRITO - EGG- H.	1 EACH	400	125	494	4.18	2.19	310.0	400	3.54	*0	16.18	41.81	17.77	8.00	0.00
BURRITO, BEAN & CHSE- ALL S CHS	1 EACH	397	16	447	9.00	1.57	312.0	216	1.4	*N/A*	18.5	56.0	11.0	4.70	0.00
MINI MAPLE PANCAKES- ALL SC HS	3 OZ	220	5	340	3.00	1.44	60.0	0	0.0	*N/A*	5.0	36.0	7.0	1.00	0.00
SANDWICH, PBJ - MS & HS	SANDWIC	334	0	334	3.13	1.13	20.9	0	0.0	*N/A*	10.44	33.42	17.76	3.66	*N/A*
CEREAL, ASSORTED-ALL SCHO OLS	1 EACH	233	0	311	5.00	16.20	125.0	625	7.2	*N/A*	5.25	50.75	1.75	0.00	0.00
YOGURT & BAR (GREEK) - HS	1 EACH	240	5	150	3.00	1.08	200.0	0	2.4	*N/A*	12.0	38.0	4.0	1.00	0.00
YOGURT & BAR (REGULAR) - HS	1 EACH	230	0	190	3.00	1.08	400.0	0	1.2	*N/A*	5.0	43.0	4.0	1.00	0.00
FRUIT: ASSORTED FRESH-ALL S CHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL S CHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
KETCHUP- ALL SCHOOLS	1 Packet	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: High School Breakfast/High School Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
High School Lunch	Total														
CHEESY BEEF NACHOS- HS	1 EACH	526	49	1018	4.90	3.07	338.7	566	2.9	*0	19.34	46.17	28.28	13.99	0.00
SALAD, HAND TOSSED- HS	1 EACH	612	64	887	7.05	4.30	149.3	*10057	8.51	*3	27.45	61.98	28.62	5.42	*0.00
KOREAN BBQ PORK TACOS	SERVING	382	54	655	6.01	2.65	166.2	4	0.4	*0	16.89	44.76	15.71	3.71	*0.00
CHICKEN W/MASHED POTATO-	SERVING	323	55	332	3.62	2.43	57.1	36	50.16	*1	20.22	36.68	11.48	2.37	0.41
PIZZA, PAPA J CHEESE- HS	SLICE	380	20	780	4.00	2.70	500.0	500	3.6	6	22.0	49.0	11.0	4.00	0.00
PIZZA, PAPA J PEPPERONI- HS	SLICE	430	30	950	4.00	2.70	450.0	750	4.8	6	23.0	49.0	16.0	6.00	0.00
PIZZA, PAPA J HAWAIIAN- HS	SLICE	410	30	990	5.00	2.70	500.0	500	4.8	8	25.0	52.0	12.0	4.50	0.00
PIZZA, PAPA J VEGGIE- HS	SLICE	390	20	780	5.00	2.70	500.0	750	12.0	8	23.0	53.0	11.0	4.00	0.00
SPICY CHIX SANDWICH-MS, HS	SANDWIC	344	55	691	2.92	3.18	58.4	500	8.65	*N/A*	19.81	39.87	12.92	2.98	0.00
HAMBURGER- HS	SANDWIC	254	35	501	2.92	3.18	58.4	100	8.65	*N/A*	18.81	28.87	6.92	2.48	0.00
CHEESEBURGER- H.S.	SANDWIC	308	49	714	2.92	3.21	137.4	238	8.65	*N/A*	21.98	29.1	11.41	5.31	*0.00
CHICKEN DRUMSTIX & ROLL - H.	1 EACH	340	55	585	2.00	2.52	20.0	100	2.4	4	21.0	33.0	13.5	3.00	*0.00
SIDE SALAD - MS, HS	EACH	20	0	17	1.85	0.58	25.2	6112	8.77	*2	1.05	4.18	0.24	0.02	*0.00
SALSA - ALL SCHOOLS	SERVING	41	0	488	1.59	2.54	13.6	624	4.54	*N/A*	1.7	7.94	0.23	0.03	*N/A*
POTATO SALAD - HS	1 EACH	150	4	352	1.50	2.03	15.0	0	6.75	*N/A*	1.5	18.0	8.25	1.12	0.00
CARROTS- ALL SCHOOLS	bag	30	0	66	2.47	0.76	27.2	11728	2.21	4	0.54	7.01	0.11	0.02	0.00
POTATO TOTS- ALL SCHOOLS	1 EACH	140	0	225	2.70	0.36	10.9	2182	3.56	*N/A*	2.16	19.99	5.65	0.81	0.00
GO 'BONZO'S - HS	1 EACH	160	0	360	6.00	2.16	40.0	0	0.0	*N/A*	8.0	24.0	4.0	0.00	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
TORTILLA CHIPS - HS	2 OZ	268	0	186	3.06	0.86	60.1	2	0.0	0	4.03	38.43	11.73	1.59	0.46
COOKIE DAY - ALL SCHOOLS	1 EACH	124	0	54	1.34	0.73	6.7	0	0.0	*3	1.68	19.82	4.37	0.91	0.00
KETCHUP- ALL SCHOOLS	PACKET	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00
MAYONNAISE- ALL SCHOOLS	packet	25	0	100	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	2.5	0.00	0.00
DRESSING, RANCH- ALL SCHOO	PACKET	49	5	105	0.02	0.02	1.5	8	0.05	*N/A*	0.15	1.05	4.93	0.72	0.05
MUSTARD, PACKET-ALL SCHOO	1 EACH	5	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.5	0.5	0.0	0.00	0.00
DRESSING, ITALIAN- HS	PACKET	12	0	107	0.00	0.03	1.8	1	0.0	1	0.05	1.2	0.8	0.10	0.00
BBQ SAUCE PACKET- ALL SCHOO	PORTION	15	0	85	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
Weighted Daily Average		685	45	926	8.96	4.29	529.7	*5080	25.16	*18	25.89	106.06	18.90	4.60	*0.07
% of Calories										*10.7%	15.1%	61.9%	24.8%	6.0%	*0.1%
Nutrient Guideline		633-750		1146										<10.00	

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

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: High School Breakfast/High School Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 05/03/2017															
High School Breakfast	Total														
BREAKFAST BURRITO -CHORIZ O-H.S	1 EACH	381	123	507	4.51	2.66	216.6	578	3.94	*0	16.94	41.97	14.91	5.49	0.00
BREAKFAST BURRITO - EGG- H.	1 EACH	400	125	494	4.18	2.19	310.0	400	3.54	*0	16.18	41.81	17.77	8.00	0.00
BREAKFAST SANDWICH - MS, HS	1 EACH	203	20	468	2.50	1.68	71.0	87	0.0	*N/A*	15.5	20.0	7.5	2.00	0.00
MINI MAPLE PANCAKES- ALL SC HS	3 OZ	220	5	340	3.00	1.44	60.0	0	0.0	*N/A*	5.0	36.0	7.0	1.00	0.00
SANDWICH, PBJ - MS & HS	SANDWIC	334	0	334	3.13	1.13	20.9	0	0.0	*N/A*	10.44	33.42	17.76	3.66	*N/A*
CEREAL, ASSORTED-ALL SCHO OLS	1 EACH	233	0	311	5.00	16.20	125.0	625	7.2	*N/A*	5.25	50.75	1.75	0.00	0.00
YOGURT & BAR (GREEK) - HS	1 EACH	240	5	150	3.00	1.08	200.0	0	2.4	*N/A*	12.0	38.0	4.0	1.00	0.00
YOGURT & BAR (REGULAR) - HS	1 EACH	230	0	190	3.00	1.08	400.0	0	1.2	*N/A*	5.0	43.0	4.0	1.00	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
KETCHUP- ALL SCHOOLS	1 Packet	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00

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

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

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: High School Breakfast/High School Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
High School Lunch	Total														
CHEESY BEEF NACHOS- HS	1 EACH	526	49	1018	4.90	3.07	338.7	566	2.9	*0	19.34	46.17	28.28	13.99	0.00
SALAD, HAND TOSSED- HS	1 EACH	612	64	887	7.05	4.30	149.3	*10057	8.51	*3	27.45	61.98	28.62	5.42	*0.00
RICE BOWL, ORANGE CHIX- HS	1 each	392	40	300	6.36	2.10	50.4	930	38.09	*1	18.89	68.7	4.87	0.88	0.00
POTATO BAKED W/TACO & CHS E-HS	1 EACH	459	48	728	6.44	4.42	320.7	500	27.22	*3	20.18	64.93	13.28	7.56	0.00
PIZZA, PAPA J CHEESE- HS	SLICE	380	20	780	4.00	2.70	500.0	500	3.6	6	22.0	49.0	11.0	4.00	0.00
PIZZA, PAPA J PEPPERONI- HS	SLICE	430	30	950	4.00	2.70	450.0	750	4.8	6	23.0	49.0	16.0	6.00	0.00
PIZZA, PAPA J HAWAIIAN- HS	SLICE	410	30	990	5.00	2.70	500.0	500	4.8	8	25.0	52.0	12.0	4.50	0.00
PIZZA, PAPA J VEGGIE- HS	SLICE	390	20	780	5.00	2.70	500.0	750	12.0	8	23.0	53.0	11.0	4.00	0.00
SPICY CHIX SANDWICH-MS, HS	SANDWIC	344	55	691	2.92	3.18	58.4	500	8.65	*N/A*	19.81	39.87	12.92	2.98	0.00
HAMBURGER- HS	SANDWIC	254	35	501	2.92	3.18	58.4	100	8.65	*N/A*	18.81	28.87	6.92	2.48	0.00
CHEESEBURGER- H.S.	SANDWIC	308	49	714	2.92	3.21	137.4	238	8.65	*N/A*	21.98	29.1	11.41	5.31	*0.00
WESTERN BURGER - HS	SANDWIC	338	35	723	4.12	3.62	74.4	121	9.61	*2	20.01	41.55	10.12	3.08	0.00
SIDE SALAD - MS, HS	EACH	20	0	17	1.85	0.58	25.2	6112	8.77	*2	1.05	4.18	0.24	0.02	*0.00
SALSA - ALL SCHOOLS	SERVING	41	0	488	1.59	2.54	13.6	624	4.54	*N/A*	1.7	7.94	0.23	0.03	*N/A*
POTATO SALAD - HS	1 EACH	150	4	352	1.50	2.03	15.0	0	6.75	*N/A*	1.5	18.0	8.25	1.12	0.00
CARROTS- ALL SCHOOLS	bag	30	0	66	2.47	0.76	27.2	11728	2.21	4	0.54	7.01	0.11	0.02	0.00
POTATO TOTS- ALL SCHOOLS	1 EACH	140	0	225	2.70	0.36	10.9	2182	3.56	*N/A*	2.16	19.99	5.65	0.81	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
KETCHUP- ALL SCHOOLS	PACKET	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00
MAYONNAISE- ALL SCHOOLS	packet	25	0	100	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	2.5	0.00	0.00
DRESSING, RANCH- ALL SCHOO	PACKET	49	5	105	0.02	0.02	1.5	8	0.05	*N/A*	0.15	1.05	4.93	0.72	0.05
MUSTARD, PACKET-ALL SCHOO	1 EACH	5	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.5	0.5	0.0	0.00	0.00
DRESSING, ITALIAN- HS	PACKET	12	0	107	0.00	0.03	1.8	1	0.0	1	0.05	1.2	0.8	0.10	0.00
BBQ SAUCE PACKET- ALL SCHO OLS	PORTION	15	0	85	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
Weighted Daily Average		649	47	962	8.76	4.26	566.2	*4721	27.31	*18	26.82	99.16	17.31	5.28	*0.01
% of Calories										*10.9%	16.5%	61.1%	24.0%	7.3%	*0.0%
Nutrient Guideline		633-750		1146										<10.00	

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: High School Breakfast/High School Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 05/04/2017															
High School Breakfast															
	Total														
BREAKFAST BURRITO - BACON	1 EACH	375	115	527	4.18	2.26	210.4	250	3.54	*0	14.18	41.44	15.86	6.00	0.00
BREAKFAST BURRITO - EGG- H.	1 EACH	400	125	494	4.18	2.19	310.0	400	3.54	*0	16.18	41.81	17.77	8.00	0.00
BURRITO, BEAN & CHSE- ALL S CHS	1 EACH	397	16	447	9.00	1.57	312.0	216	1.4	*N/A*	18.5	56.0	11.0	4.70	0.00
MINI MAPLE PANCAKES- ALL SC HS	3 OZ	220	5	340	3.00	1.44	60.0	0	0.0	*N/A*	5.0	36.0	7.0	1.00	0.00
SANDWICH, PBJ - MS & HS	SANDWIC	334	0	334	3.13	1.13	20.9	0	0.0	*N/A*	10.44	33.42	17.76	3.66	*N/A*
CEREAL, ASSORTED-ALL SCHO OLS	1 EACH	233	0	311	5.00	16.20	125.0	625	7.2	*N/A*	5.25	50.75	1.75	0.00	0.00
YOGURT & BAR (GREEK) - HS	1 EACH	240	5	150	3.00	1.08	200.0	0	2.4	*N/A*	12.0	38.0	4.0	1.00	0.00
YOGURT & BAR (REGULAR) - HS	1 EACH	230	0	190	3.00	1.08	400.0	0	1.2	*N/A*	5.0	43.0	4.0	1.00	0.00
FRUIT: ASSORTED FRESH-ALL S CHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL S CHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
KETCHUP- ALL SCHOOLS	1 Packet	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: High School Breakfast/High School Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
High School Lunch	Total														
CHEESY BEEF NACHOS- HS	1 EACH	526	49	1018	4.90	3.07	338.7	566	2.9	*0	19.34	46.17	28.28	13.99	0.00
SALAD, HAND TOSSED- HS	1 EACH	612	64	887	7.05	4.30	149.3	*10057	8.51	*3	27.45	61.98	28.62	5.42	*0.00
ASIAN CHIX LEG & FRD RCE MS HS	SERVINGS	455	138	662	3.63	2.26	23.1	1796	2.58	*4	25.55	54.81	13.96	3.19	*0.00
CHICKEN W/MASHED POTATO- PIZZA, PAPA J CHEESE- HS	SERVING SLICE	323	55	332	3.62	2.43	57.1	36	50.16	*1	20.22	36.68	11.48	2.37	0.41
PIZZA, PAPA J PEPPERONI- HS	SLICE	380	20	780	4.00	2.70	500.0	500	3.6	6	22.0	49.0	11.0	4.00	0.00
PIZZA, PAPA J HAWAIIAN- HS	SLICE	430	30	950	4.00	2.70	450.0	750	4.8	6	23.0	49.0	16.0	6.00	0.00
PIZZA, PAPA J VEGGIE- HS	SLICE	410	30	990	5.00	2.70	500.0	500	4.8	8	25.0	52.0	12.0	4.50	0.00
SPICY CHIX SANDWICH-MS, HS	SANDWIC	344	55	691	2.92	3.18	58.4	500	8.65	*N/A*	19.81	39.87	12.92	2.98	0.00
HAMBURGER- HS	SANDWIC	254	35	501	2.92	3.18	58.4	100	8.65	*N/A*	18.81	28.87	6.92	2.48	0.00
CHEESEBURGER- H.S.	SANDWIC	308	49	714	2.92	3.21	137.4	238	8.65	*N/A*	21.98	29.1	11.41	5.31	*0.00
CHICKEN DRUMSTIX & ROLL - H.	1 EACH	340	55	585	2.00	2.52	20.0	100	2.4	4	21.0	33.0	13.5	3.00	*0.00
SIDE SALAD - MS, HS	EACH	20	0	17	1.85	0.58	25.2	6112	8.77	*2	1.05	4.18	0.24	0.02	*0.00
SALSA - ALL SCHOOLS	SERVING	41	0	488	1.59	2.54	13.6	624	4.54	*N/A*	1.7	7.94	0.23	0.03	*N/A*
POTATO SALAD - HS	1 EACH	150	4	352	1.50	2.03	15.0	0	6.75	*N/A*	1.5	18.0	8.25	1.12	0.00
CARROTS- ALL SCHOOLS	bag	30	0	66	2.47	0.76	27.2	11728	2.21	4	0.54	7.01	0.11	0.02	0.00
POTATO TOTS- ALL SCHOOLS	1 EACH	140	0	225	2.70	0.36	10.9	2182	3.56	*N/A*	2.16	19.99	5.65	0.81	0.00
GO 'BONZO'S - HS	1 EACH	160	0	360	6.00	2.16	40.0	0	0.0	*N/A*	8.0	24.0	4.0	0.00	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
TORTILLA CHIPS - HS	2 OZ	268	0	186	3.06	0.86	60.1	2	0.0	0	4.03	38.43	11.73	1.59	0.46
COOKIE DAY - ALL SCHOOLS	1 EACH	124	0	54	1.34	0.73	6.7	0	0.0	*3	1.68	19.82	4.37	0.91	0.00
KETCHUP- ALL SCHOOLS	PACKET	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00
MAYONNAISE- ALL SCHOOLS	packet	25	0	100	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	2.5	0.00	0.00
DRESSING, RANCH- ALL SCHOO	PACKET	49	5	105	0.02	0.02	1.5	8	0.05	*N/A*	0.15	1.05	4.93	0.72	0.05
MUSTARD, PACKET-ALL SCHOO	1 EACH	5	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.5	0.5	0.0	0.00	0.00
DRESSING, ITALIAN- HS	PACKET	12	0	107	0.00	0.03	1.8	1	0.0	1	0.05	1.2	0.8	0.10	0.00
BBQ SAUCE PACKET- ALL SCHOOLS	PORTION	15	0	85	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
Weighted Daily Average		893	59	1265	11.25	5.17	586.4	*8135	31.53	*24	33.91	133.91	26.44	5.97	*0.11
% of Calories										*10.6%	15.2%	60.0%	26.6%	6.0%	*0.1%
Nutrient Guideline		633-750		1146										<10.00	

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: High School Breakfast/High School Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 05/05/2017															
High School Breakfast	Total														
BREAKFAST BURRITO -CHORIZ O-H.S	1 EACH	381	123	507	4.51	2.66	216.6	578	3.94	*0	16.94	41.97	14.91	5.49	0.00
BREAKFAST BURRITO - EGG- H.	1 EACH	400	125	494	4.18	2.19	310.0	400	3.54	*0	16.18	41.81	17.77	8.00	0.00
BREAKFAST SANDWICH - MS, HS	1 EACH	203	20	468	2.50	1.68	71.0	87	0.0	*N/A*	15.5	20.0	7.5	2.00	0.00
MINI MAPLE PANCAKES- ALL SC HS	3 OZ	220	5	340	3.00	1.44	60.0	0	0.0	*N/A*	5.0	36.0	7.0	1.00	0.00
SANDWICH, PBJ - MS & HS	SANDWIC	334	0	334	3.13	1.13	20.9	0	0.0	*N/A*	10.44	33.42	17.76	3.66	*N/A*
CEREAL, ASSORTED-ALL SCHO OLS	1 EACH	233	0	311	5.00	16.20	125.0	625	7.2	*N/A*	5.25	50.75	1.75	0.00	0.00
YOGURT & BAR (GREEK) - HS	1 EACH	240	5	150	3.00	1.08	200.0	0	2.4	*N/A*	12.0	38.0	4.0	1.00	0.00
YOGURT & BAR (REGULAR) - HS	1 EACH	230	0	190	3.00	1.08	400.0	0	1.2	*N/A*	5.0	43.0	4.0	1.00	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
KETCHUP- ALL SCHOOLS	1 Packet	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00

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

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: High School Breakfast/High School Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
High School Lunch	Total														
CHEESY BEEF NACHOS- HS	1 EACH	526	49	1018	4.90	3.07	338.7	566	2.9	*0	19.34	46.17	28.28	13.99	0.00
SALAD, HAND TOSSED- HS	1 EACH	612	64	887	7.05	4.30	149.3	*10057	8.51	*3	27.45	61.98	28.62	5.42	*0.00
SANDWICH, FISH SRIRACHA	1 EACH	458	47	1057	3.70	*2.92	274.9	475	1.2	*N/A*	25.53	44.16	20.42	7.71	*0.00
POTATO BAKED W/TACO & CHS E-HS	1 EACH	459	48	728	6.44	4.42	320.7	500	27.22	*3	20.18	64.93	13.28	7.56	0.00
PIZZA, PAPA J CHEESE- HS	SLICE	380	20	780	4.00	2.70	500.0	500	3.6	6	22.0	49.0	11.0	4.00	0.00
PIZZA, PAPA J PEPPERONI- HS	SLICE	430	30	950	4.00	2.70	450.0	750	4.8	6	23.0	49.0	16.0	6.00	0.00
PIZZA, PAPA J HAWAIIAN- HS	SLICE	410	30	990	5.00	2.70	500.0	500	4.8	8	25.0	52.0	12.0	4.50	0.00
PIZZA, PAPA J VEGGIE- HS	SLICE	390	20	780	5.00	2.70	500.0	750	12.0	8	23.0	53.0	11.0	4.00	0.00
SPICY CHIX SANDWICH-MS, HS	SANDWIC	344	55	691	2.92	3.18	58.4	500	8.65	*N/A*	19.81	39.87	12.92	2.98	0.00
HAMBURGER- HS	SANDWIC	254	35	501	2.92	3.18	58.4	100	8.65	*N/A*	18.81	28.87	6.92	2.48	0.00
CHEESEBURGER- H.S.	SANDWIC	308	49	714	2.92	3.21	137.4	238	8.65	*N/A*	21.98	29.1	11.41	5.31	*0.00
WESTERN BURGER - HS	SANDWIC	338	35	723	4.12	3.62	74.4	121	9.61	*2	20.01	41.55	10.12	3.08	0.00
SIDE SALAD - MS, HS	EACH	20	0	17	1.85	0.58	25.2	6112	8.77	*2	1.05	4.18	0.24	0.02	*0.00
SALSA - ALL SCHOOLS	SERVING	41	0	488	1.59	2.54	13.6	624	4.54	*N/A*	1.7	7.94	0.23	0.03	*N/A*
POTATO SALAD - HS	1 EACH	150	4	352	1.50	2.03	15.0	0	6.75	*N/A*	1.5	18.0	8.25	1.12	0.00
CARROTS- ALL SCHOOLS	bag	30	0	66	2.47	0.76	27.2	11728	2.21	4	0.54	7.01	0.11	0.02	0.00
POTATO TOTS- ALL SCHOOLS	1 EACH	140	0	225	2.70	0.36	10.9	2182	3.56	*N/A*	2.16	19.99	5.65	0.81	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
KETCHUP- ALL SCHOOLS	PACKET	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00
MAYONNAISE- ALL SCHOOLS	packet	25	0	100	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	2.5	0.00	0.00
DRESSING, RANCH- ALL SCHOO	PACKET	49	5	105	0.02	0.02	1.5	8	0.05	*N/A*	0.15	1.05	4.93	0.72	0.05
MUSTARD, PACKET-ALL SCHOO	1 EACH	5	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.5	0.5	0.0	0.00	0.00
DRESSING, ITALIAN- HS	PACKET	12	0	107	0.00	0.03	1.8	1	0.0	1	0.05	1.2	0.8	0.10	0.00
BBQ SAUCE PACKET- ALL SCHO OLS	PORTION	15	0	85	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
Weighted Daily Average		649	47	1010	8.50	*4.29	578.6	*4687	24.59	*18	27.31	96.49	18.31	5.77	*0.01
% of Calories										*10.8%	16.8%	59.5%	25.4%	8.0%	*0.0%
Nutrient Guideline		633-750		1146										<10.00	

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: High School Breakfast/High School Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 05/08/2017															
High School Breakfast	Total														
BREAKFAST BURRITO -CHORIZ O-H.S	1 EACH	381	123	507	4.51	2.66	216.6	578	3.94	*0	16.94	41.97	14.91	5.49	0.00
BREAKFAST BURRITO - EGG- H.	1 EACH	400	125	494	4.18	2.19	310.0	400	3.54	*0	16.18	41.81	17.77	8.00	0.00
BREAKFAST SANDWICH - MS, HS	1 EACH	203	20	468	2.50	1.68	71.0	87	0.0	*N/A*	15.5	20.0	7.5	2.00	0.00
MINI MAPLE PANCAKES- ALL SC HS	3 OZ	220	5	340	3.00	1.44	60.0	0	0.0	*N/A*	5.0	36.0	7.0	1.00	0.00
SANDWICH, PBJ - MS & HS	SANDWIC	334	0	334	3.13	1.13	20.9	0	0.0	*N/A*	10.44	33.42	17.76	3.66	*N/A*
CEREAL, ASSORTED-ALL SCHO OLS	1 EACH	233	0	311	5.00	16.20	125.0	625	7.2	*N/A*	5.25	50.75	1.75	0.00	0.00
YOGURT & BAR (GREEK) - HS	1 EACH	240	5	150	3.00	1.08	200.0	0	2.4	*N/A*	12.0	38.0	4.0	1.00	0.00
YOGURT & BAR (REGULAR) - HS	1 EACH	230	0	190	3.00	1.08	400.0	0	1.2	*N/A*	5.0	43.0	4.0	1.00	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
KETCHUP- ALL SCHOOLS	1 Packet	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: High School Breakfast/High School Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
High School Lunch	Total														
CHEESY BEEF NACHOS- HS	1 EACH	526	49	1018	4.90	3.07	338.7	566	2.9	*0	19.34	46.17	28.28	13.99	0.00
SALAD, HAND TOSSED- HS	1 EACH	612	64	887	7.05	4.30	149.3	*10057	8.51	*3	27.45	61.98	28.62	5.42	*0.00
RICE BOWL, TERIYAKI CHIX - HS	1 each	388	53	434	6.36	2.46	70.4	1030	36.89	*1	22.89	63.7	4.37	1.38	0.00
POTATO BAKED W/TACO & CHS E-HS	1 EACH	459	48	728	6.44	4.42	320.7	500	27.22	*3	20.18	64.93	13.28	7.56	0.00
PIZZA, PAPA J CHEESE- HS	SLICE	380	20	780	4.00	2.70	500.0	500	3.6	6	22.0	49.0	11.0	4.00	0.00
PIZZA, PAPA J PEPPERONI- HS	SLICE	430	30	950	4.00	2.70	450.0	750	4.8	6	23.0	49.0	16.0	6.00	0.00
PIZZA, PAPA J HAWAIIAN- HS	SLICE	410	30	990	5.00	2.70	500.0	500	4.8	8	25.0	52.0	12.0	4.50	0.00
PIZZA, PAPA J VEGGIE- HS	SLICE	390	20	780	5.00	2.70	500.0	750	12.0	8	23.0	53.0	11.0	4.00	0.00
SPICY CHIX SANDWICH-MS, HS	SANDWIC	344	55	691	2.92	3.18	58.4	500	8.65	*N/A*	19.81	39.87	12.92	2.98	0.00
HAMBURGER- HS	SANDWIC	254	35	501	2.92	3.18	58.4	100	8.65	*N/A*	18.81	28.87	6.92	2.48	0.00
CHEESEBURGER- H.S.	SANDWIC	308	49	714	2.92	3.21	137.4	238	8.65	*N/A*	21.98	29.1	11.41	5.31	*0.00
WESTERN BURGER - HS	SANDWIC	338	35	723	4.12	3.62	74.4	121	9.61	*2	20.01	41.55	10.12	3.08	0.00
SIDE SALAD - MS, HS	EACH	20	0	17	1.85	0.58	25.2	6112	8.77	*2	1.05	4.18	0.24	0.02	*0.00
SALSA - ALL SCHOOLS	SERVING	41	0	488	1.59	2.54	13.6	624	4.54	*N/A*	1.7	7.94	0.23	0.03	*N/A*
POTATO SALAD - HS	1 EACH	150	4	352	1.50	2.03	15.0	0	6.75	*N/A*	1.5	18.0	8.25	1.12	0.00
CARROTS- ALL SCHOOLS	bag	30	0	66	2.47	0.76	27.2	11728	2.21	4	0.54	7.01	0.11	0.02	0.00
POTATO TOTS- ALL SCHOOLS	1 EACH	140	0	225	2.70	0.36	10.9	2182	3.56	*N/A*	2.16	19.99	5.65	0.81	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
KETCHUP- ALL SCHOOLS	PACKET	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00
MAYONNAISE- ALL SCHOOLS	packet	25	0	100	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	2.5	0.00	0.00
DRESSING, RANCH- ALL SCHOO	PACKET	49	5	105	0.02	0.02	1.5	8	0.05	*N/A*	0.15	1.05	4.93	0.72	0.05
MUSTARD, PACKET-ALL SCHOO	1 EACH	5	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.5	0.5	0.0	0.00	0.00
DRESSING, ITALIAN- HS	PACKET	12	0	107	0.00	0.03	1.8	1	0.0	1	0.05	1.2	0.8	0.10	0.00
BBQ SAUCE PACKET- ALL SCHOOLS	PORTION	15	0	85	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
Weighted Daily Average		649	48	971	8.76	4.29	561.6	*4728	27.25	*18	27.33	98.63	17.27	5.32	*0.01
% of Calories										*10.9%	16.9%	60.8%	24.0%	7.4%	*0.0%
Nutrient Guideline		633-750		1146										<10.00	

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: High School Breakfast/High School Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 05/09/2017															
High School Breakfast															
	Total														
BREAKFAST BURRITO - BACON	1 EACH	375	115	527	4.18	2.26	210.4	250	3.54	*0	14.18	41.44	15.86	6.00	0.00
BREAKFAST BURRITO - EGG- H.	1 EACH	400	125	494	4.18	2.19	310.0	400	3.54	*0	16.18	41.81	17.77	8.00	0.00
BURRITO, BEAN & CHSE- ALL S CHS	1 EACH	397	16	447	9.00	1.57	312.0	216	1.4	*N/A*	18.5	56.0	11.0	4.70	0.00
MINI MAPLE PANCAKES- ALL SC HS	3 OZ	220	5	340	3.00	1.44	60.0	0	0.0	*N/A*	5.0	36.0	7.0	1.00	0.00
SANDWICH, PBJ - MS & HS	SANDWIC	334	0	334	3.13	1.13	20.9	0	0.0	*N/A*	10.44	33.42	17.76	3.66	*N/A*
CEREAL, ASSORTED-ALL SCHO OLS	1 EACH	233	0	311	5.00	16.20	125.0	625	7.2	*N/A*	5.25	50.75	1.75	0.00	0.00
YOGURT & BAR (GREEK) - HS	1 EACH	240	5	150	3.00	1.08	200.0	0	2.4	*N/A*	12.0	38.0	4.0	1.00	0.00
YOGURT & BAR (REGULAR) - HS	1 EACH	230	0	190	3.00	1.08	400.0	0	1.2	*N/A*	5.0	43.0	4.0	1.00	0.00
FRUIT: ASSORTED FRESH-ALL S CHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL S CHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
KETCHUP- ALL SCHOOLS	1 Packet	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00

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

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

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: High School Breakfast/High School Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
High School Lunch	Total														
CHEESY BEEF NACHOS- HS	1 EACH	526	49	1018	4.90	3.07	338.7	566	2.9	*0	19.34	46.17	28.28	13.99	0.00
SALAD, HAND TOSSED- HS	1 EACH	612	64	887	7.05	4.30	149.3	*10057	8.51	*3	27.45	61.98	28.62	5.42	*0.00
KOREAN BBQ PORK TACOS	SERVING	382	54	655	6.01	2.65	166.2	4	0.4	*0	16.89	44.76	15.71	3.71	*0.00
CHICKEN W/MASHED POTATO-	SERVING	323	55	332	3.62	2.43	57.1	36	50.16	*1	20.22	36.68	11.48	2.37	0.41
PIZZA, PAPA J CHEESE- HS	SLICE	380	20	780	4.00	2.70	500.0	500	3.6	6	22.0	49.0	11.0	4.00	0.00
PIZZA, PAPA J PEPPERONI- HS	SLICE	430	30	950	4.00	2.70	450.0	750	4.8	6	23.0	49.0	16.0	6.00	0.00
PIZZA, PAPA J HAWAIIAN- HS	SLICE	410	30	990	5.00	2.70	500.0	500	4.8	8	25.0	52.0	12.0	4.50	0.00
PIZZA, PAPA J VEGGIE- HS	SLICE	390	20	780	5.00	2.70	500.0	750	12.0	8	23.0	53.0	11.0	4.00	0.00
SPICY CHIX SANDWICH-MS, HS	SANDWIC	344	55	691	2.92	3.18	58.4	500	8.65	*N/A*	19.81	39.87	12.92	2.98	0.00
HAMBURGER- HS	SANDWIC	254	35	501	2.92	3.18	58.4	100	8.65	*N/A*	18.81	28.87	6.92	2.48	0.00
CHEESEBURGER- H.S.	SANDWIC	308	49	714	2.92	3.21	137.4	238	8.65	*N/A*	21.98	29.1	11.41	5.31	*0.00
CHICKEN DRUMSTIX & ROLL - H.	1 EACH	340	55	585	2.00	2.52	20.0	100	2.4	4	21.0	33.0	13.5	3.00	*0.00
SIDE SALAD - MS, HS	EACH	20	0	17	1.85	0.58	25.2	6112	8.77	*2	1.05	4.18	0.24	0.02	*0.00
SALSA - ALL SCHOOLS	SERVING	41	0	488	1.59	2.54	13.6	624	4.54	*N/A*	1.7	7.94	0.23	0.03	*N/A*
POTATO SALAD - HS	1 EACH	150	4	352	1.50	2.03	15.0	0	6.75	*N/A*	1.5	18.0	8.25	1.12	0.00
CARROTS- ALL SCHOOLS	bag	30	0	66	2.47	0.76	27.2	11728	2.21	4	0.54	7.01	0.11	0.02	0.00
POTATO TOTS- ALL SCHOOLS	1 EACH	140	0	225	2.70	0.36	10.9	2182	3.56	*N/A*	2.16	19.99	5.65	0.81	0.00
GO 'BONZO'S - HS	1 EACH	160	0	360	6.00	2.16	40.0	0	0.0	*N/A*	8.0	24.0	4.0	0.00	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
TORTILLA CHIPS - HS	2 OZ	268	0	186	3.06	0.86	60.1	2	0.0	0	4.03	38.43	11.73	1.59	0.46
COOKIE DAY - ALL SCHOOLS	1 EACH	124	0	54	1.34	0.73	6.7	0	0.0	*3	1.68	19.82	4.37	0.91	0.00
KETCHUP- ALL SCHOOLS	PACKET	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00
MAYONNAISE- ALL SCHOOLS	packet	25	0	100	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	2.5	0.00	0.00
DRESSING, RANCH- ALL SCHOO	PACKET	49	5	105	0.02	0.02	1.5	8	0.05	*N/A*	0.15	1.05	4.93	0.72	0.05
MUSTARD, PACKET-ALL SCHOO	1 EACH	5	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.5	0.5	0.0	0.00	0.00
DRESSING, ITALIAN- HS	PACKET	12	0	107	0.00	0.03	1.8	1	0.0	1	0.05	1.2	0.8	0.10	0.00
BBQ SAUCE PACKET- ALL SCHOOLS	PORTION	15	0	85	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
Weighted Daily Average		685	45	926	8.96	4.29	529.7	*5080	25.16	*18	25.89	106.06	18.90	4.60	*0.07
% of Calories										*10.7%	15.1%	61.9%	24.8%	6.0%	*0.1%
Nutrient Guideline		633-750		1146										<10.00	

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: High School Breakfast/High School Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 05/10/2017															
High School Breakfast	Total														
BREAKFAST BURRITO -CHORIZ O-H.S	1 EACH	381	123	507	4.51	2.66	216.6	578	3.94	*0	16.94	41.97	14.91	5.49	0.00
BREAKFAST BURRITO - EGG- H.	1 EACH	400	125	494	4.18	2.19	310.0	400	3.54	*0	16.18	41.81	17.77	8.00	0.00
BREAKFAST SANDWICH - MS, HS	1 EACH	203	20	468	2.50	1.68	71.0	87	0.0	*N/A*	15.5	20.0	7.5	2.00	0.00
MINI MAPLE PANCAKES- ALL SC HS	3 OZ	220	5	340	3.00	1.44	60.0	0	0.0	*N/A*	5.0	36.0	7.0	1.00	0.00
SANDWICH, PBJ - MS & HS	SANDWIC	334	0	334	3.13	1.13	20.9	0	0.0	*N/A*	10.44	33.42	17.76	3.66	*N/A*
CEREAL, ASSORTED-ALL SCHO OLS	1 EACH	233	0	311	5.00	16.20	125.0	625	7.2	*N/A*	5.25	50.75	1.75	0.00	0.00
YOGURT & BAR (GREEK) - HS	1 EACH	240	5	150	3.00	1.08	200.0	0	2.4	*N/A*	12.0	38.0	4.0	1.00	0.00
YOGURT & BAR (REGULAR) - HS	1 EACH	230	0	190	3.00	1.08	400.0	0	1.2	*N/A*	5.0	43.0	4.0	1.00	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
KETCHUP- ALL SCHOOLS	1 Packet	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00

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

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: High School Breakfast/High School Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
High School Lunch	Total														
CHEESY BEEF NACHOS- HS	1 EACH	526	49	1018	4.90	3.07	338.7	566	2.9	*0	19.34	46.17	28.28	13.99	0.00
SALAD, HAND TOSSED- HS	1 EACH	612	64	887	7.05	4.30	149.3	*10057	8.51	*3	27.45	61.98	28.62	5.42	*0.00
RICE BOWL, ORANGE CHIX- HS	1 each	392	40	300	6.36	2.10	50.4	930	38.09	*1	18.89	68.7	4.87	0.88	0.00
POTATO BAKED W/TACO & CHS E-HS	1 EACH	459	48	728	6.44	4.42	320.7	500	27.22	*3	20.18	64.93	13.28	7.56	0.00
PIZZA, PAPA J CHEESE- HS	SLICE	380	20	780	4.00	2.70	500.0	500	3.6	6	22.0	49.0	11.0	4.00	0.00
PIZZA, PAPA J PEPPERONI- HS	SLICE	430	30	950	4.00	2.70	450.0	750	4.8	6	23.0	49.0	16.0	6.00	0.00
PIZZA, PAPA J HAWAIIAN- HS	SLICE	410	30	990	5.00	2.70	500.0	500	4.8	8	25.0	52.0	12.0	4.50	0.00
PIZZA, PAPA J VEGGIE- HS	SLICE	390	20	780	5.00	2.70	500.0	750	12.0	8	23.0	53.0	11.0	4.00	0.00
SPICY CHIX SANDWICH-MS, HS	SANDWIC	344	55	691	2.92	3.18	58.4	500	8.65	*N/A*	19.81	39.87	12.92	2.98	0.00
HAMBURGER- HS	SANDWIC	254	35	501	2.92	3.18	58.4	100	8.65	*N/A*	18.81	28.87	6.92	2.48	0.00
CHEESEBURGER- H.S.	SANDWIC	308	49	714	2.92	3.21	137.4	238	8.65	*N/A*	21.98	29.1	11.41	5.31	*0.00
WESTERN BURGER - HS	SANDWIC	338	35	723	4.12	3.62	74.4	121	9.61	*2	20.01	41.55	10.12	3.08	0.00
SIDE SALAD - MS, HS	EACH	20	0	17	1.85	0.58	25.2	6112	8.77	*2	1.05	4.18	0.24	0.02	*0.00
SALSA - ALL SCHOOLS	SERVING	41	0	488	1.59	2.54	13.6	624	4.54	*N/A*	1.7	7.94	0.23	0.03	*N/A*
POTATO SALAD - HS	1 EACH	150	4	352	1.50	2.03	15.0	0	6.75	*N/A*	1.5	18.0	8.25	1.12	0.00
CARROTS- ALL SCHOOLS	bag	30	0	66	2.47	0.76	27.2	11728	2.21	4	0.54	7.01	0.11	0.02	0.00
POTATO TOTS- ALL SCHOOLS	1 EACH	140	0	225	2.70	0.36	10.9	2182	3.56	*N/A*	2.16	19.99	5.65	0.81	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
KETCHUP- ALL SCHOOLS	PACKET	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00
MAYONNAISE- ALL SCHOOLS	packet	25	0	100	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	2.5	0.00	0.00
DRESSING, RANCH- ALL SCHOO	PACKET	49	5	105	0.02	0.02	1.5	8	0.05	*N/A*	0.15	1.05	4.93	0.72	0.05
MUSTARD, PACKET-ALL SCHOO	1 EACH	5	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.5	0.5	0.0	0.00	0.00
DRESSING, ITALIAN- HS	PACKET	12	0	107	0.00	0.03	1.8	1	0.0	1	0.05	1.2	0.8	0.10	0.00
BBQ SAUCE PACKET- ALL SCHOOLS	PORTION	15	0	85	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
Weighted Daily Average		649	47	962	8.76	4.26	566.2	*4721	27.31	*18	26.82	99.16	17.31	5.28	*0.01
% of Calories										*10.9%	16.5%	61.1%	24.0%	7.3%	*0.0%
Nutrient Guideline		633-750		1146										<10.00	

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: High School Breakfast/High School Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 05/11/2017															
High School Breakfast															
	Total														
BREAKFAST BURRITO - BACON	1 EACH	375	115	527	4.18	2.26	210.4	250	3.54	*0	14.18	41.44	15.86	6.00	0.00
BREAKFAST BURRITO - EGG- H.	1 EACH	400	125	494	4.18	2.19	310.0	400	3.54	*0	16.18	41.81	17.77	8.00	0.00
BURRITO, BEAN & CHSE- ALL S CHS	1 EACH	397	16	447	9.00	1.57	312.0	216	1.4	*N/A*	18.5	56.0	11.0	4.70	0.00
MINI MAPLE PANCAKES- ALL SC HS	3 OZ	220	5	340	3.00	1.44	60.0	0	0.0	*N/A*	5.0	36.0	7.0	1.00	0.00
SANDWICH, PBJ - MS & HS	SANDWIC	334	0	334	3.13	1.13	20.9	0	0.0	*N/A*	10.44	33.42	17.76	3.66	*N/A*
CEREAL, ASSORTED-ALL SCHO OLS	1 EACH	233	0	311	5.00	16.20	125.0	625	7.2	*N/A*	5.25	50.75	1.75	0.00	0.00
YOGURT & BAR (GREEK) - HS	1 EACH	240	5	150	3.00	1.08	200.0	0	2.4	*N/A*	12.0	38.0	4.0	1.00	0.00
YOGURT & BAR (REGULAR) - HS	1 EACH	230	0	190	3.00	1.08	400.0	0	1.2	*N/A*	5.0	43.0	4.0	1.00	0.00
FRUIT: ASSORTED FRESH-ALL S CHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL S CHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
KETCHUP- ALL SCHOOLS	1 Packet	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: High School Breakfast/High School Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
High School Lunch	Total														
CHEESY BEEF NACHOS- HS	1 EACH	526	49	1018	4.90	3.07	338.7	566	2.9	*0	19.34	46.17	28.28	13.99	0.00
SALAD, HAND TOSSED- HS	1 EACH	612	64	887	7.05	4.30	149.3	*10057	8.51	*3	27.45	61.98	28.62	5.42	*0.00
ASIAN CHIX LEG & FRD RCE MS HS	SERVINGS	455	138	662	3.63	2.26	23.1	1796	2.58	*4	25.55	54.81	13.96	3.19	*0.00
CHICKEN W/MASHED POTATO- PIZZA, PAPA J CHEESE- HS	SERVING SLICE	323	55	332	3.62	2.43	57.1	36	50.16	*1	20.22	36.68	11.48	2.37	0.41
PIZZA, PAPA J PEPPERONI- HS	SLICE	380	20	780	4.00	2.70	500.0	500	3.6	6	22.0	49.0	11.0	4.00	0.00
PIZZA, PAPA J HAWAIIAN- HS	SLICE	430	30	950	4.00	2.70	450.0	750	4.8	6	23.0	49.0	16.0	6.00	0.00
PIZZA, PAPA J VEGGIE- HS	SLICE	410	30	990	5.00	2.70	500.0	500	4.8	8	25.0	52.0	12.0	4.50	0.00
SPICY CHIX SANDWICH-MS, HS	SANDWIC	344	55	691	2.92	3.18	58.4	500	8.65	*N/A*	19.81	39.87	12.92	2.98	0.00
HAMBURGER- HS	SANDWIC	254	35	501	2.92	3.18	58.4	100	8.65	*N/A*	18.81	28.87	6.92	2.48	0.00
CHEESEBURGER- H.S.	SANDWIC	308	49	714	2.92	3.21	137.4	238	8.65	*N/A*	21.98	29.1	11.41	5.31	*0.00
CHICKEN DRUMSTIX & ROLL - H.	1 EACH	340	55	585	2.00	2.52	20.0	100	2.4	4	21.0	33.0	13.5	3.00	*0.00
SIDE SALAD - MS, HS	EACH	20	0	17	1.85	0.58	25.2	6112	8.77	*2	1.05	4.18	0.24	0.02	*0.00
SALSA - ALL SCHOOLS	SERVING	41	0	488	1.59	2.54	13.6	624	4.54	*N/A*	1.7	7.94	0.23	0.03	*N/A*
POTATO SALAD - HS	1 EACH	150	4	352	1.50	2.03	15.0	0	6.75	*N/A*	1.5	18.0	8.25	1.12	0.00
CARROTS- ALL SCHOOLS	bag	30	0	66	2.47	0.76	27.2	11728	2.21	4	0.54	7.01	0.11	0.02	0.00
POTATO TOTS- ALL SCHOOLS	1 EACH	140	0	225	2.70	0.36	10.9	2182	3.56	*N/A*	2.16	19.99	5.65	0.81	0.00
GO 'BONZO'S - HS	1 EACH	160	0	360	6.00	2.16	40.0	0	0.0	*N/A*	8.0	24.0	4.0	0.00	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
TORTILLA CHIPS - HS	2 OZ	268	0	186	3.06	0.86	60.1	2	0.0	0	4.03	38.43	11.73	1.59	0.46
COOKIE DAY - ALL SCHOOLS	1 EACH	124	0	54	1.34	0.73	6.7	0	0.0	*3	1.68	19.82	4.37	0.91	0.00
KETCHUP- ALL SCHOOLS	PACKET	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00
MAYONNAISE- ALL SCHOOLS	packet	25	0	100	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	2.5	0.00	0.00
DRESSING, RANCH- ALL SCHOO	PACKET	49	5	105	0.02	0.02	1.5	8	0.05	*N/A*	0.15	1.05	4.93	0.72	0.05
MUSTARD, PACKET-ALL SCHOO	1 EACH	5	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.5	0.5	0.0	0.00	0.00
DRESSING, ITALIAN- HS	PACKET	12	0	107	0.00	0.03	1.8	1	0.0	1	0.05	1.2	0.8	0.10	0.00
BBQ SAUCE PACKET- ALL SCHOOLS	PORTION	15	0	85	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
Weighted Daily Average		893	59	1265	11.25	5.17	586.4	*8135	31.53	*24	33.91	133.91	26.44	5.97	*0.11
% of Calories										*10.6%	15.2%	60.0%	26.6%	6.0%	*0.1%
Nutrient Guideline		633-750		1146										<10.00	

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: High School Breakfast/High School Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 05/12/2017															
High School Breakfast	Total														
BREAKFAST BURRITO -CHORIZ O-H.S	1 EACH	381	123	507	4.51	2.66	216.6	578	3.94	*0	16.94	41.97	14.91	5.49	0.00
BREAKFAST BURRITO - EGG- H.	1 EACH	400	125	494	4.18	2.19	310.0	400	3.54	*0	16.18	41.81	17.77	8.00	0.00
BREAKFAST SANDWICH - MS, HS	1 EACH	203	20	468	2.50	1.68	71.0	87	0.0	*N/A*	15.5	20.0	7.5	2.00	0.00
MINI MAPLE PANCAKES- ALL SC HS	3 OZ	220	5	340	3.00	1.44	60.0	0	0.0	*N/A*	5.0	36.0	7.0	1.00	0.00
SANDWICH, PBJ - MS & HS	SANDWIC	334	0	334	3.13	1.13	20.9	0	0.0	*N/A*	10.44	33.42	17.76	3.66	*N/A*
CEREAL, ASSORTED-ALL SCHO OLS	1 EACH	233	0	311	5.00	16.20	125.0	625	7.2	*N/A*	5.25	50.75	1.75	0.00	0.00
YOGURT & BAR (GREEK) - HS	1 EACH	240	5	150	3.00	1.08	200.0	0	2.4	*N/A*	12.0	38.0	4.0	1.00	0.00
YOGURT & BAR (REGULAR) - HS	1 EACH	230	0	190	3.00	1.08	400.0	0	1.2	*N/A*	5.0	43.0	4.0	1.00	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
KETCHUP- ALL SCHOOLS	1 Packet	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00

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

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: High School Breakfast/High School Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
High School Lunch	Total														
CHEESY BEEF NACHOS- HS	1 EACH	526	49	1018	4.90	3.07	338.7	566	2.9	*0	19.34	46.17	28.28	13.99	0.00
SALAD, HAND TOSSED- HS	1 EACH	612	64	887	7.05	4.30	149.3	*10057	8.51	*3	27.45	61.98	28.62	5.42	*0.00
SANDWICH, FISH SRIRACHA	1 EACH	458	47	1057	3.70	*2.92	274.9	475	1.2	*N/A*	25.53	44.16	20.42	7.71	*0.00
POTATO BAKED W/TACO & CHS E-HS	1 EACH	459	48	728	6.44	4.42	320.7	500	27.22	*3	20.18	64.93	13.28	7.56	0.00
PIZZA, PAPA J CHEESE- HS	SLICE	380	20	780	4.00	2.70	500.0	500	3.6	6	22.0	49.0	11.0	4.00	0.00
PIZZA, PAPA J PEPPERONI- HS	SLICE	430	30	950	4.00	2.70	450.0	750	4.8	6	23.0	49.0	16.0	6.00	0.00
PIZZA, PAPA J HAWAIIAN- HS	SLICE	410	30	990	5.00	2.70	500.0	500	4.8	8	25.0	52.0	12.0	4.50	0.00
PIZZA, PAPA J VEGGIE- HS	SLICE	390	20	780	5.00	2.70	500.0	750	12.0	8	23.0	53.0	11.0	4.00	0.00
SPICY CHIX SANDWICH-MS, HS	SANDWIC	344	55	691	2.92	3.18	58.4	500	8.65	*N/A*	19.81	39.87	12.92	2.98	0.00
HAMBURGER- HS	SANDWIC	254	35	501	2.92	3.18	58.4	100	8.65	*N/A*	18.81	28.87	6.92	2.48	0.00
CHEESEBURGER- H.S.	SANDWIC	308	49	714	2.92	3.21	137.4	238	8.65	*N/A*	21.98	29.1	11.41	5.31	*0.00
WESTERN BURGER - HS	SANDWIC	338	35	723	4.12	3.62	74.4	121	9.61	*2	20.01	41.55	10.12	3.08	0.00
SIDE SALAD - MS, HS	EACH	20	0	17	1.85	0.58	25.2	6112	8.77	*2	1.05	4.18	0.24	0.02	*0.00
SALSA - ALL SCHOOLS	SERVING	41	0	488	1.59	2.54	13.6	624	4.54	*N/A*	1.7	7.94	0.23	0.03	*N/A*
POTATO SALAD - HS	1 EACH	150	4	352	1.50	2.03	15.0	0	6.75	*N/A*	1.5	18.0	8.25	1.12	0.00
CARROTS- ALL SCHOOLS	bag	30	0	66	2.47	0.76	27.2	11728	2.21	4	0.54	7.01	0.11	0.02	0.00
POTATO TOTS- ALL SCHOOLS	1 EACH	140	0	225	2.70	0.36	10.9	2182	3.56	*N/A*	2.16	19.99	5.65	0.81	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
KETCHUP- ALL SCHOOLS	PACKET	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00
MAYONNAISE- ALL SCHOOLS	packet	25	0	100	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	2.5	0.00	0.00
DRESSING, RANCH- ALL SCHOO	PACKET	49	5	105	0.02	0.02	1.5	8	0.05	*N/A*	0.15	1.05	4.93	0.72	0.05
MUSTARD, PACKET-ALL SCHOO	1 EACH	5	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.5	0.5	0.0	0.00	0.00
DRESSING, ITALIAN- HS	PACKET	12	0	107	0.00	0.03	1.8	1	0.0	1	0.05	1.2	0.8	0.10	0.00
BBQ SAUCE PACKET- ALL SCHO OLS	PORTION	15	0	85	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
Weighted Daily Average		649	47	1010	8.50	*4.29	578.6	*4687	24.59	*18	27.31	96.49	18.31	5.77	*0.01
% of Calories										*10.8%	16.8%	59.5%	25.4%	8.0%	*0.0%
Nutrient Guideline		633-750		1146										<10.00	

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: High School Breakfast/High School Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 05/15/2017															
High School Breakfast	Total														
BREAKFAST BURRITO -CHORIZ O-H.S	1 EACH	381	123	507	4.51	2.66	216.6	578	3.94	*0	16.94	41.97	14.91	5.49	0.00
BREAKFAST BURRITO - EGG- H.	1 EACH	400	125	494	4.18	2.19	310.0	400	3.54	*0	16.18	41.81	17.77	8.00	0.00
BREAKFAST SANDWICH - MS, HS	1 EACH	203	20	468	2.50	1.68	71.0	87	0.0	*N/A*	15.5	20.0	7.5	2.00	0.00
MINI MAPLE PANCAKES- ALL SC HS	3 OZ	220	5	340	3.00	1.44	60.0	0	0.0	*N/A*	5.0	36.0	7.0	1.00	0.00
SANDWICH, PBJ - MS & HS	SANDWIC	334	0	334	3.13	1.13	20.9	0	0.0	*N/A*	10.44	33.42	17.76	3.66	*N/A*
CEREAL, ASSORTED-ALL SCHO OLS	1 EACH	233	0	311	5.00	16.20	125.0	625	7.2	*N/A*	5.25	50.75	1.75	0.00	0.00
YOGURT & BAR (GREEK) - HS	1 EACH	240	5	150	3.00	1.08	200.0	0	2.4	*N/A*	12.0	38.0	4.0	1.00	0.00
YOGURT & BAR (REGULAR) - HS	1 EACH	230	0	190	3.00	1.08	400.0	0	1.2	*N/A*	5.0	43.0	4.0	1.00	0.00
FRUIT: ASSORTED FRESH-ALL S CHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL S CHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
KETCHUP- ALL SCHOOLS	1 Packet	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: High School Breakfast/High School Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
High School Lunch	Total														
CHEESY BEEF NACHOS- HS	1 EACH	526	49	1018	4.90	3.07	338.7	566	2.9	*0	19.34	46.17	28.28	13.99	0.00
SALAD, HAND TOSSED- HS	1 EACH	612	64	887	7.05	4.30	149.3	*10057	8.51	*3	27.45	61.98	28.62	5.42	*0.00
RICE BOWL, TERIYAKI CHIX - HS	1 each	388	53	434	6.36	2.46	70.4	1030	36.89	*1	22.89	63.7	4.37	1.38	0.00
POTATO BAKED W/TACO & CHS E-HS	1 EACH	459	48	728	6.44	4.42	320.7	500	27.22	*3	20.18	64.93	13.28	7.56	0.00
PIZZA, PAPA J CHEESE- HS	SLICE	380	20	780	4.00	2.70	500.0	500	3.6	6	22.0	49.0	11.0	4.00	0.00
PIZZA, PAPA J PEPPERONI- HS	SLICE	430	30	950	4.00	2.70	450.0	750	4.8	6	23.0	49.0	16.0	6.00	0.00
PIZZA, PAPA J HAWAIIAN- HS	SLICE	410	30	990	5.00	2.70	500.0	500	4.8	8	25.0	52.0	12.0	4.50	0.00
PIZZA, PAPA J VEGGIE- HS	SLICE	390	20	780	5.00	2.70	500.0	750	12.0	8	23.0	53.0	11.0	4.00	0.00
SPICY CHIX SANDWICH-MS, HS	SANDWIC	344	55	691	2.92	3.18	58.4	500	8.65	*N/A*	19.81	39.87	12.92	2.98	0.00
HAMBURGER- HS	SANDWIC	254	35	501	2.92	3.18	58.4	100	8.65	*N/A*	18.81	28.87	6.92	2.48	0.00
CHEESEBURGER- H.S.	SANDWIC	308	49	714	2.92	3.21	137.4	238	8.65	*N/A*	21.98	29.1	11.41	5.31	*0.00
WESTERN BURGER - HS	SANDWIC	338	35	723	4.12	3.62	74.4	121	9.61	*2	20.01	41.55	10.12	3.08	0.00
SIDE SALAD - MS, HS	EACH	20	0	17	1.85	0.58	25.2	6112	8.77	*2	1.05	4.18	0.24	0.02	*0.00
SALSA - ALL SCHOOLS	SERVING	41	0	488	1.59	2.54	13.6	624	4.54	*N/A*	1.7	7.94	0.23	0.03	*N/A*
POTATO SALAD - HS	1 EACH	150	4	352	1.50	2.03	15.0	0	6.75	*N/A*	1.5	18.0	8.25	1.12	0.00
CARROTS- ALL SCHOOLS	bag	30	0	66	2.47	0.76	27.2	11728	2.21	4	0.54	7.01	0.11	0.02	0.00
POTATO TOTS- ALL SCHOOLS	1 EACH	140	0	225	2.70	0.36	10.9	2182	3.56	*N/A*	2.16	19.99	5.65	0.81	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
KETCHUP- ALL SCHOOLS	PACKET	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00
MAYONNAISE- ALL SCHOOLS	packet	25	0	100	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	2.5	0.00	0.00
DRESSING, RANCH- ALL SCHOO	PACKET	49	5	105	0.02	0.02	1.5	8	0.05	*N/A*	0.15	1.05	4.93	0.72	0.05
MUSTARD, PACKET-ALL SCHOO	1 EACH	5	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.5	0.5	0.0	0.00	0.00
DRESSING, ITALIAN- HS	PACKET	12	0	107	0.00	0.03	1.8	1	0.0	1	0.05	1.2	0.8	0.10	0.00
BBQ SAUCE PACKET- ALL SCHOOLS	PORTION	15	0	85	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
Weighted Daily Average		649	48	971	8.76	4.29	561.6	*4728	27.25	*18	27.33	98.63	17.27	5.32	*0.01
% of Calories										*10.9%	16.9%	60.8%	24.0%	7.4%	*0.0%
Nutrient Guideline		633-750		1146										<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

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: High School Breakfast/High School Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 05/16/2017															
High School Breakfast															
	Total														
BREAKFAST BURRITO - BACON	1 EACH	375	115	527	4.18	2.26	210.4	250	3.54	*0	14.18	41.44	15.86	6.00	0.00
BREAKFAST BURRITO - EGG- H.	1 EACH	400	125	494	4.18	2.19	310.0	400	3.54	*0	16.18	41.81	17.77	8.00	0.00
BURRITO, BEAN & CHSE- ALL S CHS	1 EACH	397	16	447	9.00	1.57	312.0	216	1.4	*N/A*	18.5	56.0	11.0	4.70	0.00
MINI MAPLE PANCAKES- ALL SC HS	3 OZ	220	5	340	3.00	1.44	60.0	0	0.0	*N/A*	5.0	36.0	7.0	1.00	0.00
SANDWICH, PBJ - MS & HS	SANDWIC	334	0	334	3.13	1.13	20.9	0	0.0	*N/A*	10.44	33.42	17.76	3.66	*N/A*
CEREAL, ASSORTED-ALL SCHO OLS	1 EACH	233	0	311	5.00	16.20	125.0	625	7.2	*N/A*	5.25	50.75	1.75	0.00	0.00
YOGURT & BAR (GREEK) - HS	1 EACH	240	5	150	3.00	1.08	200.0	0	2.4	*N/A*	12.0	38.0	4.0	1.00	0.00
YOGURT & BAR (REGULAR) - HS	1 EACH	230	0	190	3.00	1.08	400.0	0	1.2	*N/A*	5.0	43.0	4.0	1.00	0.00
FRUIT: ASSORTED FRESH-ALL S CHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL S CHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
KETCHUP- ALL SCHOOLS	1 Packet	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00

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

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

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: High School Breakfast/High School Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
High School Lunch	Total														
CHEESY BEEF NACHOS- HS	1 EACH	526	49	1018	4.90	3.07	338.7	566	2.9	*0	19.34	46.17	28.28	13.99	0.00
SALAD, HAND TOSSED- HS	1 EACH	612	64	887	7.05	4.30	149.3	*10057	8.51	*3	27.45	61.98	28.62	5.42	*0.00
KOREAN BBQ PORK TACOS	SERVING	382	54	655	6.01	2.65	166.2	4	0.4	*0	16.89	44.76	15.71	3.71	*0.00
CHICKEN W/MASHED POTATO-	SERVING	323	55	332	3.62	2.43	57.1	36	50.16	*1	20.22	36.68	11.48	2.37	0.41
PIZZA, PAPA J CHEESE- HS	SLICE	380	20	780	4.00	2.70	500.0	500	3.6	6	22.0	49.0	11.0	4.00	0.00
PIZZA, PAPA J PEPPERONI- HS	SLICE	430	30	950	4.00	2.70	450.0	750	4.8	6	23.0	49.0	16.0	6.00	0.00
PIZZA, PAPA J HAWAIIAN- HS	SLICE	410	30	990	5.00	2.70	500.0	500	4.8	8	25.0	52.0	12.0	4.50	0.00
PIZZA, PAPA J VEGGIE- HS	SLICE	390	20	780	5.00	2.70	500.0	750	12.0	8	23.0	53.0	11.0	4.00	0.00
SPICY CHIX SANDWICH-MS, HS	SANDWIC	344	55	691	2.92	3.18	58.4	500	8.65	*N/A*	19.81	39.87	12.92	2.98	0.00
HAMBURGER- HS	SANDWIC	254	35	501	2.92	3.18	58.4	100	8.65	*N/A*	18.81	28.87	6.92	2.48	0.00
CHEESEBURGER- H.S.	SANDWIC	308	49	714	2.92	3.21	137.4	238	8.65	*N/A*	21.98	29.1	11.41	5.31	*0.00
CHICKEN DRUMSTIX & ROLL - H.	1 EACH	340	55	585	2.00	2.52	20.0	100	2.4	4	21.0	33.0	13.5	3.00	*0.00
SIDE SALAD - MS, HS	EACH	20	0	17	1.85	0.58	25.2	6112	8.77	*2	1.05	4.18	0.24	0.02	*0.00
SALSA - ALL SCHOOLS	SERVING	41	0	488	1.59	2.54	13.6	624	4.54	*N/A*	1.7	7.94	0.23	0.03	*N/A*
POTATO SALAD - HS	1 EACH	150	4	352	1.50	2.03	15.0	0	6.75	*N/A*	1.5	18.0	8.25	1.12	0.00
CARROTS- ALL SCHOOLS	bag	30	0	66	2.47	0.76	27.2	11728	2.21	4	0.54	7.01	0.11	0.02	0.00
POTATO TOTS- ALL SCHOOLS	1 EACH	140	0	225	2.70	0.36	10.9	2182	3.56	*N/A*	2.16	19.99	5.65	0.81	0.00
GO 'BONZO'S - HS	1 EACH	160	0	360	6.00	2.16	40.0	0	0.0	*N/A*	8.0	24.0	4.0	0.00	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
TORTILLA CHIPS - HS	2 OZ	268	0	186	3.06	0.86	60.1	2	0.0	0	4.03	38.43	11.73	1.59	0.46
COOKIE DAY - ALL SCHOOLS	1 EACH	124	0	54	1.34	0.73	6.7	0	0.0	*3	1.68	19.82	4.37	0.91	0.00
KETCHUP- ALL SCHOOLS	PACKET	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00
MAYONNAISE- ALL SCHOOLS	packet	25	0	100	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	2.5	0.00	0.00
DRESSING, RANCH- ALL SCHOO	PACKET	49	5	105	0.02	0.02	1.5	8	0.05	*N/A*	0.15	1.05	4.93	0.72	0.05
MUSTARD, PACKET-ALL SCHOO	1 EACH	5	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.5	0.5	0.0	0.00	0.00
DRESSING, ITALIAN- HS	PACKET	12	0	107	0.00	0.03	1.8	1	0.0	1	0.05	1.2	0.8	0.10	0.00
BBQ SAUCE PACKET- ALL SCHOOLS	PORTION	15	0	85	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
Weighted Daily Average		685	45	926	8.96	4.29	529.7	*5080	25.16	*18	25.89	106.06	18.90	4.60	*0.07
% of Calories										*10.7%	15.1%	61.9%	24.8%	6.0%	*0.1%
Nutrient Guideline		633-750		1146										<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

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: High School Breakfast/High School Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 05/17/2017															
High School Breakfast	Total														
BREAKFAST BURRITO -CHORIZ O-H.S	1 EACH	381	123	507	4.51	2.66	216.6	578	3.94	*0	16.94	41.97	14.91	5.49	0.00
BREAKFAST BURRITO - EGG- H.	1 EACH	400	125	494	4.18	2.19	310.0	400	3.54	*0	16.18	41.81	17.77	8.00	0.00
BREAKFAST SANDWICH - MS, HS	1 EACH	203	20	468	2.50	1.68	71.0	87	0.0	*N/A*	15.5	20.0	7.5	2.00	0.00
MINI MAPLE PANCAKES- ALL SC HS	3 OZ	220	5	340	3.00	1.44	60.0	0	0.0	*N/A*	5.0	36.0	7.0	1.00	0.00
SANDWICH, PBJ - MS & HS	SANDWIC	334	0	334	3.13	1.13	20.9	0	0.0	*N/A*	10.44	33.42	17.76	3.66	*N/A*
CEREAL, ASSORTED-ALL SCHO OLS	1 EACH	233	0	311	5.00	16.20	125.0	625	7.2	*N/A*	5.25	50.75	1.75	0.00	0.00
YOGURT & BAR (GREEK) - HS	1 EACH	240	5	150	3.00	1.08	200.0	0	2.4	*N/A*	12.0	38.0	4.0	1.00	0.00
YOGURT & BAR (REGULAR) - HS	1 EACH	230	0	190	3.00	1.08	400.0	0	1.2	*N/A*	5.0	43.0	4.0	1.00	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
KETCHUP- ALL SCHOOLS	1 Packet	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00

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

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

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: High School Breakfast/High School Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
High School Lunch	Total														
CHEESY BEEF NACHOS- HS	1 EACH	526	49	1018	4.90	3.07	338.7	566	2.9	*0	19.34	46.17	28.28	13.99	0.00
SALAD, HAND TOSSED- HS	1 EACH	612	64	887	7.05	4.30	149.3	*10057	8.51	*3	27.45	61.98	28.62	5.42	*0.00
RICE BOWL, ORANGE CHIX- HS	1 each	392	40	300	6.36	2.10	50.4	930	38.09	*1	18.89	68.7	4.87	0.88	0.00
POTATO BAKED W/TACO & CHS E-HS	1 EACH	459	48	728	6.44	4.42	320.7	500	27.22	*3	20.18	64.93	13.28	7.56	0.00
PIZZA, PAPA J CHEESE- HS	SLICE	380	20	780	4.00	2.70	500.0	500	3.6	6	22.0	49.0	11.0	4.00	0.00
PIZZA, PAPA J PEPPERONI- HS	SLICE	430	30	950	4.00	2.70	450.0	750	4.8	6	23.0	49.0	16.0	6.00	0.00
PIZZA, PAPA J HAWAIIAN- HS	SLICE	410	30	990	5.00	2.70	500.0	500	4.8	8	25.0	52.0	12.0	4.50	0.00
PIZZA, PAPA J VEGGIE- HS	SLICE	390	20	780	5.00	2.70	500.0	750	12.0	8	23.0	53.0	11.0	4.00	0.00
SPICY CHIX SANDWICH-MS, HS	SANDWIC	344	55	691	2.92	3.18	58.4	500	8.65	*N/A*	19.81	39.87	12.92	2.98	0.00
HAMBURGER- HS	SANDWIC	254	35	501	2.92	3.18	58.4	100	8.65	*N/A*	18.81	28.87	6.92	2.48	0.00
CHEESEBURGER- H.S.	SANDWIC	308	49	714	2.92	3.21	137.4	238	8.65	*N/A*	21.98	29.1	11.41	5.31	*0.00
WESTERN BURGER - HS	SANDWIC	338	35	723	4.12	3.62	74.4	121	9.61	*2	20.01	41.55	10.12	3.08	0.00
SIDE SALAD - MS, HS	EACH	20	0	17	1.85	0.58	25.2	6112	8.77	*2	1.05	4.18	0.24	0.02	*0.00
SALSA - ALL SCHOOLS	SERVING	41	0	488	1.59	2.54	13.6	624	4.54	*N/A*	1.7	7.94	0.23	0.03	*N/A*
POTATO SALAD - HS	1 EACH	150	4	352	1.50	2.03	15.0	0	6.75	*N/A*	1.5	18.0	8.25	1.12	0.00
CARROTS- ALL SCHOOLS	bag	30	0	66	2.47	0.76	27.2	11728	2.21	4	0.54	7.01	0.11	0.02	0.00
POTATO TOTS- ALL SCHOOLS	1 EACH	140	0	225	2.70	0.36	10.9	2182	3.56	*N/A*	2.16	19.99	5.65	0.81	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
KETCHUP- ALL SCHOOLS	PACKET	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00
MAYONNAISE- ALL SCHOOLS	packet	25	0	100	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	2.5	0.00	0.00
DRESSING, RANCH- ALL SCHOO	PACKET	49	5	105	0.02	0.02	1.5	8	0.05	*N/A*	0.15	1.05	4.93	0.72	0.05
MUSTARD, PACKET-ALL SCHOO	1 EACH	5	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.5	0.5	0.0	0.00	0.00
DRESSING, ITALIAN- HS	PACKET	12	0	107	0.00	0.03	1.8	1	0.0	1	0.05	1.2	0.8	0.10	0.00
BBQ SAUCE PACKET- ALL SCHO OLS	PORTION	15	0	85	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
Weighted Daily Average		649	47	962	8.76	4.26	566.2	*4721	27.31	*18	26.82	99.16	17.31	5.28	*0.01
% of Calories										*10.9%	16.5%	61.1%	24.0%	7.3%	*0.0%
Nutrient Guideline		633-750		1146										<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

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: High School Breakfast/High School Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 05/18/2017															
High School Breakfast															
	Total														
BREAKFAST BURRITO - BACON	1 EACH	375	115	527	4.18	2.26	210.4	250	3.54	*0	14.18	41.44	15.86	6.00	0.00
BREAKFAST BURRITO - EGG- H.	1 EACH	400	125	494	4.18	2.19	310.0	400	3.54	*0	16.18	41.81	17.77	8.00	0.00
BURRITO, BEAN & CHSE- ALL S CHS	1 EACH	397	16	447	9.00	1.57	312.0	216	1.4	*N/A*	18.5	56.0	11.0	4.70	0.00
MINI MAPLE PANCAKES- ALL SC HS	3 OZ	220	5	340	3.00	1.44	60.0	0	0.0	*N/A*	5.0	36.0	7.0	1.00	0.00
SANDWICH, PBJ - MS & HS	SANDWIC	334	0	334	3.13	1.13	20.9	0	0.0	*N/A*	10.44	33.42	17.76	3.66	*N/A*
CEREAL, ASSORTED-ALL SCHO OLS	1 EACH	233	0	311	5.00	16.20	125.0	625	7.2	*N/A*	5.25	50.75	1.75	0.00	0.00
YOGURT & BAR (GREEK) - HS	1 EACH	240	5	150	3.00	1.08	200.0	0	2.4	*N/A*	12.0	38.0	4.0	1.00	0.00
YOGURT & BAR (REGULAR) - HS	1 EACH	230	0	190	3.00	1.08	400.0	0	1.2	*N/A*	5.0	43.0	4.0	1.00	0.00
FRUIT: ASSORTED FRESH-ALL S CHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL S CHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
KETCHUP- ALL SCHOOLS	1 Packet	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00

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

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

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

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: High School Breakfast/High School Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
High School Lunch	Total														
CHEESY BEEF NACHOS- HS	1 EACH	526	49	1018	4.90	3.07	338.7	566	2.9	*0	19.34	46.17	28.28	13.99	0.00
SALAD, HAND TOSSED- HS	1 EACH	612	64	887	7.05	4.30	149.3	*10057	8.51	*3	27.45	61.98	28.62	5.42	*0.00
ASIAN CHIX LEG & FRD RCE MS HS	SERVINGS	455	138	662	3.63	2.26	23.1	1796	2.58	*4	25.55	54.81	13.96	3.19	*0.00
CHICKEN W/MASHED POTATO- PIZZA, PAPA J CHEESE- HS	SERVING SLICE	323	55	332	3.62	2.43	57.1	36	50.16	*1	20.22	36.68	11.48	2.37	0.41
PIZZA, PAPA J PEPPERONI- HS	SLICE	380	20	780	4.00	2.70	500.0	500	3.6	6	22.0	49.0	11.0	4.00	0.00
PIZZA, PAPA J HAWAIIAN- HS	SLICE	430	30	950	4.00	2.70	450.0	750	4.8	6	23.0	49.0	16.0	6.00	0.00
PIZZA, PAPA J VEGGIE- HS	SLICE	410	30	990	5.00	2.70	500.0	500	4.8	8	25.0	52.0	12.0	4.50	0.00
SPICY CHIX SANDWICH-MS, HS	SANDWIC	344	55	691	2.92	3.18	58.4	500	8.65	*N/A*	19.81	39.87	12.92	2.98	0.00
HAMBURGER- HS	SANDWIC	254	35	501	2.92	3.18	58.4	100	8.65	*N/A*	18.81	28.87	6.92	2.48	0.00
CHEESEBURGER- H.S.	SANDWIC	308	49	714	2.92	3.21	137.4	238	8.65	*N/A*	21.98	29.1	11.41	5.31	*0.00
CHICKEN DRUMSTIX & ROLL - H.	1 EACH	340	55	585	2.00	2.52	20.0	100	2.4	4	21.0	33.0	13.5	3.00	*0.00
SIDE SALAD - MS, HS	EACH	20	0	17	1.85	0.58	25.2	6112	8.77	*2	1.05	4.18	0.24	0.02	*0.00
SALSA - ALL SCHOOLS	SERVING	41	0	488	1.59	2.54	13.6	624	4.54	*N/A*	1.7	7.94	0.23	0.03	*N/A*
POTATO SALAD - HS	1 EACH	150	4	352	1.50	2.03	15.0	0	6.75	*N/A*	1.5	18.0	8.25	1.12	0.00
CARROTS- ALL SCHOOLS	bag	30	0	66	2.47	0.76	27.2	11728	2.21	4	0.54	7.01	0.11	0.02	0.00
POTATO TOTS- ALL SCHOOLS	1 EACH	140	0	225	2.70	0.36	10.9	2182	3.56	*N/A*	2.16	19.99	5.65	0.81	0.00
GO 'BONZO'S - HS	1 EACH	160	0	360	6.00	2.16	40.0	0	0.0	*N/A*	8.0	24.0	4.0	0.00	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
TORTILLA CHIPS - HS	2 OZ	268	0	186	3.06	0.86	60.1	2	0.0	0	4.03	38.43	11.73	1.59	0.46
COOKIE DAY - ALL SCHOOLS	1 EACH	124	0	54	1.34	0.73	6.7	0	0.0	*3	1.68	19.82	4.37	0.91	0.00
KETCHUP- ALL SCHOOLS	PACKET	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00
MAYONNAISE- ALL SCHOOLS	packet	25	0	100	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	2.5	0.00	0.00
DRESSING, RANCH- ALL SCHOO	PACKET	49	5	105	0.02	0.02	1.5	8	0.05	*N/A*	0.15	1.05	4.93	0.72	0.05
MUSTARD, PACKET-ALL SCHOO	1 EACH	5	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.5	0.5	0.0	0.00	0.00
DRESSING, ITALIAN- HS	PACKET	12	0	107	0.00	0.03	1.8	1	0.0	1	0.05	1.2	0.8	0.10	0.00
BBQ SAUCE PACKET- ALL SCHOOLS	PORTION	15	0	85	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
Weighted Daily Average		893	59	1265	11.25	5.17	586.4	*8135	31.53	*24	33.91	133.91	26.44	5.97	*0.11
% of Calories										*10.6%	15.2%	60.0%	26.6%	6.0%	*0.1%
Nutrient Guideline		633-750		1146										<10.00	

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: High School Breakfast/High School Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 05/19/2017															
High School Breakfast	Total														
BREAKFAST BURRITO -CHORIZ O-H.S	1 EACH	381	123	507	4.51	2.66	216.6	578	3.94	*0	16.94	41.97	14.91	5.49	0.00
BREAKFAST BURRITO - EGG- H.	1 EACH	400	125	494	4.18	2.19	310.0	400	3.54	*0	16.18	41.81	17.77	8.00	0.00
BREAKFAST SANDWICH - MS, HS	1 EACH	203	20	468	2.50	1.68	71.0	87	0.0	*N/A*	15.5	20.0	7.5	2.00	0.00
MINI MAPLE PANCAKES- ALL SC HS	3 OZ	220	5	340	3.00	1.44	60.0	0	0.0	*N/A*	5.0	36.0	7.0	1.00	0.00
SANDWICH, PBJ - MS & HS	SANDWIC	334	0	334	3.13	1.13	20.9	0	0.0	*N/A*	10.44	33.42	17.76	3.66	*N/A*
CEREAL, ASSORTED-ALL SCHO OLS	1 EACH	233	0	311	5.00	16.20	125.0	625	7.2	*N/A*	5.25	50.75	1.75	0.00	0.00
YOGURT & BAR (GREEK) - HS	1 EACH	240	5	150	3.00	1.08	200.0	0	2.4	*N/A*	12.0	38.0	4.0	1.00	0.00
YOGURT & BAR (REGULAR) - HS	1 EACH	230	0	190	3.00	1.08	400.0	0	1.2	*N/A*	5.0	43.0	4.0	1.00	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
KETCHUP- ALL SCHOOLS	1 Packet	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: High School Breakfast/High School Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
High School Lunch	Total														
CHEESY BEEF NACHOS- HS	1 EACH	526	49	1018	4.90	3.07	338.7	566	2.9	*0	19.34	46.17	28.28	13.99	0.00
SALAD, HAND TOSSED- HS	1 EACH	612	64	887	7.05	4.30	149.3	*10057	8.51	*3	27.45	61.98	28.62	5.42	*0.00
SANDWICH, FISH SRIRACHA	1 EACH	458	47	1057	3.70	*2.92	274.9	475	1.2	*N/A*	25.53	44.16	20.42	7.71	*0.00
POTATO BAKED W/TACO & CHS E-HS	1 EACH	459	48	728	6.44	4.42	320.7	500	27.22	*3	20.18	64.93	13.28	7.56	0.00
PIZZA, PAPA J CHEESE- HS	SLICE	380	20	780	4.00	2.70	500.0	500	3.6	6	22.0	49.0	11.0	4.00	0.00
PIZZA, PAPA J PEPPERONI- HS	SLICE	430	30	950	4.00	2.70	450.0	750	4.8	6	23.0	49.0	16.0	6.00	0.00
PIZZA, PAPA J HAWAIIAN- HS	SLICE	410	30	990	5.00	2.70	500.0	500	4.8	8	25.0	52.0	12.0	4.50	0.00
PIZZA, PAPA J VEGGIE- HS	SLICE	390	20	780	5.00	2.70	500.0	750	12.0	8	23.0	53.0	11.0	4.00	0.00
SPICY CHIX SANDWICH-MS, HS	SANDWIC	344	55	691	2.92	3.18	58.4	500	8.65	*N/A*	19.81	39.87	12.92	2.98	0.00
HAMBURGER- HS	SANDWIC	254	35	501	2.92	3.18	58.4	100	8.65	*N/A*	18.81	28.87	6.92	2.48	0.00
CHEESEBURGER- H.S.	SANDWIC	308	49	714	2.92	3.21	137.4	238	8.65	*N/A*	21.98	29.1	11.41	5.31	*0.00
WESTERN BURGER - HS	SANDWIC	338	35	723	4.12	3.62	74.4	121	9.61	*2	20.01	41.55	10.12	3.08	0.00
SIDE SALAD - MS, HS	EACH	20	0	17	1.85	0.58	25.2	6112	8.77	*2	1.05	4.18	0.24	0.02	*0.00
SALSA - ALL SCHOOLS	SERVING	41	0	488	1.59	2.54	13.6	624	4.54	*N/A*	1.7	7.94	0.23	0.03	*N/A*
POTATO SALAD - HS	1 EACH	150	4	352	1.50	2.03	15.0	0	6.75	*N/A*	1.5	18.0	8.25	1.12	0.00
CARROTS- ALL SCHOOLS	bag	30	0	66	2.47	0.76	27.2	11728	2.21	4	0.54	7.01	0.11	0.02	0.00
POTATO TOTS- ALL SCHOOLS	1 EACH	140	0	225	2.70	0.36	10.9	2182	3.56	*N/A*	2.16	19.99	5.65	0.81	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
KETCHUP- ALL SCHOOLS	PACKET	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00
MAYONNAISE- ALL SCHOOLS	packet	25	0	100	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	2.5	0.00	0.00
DRESSING, RANCH- ALL SCHOO	PACKET	49	5	105	0.02	0.02	1.5	8	0.05	*N/A*	0.15	1.05	4.93	0.72	0.05
MUSTARD, PACKET-ALL SCHOO	1 EACH	5	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.5	0.5	0.0	0.00	0.00
DRESSING, ITALIAN- HS	PACKET	12	0	107	0.00	0.03	1.8	1	0.0	1	0.05	1.2	0.8	0.10	0.00
BBQ SAUCE PACKET- ALL SCHO OLS	PORTION	15	0	85	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
Weighted Daily Average		649	47	1010	8.50	*4.29	578.6	*4687	24.59	*18	27.31	96.49	18.31	5.77	*0.01
% of Calories										*10.8%	16.8%	59.5%	25.4%	8.0%	*0.0%
Nutrient Guideline		633-750		1146										<10.00	

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: High School Breakfast/High School Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 05/22/2017															
High School Breakfast	Total														
BREAKFAST BURRITO -CHORIZ O-H.S	1 EACH	381	123	507	4.51	2.66	216.6	578	3.94	*0	16.94	41.97	14.91	5.49	0.00
BREAKFAST BURRITO - EGG- H.	1 EACH	400	125	494	4.18	2.19	310.0	400	3.54	*0	16.18	41.81	17.77	8.00	0.00
BREAKFAST SANDWICH - MS, HS	1 EACH	203	20	468	2.50	1.68	71.0	87	0.0	*N/A*	15.5	20.0	7.5	2.00	0.00
MINI MAPLE PANCAKES- ALL SC HS	3 OZ	220	5	340	3.00	1.44	60.0	0	0.0	*N/A*	5.0	36.0	7.0	1.00	0.00
SANDWICH, PBJ - MS & HS	SANDWIC	334	0	334	3.13	1.13	20.9	0	0.0	*N/A*	10.44	33.42	17.76	3.66	*N/A*
CEREAL, ASSORTED-ALL SCHO OLS	1 EACH	233	0	311	5.00	16.20	125.0	625	7.2	*N/A*	5.25	50.75	1.75	0.00	0.00
YOGURT & BAR (GREEK) - HS	1 EACH	240	5	150	3.00	1.08	200.0	0	2.4	*N/A*	12.0	38.0	4.0	1.00	0.00
YOGURT & BAR (REGULAR) - HS	1 EACH	230	0	190	3.00	1.08	400.0	0	1.2	*N/A*	5.0	43.0	4.0	1.00	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
KETCHUP- ALL SCHOOLS	1 Packet	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00

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

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

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

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: High School Breakfast/High School Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
High School Lunch	Total														
CHEESY BEEF NACHOS- HS	1 EACH	526	49	1018	4.90	3.07	338.7	566	2.9	*0	19.34	46.17	28.28	13.99	0.00
SALAD, HAND TOSSED- HS	1 EACH	612	64	887	7.05	4.30	149.3	*10057	8.51	*3	27.45	61.98	28.62	5.42	*0.00
RICE BOWL, TERIYAKI CHIX - HS	1 each	388	53	434	6.36	2.46	70.4	1030	36.89	*1	22.89	63.7	4.37	1.38	0.00
POTATO BAKED W/TACO & CHS E-HS	1 EACH	459	48	728	6.44	4.42	320.7	500	27.22	*3	20.18	64.93	13.28	7.56	0.00
PIZZA, PAPA J CHEESE- HS	SLICE	380	20	780	4.00	2.70	500.0	500	3.6	6	22.0	49.0	11.0	4.00	0.00
PIZZA, PAPA J PEPPERONI- HS	SLICE	430	30	950	4.00	2.70	450.0	750	4.8	6	23.0	49.0	16.0	6.00	0.00
PIZZA, PAPA J HAWAIIAN- HS	SLICE	410	30	990	5.00	2.70	500.0	500	4.8	8	25.0	52.0	12.0	4.50	0.00
PIZZA, PAPA J VEGGIE- HS	SLICE	390	20	780	5.00	2.70	500.0	750	12.0	8	23.0	53.0	11.0	4.00	0.00
SPICY CHIX SANDWICH-MS, HS	SANDWIC	344	55	691	2.92	3.18	58.4	500	8.65	*N/A*	19.81	39.87	12.92	2.98	0.00
HAMBURGER- HS	SANDWIC	254	35	501	2.92	3.18	58.4	100	8.65	*N/A*	18.81	28.87	6.92	2.48	0.00
CHEESEBURGER- H.S.	SANDWIC	308	49	714	2.92	3.21	137.4	238	8.65	*N/A*	21.98	29.1	11.41	5.31	*0.00
WESTERN BURGER - HS	SANDWIC	338	35	723	4.12	3.62	74.4	121	9.61	*2	20.01	41.55	10.12	3.08	0.00
SIDE SALAD - MS, HS	EACH	20	0	17	1.85	0.58	25.2	6112	8.77	*2	1.05	4.18	0.24	0.02	*0.00
SALSA - ALL SCHOOLS	SERVING	41	0	488	1.59	2.54	13.6	624	4.54	*N/A*	1.7	7.94	0.23	0.03	*N/A*
POTATO SALAD - HS	1 EACH	150	4	352	1.50	2.03	15.0	0	6.75	*N/A*	1.5	18.0	8.25	1.12	0.00
CARROTS- ALL SCHOOLS	bag	30	0	66	2.47	0.76	27.2	11728	2.21	4	0.54	7.01	0.11	0.02	0.00
POTATO TOTS- ALL SCHOOLS	1 EACH	140	0	225	2.70	0.36	10.9	2182	3.56	*N/A*	2.16	19.99	5.65	0.81	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
KETCHUP- ALL SCHOOLS	PACKET	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00
MAYONNAISE- ALL SCHOOLS	packet	25	0	100	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	2.5	0.00	0.00
DRESSING, RANCH- ALL SCHOO	PACKET	49	5	105	0.02	0.02	1.5	8	0.05	*N/A*	0.15	1.05	4.93	0.72	0.05
MUSTARD, PACKET-ALL SCHOO	1 EACH	5	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.5	0.5	0.0	0.00	0.00
DRESSING, ITALIAN- HS	PACKET	12	0	107	0.00	0.03	1.8	1	0.0	1	0.05	1.2	0.8	0.10	0.00
BBQ SAUCE PACKET- ALL SCHO OLS	PORTION	15	0	85	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
Weighted Daily Average		649	48	971	8.76	4.29	561.6	*4728	27.25	*18	27.33	98.63	17.27	5.32	*0.01
% of Calories										*10.9%	16.9%	60.8%	24.0%	7.4%	*0.0%
Nutrient Guideline		633-750		1146										<10.00	

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: High School Breakfast/High School Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 05/23/2017															
High School Breakfast															
	Total														
BREAKFAST BURRITO - BACON	1 EACH	375	115	527	4.18	2.26	210.4	250	3.54	*0	14.18	41.44	15.86	6.00	0.00
BREAKFAST BURRITO - EGG- H.	1 EACH	400	125	494	4.18	2.19	310.0	400	3.54	*0	16.18	41.81	17.77	8.00	0.00
BURRITO, BEAN & CHSE- ALL S CHS	1 EACH	397	16	447	9.00	1.57	312.0	216	1.4	*N/A*	18.5	56.0	11.0	4.70	0.00
MINI MAPLE PANCAKES- ALL SC HS	3 OZ	220	5	340	3.00	1.44	60.0	0	0.0	*N/A*	5.0	36.0	7.0	1.00	0.00
SANDWICH, PBJ - MS & HS	SANDWIC	334	0	334	3.13	1.13	20.9	0	0.0	*N/A*	10.44	33.42	17.76	3.66	*N/A*
CEREAL, ASSORTED-ALL SCHO OLS	1 EACH	233	0	311	5.00	16.20	125.0	625	7.2	*N/A*	5.25	50.75	1.75	0.00	0.00
YOGURT & BAR (GREEK) - HS	1 EACH	240	5	150	3.00	1.08	200.0	0	2.4	*N/A*	12.0	38.0	4.0	1.00	0.00
YOGURT & BAR (REGULAR) - HS	1 EACH	230	0	190	3.00	1.08	400.0	0	1.2	*N/A*	5.0	43.0	4.0	1.00	0.00
FRUIT: ASSORTED FRESH-ALL S CHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL S CHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
KETCHUP- ALL SCHOOLS	1 Packet	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00

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

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: High School Breakfast/High School Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
High School Lunch	Total														
CHEESY BEEF NACHOS- HS	1 EACH	526	49	1018	4.90	3.07	338.7	566	2.9	*0	19.34	46.17	28.28	13.99	0.00
SALAD, HAND TOSSED- HS	1 EACH	612	64	887	7.05	4.30	149.3	*10057	8.51	*3	27.45	61.98	28.62	5.42	*0.00
KOREAN BBQ PORK TACOS	SERVING	382	54	655	6.01	2.65	166.2	4	0.4	*0	16.89	44.76	15.71	3.71	*0.00
CHICKEN W/MASHED POTATO-	SERVING	323	55	332	3.62	2.43	57.1	36	50.16	*1	20.22	36.68	11.48	2.37	0.41
PIZZA, PAPA J CHEESE- HS	SLICE	380	20	780	4.00	2.70	500.0	500	3.6	6	22.0	49.0	11.0	4.00	0.00
PIZZA, PAPA J PEPPERONI- HS	SLICE	430	30	950	4.00	2.70	450.0	750	4.8	6	23.0	49.0	16.0	6.00	0.00
PIZZA, PAPA J HAWAIIAN- HS	SLICE	410	30	990	5.00	2.70	500.0	500	4.8	8	25.0	52.0	12.0	4.50	0.00
PIZZA, PAPA J VEGGIE- HS	SLICE	390	20	780	5.00	2.70	500.0	750	12.0	8	23.0	53.0	11.0	4.00	0.00
SPICY CHIX SANDWICH-MS, HS	SANDWIC	344	55	691	2.92	3.18	58.4	500	8.65	*N/A*	19.81	39.87	12.92	2.98	0.00
HAMBURGER- HS	SANDWIC	254	35	501	2.92	3.18	58.4	100	8.65	*N/A*	18.81	28.87	6.92	2.48	0.00
CHEESEBURGER- H.S.	SANDWIC	308	49	714	2.92	3.21	137.4	238	8.65	*N/A*	21.98	29.1	11.41	5.31	*0.00
CHICKEN DRUMSTIX & ROLL - H.	1 EACH	340	55	585	2.00	2.52	20.0	100	2.4	4	21.0	33.0	13.5	3.00	*0.00
SIDE SALAD - MS, HS	EACH	20	0	17	1.85	0.58	25.2	6112	8.77	*2	1.05	4.18	0.24	0.02	*0.00
SALSA - ALL SCHOOLS	SERVING	41	0	488	1.59	2.54	13.6	624	4.54	*N/A*	1.7	7.94	0.23	0.03	*N/A*
POTATO SALAD - HS	1 EACH	150	4	352	1.50	2.03	15.0	0	6.75	*N/A*	1.5	18.0	8.25	1.12	0.00
CARROTS- ALL SCHOOLS	bag	30	0	66	2.47	0.76	27.2	11728	2.21	4	0.54	7.01	0.11	0.02	0.00
POTATO TOTS- ALL SCHOOLS	1 EACH	140	0	225	2.70	0.36	10.9	2182	3.56	*N/A*	2.16	19.99	5.65	0.81	0.00
GO 'BONZO'S - HS	1 EACH	160	0	360	6.00	2.16	40.0	0	0.0	*N/A*	8.0	24.0	4.0	0.00	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
TORTILLA CHIPS - HS	2 OZ	268	0	186	3.06	0.86	60.1	2	0.0	0	4.03	38.43	11.73	1.59	0.46
COOKIE DAY - ALL SCHOOLS	1 EACH	124	0	54	1.34	0.73	6.7	0	0.0	*3	1.68	19.82	4.37	0.91	0.00
KETCHUP- ALL SCHOOLS	PACKET	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00
MAYONNAISE- ALL SCHOOLS	packet	25	0	100	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	2.5	0.00	0.00
DRESSING, RANCH- ALL SCHOO	PACKET	49	5	105	0.02	0.02	1.5	8	0.05	*N/A*	0.15	1.05	4.93	0.72	0.05
MUSTARD, PACKET-ALL SCHOO	1 EACH	5	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.5	0.5	0.0	0.00	0.00
DRESSING, ITALIAN- HS	PACKET	12	0	107	0.00	0.03	1.8	1	0.0	1	0.05	1.2	0.8	0.10	0.00
BBQ SAUCE PACKET- ALL SCHOO	PORTION	15	0	85	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
Weighted Daily Average		685	45	926	8.96	4.29	529.7	*5080	25.16	*18	25.89	106.06	18.90	4.60	*0.07
% of Calories										*10.7%	15.1%	61.9%	24.8%	6.0%	*0.1%
Nutrient Guideline		633-750		1146										<10.00	

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: High School Breakfast/High School Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 05/24/2017															
High School Breakfast	Total														
BREAKFAST BURRITO -CHORIZ O-H.S	1 EACH	381	123	507	4.51	2.66	216.6	578	3.94	*0	16.94	41.97	14.91	5.49	0.00
BREAKFAST BURRITO - EGG- H.	1 EACH	400	125	494	4.18	2.19	310.0	400	3.54	*0	16.18	41.81	17.77	8.00	0.00
BREAKFAST SANDWICH - MS, HS	1 EACH	203	20	468	2.50	1.68	71.0	87	0.0	*N/A*	15.5	20.0	7.5	2.00	0.00
MINI MAPLE PANCAKES- ALL SC HS	3 OZ	220	5	340	3.00	1.44	60.0	0	0.0	*N/A*	5.0	36.0	7.0	1.00	0.00
SANDWICH, PBJ - MS & HS	SANDWIC	334	0	334	3.13	1.13	20.9	0	0.0	*N/A*	10.44	33.42	17.76	3.66	*N/A*
CEREAL, ASSORTED-ALL SCHO OLS	1 EACH	233	0	311	5.00	16.20	125.0	625	7.2	*N/A*	5.25	50.75	1.75	0.00	0.00
YOGURT & BAR (GREEK) - HS	1 EACH	240	5	150	3.00	1.08	200.0	0	2.4	*N/A*	12.0	38.0	4.0	1.00	0.00
YOGURT & BAR (REGULAR) - HS	1 EACH	230	0	190	3.00	1.08	400.0	0	1.2	*N/A*	5.0	43.0	4.0	1.00	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
KETCHUP- ALL SCHOOLS	1 Packet	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: High School Breakfast/High School Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
High School Lunch	Total														
CHEESY BEEF NACHOS- HS	1 EACH	526	49	1018	4.90	3.07	338.7	566	2.9	*0	19.34	46.17	28.28	13.99	0.00
SALAD, HAND TOSSED- HS	1 EACH	612	64	887	7.05	4.30	149.3	*10057	8.51	*3	27.45	61.98	28.62	5.42	*0.00
RICE BOWL, ORANGE CHIX- HS	1 each	392	40	300	6.36	2.10	50.4	930	38.09	*1	18.89	68.7	4.87	0.88	0.00
POTATO BAKED W/TACO & CHS E-HS	1 EACH	459	48	728	6.44	4.42	320.7	500	27.22	*3	20.18	64.93	13.28	7.56	0.00
PIZZA, PAPA J CHEESE- HS	SLICE	380	20	780	4.00	2.70	500.0	500	3.6	6	22.0	49.0	11.0	4.00	0.00
PIZZA, PAPA J PEPPERONI- HS	SLICE	430	30	950	4.00	2.70	450.0	750	4.8	6	23.0	49.0	16.0	6.00	0.00
PIZZA, PAPA J HAWAIIAN- HS	SLICE	410	30	990	5.00	2.70	500.0	500	4.8	8	25.0	52.0	12.0	4.50	0.00
PIZZA, PAPA J VEGGIE- HS	SLICE	390	20	780	5.00	2.70	500.0	750	12.0	8	23.0	53.0	11.0	4.00	0.00
SPICY CHIX SANDWICH-MS, HS	SANDWIC	344	55	691	2.92	3.18	58.4	500	8.65	*N/A*	19.81	39.87	12.92	2.98	0.00
HAMBURGER- HS	SANDWIC	254	35	501	2.92	3.18	58.4	100	8.65	*N/A*	18.81	28.87	6.92	2.48	0.00
CHEESEBURGER- H.S.	SANDWIC	308	49	714	2.92	3.21	137.4	238	8.65	*N/A*	21.98	29.1	11.41	5.31	*0.00
WESTERN BURGER - HS	SANDWIC	338	35	723	4.12	3.62	74.4	121	9.61	*2	20.01	41.55	10.12	3.08	0.00
SIDE SALAD - MS, HS	EACH	20	0	17	1.85	0.58	25.2	6112	8.77	*2	1.05	4.18	0.24	0.02	*0.00
SALSA - ALL SCHOOLS	SERVING	41	0	488	1.59	2.54	13.6	624	4.54	*N/A*	1.7	7.94	0.23	0.03	*N/A*
POTATO SALAD - HS	1 EACH	150	4	352	1.50	2.03	15.0	0	6.75	*N/A*	1.5	18.0	8.25	1.12	0.00
CARROTS- ALL SCHOOLS	bag	30	0	66	2.47	0.76	27.2	11728	2.21	4	0.54	7.01	0.11	0.02	0.00
POTATO TOTS- ALL SCHOOLS	1 EACH	140	0	225	2.70	0.36	10.9	2182	3.56	*N/A*	2.16	19.99	5.65	0.81	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
KETCHUP- ALL SCHOOLS	PACKET	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00
MAYONNAISE- ALL SCHOOLS	packet	25	0	100	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	2.5	0.00	0.00
DRESSING, RANCH- ALL SCHOO	PACKET	49	5	105	0.02	0.02	1.5	8	0.05	*N/A*	0.15	1.05	4.93	0.72	0.05
MUSTARD, PACKET-ALL SCHOO	1 EACH	5	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.5	0.5	0.0	0.00	0.00
DRESSING, ITALIAN- HS	PACKET	12	0	107	0.00	0.03	1.8	1	0.0	1	0.05	1.2	0.8	0.10	0.00
BBQ SAUCE PACKET- ALL SCHO OLS	PORTION	15	0	85	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
Weighted Daily Average		649	47	962	8.76	4.26	566.2	*4721	27.31	*18	26.82	99.16	17.31	5.28	*0.01
% of Calories										*10.9%	16.5%	61.1%	24.0%	7.3%	*0.0%
Nutrient Guideline		633-750		1146										<10.00	

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: High School Breakfast/High School Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 05/25/2017															
High School Breakfast															
	Total														
BREAKFAST BURRITO - BACON	1 EACH	375	115	527	4.18	2.26	210.4	250	3.54	*0	14.18	41.44	15.86	6.00	0.00
BREAKFAST BURRITO - EGG- H.	1 EACH	400	125	494	4.18	2.19	310.0	400	3.54	*0	16.18	41.81	17.77	8.00	0.00
BURRITO, BEAN & CHSE- ALL S CHS	1 EACH	397	16	447	9.00	1.57	312.0	216	1.4	*N/A*	18.5	56.0	11.0	4.70	0.00
MINI MAPLE PANCAKES- ALL SC HS	3 OZ	220	5	340	3.00	1.44	60.0	0	0.0	*N/A*	5.0	36.0	7.0	1.00	0.00
SANDWICH, PBJ - MS & HS	SANDWIC	334	0	334	3.13	1.13	20.9	0	0.0	*N/A*	10.44	33.42	17.76	3.66	*N/A*
CEREAL, ASSORTED-ALL SCHO OLS	1 EACH	233	0	311	5.00	16.20	125.0	625	7.2	*N/A*	5.25	50.75	1.75	0.00	0.00
YOGURT & BAR (GREEK) - HS	1 EACH	240	5	150	3.00	1.08	200.0	0	2.4	*N/A*	12.0	38.0	4.0	1.00	0.00
YOGURT & BAR (REGULAR) - HS	1 EACH	230	0	190	3.00	1.08	400.0	0	1.2	*N/A*	5.0	43.0	4.0	1.00	0.00
FRUIT: ASSORTED FRESH-ALL S CHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL S CHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
KETCHUP- ALL SCHOOLS	1 Packet	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00

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

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: High School Breakfast/High School Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
High School Lunch	Total														
CHEESY BEEF NACHOS- HS	1 EACH	526	49	1018	4.90	3.07	338.7	566	2.9	*0	19.34	46.17	28.28	13.99	0.00
SALAD, HAND TOSSED- HS	1 EACH	612	64	887	7.05	4.30	149.3	*10057	8.51	*3	27.45	61.98	28.62	5.42	*0.00
ASIAN CHIX LEG & FRD RCE MS HS	SERVINGS	455	138	662	3.63	2.26	23.1	1796	2.58	*4	25.55	54.81	13.96	3.19	*0.00
CHICKEN W/MASHED POTATO- PIZZA, PAPA J CHEESE- HS	SERVING SLICE	323	55	332	3.62	2.43	57.1	36	50.16	*1	20.22	36.68	11.48	2.37	0.41
PIZZA, PAPA J PEPPERONI- HS	SLICE	380	20	780	4.00	2.70	500.0	500	3.6	6	22.0	49.0	11.0	4.00	0.00
PIZZA, PAPA J HAWAIIAN- HS	SLICE	430	30	950	4.00	2.70	450.0	750	4.8	6	23.0	49.0	16.0	6.00	0.00
PIZZA, PAPA J VEGGIE- HS	SLICE	410	30	990	5.00	2.70	500.0	500	4.8	8	25.0	52.0	12.0	4.50	0.00
SPICY CHIX SANDWICH-MS, HS	SANDWIC	344	55	691	2.92	3.18	58.4	500	8.65	*N/A*	19.81	39.87	12.92	2.98	0.00
HAMBURGER- HS	SANDWIC	254	35	501	2.92	3.18	58.4	100	8.65	*N/A*	18.81	28.87	6.92	2.48	0.00
CHEESEBURGER- H.S.	SANDWIC	308	49	714	2.92	3.21	137.4	238	8.65	*N/A*	21.98	29.1	11.41	5.31	*0.00
CHICKEN DRUMSTIX & ROLL - H.	1 EACH	340	55	585	2.00	2.52	20.0	100	2.4	4	21.0	33.0	13.5	3.00	*0.00
SIDE SALAD - MS, HS	EACH	20	0	17	1.85	0.58	25.2	6112	8.77	*2	1.05	4.18	0.24	0.02	*0.00
SALSA - ALL SCHOOLS	SERVING	41	0	488	1.59	2.54	13.6	624	4.54	*N/A*	1.7	7.94	0.23	0.03	*N/A*
POTATO SALAD - HS	1 EACH	150	4	352	1.50	2.03	15.0	0	6.75	*N/A*	1.5	18.0	8.25	1.12	0.00
CARROTS- ALL SCHOOLS	bag	30	0	66	2.47	0.76	27.2	11728	2.21	4	0.54	7.01	0.11	0.02	0.00
POTATO TOTS- ALL SCHOOLS	1 EACH	140	0	225	2.70	0.36	10.9	2182	3.56	*N/A*	2.16	19.99	5.65	0.81	0.00
GO 'BONZO'S - HS	1 EACH	160	0	360	6.00	2.16	40.0	0	0.0	*N/A*	8.0	24.0	4.0	0.00	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
TORTILLA CHIPS - HS	2 OZ	268	0	186	3.06	0.86	60.1	2	0.0	0	4.03	38.43	11.73	1.59	0.46
COOKIE DAY - ALL SCHOOLS	1 EACH	124	0	54	1.34	0.73	6.7	0	0.0	*3	1.68	19.82	4.37	0.91	0.00
KETCHUP- ALL SCHOOLS	PACKET	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00
MAYONNAISE- ALL SCHOOLS	packet	25	0	100	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	2.5	0.00	0.00
DRESSING, RANCH- ALL SCHOO	PACKET	49	5	105	0.02	0.02	1.5	8	0.05	*N/A*	0.15	1.05	4.93	0.72	0.05
MUSTARD, PACKET-ALL SCHOO	1 EACH	5	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.5	0.5	0.0	0.00	0.00
DRESSING, ITALIAN- HS	PACKET	12	0	107	0.00	0.03	1.8	1	0.0	1	0.05	1.2	0.8	0.10	0.00
BBQ SAUCE PACKET- ALL SCHOOLS	PORTION	15	0	85	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
Weighted Daily Average		893	59	1265	11.25	5.17	586.4	*8135	31.53	*24	33.91	133.91	26.44	5.97	*0.11
% of Calories										*10.6%	15.2%	60.0%	26.6%	6.0%	*0.1%
Nutrient Guideline		633-750		1146										<10.00	

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: High School Breakfast/High School Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 05/26/2017															
High School Breakfast	Total														
BREAKFAST BURRITO -CHORIZ O-H.S	1 EACH	381	123	507	4.51	2.66	216.6	578	3.94	*0	16.94	41.97	14.91	5.49	0.00
BREAKFAST BURRITO - EGG- H.	1 EACH	400	125	494	4.18	2.19	310.0	400	3.54	*0	16.18	41.81	17.77	8.00	0.00
BREAKFAST SANDWICH - MS, HS	1 EACH	203	20	468	2.50	1.68	71.0	87	0.0	*N/A*	15.5	20.0	7.5	2.00	0.00
MINI MAPLE PANCAKES- ALL SC HS	3 OZ	220	5	340	3.00	1.44	60.0	0	0.0	*N/A*	5.0	36.0	7.0	1.00	0.00
SANDWICH, PBJ - MS & HS	SANDWIC	334	0	334	3.13	1.13	20.9	0	0.0	*N/A*	10.44	33.42	17.76	3.66	*N/A*
CEREAL, ASSORTED-ALL SCHO OLS	1 EACH	233	0	311	5.00	16.20	125.0	625	7.2	*N/A*	5.25	50.75	1.75	0.00	0.00
YOGURT & BAR (GREEK) - HS	1 EACH	240	5	150	3.00	1.08	200.0	0	2.4	*N/A*	12.0	38.0	4.0	1.00	0.00
YOGURT & BAR (REGULAR) - HS	1 EACH	230	0	190	3.00	1.08	400.0	0	1.2	*N/A*	5.0	43.0	4.0	1.00	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
KETCHUP- ALL SCHOOLS	1 Packet	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

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Combined: High School Breakfast/High School Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
High School Lunch	Total														
CHEESY BEEF NACHOS- HS	1 EACH	526	49	1018	4.90	3.07	338.7	566	2.9	*0	19.34	46.17	28.28	13.99	0.00
SALAD, HAND TOSSED- HS	1 EACH	612	64	887	7.05	4.30	149.3	*10057	8.51	*3	27.45	61.98	28.62	5.42	*0.00
SANDWICH, FISH SRIRACHA	1 EACH	458	47	1057	3.70	*2.92	274.9	475	1.2	*N/A*	25.53	44.16	20.42	7.71	*0.00
POTATO BAKED W/TACO & CHS E-HS	1 EACH	459	48	728	6.44	4.42	320.7	500	27.22	*3	20.18	64.93	13.28	7.56	0.00
PIZZA, PAPA J CHEESE- HS	SLICE	380	20	780	4.00	2.70	500.0	500	3.6	6	22.0	49.0	11.0	4.00	0.00
PIZZA, PAPA J PEPPERONI- HS	SLICE	430	30	950	4.00	2.70	450.0	750	4.8	6	23.0	49.0	16.0	6.00	0.00
PIZZA, PAPA J HAWAIIAN- HS	SLICE	410	30	990	5.00	2.70	500.0	500	4.8	8	25.0	52.0	12.0	4.50	0.00
PIZZA, PAPA J VEGGIE- HS	SLICE	390	20	780	5.00	2.70	500.0	750	12.0	8	23.0	53.0	11.0	4.00	0.00
SPICY CHIX SANDWICH-MS, HS	SANDWIC	344	55	691	2.92	3.18	58.4	500	8.65	*N/A*	19.81	39.87	12.92	2.98	0.00
HAMBURGER- HS	SANDWIC	254	35	501	2.92	3.18	58.4	100	8.65	*N/A*	18.81	28.87	6.92	2.48	0.00
CHEESEBURGER- H.S.	SANDWIC	308	49	714	2.92	3.21	137.4	238	8.65	*N/A*	21.98	29.1	11.41	5.31	*0.00
WESTERN BURGER - HS	SANDWIC	338	35	723	4.12	3.62	74.4	121	9.61	*2	20.01	41.55	10.12	3.08	0.00
SIDE SALAD - MS, HS	EACH	20	0	17	1.85	0.58	25.2	6112	8.77	*2	1.05	4.18	0.24	0.02	*0.00
SALSA - ALL SCHOOLS	SERVING	41	0	488	1.59	2.54	13.6	624	4.54	*N/A*	1.7	7.94	0.23	0.03	*N/A*
POTATO SALAD - HS	1 EACH	150	4	352	1.50	2.03	15.0	0	6.75	*N/A*	1.5	18.0	8.25	1.12	0.00
CARROTS- ALL SCHOOLS	bag	30	0	66	2.47	0.76	27.2	11728	2.21	4	0.54	7.01	0.11	0.02	0.00
POTATO TOTS- ALL SCHOOLS	1 EACH	140	0	225	2.70	0.36	10.9	2182	3.56	*N/A*	2.16	19.99	5.65	0.81	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
KETCHUP- ALL SCHOOLS	PACKET	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00
MAYONNAISE- ALL SCHOOLS	packet	25	0	100	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	2.5	0.00	0.00
DRESSING, RANCH- ALL SCHOO	PACKET	49	5	105	0.02	0.02	1.5	8	0.05	*N/A*	0.15	1.05	4.93	0.72	0.05
MUSTARD, PACKET-ALL SCHOO	1 EACH	5	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.5	0.5	0.0	0.00	0.00
DRESSING, ITALIAN- HS	PACKET	12	0	107	0.00	0.03	1.8	1	0.0	1	0.05	1.2	0.8	0.10	0.00
BBQ SAUCE PACKET- ALL SCHO OLS	PORTION	15	0	85	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
Weighted Daily Average		649	47	1010	8.50	*4.29	578.6	*4687	24.59	*18	27.31	96.49	18.31	5.77	*0.01
% of Calories										*10.8%	16.8%	59.5%	25.4%	8.0%	*0.0%
Nutrient Guideline		633-750		1146										<10.00	

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: High School Breakfast/High School Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 05/30/2017															
High School Breakfast															
	Total														
BREAKFAST BURRITO - BACON	1 EACH	375	115	527	4.18	2.26	210.4	250	3.54	*0	14.18	41.44	15.86	6.00	0.00
BREAKFAST BURRITO - EGG- H.	1 EACH	400	125	494	4.18	2.19	310.0	400	3.54	*0	16.18	41.81	17.77	8.00	0.00
BURRITO, BEAN & CHSE- ALL S CHS	1 EACH	397	16	447	9.00	1.57	312.0	216	1.4	*N/A*	18.5	56.0	11.0	4.70	0.00
MINI MAPLE PANCAKES- ALL SC HS	3 OZ	220	5	340	3.00	1.44	60.0	0	0.0	*N/A*	5.0	36.0	7.0	1.00	0.00
SANDWICH, PBJ - MS & HS	SANDWIC	334	0	334	3.13	1.13	20.9	0	0.0	*N/A*	10.44	33.42	17.76	3.66	*N/A*
CEREAL, ASSORTED-ALL SCHO OLS	1 EACH	233	0	311	5.00	16.20	125.0	625	7.2	*N/A*	5.25	50.75	1.75	0.00	0.00
YOGURT & BAR (GREEK) - HS	1 EACH	240	5	150	3.00	1.08	200.0	0	2.4	*N/A*	12.0	38.0	4.0	1.00	0.00
YOGURT & BAR (REGULAR) - HS	1 EACH	230	0	190	3.00	1.08	400.0	0	1.2	*N/A*	5.0	43.0	4.0	1.00	0.00
FRUIT: ASSORTED FRESH-ALL S CHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL S CHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
KETCHUP- ALL SCHOOLS	1 Packet	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00

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

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

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: High School Breakfast/High School Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
High School Lunch	Total														
CHEESY BEEF NACHOS- HS	1 EACH	526	49	1018	4.90	3.07	338.7	566	2.9	*0	19.34	46.17	28.28	13.99	0.00
SALAD, HAND TOSSED- HS	1 EACH	612	64	887	7.05	4.30	149.3	*10057	8.51	*3	27.45	61.98	28.62	5.42	*0.00
KOREAN BBQ PORK TACOS	SERVING	382	54	655	6.01	2.65	166.2	4	0.4	*0	16.89	44.76	15.71	3.71	*0.00
CHICKEN W/MASHED POTATO-	SERVING	323	55	332	3.62	2.43	57.1	36	50.16	*1	20.22	36.68	11.48	2.37	0.41
PIZZA, PAPA J CHEESE- HS	SLICE	380	20	780	4.00	2.70	500.0	500	3.6	6	22.0	49.0	11.0	4.00	0.00
PIZZA, PAPA J PEPPERONI- HS	SLICE	430	30	950	4.00	2.70	450.0	750	4.8	6	23.0	49.0	16.0	6.00	0.00
PIZZA, PAPA J HAWAIIAN- HS	SLICE	410	30	990	5.00	2.70	500.0	500	4.8	8	25.0	52.0	12.0	4.50	0.00
PIZZA, PAPA J VEGGIE- HS	SLICE	390	20	780	5.00	2.70	500.0	750	12.0	8	23.0	53.0	11.0	4.00	0.00
SPICY CHIX SANDWICH-MS, HS	SANDWIC	344	55	691	2.92	3.18	58.4	500	8.65	*N/A*	19.81	39.87	12.92	2.98	0.00
HAMBURGER- HS	SANDWIC	254	35	501	2.92	3.18	58.4	100	8.65	*N/A*	18.81	28.87	6.92	2.48	0.00
CHEESEBURGER- H.S.	SANDWIC	308	49	714	2.92	3.21	137.4	238	8.65	*N/A*	21.98	29.1	11.41	5.31	*0.00
CHICKEN DRUMSTIX & ROLL - H.	1 EACH	340	55	585	2.00	2.52	20.0	100	2.4	4	21.0	33.0	13.5	3.00	*0.00
SIDE SALAD - MS, HS	EACH	20	0	17	1.85	0.58	25.2	6112	8.77	*2	1.05	4.18	0.24	0.02	*0.00
SALSA - ALL SCHOOLS	SERVING	41	0	488	1.59	2.54	13.6	624	4.54	*N/A*	1.7	7.94	0.23	0.03	*N/A*
POTATO SALAD - HS	1 EACH	150	4	352	1.50	2.03	15.0	0	6.75	*N/A*	1.5	18.0	8.25	1.12	0.00
CARROTS- ALL SCHOOLS	bag	30	0	66	2.47	0.76	27.2	11728	2.21	4	0.54	7.01	0.11	0.02	0.00
POTATO TOTS- ALL SCHOOLS	1 EACH	140	0	225	2.70	0.36	10.9	2182	3.56	*N/A*	2.16	19.99	5.65	0.81	0.00
GO 'BONZO'S - HS	1 EACH	160	0	360	6.00	2.16	40.0	0	0.0	*N/A*	8.0	24.0	4.0	0.00	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
TORTILLA CHIPS - HS	2 OZ	268	0	186	3.06	0.86	60.1	2	0.0	0	4.03	38.43	11.73	1.59	0.46
COOKIE DAY - ALL SCHOOLS	1 EACH	124	0	54	1.34	0.73	6.7	0	0.0	*3	1.68	19.82	4.37	0.91	0.00
KETCHUP- ALL SCHOOLS	PACKET	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00
MAYONNAISE- ALL SCHOOLS	packet	25	0	100	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	2.5	0.00	0.00
DRESSING, RANCH- ALL SCHOO	PACKET	49	5	105	0.02	0.02	1.5	8	0.05	*N/A*	0.15	1.05	4.93	0.72	0.05
MUSTARD, PACKET-ALL SCHOO	1 EACH	5	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.5	0.5	0.0	0.00	0.00
DRESSING, ITALIAN- HS	PACKET	12	0	107	0.00	0.03	1.8	1	0.0	1	0.05	1.2	0.8	0.10	0.00
BBQ SAUCE PACKET- ALL SCHOOLS	PORTION	15	0	85	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
Weighted Daily Average		685	45	926	8.96	4.29	529.7	*5080	25.16	*18	25.89	106.06	18.90	4.60	*0.07
% of Calories										*10.7%	15.1%	61.9%	24.8%	6.0%	*0.1%
Nutrient Guideline		633-750		1146										<10.00	

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: High School Breakfast/High School Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 05/31/2017															
High School Breakfast	Total														
BREAKFAST BURRITO -CHORIZ O-H.S	1 EACH	381	123	507	4.51	2.66	216.6	578	3.94	*0	16.94	41.97	14.91	5.49	0.00
BREAKFAST BURRITO - EGG- H.	1 EACH	400	125	494	4.18	2.19	310.0	400	3.54	*0	16.18	41.81	17.77	8.00	0.00
BREAKFAST SANDWICH - MS, HS	1 EACH	203	20	468	2.50	1.68	71.0	87	0.0	*N/A*	15.5	20.0	7.5	2.00	0.00
MINI MAPLE PANCAKES- ALL SC HS	3 OZ	220	5	340	3.00	1.44	60.0	0	0.0	*N/A*	5.0	36.0	7.0	1.00	0.00
SANDWICH, PBJ - MS & HS	SANDWIC	334	0	334	3.13	1.13	20.9	0	0.0	*N/A*	10.44	33.42	17.76	3.66	*N/A*
CEREAL, ASSORTED-ALL SCHO OLS	1 EACH	233	0	311	5.00	16.20	125.0	625	7.2	*N/A*	5.25	50.75	1.75	0.00	0.00
YOGURT & BAR (GREEK) - HS	1 EACH	240	5	150	3.00	1.08	200.0	0	2.4	*N/A*	12.0	38.0	4.0	1.00	0.00
YOGURT & BAR (REGULAR) - HS	1 EACH	230	0	190	3.00	1.08	400.0	0	1.2	*N/A*	5.0	43.0	4.0	1.00	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
KETCHUP- ALL SCHOOLS	1 Packet	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00

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

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: High School Breakfast/High School Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
High School Lunch	Total														
CHEESY BEEF NACHOS- HS	1 EACH	526	49	1018	4.90	3.07	338.7	566	2.9	*0	19.34	46.17	28.28	13.99	0.00
SALAD, HAND TOSSED- HS	1 EACH	612	64	887	7.05	4.30	149.3	*10057	8.51	*3	27.45	61.98	28.62	5.42	*0.00
RICE BOWL, ORANGE CHIX- HS	1 each	392	40	300	6.36	2.10	50.4	930	38.09	*1	18.89	68.7	4.87	0.88	0.00
POTATO BAKED W/TACO & CHS E-HS	1 EACH	459	48	728	6.44	4.42	320.7	500	27.22	*3	20.18	64.93	13.28	7.56	0.00
PIZZA, PAPA J CHEESE- HS	SLICE	380	20	780	4.00	2.70	500.0	500	3.6	6	22.0	49.0	11.0	4.00	0.00
PIZZA, PAPA J PEPPERONI- HS	SLICE	430	30	950	4.00	2.70	450.0	750	4.8	6	23.0	49.0	16.0	6.00	0.00
PIZZA, PAPA J HAWAIIAN- HS	SLICE	410	30	990	5.00	2.70	500.0	500	4.8	8	25.0	52.0	12.0	4.50	0.00
PIZZA, PAPA J VEGGIE- HS	SLICE	390	20	780	5.00	2.70	500.0	750	12.0	8	23.0	53.0	11.0	4.00	0.00
SPICY CHIX SANDWICH-MS, HS	SANDWIC	344	55	691	2.92	3.18	58.4	500	8.65	*N/A*	19.81	39.87	12.92	2.98	0.00
HAMBURGER- HS	SANDWIC	254	35	501	2.92	3.18	58.4	100	8.65	*N/A*	18.81	28.87	6.92	2.48	0.00
CHEESEBURGER- H.S.	SANDWIC	308	49	714	2.92	3.21	137.4	238	8.65	*N/A*	21.98	29.1	11.41	5.31	*0.00
WESTERN BURGER - HS	SANDWIC	338	35	723	4.12	3.62	74.4	121	9.61	*2	20.01	41.55	10.12	3.08	0.00
SIDE SALAD - MS, HS	EACH	20	0	17	1.85	0.58	25.2	6112	8.77	*2	1.05	4.18	0.24	0.02	*0.00
SALSA - ALL SCHOOLS	SERVING	41	0	488	1.59	2.54	13.6	624	4.54	*N/A*	1.7	7.94	0.23	0.03	*N/A*
POTATO SALAD - HS	1 EACH	150	4	352	1.50	2.03	15.0	0	6.75	*N/A*	1.5	18.0	8.25	1.12	0.00
CARROTS- ALL SCHOOLS	bag	30	0	66	2.47	0.76	27.2	11728	2.21	4	0.54	7.01	0.11	0.02	0.00
POTATO TOTS- ALL SCHOOLS	1 EACH	140	0	225	2.70	0.36	10.9	2182	3.56	*N/A*	2.16	19.99	5.65	0.81	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
KETCHUP- ALL SCHOOLS	PACKET	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00
MAYONNAISE- ALL SCHOOLS	packet	25	0	100	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	2.5	0.00	0.00
DRESSING, RANCH- ALL SCHOO	PACKET	49	5	105	0.02	0.02	1.5	8	0.05	*N/A*	0.15	1.05	4.93	0.72	0.05
MUSTARD, PACKET-ALL SCHOO	1 EACH	5	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.5	0.5	0.0	0.00	0.00
DRESSING, ITALIAN- HS	PACKET	12	0	107	0.00	0.03	1.8	1	0.0	1	0.05	1.2	0.8	0.10	0.00
BBQ SAUCE PACKET- ALL SCHO OLS	PORTION	15	0	85	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
Weighted Daily Average		649	47	962	8.76	4.26	566.2	*4721	27.31	*18	26.82	99.16	17.31	5.28	*0.01
% of Calories										*10.9%	16.5%	61.1%	24.0%	7.3%	*0.0%
Nutrient Guideline		633-750		1146										<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
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: High School Breakfast/High School Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Average		705	49	1024	9.24	*4.46	563.7	*5464	27.18	*19 *24.2%	28.20 16.0%	106.89 60.7%	19.61 25.1%	5.37 6.9%	*0.04 *0.1%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	705		633 - 750	100%				
Cholesterol (mg)	49							
Sodium (mg)	1024		1146					
Fiber (g)	9.24							
Iron (mg)	4.46				Missing			
Calcium (mg)	563.7							
Vitamin A (IU)	5464				Missing			
Sugars (g)	19	10.77%			Missing			
Vitamin C (mg)	27.18							
Protein (g)	28.20	16.01%						
Carbohydrate (g)	106.89	60.68%						
Total Fat (g)	19.61	25.05%						
Saturated Fat (g)	5.37	6.85%	<10.00%					
Trans Fat ¹ (g)	0.04	0.06%			Missing			

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

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

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