

# ABC UNIFIED SCHOOL DISTRICT

Jan 8, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

Combined: Middle Breakfast/Middle Lunch

Portion Values - Detailed

Page 1

Generated on: 12/19/2017 7:49:00 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 01/08/2018										
Middle Breakfast	Total	896								
CINNAMON ROLL- ES, MS	1 EACH	267	290	15	350	0.00	5.0	46.0	8.0	2.00
SANDWICH, PBJ - MS & HS	SANDWICH	247	320	0	320	3.00	10.0	32.0	17.0	3.50
BRKFST BAR, BAN CHOC-E.S, M.S.	1 EACH	216	280	15	220	3.00	5.0	48.0	8.0	3.00
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	166	220	0	315	3.62	3.58	44.28	3.05	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	820	73	0	1	3.31	0.7	18.99	0.22	0.05
FRUIT: ASSORTED DRIED-ALL SCHS	SERVINGS	451	112	0	3	1.40	1.05	28.43	0.09	0.01
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	192	74	0	9	1.20	0.52	18.24	0.0	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	92	120	10	150	0.00	10.0	14.0	2.5	1.50
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	241	120	5	150	0.00	8.0	22.0	0.0	0.00
Middle Lunch	Total	1710								
CHEESEBURGER TWINS- E.S&M.S.	1 each	65	272	45	355	2.60	19.7	31.3	7.8	2.90
SANDWICH,GRILLED CHEESE- ES,MS	1 EACH	35	280	30	599	3.00	18.66	31.58	9.68	5.39
PIZZA, PAPA J CHEESE- ES, MS	SLICE	990	330	20	670	3.00	21.0	40.0	10.0	4.00
PIZZA, PAPA J HAWAIIAN- MS	SLICE	590	350	25	840	4.00	23.0	42.0	11.0	4.00
BURRITO, BEAN, CHSE, GRN CHILI	1 EACH	30	320	15	388	7.88	15.58	40.98	11.56	3.88
SIDE SALAD - MS, HS	1 EACH	60	21	0	17	1.83	1.05	4.28	0.24	0.02
POTATO TOTS- ALL SCHOOLS	1 EACH	270	140	0	225	2.70	2.16	19.99	5.65	0.81
CARROTS- ALL SCHOOLS	bag	290	60	0	133	4.93	1.09	14.02	0.22	0.04
SALSA - ALL SCHOOLS	SERVING	0	35	0	65	1.00	2.0	8.0	0.0	0.00
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	276	74	0	9	1.20	0.52	18.24	0.0	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	1070	73	0	1	3.31	0.7	18.99	0.22	0.05
FRUIT: ASSORTED DRIED-ALL SCHS	SERVINGS	516	112	0	3	1.40	1.05	28.43	0.09	0.01
FRUIT: ASSORTED JUICE	1 EACH	545	22	0	6	0.00	0.2	5.8	0.0	0.00
FREEZIE FRUIT SLUSHIE- MS	SERVING	869	90	0	20	0.00	0.0	22.5	0.0	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	293	120	10	150	0.00	10.0	14.0	2.5	1.50
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	496	120	5	150	0.00	8.0	22.0	0.0	0.00
KETCHUP- ALL SCHOOLS	PACKET	320	10	0	25	0.00	0.0	3.0	0.0	0.00
MAYONNAISE- ALL SCHOOLS	packet	135	25	0	100	0.00	0.0	2.0	2.5	0.00
DRESSING, RANCH- ALL SCHOOLS	PACKET	325	49	5	105	0.02	0.15	1.05	4.93	0.72
MUSTARD, PACKET-ALL SCHOOLS	1 EACH	85	0	0	65	0.00	0.0	0.0	0.0	0.00
BBQ SAUCE PACKET- ALL SCHOOLS	PORTION	160	15	0	85	0.00	0.0	4.0	0.0	0.00
Weighted Daily Average			541	21	714	7.01	21.37	90.11	11.95	3.84
% of Calories							15.8%	66.6%	19.9%	6.4%
Nutrient Guideline			521-637		1102					<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.

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

# ABC UNIFIED SCHOOL DISTRICT

Jan 8, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

Combined: Middle Breakfast/Middle Lunch

Portion Values - Detailed

Page 2

Generated on: 12/19/2017 7:49:00 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 01/09/2018										
Middle Breakfast	Total	786								
MINI MAPLE PANCAKES- ALL SCHS	3 OZ	206	220	5	340	3.00	5.0	36.0	7.0	1.00
SANDWICH, PBJ - MS & HS	SANDWICH	223	320	0	320	3.00	10.0	32.0	17.0	3.50
BRKFST BAR, BAN CHOC-E.S, M.S.	1 EACH	197	280	15	220	3.00	5.0	48.0	8.0	3.00
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	160	220	0	315	3.62	3.58	44.28	3.05	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	930	73	0	1	3.31	0.7	18.99	0.22	0.05
FRUIT: ASSORTED DRIED-ALL SCHS	SERVINGS	428	112	0	3	1.40	1.05	28.43	0.09	0.01
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	198	74	0	9	1.20	0.52	18.24	0.0	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	157	120	10	150	0.00	10.0	14.0	2.5	1.50
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	216	120	5	150	0.00	8.0	22.0	0.0	0.00
Middle Lunch	Total	1564								
ROASTED BBQ CHIX- MS	1 EACH	582	409	95	671	0.00	22.0	34.5	20.0	3.50
TAMALE, PORK & CHEESE- MS	1 EACH	250	350	39	175	1.50	21.0	46.0	11.0	3.20
RIB-B-QUE, PORK- MS	1 EACH	547	350	45	900	3.00	18.0	39.0	14.0	4.50
SPINACH SALAD- ES, MS	1 each	65	138	194	173	1.49	11.25	4.32	8.38	3.47
GOLDFISH, H&S CHEDDAR-ES, MS	1 EACH	65	200	10	390	3.00	5.0	28.0	8.0	1.50
SANDWICH,GRILLED CHEESE- ES,MS	1 EACH	120	280	30	599	3.00	18.66	31.58	9.68	5.39
SIDE SALAD - MS, HS	EACH	60	21	0	17	1.83	1.05	4.28	0.24	0.02
POTATO TOTS- ALL SCHOOLS	1 EACH	280	140	0	225	2.70	2.16	19.99	5.65	0.81
CARROTS- ALL SCHOOLS	bag	270	60	0	133	4.93	1.09	14.02	0.22	0.04
BEANS, RANCHERO-E.S., M.S.	SERVING	150	183	0	404	9.54	10.11	32.56	1.68	0.35
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	1150	73	0	1	3.31	0.7	18.99	0.22	0.05
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	246	74	0	9	1.20	0.52	18.24	0.0	0.00
FRUIT: ASSORTED DRIED-ALL SCHS	SERVINGS	474	112	0	3	1.40	1.05	28.43	0.09	0.01
FRUIT: ASSORTED JUICE	1 EACH	510	22	0	6	0.00	0.2	5.8	0.0	0.00
FREEZIE FRUIT SLUSHIE- MS	SERVING	665	90	0	20	0.00	0.0	22.5	0.0	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	287	120	10	150	0.00	10.0	14.0	2.5	1.50
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	525	120	5	150	0.00	8.0	22.0	0.0	0.00
COOKIE, MINI CHOC CHIP- MS	1 EACH	750	120	0	35	1.00	2.0	22.0	2.5	1.00
KETCHUP- ALL SCHOOLS	PACKET	300	10	0	25	0.00	0.0	3.0	0.0	0.00
MAYONNAISE- ALL SCHOOLS	packet	130	25	0	100	0.00	0.0	2.0	2.5	0.00
DRESSING, RANCH- ALL SCHOOLS	PACKET	235	49	5	105	0.02	0.15	1.05	4.93	0.72
MUSTARD, PACKET-ALL SCHOOLS	1 EACH	80	0	0	65	0.00	0.0	0.0	0.0	0.00
BBQ SAUCE PACKET- ALL SCHOOLS	PORTION	205	15	0	85	0.00	0.0	4.0	0.0	0.00
Weighted Daily Average			627	51	735	7.74	22.61	100.78	16.37	4.18
% of Calories							14.4%	64.3%	23.5%	6.0%
Nutrient Guideline			521-637		1102					<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.

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

# ABC UNIFIED SCHOOL DISTRICT

Jan 8, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

Combined: Middle Breakfast/Middle Lunch

Portion Values - Detailed

Page 3

Generated on: 12/19/2017 7:49:00 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 01/10/2018										
Middle Breakfast	Total	797								
BREAKFAST SANDWICH- ALL SCHOOL	1 EACH	206	159	26	312	1.40	9.7	16.0	6.4	2.60
SANDWICH, PBJ - MS & HS	SANDWICH	227	320	0	320	3.00	10.0	32.0	17.0	3.50
BRKFST BAR, BAN CHOC-E.S, M.S.	1 EACH	204	280	15	220	3.00	5.0	48.0	8.0	3.00
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	160	220	0	315	3.62	3.58	44.28	3.05	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	984	73	0	1	3.31	0.7	18.99	0.22	0.05
FRUIT: ASSORTED DRIED-ALL SCHS	SERVINGS	407	112	0	3	1.40	1.05	28.43	0.09	0.01
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	217	74	0	9	1.20	0.52	18.24	0.0	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	191	120	10	150	0.00	10.0	14.0	2.5	1.50
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	280	120	5	150	0.00	8.0	22.0	0.0	0.00
Middle Lunch	Total	2342								
CHEESEBURGER TWINS- E.S&M.S.	1 each	662	272	45	355	2.60	19.7	31.3	7.8	2.90
SANDWICH,GRILLED CHEESE- ES,MS	1 EACH	55	280	30	599	3.00	18.66	31.58	9.68	5.39
PIZZA, PAPA J CHEESE- ES, MS	SLICE	1400	330	20	670	3.00	21.0	40.0	10.0	4.00
PIZZA, PAPA J VEGGIE- MS	SLICE	190	340	20	700	4.00	21.0	41.0	11.0	4.00
BURRITO, BEAN, CHSE, GRN CHILI	1 EACH	35	320	15	388	7.88	15.58	40.98	11.56	3.88
SIDE SALAD - MS, HS	EACH	60	21	0	17	1.83	1.05	4.28	0.24	0.02
POTATO TOTS- ALL SCHOOLS	1 EACH	310	140	0	225	2.70	2.16	19.99	5.65	0.81
CARROTS- ALL SCHOOLS	bag	334	60	0	133	4.93	1.09	14.02	0.22	0.04
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	235	74	0	9	1.20	0.52	18.24	0.0	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	1095	73	0	1	3.31	0.7	18.99	0.22	0.05
FRUIT: ASSORTED DRIED-ALL SCHS	SERVINGS	505	112	0	3	1.40	1.05	28.43	0.09	0.01
FRUIT: ASSORTED JUICE	1 EACH	540	22	0	6	0.00	0.2	5.8	0.0	0.00
FREEZIE FRUIT SLUSHIE- MS	SERVING	869	90	0	20	0.00	0.0	22.5	0.0	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	324	120	10	150	0.00	10.0	14.0	2.5	1.50
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	509	120	5	150	0.00	8.0	22.0	0.0	0.00
KETCHUP- ALL SCHOOLS	PACKET	300	10	0	25	0.00	0.0	3.0	0.0	0.00
MAYONNAISE- ALL SCHOOLS	packet	130	25	0	100	0.00	0.0	2.0	2.5	0.00
DRESSING, RANCH- ALL SCHOOLS	PACKET	305	49	5	105	0.02	0.15	1.05	4.93	0.72
MUSTARD, PACKET-ALL SCHOOLS	1 EACH	80	0	0	65	0.00	0.0	0.0	0.0	0.00
BBQ SAUCE PACKET- ALL SCHOOLS	PORTION	155	15	0	85	0.00	0.0	4.0	0.0	0.00
Weighted Daily Average			495	26	636	6.56	22.05	79.41	11.14	3.83
% of Calories							17.8%	64.2%	20.3%	7.0%
Nutrient Guideline			521-637		1102					<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.

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

# ABC UNIFIED SCHOOL DISTRICT

Jan 8, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

Combined: Middle Breakfast/Middle Lunch

Portion Values - Detailed

Page 4

Generated on: 12/19/2017 7:49:00 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 01/11/2018										
Middle Breakfast	Total	801								
MINI MAPLE PANCAKES- ALL SCHS	3 OZ	216	220	5	340	3.00	5.0	36.0	7.0	1.00
SANDWICH, PBJ - MS & HS	SANDWICH	229	320	0	320	3.00	10.0	32.0	17.0	3.50
BRKFST BAR, BAN CHOC-E.S, M.S.	1 EACH	216	280	15	220	3.00	5.0	48.0	8.0	3.00
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	140	220	0	315	3.62	3.58	44.28	3.05	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	889	73	0	1	3.31	0.7	18.99	0.22	0.05
FRUIT: ASSORTED DRIED-ALL SCHS	SERVINGS	485	112	0	3	1.40	1.05	28.43	0.09	0.01
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	190	74	0	9	1.20	0.52	18.24	0.0	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	202	120	10	150	0.00	10.0	14.0	2.5	1.50
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	268	120	5	150	0.00	8.0	22.0	0.0	0.00
Middle Lunch	Total	1528								
BEEF -CHILI & CHIPS	PORTION	480	361	20	688	5.18	12.7	44.87	15.23	1.66
TAMALE, PORK & CHEESE- MS	1 EACH	220	350	39	175	1.50	21.0	46.0	11.0	3.20
SPICY CHIX SANDWICH-MS, HS	SANDWICH	638	350	55	700	3.00	20.0	41.0	13.0	3.00
PEPPERONI PIZZA SALAD- ES, MS	1 each	65	193	*32	594	1.37	15.32	4.15	13.01	6.92
GOLDFISH, H&S CHEDDAR-ES, MS	1 EACH	65	200	10	390	3.00	5.0	28.0	8.0	1.50
SANDWICH,GRILLED CHEESE- ES,MS	1 EACH	125	280	30	599	3.00	18.66	31.58	9.68	5.39
SIDE SALAD - MS, HS	EACH	60	21	0	17	1.83	1.05	4.28	0.24	0.02
POTATO TOTS- ALL SCHOOLS	1 EACH	280	140	0	225	2.70	2.16	19.99	5.65	0.81
CARROTS- ALL SCHOOLS	bag	299	60	0	133	4.93	1.09	14.02	0.22	0.04
BROCCOLI W/CHEDDAR-E.S.,M.S.	SERV	150	52	6	120	2.83	4.53	5.85	1.91	1.22
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	1074	73	0	1	3.31	0.7	18.99	0.22	0.05
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	251	74	0	9	1.20	0.52	18.24	0.0	0.00
FRUIT: ASSORTED DRIED-ALL SCHS	SERVINGS	496	112	0	3	1.40	1.05	28.43	0.09	0.01
FRUIT: ASSORTED JUICE	1 EACH	1310	22	0	6	0.00	0.2	5.8	0.0	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	323	120	10	150	0.00	10.0	14.0	2.5	1.50
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	504	120	5	150	0.00	8.0	22.0	0.0	0.00
KETCHUP- ALL SCHOOLS	PACKET	300	10	0	25	0.00	0.0	3.0	0.0	0.00
MAYONNAISE- ALL SCHOOLS	packet	150	25	0	100	0.00	0.0	2.0	2.5	0.00
DRESSING, RANCH- ALL SCHOOLS	PACKET	255	49	5	105	0.02	0.15	1.05	4.93	0.72
MUSTARD, PACKET-ALL SCHOOLS	1 EACH	100	0	0	65	0.00	0.0	0.0	0.0	0.00
BBQ SAUCE PACKET- ALL SCHOOLS	PORTION	225	15	0	85	0.00	0.0	4.0	0.0	0.00
COOKIE, MINI CHOC CHIP- MS	1 EACH	750	120	0	35	1.00	2.0	22.0	2.5	1.00
Weighted Daily Average			599	*32	698	8.50	21.30	98.95	15.22	3.67
% of Calories							14.2%	66.1%	22.9%	5.5%
Nutrient Guideline			521-637		1102					<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.

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

# ABC UNIFIED SCHOOL DISTRICT

Jan 8, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

Combined: Middle Breakfast/Middle Lunch

Portion Values - Detailed

Page 5

Generated on: 12/19/2017 7:49:00 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 01/12/2018										
Middle Breakfast	Total	879								
CINNAMON ROLL- ES, MS	1 EACH	296	290	15	350	0.00	5.0	46.0	8.0	2.00
SANDWICH, PBJ - MS & HS	SANDWICH	227	320	0	320	3.00	10.0	32.0	17.0	3.50
BRKFST BAR, BAN CHOC-E.S, M.S.	1 EACH	26	280	15	220	3.00	5.0	48.0	8.0	3.00
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	140	220	0	315	3.62	3.58	44.28	3.05	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	857	73	0	1	3.31	0.7	18.99	0.22	0.05
FRUIT: ASSORTED DRIED-ALL SCHS	SERVINGS	455	112	0	3	1.40	1.05	28.43	0.09	0.01
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	226	74	0	9	1.20	0.52	18.24	0.0	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	156	120	10	150	0.00	10.0	14.0	2.5	1.50
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	193	120	5	150	0.00	8.0	22.0	0.0	0.00
Middle Lunch	Total	1775								
CHEESEBURGER TWINS- E.S&M.S.	1 each	55	272	45	355	2.60	19.7	31.3	7.8	2.90
SANDWICH,GRILLED CHEESE- ES,MS	1 EACH	45	280	30	599	3.00	18.66	31.58	9.68	5.39
PIZZA, PAPA J CHEESE- ES, MS	SLICE	530	330	20	670	3.00	21.0	40.0	10.0	4.00
PIZZA, PAPA J PEPP- MS	SLICE	1100	360	30	800	3.00	21.0	40.0	14.0	5.00
BURRITO, BEAN, CHSE, GRN CHILI	1 EACH	45	320	15	388	7.88	15.58	40.98	11.56	3.88
SIDE SALAD - MS, HS	EACH	60	21	0	17	1.83	1.05	4.28	0.24	0.02
POTATO TOTS- ALL SCHOOLS	1 EACH	310	140	0	225	2.70	2.16	19.99	5.65	0.81
CARROTS- ALL SCHOOLS	bag	266	60	0	133	4.93	1.09	14.02	0.22	0.04
BEANS, BBQ-E.S., M.S.	SERVING	150	164	0	444	5.15	7.73	33.39	0.64	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	932	73	0	1	3.31	0.7	18.99	0.22	0.05
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	251	74	0	9	1.20	0.52	18.24	0.0	0.00
FRUIT: ASSORTED DRIED-ALL SCHS	SERVINGS	457	112	0	3	1.40	1.05	28.43	0.09	0.01
FRUIT: ASSORTED JUICE	1 EACH	570	22	0	6	0.00	0.2	5.8	0.0	0.00
FREEZIE FRUIT SLUSHIE- MS	SERVING	841	90	0	20	0.00	0.0	22.5	0.0	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	258	120	10	150	0.00	10.0	14.0	2.5	1.50
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	494	120	5	150	0.00	8.0	22.0	0.0	0.00
KETCHUP- ALL SCHOOLS	PACKET	300	10	0	25	0.00	0.0	3.0	0.0	0.00
MAYONNAISE- ALL SCHOOLS	packet	180	25	0	100	0.00	0.0	2.0	2.5	0.00
DRESSING, RANCH- ALL SCHOOLS	PACKET	305	49	5	105	0.02	0.15	1.05	4.93	0.72
MUSTARD, PACKET-ALL SCHOOLS	1 EACH	80	0	0	65	0.00	0.0	0.0	0.0	0.00
BBQ SAUCE PACKET- ALL SCHOOLS	PORTION	155	15	0	85	0.00	0.0	4.0	0.0	0.00
Weighted Daily Average			530	23	741	6.63	20.97	85.77	12.93	4.09
% of Calories							15.8%	64.7%	22.0%	6.9%
Nutrient Guideline			521-637		1102					<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.

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

# ABC UNIFIED SCHOOL DISTRICT

Jan 8, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

Combined: Middle Breakfast/Middle Lunch

Portion Values - Detailed

Page 6

Generated on: 12/19/2017 7:49:00 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 01/16/2018										
Middle Breakfast	Total	786								
MINI MAPLE PANCAKES- ALL SCHS	3 OZ	206	220	5	340	3.00	5.0	36.0	7.0	1.00
SANDWICH, PBJ - MS & HS	SANDWICH	223	320	0	320	3.00	10.0	32.0	17.0	3.50
BRKFST BAR, BAN CHOC-E.S, M.S.	1 EACH	197	280	15	220	3.00	5.0	48.0	8.0	3.00
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	160	220	0	315	3.62	3.58	44.28	3.05	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	930	73	0	1	3.31	0.7	18.99	0.22	0.05
FRUIT: ASSORTED DRIED-ALL SCHS	SERVINGS	428	112	0	3	1.40	1.05	28.43	0.09	0.01
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	198	74	0	9	1.20	0.52	18.24	0.0	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	157	120	10	150	0.00	10.0	14.0	2.5	1.50
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	216	120	5	150	0.00	8.0	22.0	0.0	0.00
Middle Lunch	Total	1564								
ROASTED BBQ CHIX- MS	1 EACH	582	409	95	671	0.00	22.0	34.5	20.0	3.50
TAMALE, PORK & CHEESE- MS	1 EACH	250	350	39	175	1.50	21.0	46.0	11.0	3.20
RIB-B-QUE, PORK- MS	1 EACH	547	350	45	900	3.00	18.0	39.0	14.0	4.50
SPINACH SALAD- ES, MS	1 each	65	138	194	173	1.49	11.25	4.32	8.38	3.47
GOLDFISH, H&S CHEDDAR-ES, MS	1 EACH	65	200	10	390	3.00	5.0	28.0	8.0	1.50
SANDWICH,GRILLED CHEESE- ES,MS	1 EACH	120	280	30	599	3.00	18.66	31.58	9.68	5.39
SIDE SALAD - MS, HS	EACH	60	21	0	17	1.83	1.05	4.28	0.24	0.02
POTATO TOTS- ALL SCHOOLS	1 EACH	280	140	0	225	2.70	2.16	19.99	5.65	0.81
CARROTS- ALL SCHOOLS	bag	270	60	0	133	4.93	1.09	14.02	0.22	0.04
BEANS, RANCHERO-E.S., M.S.	SERVING	150	183	0	404	9.54	10.11	32.56	1.68	0.35
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	1150	73	0	1	3.31	0.7	18.99	0.22	0.05
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	246	74	0	9	1.20	0.52	18.24	0.0	0.00
FRUIT: ASSORTED DRIED-ALL SCHS	SERVINGS	474	112	0	3	1.40	1.05	28.43	0.09	0.01
FRUIT: ASSORTED JUICE	1 EACH	510	22	0	6	0.00	0.2	5.8	0.0	0.00
FREEZIE FRUIT SLUSHIE- MS	SERVING	665	90	0	20	0.00	0.0	22.5	0.0	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	287	120	10	150	0.00	10.0	14.0	2.5	1.50
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	525	120	5	150	0.00	8.0	22.0	0.0	0.00
COOKIE, MINI CHOC CHIP- MS	1 EACH	750	120	0	35	1.00	2.0	22.0	2.5	1.00
KETCHUP- ALL SCHOOLS	PACKET	300	10	0	25	0.00	0.0	3.0	0.0	0.00
MAYONNAISE- ALL SCHOOLS	packet	130	25	0	100	0.00	0.0	2.0	2.5	0.00
DRESSING, RANCH- ALL SCHOOLS	PACKET	235	49	5	105	0.02	0.15	1.05	4.93	0.72
MUSTARD, PACKET-ALL SCHOOLS	1 EACH	80	0	0	65	0.00	0.0	0.0	0.0	0.00
BBQ SAUCE PACKET- ALL SCHOOLS	PORTION	205	15	0	85	0.00	0.0	4.0	0.0	0.00
Weighted Daily Average			627	51	735	7.74	22.61	100.78	16.37	4.18
% of Calories							14.4%	64.3%	23.5%	6.0%
Nutrient Guideline			521-637		1102					<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.

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

# ABC UNIFIED SCHOOL DISTRICT

Jan 8, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

Combined: Middle Breakfast/Middle Lunch

Portion Values - Detailed

Page 7

Generated on: 12/19/2017 7:49:00 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 01/17/2018										
Middle Breakfast	Total	797								
BREAKFAST SANDWICH- ALL SCHOOL	1 EACH	206	159	26	312	1.40	9.7	16.0	6.4	2.60
SANDWICH, PBJ - MS & HS	SANDWICH	227	320	0	320	3.00	10.0	32.0	17.0	3.50
BRKFST BAR, BAN CHOC-E.S, M.S.	1 EACH	204	280	15	220	3.00	5.0	48.0	8.0	3.00
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	160	220	0	315	3.62	3.58	44.28	3.05	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	984	73	0	1	3.31	0.7	18.99	0.22	0.05
FRUIT: ASSORTED DRIED-ALL SCHS	SERVINGS	407	112	0	3	1.40	1.05	28.43	0.09	0.01
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	217	74	0	9	1.20	0.52	18.24	0.0	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	191	120	10	150	0.00	10.0	14.0	2.5	1.50
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	280	120	5	150	0.00	8.0	22.0	0.0	0.00
Middle Lunch	Total	2342								
CHEESEBURGER TWINS- E.S&M.S.	1 each	662	272	45	355	2.60	19.7	31.3	7.8	2.90
SANDWICH,GRILLED CHEESE- ES,MS	1 EACH	55	280	30	599	3.00	18.66	31.58	9.68	5.39
PIZZA, PAPA J CHEESE- ES, MS	SLICE	1400	330	20	670	3.00	21.0	40.0	10.0	4.00
PIZZA, PAPA J VEGGIE- MS	SLICE	190	340	20	700	4.00	21.0	41.0	11.0	4.00
BURRITO, BEAN, CHSE, GRN CHILI	1 EACH	35	320	15	388	7.88	15.58	40.98	11.56	3.88
SIDE SALAD - MS, HS	EACH	60	21	0	17	1.83	1.05	4.28	0.24	0.02
POTATO TOTS- ALL SCHOOLS	1 EACH	310	140	0	225	2.70	2.16	19.99	5.65	0.81
CARROTS- ALL SCHOOLS	bag	334	60	0	133	4.93	1.09	14.02	0.22	0.04
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	235	74	0	9	1.20	0.52	18.24	0.0	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	1095	73	0	1	3.31	0.7	18.99	0.22	0.05
FRUIT: ASSORTED DRIED-ALL SCHS	SERVINGS	505	112	0	3	1.40	1.05	28.43	0.09	0.01
FRUIT: ASSORTED JUICE	1 EACH	540	22	0	6	0.00	0.2	5.8	0.0	0.00
FREEZIE FRUIT SLUSHIE- MS	SERVING	869	90	0	20	0.00	0.0	22.5	0.0	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	324	120	10	150	0.00	10.0	14.0	2.5	1.50
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	509	120	5	150	0.00	8.0	22.0	0.0	0.00
KETCHUP- ALL SCHOOLS	PACKET	300	10	0	25	0.00	0.0	3.0	0.0	0.00
MAYONNAISE- ALL SCHOOLS	packet	130	25	0	100	0.00	0.0	2.0	2.5	0.00
DRESSING, RANCH- ALL SCHOOLS	PACKET	305	49	5	105	0.02	0.15	1.05	4.93	0.72
MUSTARD, PACKET-ALL SCHOOLS	1 EACH	80	0	0	65	0.00	0.0	0.0	0.0	0.00
BBQ SAUCE PACKET- ALL SCHOOLS	PORTION	155	15	0	85	0.00	0.0	4.0	0.0	0.00
Weighted Daily Average			495	26	636	6.56	22.05	79.41	11.14	3.83
% of Calories							17.8%	64.2%	20.3%	7.0%
Nutrient Guideline			521-637		1102					<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.

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

# ABC UNIFIED SCHOOL DISTRICT

Jan 8, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

Combined: Middle Breakfast/Middle Lunch

Portion Values - Detailed

Page 8

Generated on: 12/19/2017 7:49:00 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 01/18/2018										
Middle Breakfast	Total	801								
MINI MAPLE PANCAKES- ALL SCHS	3 OZ	216	220	5	340	3.00	5.0	36.0	7.0	1.00
SANDWICH, PBJ - MS & HS	SANDWICH	229	320	0	320	3.00	10.0	32.0	17.0	3.50
BRKFST BAR, BAN CHOC-E.S, M.S.	1 EACH	216	280	15	220	3.00	5.0	48.0	8.0	3.00
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	140	220	0	315	3.62	3.58	44.28	3.05	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	889	73	0	1	3.31	0.7	18.99	0.22	0.05
FRUIT: ASSORTED DRIED-ALL SCHS	SERVINGS	485	112	0	3	1.40	1.05	28.43	0.09	0.01
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	190	74	0	9	1.20	0.52	18.24	0.0	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	202	120	10	150	0.00	10.0	14.0	2.5	1.50
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	268	120	5	150	0.00	8.0	22.0	0.0	0.00
Middle Lunch	Total	1528								
BEEF -CHILI & CHIPS	PORTION	480	361	20	688	5.18	12.7	44.87	15.23	1.66
TAMALE, PORK & CHEESE- MS	1 EACH	220	350	39	175	1.50	21.0	46.0	11.0	3.20
SPICY CHIX SANDWICH-MS, HS	SANDWICH	638	350	55	700	3.00	20.0	41.0	13.0	3.00
PEPPERONI PIZZA SALAD- ES, MS	1 each	65	193	*32	594	1.37	15.32	4.15	13.01	6.92
GOLDFISH, H&S CHEDDAR-ES, MS	1 EACH	65	200	10	390	3.00	5.0	28.0	8.0	1.50
SANDWICH,GRILLED CHEESE- ES,MS	1 EACH	125	280	30	599	3.00	18.66	31.58	9.68	5.39
SIDE SALAD - MS, HS	EACH	60	21	0	17	1.83	1.05	4.28	0.24	0.02
POTATO TOTS- ALL SCHOOLS	1 EACH	280	140	0	225	2.70	2.16	19.99	5.65	0.81
CARROTS- ALL SCHOOLS	bag	299	60	0	133	4.93	1.09	14.02	0.22	0.04
BROCCOLI W/CHEDDAR-E.S.,M.S.	SERV	150	52	6	120	2.83	4.53	5.85	1.91	1.22
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	1074	73	0	1	3.31	0.7	18.99	0.22	0.05
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	251	74	0	9	1.20	0.52	18.24	0.0	0.00
FRUIT: ASSORTED DRIED-ALL SCHS	SERVINGS	496	112	0	3	1.40	1.05	28.43	0.09	0.01
FRUIT: ASSORTED JUICE	1 EACH	1310	22	0	6	0.00	0.2	5.8	0.0	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	323	120	10	150	0.00	10.0	14.0	2.5	1.50
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	504	120	5	150	0.00	8.0	22.0	0.0	0.00
KETCHUP- ALL SCHOOLS	PACKET	300	10	0	25	0.00	0.0	3.0	0.0	0.00
MAYONNAISE- ALL SCHOOLS	packet	150	25	0	100	0.00	0.0	2.0	2.5	0.00
DRESSING, RANCH- ALL SCHOOLS	PACKET	255	49	5	105	0.02	0.15	1.05	4.93	0.72
MUSTARD, PACKET-ALL SCHOOLS	1 EACH	100	0	0	65	0.00	0.0	0.0	0.0	0.00
BBQ SAUCE PACKET- ALL SCHOOLS	PORTION	225	15	0	85	0.00	0.0	4.0	0.0	0.00
COOKIE, MINI CHOC CHIP- MS	1 EACH	750	120	0	35	1.00	2.0	22.0	2.5	1.00
Weighted Daily Average			599	*32	698	8.50	21.30	98.95	15.22	3.67
% of Calories							14.2%	66.1%	22.9%	5.5%
Nutrient Guideline			521-637		1102					<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.

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



# ABC UNIFIED SCHOOL DISTRICT

Jan 8, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

Combined: Middle Breakfast/Middle Lunch

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 01/19/2018										
Middle Breakfast	Total	879								
CINNAMON ROLL- ES, MS	1 EACH	296	290	15	350	0.00	5.0	46.0	8.0	2.00
SANDWICH, PBJ - MS & HS	SANDWICH	227	320	0	320	3.00	10.0	32.0	17.0	3.50
BRKFST BAR, BAN CHOC-E.S, M.S.	1 EACH	26	280	15	220	3.00	5.0	48.0	8.0	3.00
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	140	220	0	315	3.62	3.58	44.28	3.05	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	857	73	0	1	3.31	0.7	18.99	0.22	0.05
FRUIT: ASSORTED DRIED-ALL SCHS	SERVINGS	455	112	0	3	1.40	1.05	28.43	0.09	0.01
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	226	74	0	9	1.20	0.52	18.24	0.0	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	156	120	10	150	0.00	10.0	14.0	2.5	1.50
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	193	120	5	150	0.00	8.0	22.0	0.0	0.00
Middle Lunch	Total	1775								
CHEESEBURGER TWINS- E.S&M.S.	1 each	55	272	45	355	2.60	19.7	31.3	7.8	2.90
SANDWICH,GRILLED CHEESE- ES,MS	1 EACH	45	280	30	599	3.00	18.66	31.58	9.68	5.39
PIZZA, PAPA J CHEESE- ES, MS	SLICE	530	330	20	670	3.00	21.0	40.0	10.0	4.00
PIZZA, PAPA J PEPP- MS	SLICE	1100	360	30	800	3.00	21.0	40.0	14.0	5.00
BURRITO, BEAN, CHSE, GRN CHILI	1 EACH	45	320	15	388	7.88	15.58	40.98	11.56	3.88
SIDE SALAD - MS, HS	EACH	60	21	0	17	1.83	1.05	4.28	0.24	0.02
POTATO TOTS- ALL SCHOOLS	1 EACH	310	140	0	225	2.70	2.16	19.99	5.65	0.81
CARROTS- ALL SCHOOLS	bag	266	60	0	133	4.93	1.09	14.02	0.22	0.04
BEANS, BBQ-E.S., M.S.	SERVING	150	164	0	444	5.15	7.73	33.39	0.64	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	932	73	0	1	3.31	0.7	18.99	0.22	0.05
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	251	74	0	9	1.20	0.52	18.24	0.0	0.00
FRUIT: ASSORTED DRIED-ALL SCHS	SERVINGS	457	112	0	3	1.40	1.05	28.43	0.09	0.01
FRUIT: ASSORTED JUICE	1 EACH	570	22	0	6	0.00	0.2	5.8	0.0	0.00
FREEZIE FRUIT SLUSHIE- MS	SERVING	841	90	0	20	0.00	0.0	22.5	0.0	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	258	120	10	150	0.00	10.0	14.0	2.5	1.50
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	494	120	5	150	0.00	8.0	22.0	0.0	0.00
KETCHUP- ALL SCHOOLS	PACKET	300	10	0	25	0.00	0.0	3.0	0.0	0.00
MAYONNAISE- ALL SCHOOLS	packet	180	25	0	100	0.00	0.0	2.0	2.5	0.00
DRESSING, RANCH- ALL SCHOOLS	PACKET	305	49	5	105	0.02	0.15	1.05	4.93	0.72
MUSTARD, PACKET-ALL SCHOOLS	1 EACH	80	0	0	65	0.00	0.0	0.0	0.0	0.00
BBQ SAUCE PACKET- ALL SCHOOLS	PORTION	155	15	0	85	0.00	0.0	4.0	0.0	0.00
Weighted Daily Average			530	23	741	6.63	20.97	85.77	12.93	4.09
% of Calories							15.8%	64.7%	22.0%	6.9%
Nutrient Guideline			521-637		1102					<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.*

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

# ABC UNIFIED SCHOOL DISTRICT

Jan 8, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

Combined: Middle Breakfast/Middle Lunch

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 01/22/2018										
Middle Breakfast	Total	896								
CINNAMON ROLL- ES, MS	1 EACH	267	290	15	350	0.00	5.0	46.0	8.0	2.00
SANDWICH, PBJ - MS & HS	SANDWICH	247	320	0	320	3.00	10.0	32.0	17.0	3.50
BRKFST BAR, BAN CHOC-E.S, M.S.	1 EACH	216	280	15	220	3.00	5.0	48.0	8.0	3.00
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	166	220	0	315	3.62	3.58	44.28	3.05	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	820	73	0	1	3.31	0.7	18.99	0.22	0.05
FRUIT: ASSORTED DRIED-ALL SCHS	SERVINGS	451	112	0	3	1.40	1.05	28.43	0.09	0.01
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	192	74	0	9	1.20	0.52	18.24	0.0	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	92	120	10	150	0.00	10.0	14.0	2.5	1.50
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	241	120	5	150	0.00	8.0	22.0	0.0	0.00
Middle Lunch	Total	1710								
CHEESEBURGER TWINS- E.S&M.S.	1 each	65	272	45	355	2.60	19.7	31.3	7.8	2.90
SANDWICH,GRILLED CHEESE- ES,MS	1 EACH	35	280	30	599	3.00	18.66	31.58	9.68	5.39
PIZZA, PAPA J CHEESE- ES, MS	SLICE	990	330	20	670	3.00	21.0	40.0	10.0	4.00
PIZZA, PAPA J HAWAIIAN- MS	SLICE	590	350	25	840	4.00	23.0	42.0	11.0	4.00
BURRITO, BEAN, CHSE, GRN CHILI	1 EACH	30	320	15	388	7.88	15.58	40.98	11.56	3.88
SIDE SALAD - MS, HS	1 EACH	60	21	0	17	1.83	1.05	4.28	0.24	0.02
POTATO TOTS- ALL SCHOOLS	1 EACH	270	140	0	225	2.70	2.16	19.99	5.65	0.81
CARROTS- ALL SCHOOLS	bag	290	60	0	133	4.93	1.09	14.02	0.22	0.04
SALSA - ALL SCHOOLS	SERVING	0	35	0	65	1.00	2.0	8.0	0.0	0.00
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	276	74	0	9	1.20	0.52	18.24	0.0	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	1070	73	0	1	3.31	0.7	18.99	0.22	0.05
FRUIT: ASSORTED DRIED-ALL SCHS	SERVINGS	516	112	0	3	1.40	1.05	28.43	0.09	0.01
FRUIT: ASSORTED JUICE	1 EACH	545	22	0	6	0.00	0.2	5.8	0.0	0.00
FREEZIE FRUIT SLUSHIE- MS	SERVING	869	90	0	20	0.00	0.0	22.5	0.0	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	293	120	10	150	0.00	10.0	14.0	2.5	1.50
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	496	120	5	150	0.00	8.0	22.0	0.0	0.00
KETCHUP- ALL SCHOOLS	PACKET	320	10	0	25	0.00	0.0	3.0	0.0	0.00
MAYONNAISE- ALL SCHOOLS	packet	135	25	0	100	0.00	0.0	2.0	2.5	0.00
DRESSING, RANCH- ALL SCHOOLS	PACKET	325	49	5	105	0.02	0.15	1.05	4.93	0.72
MUSTARD, PACKET-ALL SCHOOLS	1 EACH	85	0	0	65	0.00	0.0	0.0	0.0	0.00
BBQ SAUCE PACKET- ALL SCHOOLS	PORTION	160	15	0	85	0.00	0.0	4.0	0.0	0.00
Weighted Daily Average			541	21	714	7.01	21.37	90.11	11.95	3.84
% of Calories							15.8%	66.6%	19.9%	6.4%
Nutrient Guideline			521-637		1102					<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.

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

# ABC UNIFIED SCHOOL DISTRICT

Jan 8, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

Combined: Middle Breakfast/Middle Lunch

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 01/23/2018										
Middle Breakfast	Total	786								
MINI MAPLE PANCAKES- ALL SCHS	3 OZ	206	220	5	340	3.00	5.0	36.0	7.0	1.00
SANDWICH, PBJ - MS & HS	SANDWICH	223	320	0	320	3.00	10.0	32.0	17.0	3.50
BRKFST BAR, BAN CHOC-E.S, M.S.	1 EACH	197	280	15	220	3.00	5.0	48.0	8.0	3.00
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	160	220	0	315	3.62	3.58	44.28	3.05	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	930	73	0	1	3.31	0.7	18.99	0.22	0.05
FRUIT: ASSORTED DRIED-ALL SCHS	SERVINGS	428	112	0	3	1.40	1.05	28.43	0.09	0.01
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	198	74	0	9	1.20	0.52	18.24	0.0	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	157	120	10	150	0.00	10.0	14.0	2.5	1.50
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	216	120	5	150	0.00	8.0	22.0	0.0	0.00
Middle Lunch	Total	1564								
ROASTED BBQ CHIX- MS	1 EACH	582	409	95	671	0.00	22.0	34.5	20.0	3.50
TAMALE, PORK & CHEESE- MS	1 EACH	250	350	39	175	1.50	21.0	46.0	11.0	3.20
RIB-B-QUE, PORK- MS	1 EACH	547	350	45	900	3.00	18.0	39.0	14.0	4.50
SPINACH SALAD- ES, MS	1 each	65	138	194	173	1.49	11.25	4.32	8.38	3.47
GOLDFISH, H&S CHEDDAR-ES, MS	1 EACH	65	200	10	390	3.00	5.0	28.0	8.0	1.50
SANDWICH,GRILLED CHEESE- ES,MS	1 EACH	120	280	30	599	3.00	18.66	31.58	9.68	5.39
SIDE SALAD - MS, HS	EACH	60	21	0	17	1.83	1.05	4.28	0.24	0.02
POTATO TOTS- ALL SCHOOLS	1 EACH	280	140	0	225	2.70	2.16	19.99	5.65	0.81
CARROTS- ALL SCHOOLS	bag	270	60	0	133	4.93	1.09	14.02	0.22	0.04
BEANS, RANCHERO-E.S., M.S.	SERVING	150	183	0	404	9.54	10.11	32.56	1.68	0.35
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	1150	73	0	1	3.31	0.7	18.99	0.22	0.05
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	246	74	0	9	1.20	0.52	18.24	0.0	0.00
FRUIT: ASSORTED DRIED-ALL SCHS	SERVINGS	474	112	0	3	1.40	1.05	28.43	0.09	0.01
FRUIT: ASSORTED JUICE	1 EACH	510	22	0	6	0.00	0.2	5.8	0.0	0.00
FREEZIE FRUIT SLUSHIE- MS	SERVING	665	90	0	20	0.00	0.0	22.5	0.0	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	287	120	10	150	0.00	10.0	14.0	2.5	1.50
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	525	120	5	150	0.00	8.0	22.0	0.0	0.00
COOKIE, MINI CHOC CHIP- MS	1 EACH	750	120	0	35	1.00	2.0	22.0	2.5	1.00
KETCHUP- ALL SCHOOLS	PACKET	300	10	0	25	0.00	0.0	3.0	0.0	0.00
MAYONNAISE- ALL SCHOOLS	packet	130	25	0	100	0.00	0.0	2.0	2.5	0.00
DRESSING, RANCH- ALL SCHOOLS	PACKET	235	49	5	105	0.02	0.15	1.05	4.93	0.72
MUSTARD, PACKET-ALL SCHOOLS	1 EACH	80	0	0	65	0.00	0.0	0.0	0.0	0.00
BBQ SAUCE PACKET- ALL SCHOOLS	PORTION	205	15	0	85	0.00	0.0	4.0	0.0	0.00
Weighted Daily Average			627	51	735	7.74	22.61	100.78	16.37	4.18
% of Calories							14.4%	64.3%	23.5%	6.0%
Nutrient Guideline			521-637		1102					<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.

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

# ABC UNIFIED SCHOOL DISTRICT

Jan 8, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

Combined: Middle Breakfast/Middle Lunch

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 01/24/2018										
Middle Breakfast	Total	797								
BREAKFAST SANDWICH- ALL SCHOOL	1 EACH	206	159	26	312	1.40	9.7	16.0	6.4	2.60
SANDWICH, PBJ - MS & HS	SANDWICH	227	320	0	320	3.00	10.0	32.0	17.0	3.50
BRKFST BAR, BAN CHOC-E.S, M.S.	1 EACH	204	280	15	220	3.00	5.0	48.0	8.0	3.00
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	160	220	0	315	3.62	3.58	44.28	3.05	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	984	73	0	1	3.31	0.7	18.99	0.22	0.05
FRUIT: ASSORTED DRIED-ALL SCHS	SERVINGS	407	112	0	3	1.40	1.05	28.43	0.09	0.01
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	217	74	0	9	1.20	0.52	18.24	0.0	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	191	120	10	150	0.00	10.0	14.0	2.5	1.50
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	280	120	5	150	0.00	8.0	22.0	0.0	0.00
Middle Lunch	Total	2342								
CHEESEBURGER TWINS- E.S&M.S.	1 each	662	272	45	355	2.60	19.7	31.3	7.8	2.90
SANDWICH,GRILLED CHEESE- ES,MS	1 EACH	55	280	30	599	3.00	18.66	31.58	9.68	5.39
PIZZA, PAPA J CHEESE- ES, MS	SLICE	1400	330	20	670	3.00	21.0	40.0	10.0	4.00
PIZZA, PAPA J VEGGIE- MS	SLICE	190	340	20	700	4.00	21.0	41.0	11.0	4.00
BURRITO, BEAN, CHSE, GRN CHILI	1 EACH	35	320	15	388	7.88	15.58	40.98	11.56	3.88
SIDE SALAD - MS, HS	EACH	60	21	0	17	1.83	1.05	4.28	0.24	0.02
POTATO TOTS- ALL SCHOOLS	1 EACH	310	140	0	225	2.70	2.16	19.99	5.65	0.81
CARROTS- ALL SCHOOLS	bag	334	60	0	133	4.93	1.09	14.02	0.22	0.04
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	235	74	0	9	1.20	0.52	18.24	0.0	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	1095	73	0	1	3.31	0.7	18.99	0.22	0.05
FRUIT: ASSORTED DRIED-ALL SCHS	SERVINGS	505	112	0	3	1.40	1.05	28.43	0.09	0.01
FRUIT: ASSORTED JUICE	1 EACH	540	22	0	6	0.00	0.2	5.8	0.0	0.00
FREEZIE FRUIT SLUSHIE- MS	SERVING	869	90	0	20	0.00	0.0	22.5	0.0	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	324	120	10	150	0.00	10.0	14.0	2.5	1.50
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	509	120	5	150	0.00	8.0	22.0	0.0	0.00
KETCHUP- ALL SCHOOLS	PACKET	300	10	0	25	0.00	0.0	3.0	0.0	0.00
MAYONNAISE- ALL SCHOOLS	packet	130	25	0	100	0.00	0.0	2.0	2.5	0.00
DRESSING, RANCH- ALL SCHOOLS	PACKET	305	49	5	105	0.02	0.15	1.05	4.93	0.72
MUSTARD, PACKET-ALL SCHOOLS	1 EACH	80	0	0	65	0.00	0.0	0.0	0.0	0.00
BBQ SAUCE PACKET- ALL SCHOOLS	PORTION	155	15	0	85	0.00	0.0	4.0	0.0	0.00
Weighted Daily Average			495	26	636	6.56	22.05	79.41	11.14	3.83
% of Calories							17.8%	64.2%	20.3%	7.0%
Nutrient Guideline			521-637		1102					<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.

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

# ABC UNIFIED SCHOOL DISTRICT

Jan 8, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

Combined: Middle Breakfast/Middle Lunch

Portion Values - Detailed

Page 13

Generated on: 12/19/2017 7:49:00 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 01/25/2018										
Middle Breakfast	Total	801								
MINI MAPLE PANCAKES- ALL SCHS	3 OZ	216	220	5	340	3.00	5.0	36.0	7.0	1.00
SANDWICH, PBJ - MS & HS	SANDWICH	229	320	0	320	3.00	10.0	32.0	17.0	3.50
BRKFST BAR, BAN CHOC-E.S, M.S.	1 EACH	216	280	15	220	3.00	5.0	48.0	8.0	3.00
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	140	220	0	315	3.62	3.58	44.28	3.05	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	889	73	0	1	3.31	0.7	18.99	0.22	0.05
FRUIT: ASSORTED DRIED-ALL SCHS	SERVINGS	485	112	0	3	1.40	1.05	28.43	0.09	0.01
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	190	74	0	9	1.20	0.52	18.24	0.0	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	202	120	10	150	0.00	10.0	14.0	2.5	1.50
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	268	120	5	150	0.00	8.0	22.0	0.0	0.00
Middle Lunch	Total	1528								
BEEF -CHILI & CHIPS	PORTION	480	361	20	688	5.18	12.7	44.87	15.23	1.66
TAMALE, PORK & CHEESE- MS	1 EACH	220	350	39	175	1.50	21.0	46.0	11.0	3.20
SPICY CHIX SANDWICH-MS, HS	SANDWICH	638	350	55	700	3.00	20.0	41.0	13.0	3.00
PEPPERONI PIZZA SALAD- ES, MS	1 each	65	193	*32	594	1.37	15.32	4.15	13.01	6.92
GOLDFISH, H&S CHEDDAR-ES, MS	1 EACH	65	200	10	390	3.00	5.0	28.0	8.0	1.50
SANDWICH,GRILLED CHEESE- ES,MS	1 EACH	125	280	30	599	3.00	18.66	31.58	9.68	5.39
SIDE SALAD - MS, HS	EACH	60	21	0	17	1.83	1.05	4.28	0.24	0.02
POTATO TOTS- ALL SCHOOLS	1 EACH	280	140	0	225	2.70	2.16	19.99	5.65	0.81
CARROTS- ALL SCHOOLS	bag	299	60	0	133	4.93	1.09	14.02	0.22	0.04
BROCCOLI W/CHEDDAR-E.S.,M.S.	SERV	150	52	6	120	2.83	4.53	5.85	1.91	1.22
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	1074	73	0	1	3.31	0.7	18.99	0.22	0.05
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	251	74	0	9	1.20	0.52	18.24	0.0	0.00
FRUIT: ASSORTED DRIED-ALL SCHS	SERVINGS	496	112	0	3	1.40	1.05	28.43	0.09	0.01
FRUIT: ASSORTED JUICE	1 EACH	1310	22	0	6	0.00	0.2	5.8	0.0	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	323	120	10	150	0.00	10.0	14.0	2.5	1.50
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	504	120	5	150	0.00	8.0	22.0	0.0	0.00
KETCHUP- ALL SCHOOLS	PACKET	300	10	0	25	0.00	0.0	3.0	0.0	0.00
MAYONNAISE- ALL SCHOOLS	packet	150	25	0	100	0.00	0.0	2.0	2.5	0.00
DRESSING, RANCH- ALL SCHOOLS	PACKET	255	49	5	105	0.02	0.15	1.05	4.93	0.72
MUSTARD, PACKET-ALL SCHOOLS	1 EACH	100	0	0	65	0.00	0.0	0.0	0.0	0.00
BBQ SAUCE PACKET- ALL SCHOOLS	PORTION	225	15	0	85	0.00	0.0	4.0	0.0	0.00
COOKIE, MINI CHOC CHIP- MS	1 EACH	750	120	0	35	1.00	2.0	22.0	2.5	1.00
Weighted Daily Average			599	*32	698	8.50	21.30	98.95	15.22	3.67
% of Calories							14.2%	66.1%	22.9%	5.5%
Nutrient Guideline			521-637		1102					<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.

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

# ABC UNIFIED SCHOOL DISTRICT

Jan 8, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

Combined: Middle Breakfast/Middle Lunch

Portion Values - Detailed

Page 14

Generated on: 12/19/2017 7:49:00 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 01/26/2018										
Middle Breakfast	Total	879								
CINNAMON ROLL- ES, MS	1 EACH	296	290	15	350	0.00	5.0	46.0	8.0	2.00
SANDWICH, PBJ - MS & HS	SANDWICH	227	320	0	320	3.00	10.0	32.0	17.0	3.50
BRKFST BAR, BAN CHOC-E.S, M.S.	1 EACH	26	280	15	220	3.00	5.0	48.0	8.0	3.00
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	140	220	0	315	3.62	3.58	44.28	3.05	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	857	73	0	1	3.31	0.7	18.99	0.22	0.05
FRUIT: ASSORTED DRIED-ALL SCHS	SERVINGS	455	112	0	3	1.40	1.05	28.43	0.09	0.01
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	226	74	0	9	1.20	0.52	18.24	0.0	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	156	120	10	150	0.00	10.0	14.0	2.5	1.50
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	193	120	5	150	0.00	8.0	22.0	0.0	0.00
Middle Lunch	Total	1775								
CHEESEBURGER TWINS- E.S&M.S.	1 each	55	272	45	355	2.60	19.7	31.3	7.8	2.90
SANDWICH,GRILLED CHEESE- ES,MS	1 EACH	45	280	30	599	3.00	18.66	31.58	9.68	5.39
PIZZA, PAPA J CHEESE- ES, MS	SLICE	530	330	20	670	3.00	21.0	40.0	10.0	4.00
PIZZA, PAPA J PEPP- MS	SLICE	1100	360	30	800	3.00	21.0	40.0	14.0	5.00
BURRITO, BEAN, CHSE, GRN CHILI	1 EACH	45	320	15	388	7.88	15.58	40.98	11.56	3.88
SIDE SALAD - MS, HS	EACH	60	21	0	17	1.83	1.05	4.28	0.24	0.02
POTATO TOTS- ALL SCHOOLS	1 EACH	310	140	0	225	2.70	2.16	19.99	5.65	0.81
CARROTS- ALL SCHOOLS	bag	266	60	0	133	4.93	1.09	14.02	0.22	0.04
BEANS, BBQ-E.S., M.S.	SERVING	150	164	0	444	5.15	7.73	33.39	0.64	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	932	73	0	1	3.31	0.7	18.99	0.22	0.05
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	251	74	0	9	1.20	0.52	18.24	0.0	0.00
FRUIT: ASSORTED DRIED-ALL SCHS	SERVINGS	457	112	0	3	1.40	1.05	28.43	0.09	0.01
FRUIT: ASSORTED JUICE	1 EACH	570	22	0	6	0.00	0.2	5.8	0.0	0.00
FREEZIE FRUIT SLUSHIE- MS	SERVING	841	90	0	20	0.00	0.0	22.5	0.0	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	258	120	10	150	0.00	10.0	14.0	2.5	1.50
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	494	120	5	150	0.00	8.0	22.0	0.0	0.00
KETCHUP- ALL SCHOOLS	PACKET	300	10	0	25	0.00	0.0	3.0	0.0	0.00
MAYONNAISE- ALL SCHOOLS	packet	180	25	0	100	0.00	0.0	2.0	2.5	0.00
DRESSING, RANCH- ALL SCHOOLS	PACKET	305	49	5	105	0.02	0.15	1.05	4.93	0.72
MUSTARD, PACKET-ALL SCHOOLS	1 EACH	80	0	0	65	0.00	0.0	0.0	0.0	0.00
BBQ SAUCE PACKET- ALL SCHOOLS	PORTION	155	15	0	85	0.00	0.0	4.0	0.0	0.00
Weighted Daily Average			530	23	741	6.63	20.97	85.77	12.93	4.09
% of Calories							15.8%	64.7%	22.0%	6.9%
Nutrient Guideline			521-637		1102					<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.

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

# ABC UNIFIED SCHOOL DISTRICT

Jan 8, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

Combined: Middle Breakfast/Middle Lunch

Portion Values - Detailed

Page 15

Generated on: 12/19/2017 7:49:00 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 01/29/2018										
Middle Breakfast	Total	896								
CINNAMON ROLL- ES, MS	1 EACH	267	290	15	350	0.00	5.0	46.0	8.0	2.00
SANDWICH, PBJ - MS & HS	SANDWICH	247	320	0	320	3.00	10.0	32.0	17.0	3.50
BRKFST BAR, BAN CHOC-E.S, M.S.	1 EACH	216	280	15	220	3.00	5.0	48.0	8.0	3.00
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	166	220	0	315	3.62	3.58	44.28	3.05	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	820	73	0	1	3.31	0.7	18.99	0.22	0.05
FRUIT: ASSORTED DRIED-ALL SCHS	SERVINGS	451	112	0	3	1.40	1.05	28.43	0.09	0.01
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	192	74	0	9	1.20	0.52	18.24	0.0	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	92	120	10	150	0.00	10.0	14.0	2.5	1.50
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	241	120	5	150	0.00	8.0	22.0	0.0	0.00
Middle Lunch	Total	1710								
CHEESEBURGER TWINS- E.S&M.S.	1 each	65	272	45	355	2.60	19.7	31.3	7.8	2.90
SANDWICH,GRILLED CHEESE- ES,MS	1 EACH	35	280	30	599	3.00	18.66	31.58	9.68	5.39
PIZZA, PAPA J CHEESE- ES, MS	SLICE	990	330	20	670	3.00	21.0	40.0	10.0	4.00
PIZZA, PAPA J HAWAIIAN- MS	SLICE	590	350	25	840	4.00	23.0	42.0	11.0	4.00
BURRITO, BEAN, CHSE, GRN CHILI	1 EACH	30	320	15	388	7.88	15.58	40.98	11.56	3.88
SIDE SALAD - MS, HS	1 EACH	60	21	0	17	1.83	1.05	4.28	0.24	0.02
POTATO TOTS- ALL SCHOOLS	1 EACH	270	140	0	225	2.70	2.16	19.99	5.65	0.81
CARROTS- ALL SCHOOLS	bag	290	60	0	133	4.93	1.09	14.02	0.22	0.04
SALSA - ALL SCHOOLS	SERVING	0	35	0	65	1.00	2.0	8.0	0.0	0.00
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	276	74	0	9	1.20	0.52	18.24	0.0	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	1070	73	0	1	3.31	0.7	18.99	0.22	0.05
FRUIT: ASSORTED DRIED-ALL SCHS	SERVINGS	516	112	0	3	1.40	1.05	28.43	0.09	0.01
FRUIT: ASSORTED JUICE	1 EACH	545	22	0	6	0.00	0.2	5.8	0.0	0.00
FREEZIE FRUIT SLUSHIE- MS	SERVING	869	90	0	20	0.00	0.0	22.5	0.0	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	293	120	10	150	0.00	10.0	14.0	2.5	1.50
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	496	120	5	150	0.00	8.0	22.0	0.0	0.00
KETCHUP- ALL SCHOOLS	PACKET	320	10	0	25	0.00	0.0	3.0	0.0	0.00
MAYONNAISE- ALL SCHOOLS	packet	135	25	0	100	0.00	0.0	2.0	2.5	0.00
DRESSING, RANCH- ALL SCHOOLS	PACKET	325	49	5	105	0.02	0.15	1.05	4.93	0.72
MUSTARD, PACKET-ALL SCHOOLS	1 EACH	85	0	0	65	0.00	0.0	0.0	0.0	0.00
BBQ SAUCE PACKET- ALL SCHOOLS	PORTION	160	15	0	85	0.00	0.0	4.0	0.0	0.00
Weighted Daily Average			541	21	714	7.01	21.37	90.11	11.95	3.84
% of Calories							15.8%	66.6%	19.9%	6.4%
Nutrient Guideline			521-637		1102					<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.

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

# ABC UNIFIED SCHOOL DISTRICT

Jan 8, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

Combined: Middle Breakfast/Middle Lunch

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 01/30/2018										
Middle Breakfast	Total	786								
MINI MAPLE PANCAKES- ALL SCHS	3 OZ	206	220	5	340	3.00	5.0	36.0	7.0	1.00
SANDWICH, PBJ - MS & HS	SANDWICH	223	320	0	320	3.00	10.0	32.0	17.0	3.50
BRKFST BAR, BAN CHOC-E.S, M.S.	1 EACH	197	280	15	220	3.00	5.0	48.0	8.0	3.00
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	160	220	0	315	3.62	3.58	44.28	3.05	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	930	73	0	1	3.31	0.7	18.99	0.22	0.05
FRUIT: ASSORTED DRIED-ALL SCHS	SERVINGS	428	112	0	3	1.40	1.05	28.43	0.09	0.01
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	198	74	0	9	1.20	0.52	18.24	0.0	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	157	120	10	150	0.00	10.0	14.0	2.5	1.50
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	216	120	5	150	0.00	8.0	22.0	0.0	0.00
Middle Lunch	Total	1564								
ROASTED BBQ CHIX- MS	1 EACH	582	409	95	671	0.00	22.0	34.5	20.0	3.50
TAMALE, PORK & CHEESE- MS	1 EACH	250	350	39	175	1.50	21.0	46.0	11.0	3.20
RIB-B-QUE, PORK- MS	1 EACH	547	350	45	900	3.00	18.0	39.0	14.0	4.50
SPINACH SALAD- ES, MS	1 each	65	138	194	173	1.49	11.25	4.32	8.38	3.47
GOLDFISH, H&S CHEDDAR-ES, MS	1 EACH	65	200	10	390	3.00	5.0	28.0	8.0	1.50
SANDWICH,GRILLED CHEESE- ES,MS	1 EACH	120	280	30	599	3.00	18.66	31.58	9.68	5.39
SIDE SALAD - MS, HS	EACH	60	21	0	17	1.83	1.05	4.28	0.24	0.02
POTATO TOTS- ALL SCHOOLS	1 EACH	280	140	0	225	2.70	2.16	19.99	5.65	0.81
CARROTS- ALL SCHOOLS	bag	270	60	0	133	4.93	1.09	14.02	0.22	0.04
BEANS, RANCHERO-E.S., M.S.	SERVING	150	183	0	404	9.54	10.11	32.56	1.68	0.35
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	1150	73	0	1	3.31	0.7	18.99	0.22	0.05
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	246	74	0	9	1.20	0.52	18.24	0.0	0.00
FRUIT: ASSORTED DRIED-ALL SCHS	SERVINGS	474	112	0	3	1.40	1.05	28.43	0.09	0.01
FRUIT: ASSORTED JUICE	1 EACH	510	22	0	6	0.00	0.2	5.8	0.0	0.00
FREEZIE FRUIT SLUSHIE- MS	SERVING	665	90	0	20	0.00	0.0	22.5	0.0	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	287	120	10	150	0.00	10.0	14.0	2.5	1.50
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	525	120	5	150	0.00	8.0	22.0	0.0	0.00
COOKIE, MINI CHOC CHIP- MS	1 EACH	750	120	0	35	1.00	2.0	22.0	2.5	1.00
KETCHUP- ALL SCHOOLS	PACKET	300	10	0	25	0.00	0.0	3.0	0.0	0.00
MAYONNAISE- ALL SCHOOLS	packet	130	25	0	100	0.00	0.0	2.0	2.5	0.00
DRESSING, RANCH- ALL SCHOOLS	PACKET	235	49	5	105	0.02	0.15	1.05	4.93	0.72
MUSTARD, PACKET-ALL SCHOOLS	1 EACH	80	0	0	65	0.00	0.0	0.0	0.0	0.00
BBQ SAUCE PACKET- ALL SCHOOLS	PORTION	205	15	0	85	0.00	0.0	4.0	0.0	0.00
Weighted Daily Average			627	51	735	7.74	22.61	100.78	16.37	4.18
% of Calories							14.4%	64.3%	23.5%	6.0%
Nutrient Guideline			521-637		1102					<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.

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



# ABC UNIFIED SCHOOL DISTRICT

Jan 8, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

Combined: Middle Breakfast/Middle Lunch

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 01/31/2018										
Middle Breakfast	Total	797								
BREAKFAST SANDWICH- ALL SCHOOL	1 EACH	206	159	26	312	1.40	9.7	16.0	6.4	2.60
SANDWICH, PBJ - MS & HS	SANDWICH	227	320	0	320	3.00	10.0	32.0	17.0	3.50
BRKFST BAR, BAN CHOC-E.S, M.S.	1 EACH	204	280	15	220	3.00	5.0	48.0	8.0	3.00
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	160	220	0	315	3.62	3.58	44.28	3.05	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	984	73	0	1	3.31	0.7	18.99	0.22	0.05
FRUIT: ASSORTED DRIED-ALL SCHS	SERVINGS	407	112	0	3	1.40	1.05	28.43	0.09	0.01
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	217	74	0	9	1.20	0.52	18.24	0.0	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	191	120	10	150	0.00	10.0	14.0	2.5	1.50
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	280	120	5	150	0.00	8.0	22.0	0.0	0.00
Middle Lunch	Total	2342								
CHEESEBURGER TWINS- E.S&M.S.	1 each	662	272	45	355	2.60	19.7	31.3	7.8	2.90
SANDWICH,GRILLED CHEESE- ES,MS	1 EACH	55	280	30	599	3.00	18.66	31.58	9.68	5.39
PIZZA, PAPA J CHEESE- ES, MS	SLICE	1400	330	20	670	3.00	21.0	40.0	10.0	4.00
PIZZA, PAPA J VEGGIE- MS	SLICE	190	340	20	700	4.00	21.0	41.0	11.0	4.00
BURRITO, BEAN, CHSE, GRN CHILI	1 EACH	35	320	15	388	7.88	15.58	40.98	11.56	3.88
SIDE SALAD - MS, HS	EACH	60	21	0	17	1.83	1.05	4.28	0.24	0.02
POTATO TOTS- ALL SCHOOLS	1 EACH	310	140	0	225	2.70	2.16	19.99	5.65	0.81
CARROTS- ALL SCHOOLS	bag	334	60	0	133	4.93	1.09	14.02	0.22	0.04
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	235	74	0	9	1.20	0.52	18.24	0.0	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	1095	73	0	1	3.31	0.7	18.99	0.22	0.05
FRUIT: ASSORTED DRIED-ALL SCHS	SERVINGS	505	112	0	3	1.40	1.05	28.43	0.09	0.01
FRUIT: ASSORTED JUICE	1 EACH	540	22	0	6	0.00	0.2	5.8	0.0	0.00
FREEZIE FRUIT SLUSHIE- MS	SERVING	869	90	0	20	0.00	0.0	22.5	0.0	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	324	120	10	150	0.00	10.0	14.0	2.5	1.50
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	509	120	5	150	0.00	8.0	22.0	0.0	0.00
KETCHUP- ALL SCHOOLS	PACKET	300	10	0	25	0.00	0.0	3.0	0.0	0.00
MAYONNAISE- ALL SCHOOLS	packet	130	25	0	100	0.00	0.0	2.0	2.5	0.00
DRESSING, RANCH- ALL SCHOOLS	PACKET	305	49	5	105	0.02	0.15	1.05	4.93	0.72
MUSTARD, PACKET-ALL SCHOOLS	1 EACH	80	0	0	65	0.00	0.0	0.0	0.0	0.00
BBQ SAUCE PACKET- ALL SCHOOLS	PORTION	155	15	0	85	0.00	0.0	4.0	0.0	0.00
Weighted Daily Average			495	26	636	6.56	22.05	79.41	11.14	3.83
% of Calories							17.8%	64.2%	20.3%	7.0%
Nutrient Guideline			521-637		1102					<10.00

Weighted Average			559	*32	702	7.27	21.74	90.89	13.55	3.93
							15.6%	65.1%	21.8%	6.3%

**\*N/A\*** - denotes a nutrient that is either missing or incomplete for an individual ingredient  
**\*** - denotes combined nutrient totals with either missing or incomplete nutrient data  
**1** - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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

# ABC UNIFIED SCHOOL DISTRICT

Jan 8, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

Combined: Middle Breakfast/Middle Lunch

Portion Values - Detailed

Page 18

Generated on: 12/19/2017 7:49:00 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
<b>Nutrient</b>	<b>Menu AVG</b>	<b>% of Cals</b>	<b>Weekly Target</b>	<b>% of Target</b>	<b>Miss Data</b>	<b>Shortfall</b>	<b>Overage</b>	<b>Error Messages (if any)</b>		
Calories	559		521 - 637	100%						
Cholesterol (mg)	32				Missing					
Sodium (mg)	702		1102							
Fiber (g)	7.27									
Protein (g)	21.74	15.57%								
Carbohydrate (g)	90.89	65.09%								
Total Fat (g)	13.55	21.83%								
Saturated Fat (g)	3.93	6.33%	<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.

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