

# ABC UNIFIED SCHOOL DISTRICT

Sep 28, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

Combined: Middle Breakfast/Middle Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 09/28/2017										
Middle Breakfast	Total	713								
MINI MAPLE PANCAKES- ALL SCHS	3 OZ	120	220	5	340	3.00	5.0	36.0	7.0	1.00
SANDWICH, PBJ - MS & HS	SANDWICH	210	334	0	334	3.13	10.44	33.42	17.76	3.66
BRKFST BAR, BAN CHOC-E.S, M.S.	1 EACH	142	280	15	220	3.00	5.0	48.0	8.0	3.00
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	206	186	0	227	4.29	4.06	39.38	1.63	0.10
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	500	73	0	1	3.31	0.7	18.99	0.22	0.05
FRUIT: ASSORTED DRIED-ALL SCHS	SERVINGS	250	112	0	3	1.40	1.05	28.43	0.09	0.01
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	225	69	0	6	1.50	0.4	16.85	0.0	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	250	120	10	150	0.00	10.0	14.0	2.5	1.50
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	425	120	5	150	0.00	8.0	22.0	0.0	0.00
Middle Lunch	Total	1378								
BEEF -CHILI & CHIPS	PORTION	1	364	20	753	4.74	13.45	45.22	15.23	1.66
TAMALE, PORK & CHEESE- MS	1 EACH	1	390	39	372	3.52	22.05	53.76	11.21	3.24
SPICY CHIX SANDWICH-MS, HS	SANDWICH	358	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	1	280	30	599	3.00	18.66	31.58	9.68	5.39
SIDE SALAD - MS, HS	EACH	52	20	0	17	1.85	1.05	4.18	0.24	0.02
POTATO TOTS- ALL SCHOOLS	1 EACH	195	140	0	225	2.70	2.16	19.99	5.65	0.81
CARROTS- ALL SCHOOLS	bag	300	60	0	133	4.93	1.09	14.02	0.22	0.04
BROCCOLI W/CHEDDAR-E.S.,M.S.	SERV	150	57	7	139	2.83	4.79	5.98	2.21	1.42
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	811	73	0	1	3.31	0.7	18.99	0.22	0.05
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	166	69	0	6	1.50	0.4	16.85	0.0	0.00
FRUIT: ASSORTED DRIED-ALL SCHS	SERVINGS	336	112	0	3	1.40	1.05	28.43	0.09	0.01
FRUIT: ASSORTED JUICE	1 EACH	1295	22	0	6	0.00	0.2	5.8	0.0	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	359	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	750	10	0	25	0.00	0.0	3.0	0.0	0.00
MAYONNAISE- ALL SCHOOLS	packet	250	25	0	100	0.00	0.0	2.0	2.5	0.00
DRESSING, RANCH- ALL SCHOOLS	PACKET	750	49	5	105	0.02	0.15	1.05	4.93	0.72
MUSTARD, PACKET-ALL SCHOOLS	1 EACH	250	0	0	65	0.00	0.0	0.0	0.0	0.00
BBQ SAUCE PACKET- ALL SCHOOLS	PORTION	750	15	0	85	0.00	0.0	4.0	0.0	0.00
Weighted Daily Average			403	*19	505	5.73	14.31	68.56	9.46	2.33
% of Calories							14.2%	68.0%	21.1%	5.2%
Nutrient Guideline			524-639		1112					<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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Sep 28, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

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Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 09/29/2017										
Middle Breakfast	Total	655								
CINNAMON ROLL- ES, MS	1 EACH	100	270	15	135	3.00	6.0	43.0	9.0	2.00
SANDWICH, PBJ - MS & HS	SANDWICH	210	334	0	334	3.13	10.44	33.42	17.76	3.66
BRKFST BAR, BAN CHOC-E.S, M.S.	1 EACH	110	280	15	220	3.00	5.0	48.0	8.0	3.00
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	200	186	0	227	4.29	4.06	39.38	1.63	0.10
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	500	73	0	1	3.31	0.7	18.99	0.22	0.05
FRUIT: ASSORTED DRIED-ALL SCHS	SERVINGS	250	112	0	3	1.40	1.05	28.43	0.09	0.01
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	225	69	0	6	1.50	0.4	16.85	0.0	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	250	120	10	150	0.00	10.0	14.0	2.5	1.50
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	425	120	5	150	0.00	8.0	22.0	0.0	0.00
Middle Lunch	Total	1678								
CHEESEBURGER TWINS- E.S&M.S.	1 each	1	272	45	355	2.60	19.7	31.3	7.8	2.90
SANDWICH,GRILLED CHEESE- ES,MS	1 EACH	1	280	30	599	3.00	18.66	31.58	9.68	5.39
PIZZA, PAPA J CHEESE- ES, MS	SLICE	300	330	20	670	3.00	21.0	40.0	10.0	4.00
PIZZA, PAPA J PEPP- MS	SLICE	1180	360	30	800	3.00	21.0	40.0	14.0	5.00
BURRITO, BEAN, CHSE, GRN CHILI	1 EACH	1	320	15	388	7.88	15.58	40.98	11.56	3.88
SIDE SALAD - MS, HS	EACH	50	20	0	17	1.85	1.05	4.18	0.24	0.02
POTATO TOTS- ALL SCHOOLS	1 EACH	195	140	0	225	2.70	2.16	19.99	5.65	0.81
CARROTS- ALL SCHOOLS	bag	300	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	780	73	0	1	3.31	0.7	18.99	0.22	0.05
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	120	69	0	6	1.50	0.4	16.85	0.0	0.00
FRUIT: ASSORTED DRIED-ALL SCHS	SERVINGS	363	112	0	3	1.40	1.05	28.43	0.09	0.01
FRUIT: ASSORTED JUICE	1 EACH	1356	22	0	6	0.00	0.2	5.8	0.0	0.00
FREEZIE FRUIT SLUSHIE- MS	SERVING	1	90	0	20	0.00	0.0	22.5	0.0	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	329	120	10	150	0.00	10.0	14.0	2.5	1.50
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	463	120	5	150	0.00	8.0	22.0	0.0	0.00
KETCHUP- ALL SCHOOLS	PACKET	750	10	0	25	0.00	0.0	3.0	0.0	0.00
MAYONNAISE- ALL SCHOOLS	packet	250	25	0	100	0.00	0.0	2.0	2.5	0.00
DRESSING, RANCH- ALL SCHOOLS	PACKET	750	49	5	105	0.02	0.15	1.05	4.93	0.72
MUSTARD, PACKET-ALL SCHOOLS	1 EACH	250	0	0	65	0.00	0.0	0.0	0.0	0.00
BBQ SAUCE PACKET- ALL SCHOOLS	PORTION	750	15	0	85	0.00	0.0	4.0	0.0	0.00
Weighted Daily Average			520	25	809	6.47	22.38	80.03	14.04	4.32
% of Calories							17.2%	61.5%	24.3%	7.5%
Nutrient Guideline			524-639		1112					<10.00

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Base Menu Spreadsheet

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Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 10/02/2017										
Middle Breakfast	Total	655								
CINNAMON ROLL- ES, MS	1 EACH	1	270	15	135	3.00	6.0	43.0	9.0	2.00
SANDWICH, PBJ - MS & HS	SANDWICH	198	334	0	334	3.13	10.44	33.42	17.76	3.66
BRKFST BAR, BAN CHOC-E.S, M.S.	1 EACH	132	280	15	220	3.00	5.0	48.0	8.0	3.00
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	210	186	0	227	4.29	4.06	39.38	1.63	0.10
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	505	73	0	1	3.31	0.7	18.99	0.22	0.05
FRUIT: ASSORTED DRIED-ALL SCHS	SERVINGS	255	112	0	3	1.40	1.05	28.43	0.09	0.01
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	217	69	0	6	1.50	0.4	16.85	0.0	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	246	120	10	150	0.00	10.0	14.0	2.5	1.50
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	413	120	5	150	0.00	8.0	22.0	0.0	0.00
Middle Lunch	Total	1631								
CHEESEBURGER TWINS- E.S&M.S.	1 each	1	272	45	355	2.60	19.7	31.3	7.8	2.90
SANDWICH,GRILLED CHEESE- ES,MS	1 EACH	1	280	30	599	3.00	18.66	31.58	9.68	5.39
PIZZA, PAPA J CHEESE- ES, MS	SLICE	1350	330	20	670	3.00	21.0	40.0	10.0	4.00
PIZZA, PAPA J HAWAIIAN- MS	SLICE	120	350	25	840	4.00	23.0	42.0	11.0	4.00
BURRITO, BEAN, CHSE, GRN CHILI	1 EACH	1	320	15	388	7.88	15.58	40.98	11.56	3.88
SIDE SALAD - MS, HS	1 EACH	1	20	0	17	1.85	1.05	4.18	0.24	0.02
POTATO TOTS- ALL SCHOOLS	1 EACH	1	140	0	225	2.70	2.16	19.99	5.65	0.81
CARROTS- ALL SCHOOLS	bag	495	60	0	133	4.93	1.09	14.02	0.22	0.04
SALSA - ALL SCHOOLS	SERVING	1	41	0	488	1.59	1.7	7.94	0.23	0.03
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	159	69	0	6	1.50	0.4	16.85	0.0	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	841	73	0	1	3.31	0.7	18.99	0.22	0.05
FRUIT: ASSORTED DRIED-ALL SCHS	SERVINGS	390	112	0	3	1.40	1.05	28.43	0.09	0.01
FRUIT: ASSORTED JUICE	1 EACH	1328	22	0	6	0.00	0.2	5.8	0.0	0.00
FREEZIE FRUIT SLUSHIE- MS	SERVING	1	90	0	20	0.00	0.0	22.5	0.0	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	311	120	10	150	0.00	10.0	14.0	2.5	1.50
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	527	120	5	150	0.00	8.0	22.0	0.0	0.00
KETCHUP- ALL SCHOOLS	PACKET	750	10	0	25	0.00	0.0	3.0	0.0	0.00
MAYONNAISE- ALL SCHOOLS	packet	250	25	0	100	0.00	0.0	2.0	2.5	0.00
DRESSING, RANCH- ALL SCHOOLS	PACKET	750	49	5	105	0.02	0.15	1.05	4.93	0.72
MUSTARD, PACKET-ALL SCHOOLS	1 EACH	250	0	0	65	0.00	0.0	0.0	0.0	0.00
BBQ SAUCE PACKET- ALL SCHOOLS	PORTION	750	15	0	85	0.00	0.0	4.0	0.0	0.00
Weighted Daily Average			493	20	725	6.50	22.10	78.89	11.35	3.72
% of Calories							17.9%	64.0%	20.7%	6.8%
Nutrient Guideline			524-639		1112					<10.00

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Base Menu Spreadsheet

Portion Values - Detailed

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Combined: Middle Breakfast/Middle Lunch

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 10/03/2017										
Middle Breakfast	Total	671								
MINI MAPLE PANCAKES- ALL SCHS	3 OZ	1	220	5	340	3.00	5.0	36.0	7.0	1.00
SANDWICH, PBJ - MS & HS	SANDWICH	208	334	0	334	3.13	10.44	33.42	17.76	3.66
BRKFST BAR, BAN CHOC-E.S, M.S.	1 EACH	131	280	15	220	3.00	5.0	48.0	8.0	3.00
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	210	186	0	227	4.29	4.06	39.38	1.63	0.10
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	500	73	0	1	3.31	0.7	18.99	0.22	0.05
FRUIT: ASSORTED DRIED-ALL SCHS	SERVINGS	250	112	0	3	1.40	1.05	28.43	0.09	0.01
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	225	69	0	6	1.50	0.4	16.85	0.0	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	250	120	10	150	0.00	10.0	14.0	2.5	1.50
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	425	120	5	150	0.00	8.0	22.0	0.0	0.00
Middle Lunch	Total	1390								
ROASTED BBQ CHIX- MS	1 EACH	1	394	95	681	2.30	21.02	36.33	17.79	4.20
TAMALE, PORK & CHEESE- MS	1 EACH	1	390	39	372	3.52	22.05	53.76	11.21	3.24
RIB-B-QUE, PORK- MS	1 EACH	426	350	45	890	3.00	18.0	40.0	14.0	4.00
SPINACH SALAD- ES, MS	1 each	95	138	194	173	1.49	11.25	4.32	8.38	3.47
GOLDFISH, H&S CHEDDAR-ES, MS	1 EACH	1	200	10	390	3.00	5.0	28.0	8.0	1.50
SANDWICH,GRILLED CHEESE- ES,MS	1 EACH	1	280	30	599	3.00	18.66	31.58	9.68	5.39
SIDE SALAD - MS, HS	EACH	50	20	0	17	1.85	1.05	4.18	0.24	0.02
POTATO TOTS- ALL SCHOOLS	1 EACH	195	140	0	225	2.70	2.16	19.99	5.65	0.81
CARROTS- ALL SCHOOLS	bag	300	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	977	73	0	1	3.31	0.7	18.99	0.22	0.05
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	154	69	0	6	1.50	0.4	16.85	0.0	0.00
FRUIT: ASSORTED DRIED-ALL SCHS	SERVINGS	356	112	0	3	1.40	1.05	28.43	0.09	0.01
FRUIT: ASSORTED JUICE	1 EACH	1241	22	0	6	0.00	0.2	5.8	0.0	0.00
FREEZIE FRUIT SLUSHIE- MS	SERVING	1	90	0	20	0.00	0.0	22.5	0.0	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	240	120	10	150	0.00	10.0	14.0	2.5	1.50
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	470	120	5	150	0.00	8.0	22.0	0.0	0.00
COOKIE, MINI CHOC CHIP- MS	1 EACH	1390	120	0	35	1.00	2.0	22.0	2.5	1.00
KETCHUP- ALL SCHOOLS	PACKET	750	10	0	25	0.00	0.0	3.0	0.0	0.00
MAYONNAISE- ALL SCHOOLS	packet	250	25	0	100	0.00	0.0	2.0	2.5	0.00
DRESSING, RANCH- ALL SCHOOLS	PACKET	750	49	5	105	0.02	0.15	1.05	4.93	0.72
MUSTARD, PACKET-ALL SCHOOLS	1 EACH	250	0	0	65	0.00	0.0	0.0	0.0	0.00
BBQ SAUCE PACKET- ALL SCHOOLS	PORTION	750	15	0	85	0.00	0.0	4.0	0.0	0.00
Weighted Daily Average			488	26	563	7.10	15.44	84.86	11.03	3.00
% of Calories							12.7%	69.5%	20.3%	5.5%
Nutrient Guideline			524-639		1112					<10.00

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 \* - denotes combined nutrient totals with either missing or incomplete nutrient data  
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Wed - 10/04/2017										
Middle Breakfast	Total	656								
BREAKFAST SANDWICH- ALL SCHOOL	1 EACH	1	159	26	312	1.40	9.7	16.0	6.4	2.60
SANDWICH, PBJ - MS & HS	SANDWICH	213	334	0	334	3.13	10.44	33.42	17.76	3.66
BRKFST BAR, BAN CHOC-E.S, M.S.	1 EACH	122	280	15	220	3.00	5.0	48.0	8.0	3.00
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	215	186	0	227	4.29	4.06	39.38	1.63	0.10
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	500	73	0	1	3.31	0.7	18.99	0.22	0.05
FRUIT: ASSORTED DRIED-ALL SCHS	SERVINGS	250	112	0	3	1.40	1.05	28.43	0.09	0.01
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	225	69	0	6	1.50	0.4	16.85	0.0	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	250	120	10	150	0.00	10.0	14.0	2.5	1.50
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	425	120	5	150	0.00	8.0	22.0	0.0	0.00
Middle Lunch	Total	1671								
CHEESEBURGER TWINS- E.S&M.S.	1 each	1	272	45	355	2.60	19.7	31.3	7.8	2.90
SANDWICH,GRILLED CHEESE- ES,MS	1 EACH	1	280	30	599	3.00	18.66	31.58	9.68	5.39
PIZZA, PAPA J CHEESE- ES, MS	SLICE	720	330	20	670	3.00	21.0	40.0	10.0	4.00
PIZZA, PAPA J VEGGIE- MS	SLICE	770	340	20	700	4.00	21.0	41.0	11.0	4.00
BURRITO, BEAN, CHSE, GRN CHILI	1 EACH	1	320	15	388	7.88	15.58	40.98	11.56	3.88
SIDE SALAD - MS, HS	EACH	52	20	0	17	1.85	1.05	4.18	0.24	0.02
POTATO TOTS- ALL SCHOOLS	1 EACH	195	140	0	225	2.70	2.16	19.99	5.65	0.81
CARROTS- ALL SCHOOLS	bag	300	60	0	133	4.93	1.09	14.02	0.22	0.04
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	122	69	0	6	1.50	0.4	16.85	0.0	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	940	73	0	1	3.31	0.7	18.99	0.22	0.05
FRUIT: ASSORTED DRIED-ALL SCHS	SERVINGS	384	112	0	3	1.40	1.05	28.43	0.09	0.01
FRUIT: ASSORTED JUICE	1 EACH	1359	22	0	6	0.00	0.2	5.8	0.0	0.00
FREEZIE FRUIT SLUSHIE- MS	SERVING	1	90	0	20	0.00	0.0	22.5	0.0	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	272	120	10	150	0.00	10.0	14.0	2.5	1.50
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	453	120	5	150	0.00	8.0	22.0	0.0	0.00
KETCHUP- ALL SCHOOLS	PACKET	750	10	0	25	0.00	0.0	3.0	0.0	0.00
MAYONNAISE- ALL SCHOOLS	packet	250	25	0	100	0.00	0.0	2.0	2.5	0.00
DRESSING, RANCH- ALL SCHOOLS	PACKET	750	49	5	105	0.02	0.15	1.05	4.93	0.72
MUSTARD, PACKET-ALL SCHOOLS	1 EACH	250	0	0	65	0.00	0.0	0.0	0.0	0.00
BBQ SAUCE PACKET- ALL SCHOOLS	PORTION	750	15	0	85	0.00	0.0	4.0	0.0	0.00
Weighted Daily Average			495	19	722	6.66	21.62	78.44	12.03	3.74
% of Calories							17.5%	63.4%	21.9%	6.8%
Nutrient Guideline			524-639		1112					<10.00

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# ABC UNIFIED SCHOOL DISTRICT

Sep 28, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

Combined: Middle Breakfast/Middle Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 10/05/2017										
Middle Breakfast	Total	713								
MINI MAPLE PANCAKES- ALL SCHS	3 OZ	120	220	5	340	3.00	5.0	36.0	7.0	1.00
SANDWICH, PBJ - MS & HS	SANDWICH	210	334	0	334	3.13	10.44	33.42	17.76	3.66
BRKFST BAR, BAN CHOC-E.S, M.S.	1 EACH	142	280	15	220	3.00	5.0	48.0	8.0	3.00
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	206	186	0	227	4.29	4.06	39.38	1.63	0.10
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	500	73	0	1	3.31	0.7	18.99	0.22	0.05
FRUIT: ASSORTED DRIED-ALL SCHS	SERVINGS	250	112	0	3	1.40	1.05	28.43	0.09	0.01
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	225	69	0	6	1.50	0.4	16.85	0.0	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	250	120	10	150	0.00	10.0	14.0	2.5	1.50
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	425	120	5	150	0.00	8.0	22.0	0.0	0.00
Middle Lunch	Total	1378								
BEEF -CHILI & CHIPS	PORTION	1	364	20	753	4.74	13.45	45.22	15.23	1.66
TAMALE, PORK & CHEESE- MS	1 EACH	1	390	39	372	3.52	22.05	53.76	11.21	3.24
SPICY CHIX SANDWICH-MS, HS	SANDWICH	358	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	1	280	30	599	3.00	18.66	31.58	9.68	5.39
SIDE SALAD - MS, HS	EACH	52	20	0	17	1.85	1.05	4.18	0.24	0.02
POTATO TOTS- ALL SCHOOLS	1 EACH	195	140	0	225	2.70	2.16	19.99	5.65	0.81
CARROTS- ALL SCHOOLS	bag	300	60	0	133	4.93	1.09	14.02	0.22	0.04
BROCCOLI W/CHEDDAR-E.S.,M.S.	SERV	150	57	7	139	2.83	4.79	5.98	2.21	1.42
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	811	73	0	1	3.31	0.7	18.99	0.22	0.05
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	166	69	0	6	1.50	0.4	16.85	0.0	0.00
FRUIT: ASSORTED DRIED-ALL SCHS	SERVINGS	336	112	0	3	1.40	1.05	28.43	0.09	0.01
FRUIT: ASSORTED JUICE	1 EACH	1295	22	0	6	0.00	0.2	5.8	0.0	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	359	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	750	10	0	25	0.00	0.0	3.0	0.0	0.00
MAYONNAISE- ALL SCHOOLS	packet	250	25	0	100	0.00	0.0	2.0	2.5	0.00
DRESSING, RANCH- ALL SCHOOLS	PACKET	750	49	5	105	0.02	0.15	1.05	4.93	0.72
MUSTARD, PACKET-ALL SCHOOLS	1 EACH	250	0	0	65	0.00	0.0	0.0	0.0	0.00
BBQ SAUCE PACKET- ALL SCHOOLS	PORTION	750	15	0	85	0.00	0.0	4.0	0.0	0.00
Weighted Daily Average			403	*19	505	5.73	14.31	68.56	9.46	2.33
% of Calories							14.2%	68.0%	21.1%	5.2%
Nutrient Guideline			524-639		1112					<10.00

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# ABC UNIFIED SCHOOL DISTRICT

Sep 28, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

Combined: Middle Breakfast/Middle Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 10/06/2017										
Middle Breakfast	Total	655								
CINNAMON ROLL- ES, MS	1 EACH	100	270	15	135	3.00	6.0	43.0	9.0	2.00
SANDWICH, PBJ - MS & HS	SANDWICH	210	334	0	334	3.13	10.44	33.42	17.76	3.66
BRKFST BAR, BAN CHOC-E.S, M.S.	1 EACH	110	280	15	220	3.00	5.0	48.0	8.0	3.00
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	200	186	0	227	4.29	4.06	39.38	1.63	0.10
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	500	73	0	1	3.31	0.7	18.99	0.22	0.05
FRUIT: ASSORTED DRIED-ALL SCHS	SERVINGS	250	112	0	3	1.40	1.05	28.43	0.09	0.01
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	225	69	0	6	1.50	0.4	16.85	0.0	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	250	120	10	150	0.00	10.0	14.0	2.5	1.50
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	425	120	5	150	0.00	8.0	22.0	0.0	0.00
Middle Lunch	Total	1678								
CHEESEBURGER TWINS- E.S&M.S.	1 each	1	272	45	355	2.60	19.7	31.3	7.8	2.90
SANDWICH,GRILLED CHEESE- ES,MS	1 EACH	1	280	30	599	3.00	18.66	31.58	9.68	5.39
PIZZA, PAPA J CHEESE- ES, MS	SLICE	300	330	20	670	3.00	21.0	40.0	10.0	4.00
PIZZA, PAPA J PEPP- MS	SLICE	1180	360	30	800	3.00	21.0	40.0	14.0	5.00
BURRITO, BEAN, CHSE, GRN CHILI	1 EACH	1	320	15	388	7.88	15.58	40.98	11.56	3.88
SIDE SALAD - MS, HS	EACH	50	20	0	17	1.85	1.05	4.18	0.24	0.02
POTATO TOTS- ALL SCHOOLS	1 EACH	195	140	0	225	2.70	2.16	19.99	5.65	0.81
CARROTS- ALL SCHOOLS	bag	300	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	780	73	0	1	3.31	0.7	18.99	0.22	0.05
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	120	69	0	6	1.50	0.4	16.85	0.0	0.00
FRUIT: ASSORTED DRIED-ALL SCHS	SERVINGS	363	112	0	3	1.40	1.05	28.43	0.09	0.01
FRUIT: ASSORTED JUICE	1 EACH	1356	22	0	6	0.00	0.2	5.8	0.0	0.00
FREEZIE FRUIT SLUSHIE- MS	SERVING	1	90	0	20	0.00	0.0	22.5	0.0	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	329	120	10	150	0.00	10.0	14.0	2.5	1.50
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	463	120	5	150	0.00	8.0	22.0	0.0	0.00
KETCHUP- ALL SCHOOLS	PACKET	750	10	0	25	0.00	0.0	3.0	0.0	0.00
MAYONNAISE- ALL SCHOOLS	packet	250	25	0	100	0.00	0.0	2.0	2.5	0.00
DRESSING, RANCH- ALL SCHOOLS	PACKET	750	49	5	105	0.02	0.15	1.05	4.93	0.72
MUSTARD, PACKET-ALL SCHOOLS	1 EACH	250	0	0	65	0.00	0.0	0.0	0.0	0.00
BBQ SAUCE PACKET- ALL SCHOOLS	PORTION	750	15	0	85	0.00	0.0	4.0	0.0	0.00
Weighted Daily Average			520	25	809	6.47	22.38	80.03	14.04	4.32
% of Calories							17.2%	61.5%	24.3%	7.5%
Nutrient Guideline			524-639		1112					<10.00

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# ABC UNIFIED SCHOOL DISTRICT

Sep 28, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

Combined: Middle Breakfast/Middle Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 10/09/2017										
Middle Breakfast	Total	655								
CINNAMON ROLL- ES, MS	1 EACH	1	270	15	135	3.00	6.0	43.0	9.0	2.00
SANDWICH, PBJ - MS & HS	SANDWICH	198	334	0	334	3.13	10.44	33.42	17.76	3.66
BRKFST BAR, BAN CHOC-E.S, M.S.	1 EACH	132	280	15	220	3.00	5.0	48.0	8.0	3.00
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	210	186	0	227	4.29	4.06	39.38	1.63	0.10
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	505	73	0	1	3.31	0.7	18.99	0.22	0.05
FRUIT: ASSORTED DRIED-ALL SCHS	SERVINGS	255	112	0	3	1.40	1.05	28.43	0.09	0.01
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	217	69	0	6	1.50	0.4	16.85	0.0	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	246	120	10	150	0.00	10.0	14.0	2.5	1.50
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	413	120	5	150	0.00	8.0	22.0	0.0	0.00
Middle Lunch	Total	1631								
CHEESEBURGER TWINS- E.S&M.S.	1 each	1	272	45	355	2.60	19.7	31.3	7.8	2.90
SANDWICH,GRILLED CHEESE- ES,MS	1 EACH	1	280	30	599	3.00	18.66	31.58	9.68	5.39
PIZZA, PAPA J CHEESE- ES, MS	SLICE	1350	330	20	670	3.00	21.0	40.0	10.0	4.00
PIZZA, PAPA J HAWAIIAN- MS	SLICE	120	350	25	840	4.00	23.0	42.0	11.0	4.00
BURRITO, BEAN, CHSE, GRN CHILI	1 EACH	1	320	15	388	7.88	15.58	40.98	11.56	3.88
SIDE SALAD - MS, HS	1 EACH	1	20	0	17	1.85	1.05	4.18	0.24	0.02
POTATO TOTS- ALL SCHOOLS	1 EACH	1	140	0	225	2.70	2.16	19.99	5.65	0.81
CARROTS- ALL SCHOOLS	bag	495	60	0	133	4.93	1.09	14.02	0.22	0.04
SALSA - ALL SCHOOLS	SERVING	1	41	0	488	1.59	1.7	7.94	0.23	0.03
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	159	69	0	6	1.50	0.4	16.85	0.0	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	841	73	0	1	3.31	0.7	18.99	0.22	0.05
FRUIT: ASSORTED DRIED-ALL SCHS	SERVINGS	390	112	0	3	1.40	1.05	28.43	0.09	0.01
FRUIT: ASSORTED JUICE	1 EACH	1328	22	0	6	0.00	0.2	5.8	0.0	0.00
FREEZIE FRUIT SLUSHIE- MS	SERVING	1	90	0	20	0.00	0.0	22.5	0.0	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	311	120	10	150	0.00	10.0	14.0	2.5	1.50
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	527	120	5	150	0.00	8.0	22.0	0.0	0.00
KETCHUP- ALL SCHOOLS	PACKET	750	10	0	25	0.00	0.0	3.0	0.0	0.00
MAYONNAISE- ALL SCHOOLS	packet	250	25	0	100	0.00	0.0	2.0	2.5	0.00
DRESSING, RANCH- ALL SCHOOLS	PACKET	750	49	5	105	0.02	0.15	1.05	4.93	0.72
MUSTARD, PACKET-ALL SCHOOLS	1 EACH	250	0	0	65	0.00	0.0	0.0	0.0	0.00
BBQ SAUCE PACKET- ALL SCHOOLS	PORTION	750	15	0	85	0.00	0.0	4.0	0.0	0.00
Weighted Daily Average			493	20	725	6.50	22.10	78.89	11.35	3.72
% of Calories							17.9%	64.0%	20.7%	6.8%
Nutrient Guideline			524-639		1112					<10.00

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# ABC UNIFIED SCHOOL DISTRICT

Sep 28, 2017 thru Oct 31, 2017

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 - 10/10/2017										
Middle Breakfast	Total	671								
MINI MAPLE PANCAKES- ALL SCHS	3 OZ	1	220	5	340	3.00	5.0	36.0	7.0	1.00
SANDWICH, PBJ - MS & HS	SANDWICH	208	334	0	334	3.13	10.44	33.42	17.76	3.66
BRKFST BAR, BAN CHOC-E.S, M.S.	1 EACH	131	280	15	220	3.00	5.0	48.0	8.0	3.00
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	210	186	0	227	4.29	4.06	39.38	1.63	0.10
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	500	73	0	1	3.31	0.7	18.99	0.22	0.05
FRUIT: ASSORTED DRIED-ALL SCHS	SERVINGS	250	112	0	3	1.40	1.05	28.43	0.09	0.01
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	225	69	0	6	1.50	0.4	16.85	0.0	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	250	120	10	150	0.00	10.0	14.0	2.5	1.50
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	425	120	5	150	0.00	8.0	22.0	0.0	0.00
Middle Lunch	Total	1390								
ROASTED BBQ CHIX- MS	1 EACH	1	394	95	681	2.30	21.02	36.33	17.79	4.20
TAMALE, PORK & CHEESE- MS	1 EACH	1	390	39	372	3.52	22.05	53.76	11.21	3.24
RIB-B-QUE, PORK- MS	1 EACH	426	350	45	890	3.00	18.0	40.0	14.0	4.00
SPINACH SALAD- ES, MS	1 each	95	138	194	173	1.49	11.25	4.32	8.38	3.47
GOLDFISH, H&S CHEDDAR-ES, MS	1 EACH	1	200	10	390	3.00	5.0	28.0	8.0	1.50
SANDWICH,GRILLED CHEESE- ES,MS	1 EACH	1	280	30	599	3.00	18.66	31.58	9.68	5.39
SIDE SALAD - MS, HS	EACH	50	20	0	17	1.85	1.05	4.18	0.24	0.02
POTATO TOTS- ALL SCHOOLS	1 EACH	195	140	0	225	2.70	2.16	19.99	5.65	0.81
CARROTS- ALL SCHOOLS	bag	300	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	977	73	0	1	3.31	0.7	18.99	0.22	0.05
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	154	69	0	6	1.50	0.4	16.85	0.0	0.00
FRUIT: ASSORTED DRIED-ALL SCHS	SERVINGS	356	112	0	3	1.40	1.05	28.43	0.09	0.01
FRUIT: ASSORTED JUICE	1 EACH	1241	22	0	6	0.00	0.2	5.8	0.0	0.00
FREEZIE FRUIT SLUSHIE- MS	SERVING	1	90	0	20	0.00	0.0	22.5	0.0	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	240	120	10	150	0.00	10.0	14.0	2.5	1.50
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	470	120	5	150	0.00	8.0	22.0	0.0	0.00
COOKIE, MINI CHOC CHIP- MS	1 EACH	1390	120	0	35	1.00	2.0	22.0	2.5	1.00
KETCHUP- ALL SCHOOLS	PACKET	750	10	0	25	0.00	0.0	3.0	0.0	0.00
MAYONNAISE- ALL SCHOOLS	packet	250	25	0	100	0.00	0.0	2.0	2.5	0.00
DRESSING, RANCH- ALL SCHOOLS	PACKET	750	49	5	105	0.02	0.15	1.05	4.93	0.72
MUSTARD, PACKET-ALL SCHOOLS	1 EACH	250	0	0	65	0.00	0.0	0.0	0.0	0.00
BBQ SAUCE PACKET- ALL SCHOOLS	PORTION	750	15	0	85	0.00	0.0	4.0	0.0	0.00
Weighted Daily Average			488	26	563	7.10	15.44	84.86	11.03	3.00
% of Calories							12.7%	69.5%	20.3%	5.5%
Nutrient Guideline			524-639		1112					<10.00

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# ABC UNIFIED SCHOOL DISTRICT

Sep 28, 2017 thru Oct 31, 2017

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 - 10/11/2017										
Middle Breakfast	Total	656								
BREAKFAST SANDWICH- ALL SCHOOL	1 EACH	1	159	26	312	1.40	9.7	16.0	6.4	2.60
SANDWICH, PBJ - MS & HS	SANDWICH	213	334	0	334	3.13	10.44	33.42	17.76	3.66
BRKFST BAR, BAN CHOC-E.S, M.S.	1 EACH	122	280	15	220	3.00	5.0	48.0	8.0	3.00
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	215	186	0	227	4.29	4.06	39.38	1.63	0.10
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	500	73	0	1	3.31	0.7	18.99	0.22	0.05
FRUIT: ASSORTED DRIED-ALL SCHS	SERVINGS	250	112	0	3	1.40	1.05	28.43	0.09	0.01
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	225	69	0	6	1.50	0.4	16.85	0.0	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	250	120	10	150	0.00	10.0	14.0	2.5	1.50
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	425	120	5	150	0.00	8.0	22.0	0.0	0.00
Middle Lunch	Total	1671								
CHEESEBURGER TWINS- E.S&M.S.	1 each	1	272	45	355	2.60	19.7	31.3	7.8	2.90
SANDWICH,GRILLED CHEESE- ES,MS	1 EACH	1	280	30	599	3.00	18.66	31.58	9.68	5.39
PIZZA, PAPA J CHEESE- ES, MS	SLICE	720	330	20	670	3.00	21.0	40.0	10.0	4.00
PIZZA, PAPA J VEGGIE- MS	SLICE	770	340	20	700	4.00	21.0	41.0	11.0	4.00
BURRITO, BEAN, CHSE, GRN CHILI	1 EACH	1	320	15	388	7.88	15.58	40.98	11.56	3.88
SIDE SALAD - MS, HS	EACH	52	20	0	17	1.85	1.05	4.18	0.24	0.02
POTATO TOTS- ALL SCHOOLS	1 EACH	195	140	0	225	2.70	2.16	19.99	5.65	0.81
CARROTS- ALL SCHOOLS	bag	300	60	0	133	4.93	1.09	14.02	0.22	0.04
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	122	69	0	6	1.50	0.4	16.85	0.0	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	940	73	0	1	3.31	0.7	18.99	0.22	0.05
FRUIT: ASSORTED DRIED-ALL SCHS	SERVINGS	384	112	0	3	1.40	1.05	28.43	0.09	0.01
FRUIT: ASSORTED JUICE	1 EACH	1359	22	0	6	0.00	0.2	5.8	0.0	0.00
FREEZIE FRUIT SLUSHIE- MS	SERVING	1	90	0	20	0.00	0.0	22.5	0.0	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	272	120	10	150	0.00	10.0	14.0	2.5	1.50
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	453	120	5	150	0.00	8.0	22.0	0.0	0.00
KETCHUP- ALL SCHOOLS	PACKET	750	10	0	25	0.00	0.0	3.0	0.0	0.00
MAYONNAISE- ALL SCHOOLS	packet	250	25	0	100	0.00	0.0	2.0	2.5	0.00
DRESSING, RANCH- ALL SCHOOLS	PACKET	750	49	5	105	0.02	0.15	1.05	4.93	0.72
MUSTARD, PACKET-ALL SCHOOLS	1 EACH	250	0	0	65	0.00	0.0	0.0	0.0	0.00
BBQ SAUCE PACKET- ALL SCHOOLS	PORTION	750	15	0	85	0.00	0.0	4.0	0.0	0.00
Weighted Daily Average			495	19	722	6.66	21.62	78.44	12.03	3.74
% of Calories							17.5%	63.4%	21.9%	6.8%
Nutrient Guideline			524-639		1112					<10.00

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# ABC UNIFIED SCHOOL DISTRICT

Sep 28, 2017 thru Oct 31, 2017

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)
Thu - 10/12/2017										
Middle Breakfast	Total	713								
MINI MAPLE PANCAKES- ALL SCHS	3 OZ	120	220	5	340	3.00	5.0	36.0	7.0	1.00
SANDWICH, PBJ - MS & HS	SANDWICH	210	334	0	334	3.13	10.44	33.42	17.76	3.66
BRKFST BAR, BAN CHOC-E.S, M.S.	1 EACH	142	280	15	220	3.00	5.0	48.0	8.0	3.00
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	206	186	0	227	4.29	4.06	39.38	1.63	0.10
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	500	73	0	1	3.31	0.7	18.99	0.22	0.05
FRUIT: ASSORTED DRIED-ALL SCHS	SERVINGS	250	112	0	3	1.40	1.05	28.43	0.09	0.01
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	225	69	0	6	1.50	0.4	16.85	0.0	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	250	120	10	150	0.00	10.0	14.0	2.5	1.50
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	425	120	5	150	0.00	8.0	22.0	0.0	0.00
Middle Lunch	Total	1378								
BEEF -CHILI & CHIPS	PORTION	1	364	20	753	4.74	13.45	45.22	15.23	1.66
TAMALE, PORK & CHEESE- MS	1 EACH	1	390	39	372	3.52	22.05	53.76	11.21	3.24
SPICY CHIX SANDWICH-MS, HS	SANDWICH	358	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	1	280	30	599	3.00	18.66	31.58	9.68	5.39
SIDE SALAD - MS, HS	EACH	52	20	0	17	1.85	1.05	4.18	0.24	0.02
POTATO TOTS- ALL SCHOOLS	1 EACH	195	140	0	225	2.70	2.16	19.99	5.65	0.81
CARROTS- ALL SCHOOLS	bag	300	60	0	133	4.93	1.09	14.02	0.22	0.04
BROCCOLI W/CHEDDAR-E.S.,M.S.	SERV	150	57	7	139	2.83	4.79	5.98	2.21	1.42
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	811	73	0	1	3.31	0.7	18.99	0.22	0.05
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	166	69	0	6	1.50	0.4	16.85	0.0	0.00
FRUIT: ASSORTED DRIED-ALL SCHS	SERVINGS	336	112	0	3	1.40	1.05	28.43	0.09	0.01
FRUIT: ASSORTED JUICE	1 EACH	1295	22	0	6	0.00	0.2	5.8	0.0	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	359	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	750	10	0	25	0.00	0.0	3.0	0.0	0.00
MAYONNAISE- ALL SCHOOLS	packet	250	25	0	100	0.00	0.0	2.0	2.5	0.00
DRESSING, RANCH- ALL SCHOOLS	PACKET	750	49	5	105	0.02	0.15	1.05	4.93	0.72
MUSTARD, PACKET-ALL SCHOOLS	1 EACH	250	0	0	65	0.00	0.0	0.0	0.0	0.00
BBQ SAUCE PACKET- ALL SCHOOLS	PORTION	750	15	0	85	0.00	0.0	4.0	0.0	0.00
Weighted Daily Average			403	*19	505	5.73	14.31	68.56	9.46	2.33
% of Calories							14.2%	68.0%	21.1%	5.2%
Nutrient Guideline			524-639		1112					<10.00

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# ABC UNIFIED SCHOOL DISTRICT

Sep 28, 2017 thru Oct 31, 2017

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 - 10/13/2017										
Middle Breakfast	Total	655								
CINNAMON ROLL- ES, MS	1 EACH	100	270	15	135	3.00	6.0	43.0	9.0	2.00
SANDWICH, PBJ - MS & HS	SANDWICH	210	334	0	334	3.13	10.44	33.42	17.76	3.66
BRKFST BAR, BAN CHOC-E.S, M.S.	1 EACH	110	280	15	220	3.00	5.0	48.0	8.0	3.00
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	200	186	0	227	4.29	4.06	39.38	1.63	0.10
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	500	73	0	1	3.31	0.7	18.99	0.22	0.05
FRUIT: ASSORTED DRIED-ALL SCHS	SERVINGS	250	112	0	3	1.40	1.05	28.43	0.09	0.01
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	225	69	0	6	1.50	0.4	16.85	0.0	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	250	120	10	150	0.00	10.0	14.0	2.5	1.50
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	425	120	5	150	0.00	8.0	22.0	0.0	0.00
Middle Lunch	Total	1678								
CHEESEBURGER TWINS- E.S&M.S.	1 each	1	272	45	355	2.60	19.7	31.3	7.8	2.90
SANDWICH,GRILLED CHEESE- ES,MS	1 EACH	1	280	30	599	3.00	18.66	31.58	9.68	5.39
PIZZA, PAPA J CHEESE- ES, MS	SLICE	300	330	20	670	3.00	21.0	40.0	10.0	4.00
PIZZA, PAPA J PEPP- MS	SLICE	1180	360	30	800	3.00	21.0	40.0	14.0	5.00
BURRITO, BEAN, CHSE, GRN CHILI	1 EACH	1	320	15	388	7.88	15.58	40.98	11.56	3.88
SIDE SALAD - MS, HS	EACH	50	20	0	17	1.85	1.05	4.18	0.24	0.02
POTATO TOTS- ALL SCHOOLS	1 EACH	195	140	0	225	2.70	2.16	19.99	5.65	0.81
CARROTS- ALL SCHOOLS	bag	300	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	780	73	0	1	3.31	0.7	18.99	0.22	0.05
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	120	69	0	6	1.50	0.4	16.85	0.0	0.00
FRUIT: ASSORTED DRIED-ALL SCHS	SERVINGS	363	112	0	3	1.40	1.05	28.43	0.09	0.01
FRUIT: ASSORTED JUICE	1 EACH	1356	22	0	6	0.00	0.2	5.8	0.0	0.00
FREEZIE FRUIT SLUSHIE- MS	SERVING	1	90	0	20	0.00	0.0	22.5	0.0	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	329	120	10	150	0.00	10.0	14.0	2.5	1.50
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	463	120	5	150	0.00	8.0	22.0	0.0	0.00
KETCHUP- ALL SCHOOLS	PACKET	750	10	0	25	0.00	0.0	3.0	0.0	0.00
MAYONNAISE- ALL SCHOOLS	packet	250	25	0	100	0.00	0.0	2.0	2.5	0.00
DRESSING, RANCH- ALL SCHOOLS	PACKET	750	49	5	105	0.02	0.15	1.05	4.93	0.72
MUSTARD, PACKET-ALL SCHOOLS	1 EACH	250	0	0	65	0.00	0.0	0.0	0.0	0.00
BBQ SAUCE PACKET- ALL SCHOOLS	PORTION	750	15	0	85	0.00	0.0	4.0	0.0	0.00
Weighted Daily Average			520	25	809	6.47	22.38	80.03	14.04	4.32
% of Calories							17.2%	61.5%	24.3%	7.5%
Nutrient Guideline			524-639		1112					<10.00

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# ABC UNIFIED SCHOOL DISTRICT

Sep 28, 2017 thru Oct 31, 2017

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 - 10/16/2017										
Middle Breakfast	Total	655								
CINNAMON ROLL- ES, MS	1 EACH	1	270	15	135	3.00	6.0	43.0	9.0	2.00
SANDWICH, PBJ - MS & HS	SANDWICH	198	334	0	334	3.13	10.44	33.42	17.76	3.66
BRKFST BAR, BAN CHOC-E.S, M.S.	1 EACH	132	280	15	220	3.00	5.0	48.0	8.0	3.00
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	210	186	0	227	4.29	4.06	39.38	1.63	0.10
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	505	73	0	1	3.31	0.7	18.99	0.22	0.05
FRUIT: ASSORTED DRIED-ALL SCHS	SERVINGS	255	112	0	3	1.40	1.05	28.43	0.09	0.01
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	217	69	0	6	1.50	0.4	16.85	0.0	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	246	120	10	150	0.00	10.0	14.0	2.5	1.50
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	413	120	5	150	0.00	8.0	22.0	0.0	0.00
Middle Lunch	Total	1631								
CHEESEBURGER TWINS- E.S&M.S.	1 each	1	272	45	355	2.60	19.7	31.3	7.8	2.90
SANDWICH,GRILLED CHEESE- ES,MS	1 EACH	1	280	30	599	3.00	18.66	31.58	9.68	5.39
PIZZA, PAPA J CHEESE- ES, MS	SLICE	1350	330	20	670	3.00	21.0	40.0	10.0	4.00
PIZZA, PAPA J HAWAIIAN- MS	SLICE	120	350	25	840	4.00	23.0	42.0	11.0	4.00
BURRITO, BEAN, CHSE, GRN CHILI	1 EACH	1	320	15	388	7.88	15.58	40.98	11.56	3.88
SIDE SALAD - MS, HS	1 EACH	1	20	0	17	1.85	1.05	4.18	0.24	0.02
POTATO TOTS- ALL SCHOOLS	1 EACH	1	140	0	225	2.70	2.16	19.99	5.65	0.81
CARROTS- ALL SCHOOLS	bag	495	60	0	133	4.93	1.09	14.02	0.22	0.04
SALSA - ALL SCHOOLS	SERVING	1	41	0	488	1.59	1.7	7.94	0.23	0.03
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	159	69	0	6	1.50	0.4	16.85	0.0	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	841	73	0	1	3.31	0.7	18.99	0.22	0.05
FRUIT: ASSORTED DRIED-ALL SCHS	SERVINGS	390	112	0	3	1.40	1.05	28.43	0.09	0.01
FRUIT: ASSORTED JUICE	1 EACH	1328	22	0	6	0.00	0.2	5.8	0.0	0.00
FREEZIE FRUIT SLUSHIE- MS	SERVING	1	90	0	20	0.00	0.0	22.5	0.0	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	311	120	10	150	0.00	10.0	14.0	2.5	1.50
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	527	120	5	150	0.00	8.0	22.0	0.0	0.00
KETCHUP- ALL SCHOOLS	PACKET	750	10	0	25	0.00	0.0	3.0	0.0	0.00
MAYONNAISE- ALL SCHOOLS	packet	250	25	0	100	0.00	0.0	2.0	2.5	0.00
DRESSING, RANCH- ALL SCHOOLS	PACKET	750	49	5	105	0.02	0.15	1.05	4.93	0.72
MUSTARD, PACKET-ALL SCHOOLS	1 EACH	250	0	0	65	0.00	0.0	0.0	0.0	0.00
BBQ SAUCE PACKET- ALL SCHOOLS	PORTION	750	15	0	85	0.00	0.0	4.0	0.0	0.00
Weighted Daily Average			493	20	725	6.50	22.10	78.89	11.35	3.72
% of Calories							17.9%	64.0%	20.7%	6.8%
Nutrient Guideline			524-639		1112					<10.00

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# ABC UNIFIED SCHOOL DISTRICT

Base Menu Spreadsheet

Portion Values - Detailed

Page 14

Sep 28, 2017 thru Oct 31, 2017

Combined: Middle Breakfast/Middle Lunch

Generated on: 9/28/2017 10:09:58 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 10/17/2017										
Middle Breakfast	Total	671								
MINI MAPLE PANCAKES- ALL SCHS	3 OZ	1	220	5	340	3.00	5.0	36.0	7.0	1.00
SANDWICH, PBJ - MS & HS	SANDWICH	208	334	0	334	3.13	10.44	33.42	17.76	3.66
BRKFST BAR, BAN CHOC-E.S, M.S.	1 EACH	131	280	15	220	3.00	5.0	48.0	8.0	3.00
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	210	186	0	227	4.29	4.06	39.38	1.63	0.10
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	500	73	0	1	3.31	0.7	18.99	0.22	0.05
FRUIT: ASSORTED DRIED-ALL SCHS	SERVINGS	250	112	0	3	1.40	1.05	28.43	0.09	0.01
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	225	69	0	6	1.50	0.4	16.85	0.0	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	250	120	10	150	0.00	10.0	14.0	2.5	1.50
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	425	120	5	150	0.00	8.0	22.0	0.0	0.00
Middle Lunch	Total	1390								
ROASTED BBQ CHIX- MS	1 EACH	1	394	95	681	2.30	21.02	36.33	17.79	4.20
TAMALE, PORK & CHEESE- MS	1 EACH	1	390	39	372	3.52	22.05	53.76	11.21	3.24
RIB-B-QUE, PORK- MS	1 EACH	426	350	45	890	3.00	18.0	40.0	14.0	4.00
SPINACH SALAD- ES, MS	1 each	95	138	194	173	1.49	11.25	4.32	8.38	3.47
GOLDFISH, H&S CHEDDAR-ES, MS	1 EACH	1	200	10	390	3.00	5.0	28.0	8.0	1.50
SANDWICH,GRILLED CHEESE- ES,MS	1 EACH	1	280	30	599	3.00	18.66	31.58	9.68	5.39
SIDE SALAD - MS, HS	EACH	50	20	0	17	1.85	1.05	4.18	0.24	0.02
POTATO TOTS- ALL SCHOOLS	1 EACH	195	140	0	225	2.70	2.16	19.99	5.65	0.81
CARROTS- ALL SCHOOLS	bag	300	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	977	73	0	1	3.31	0.7	18.99	0.22	0.05
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	154	69	0	6	1.50	0.4	16.85	0.0	0.00
FRUIT: ASSORTED DRIED-ALL SCHS	SERVINGS	356	112	0	3	1.40	1.05	28.43	0.09	0.01
FRUIT: ASSORTED JUICE	1 EACH	1241	22	0	6	0.00	0.2	5.8	0.0	0.00
FREEZIE FRUIT SLUSHIE- MS	SERVING	1	90	0	20	0.00	0.0	22.5	0.0	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	240	120	10	150	0.00	10.0	14.0	2.5	1.50
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	470	120	5	150	0.00	8.0	22.0	0.0	0.00
COOKIE, MINI CHOC CHIP- MS	1 EACH	1390	120	0	35	1.00	2.0	22.0	2.5	1.00
KETCHUP- ALL SCHOOLS	PACKET	750	10	0	25	0.00	0.0	3.0	0.0	0.00
MAYONNAISE- ALL SCHOOLS	packet	250	25	0	100	0.00	0.0	2.0	2.5	0.00
DRESSING, RANCH- ALL SCHOOLS	PACKET	750	49	5	105	0.02	0.15	1.05	4.93	0.72
MUSTARD, PACKET-ALL SCHOOLS	1 EACH	250	0	0	65	0.00	0.0	0.0	0.0	0.00
BBQ SAUCE PACKET- ALL SCHOOLS	PORTION	750	15	0	85	0.00	0.0	4.0	0.0	0.00
Weighted Daily Average			488	26	563	7.10	15.44	84.86	11.03	3.00
% of Calories							12.7%	69.5%	20.3%	5.5%
Nutrient Guideline			524-639		1112					<10.00

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# ABC UNIFIED SCHOOL DISTRICT

Sep 28, 2017 thru Oct 31, 2017

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 - 10/18/2017										
Middle Breakfast	Total	656								
BREAKFAST SANDWICH- ALL SCHOOL	1 EACH	1	159	26	312	1.40	9.7	16.0	6.4	2.60
SANDWICH, PBJ - MS & HS	SANDWICH	213	334	0	334	3.13	10.44	33.42	17.76	3.66
BRKFST BAR, BAN CHOC-E.S, M.S.	1 EACH	122	280	15	220	3.00	5.0	48.0	8.0	3.00
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	215	186	0	227	4.29	4.06	39.38	1.63	0.10
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	500	73	0	1	3.31	0.7	18.99	0.22	0.05
FRUIT: ASSORTED DRIED-ALL SCHS	SERVINGS	250	112	0	3	1.40	1.05	28.43	0.09	0.01
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	225	69	0	6	1.50	0.4	16.85	0.0	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	250	120	10	150	0.00	10.0	14.0	2.5	1.50
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	425	120	5	150	0.00	8.0	22.0	0.0	0.00
Middle Lunch	Total	1671								
CHEESEBURGER TWINS- E.S&M.S.	1 each	1	272	45	355	2.60	19.7	31.3	7.8	2.90
SANDWICH,GRILLED CHEESE- ES,MS	1 EACH	1	280	30	599	3.00	18.66	31.58	9.68	5.39
PIZZA, PAPA J CHEESE- ES, MS	SLICE	720	330	20	670	3.00	21.0	40.0	10.0	4.00
PIZZA, PAPA J VEGGIE- MS	SLICE	770	340	20	700	4.00	21.0	41.0	11.0	4.00
BURRITO, BEAN, CHSE, GRN CHILI	1 EACH	1	320	15	388	7.88	15.58	40.98	11.56	3.88
SIDE SALAD - MS, HS	EACH	52	20	0	17	1.85	1.05	4.18	0.24	0.02
POTATO TOTS- ALL SCHOOLS	1 EACH	195	140	0	225	2.70	2.16	19.99	5.65	0.81
CARROTS- ALL SCHOOLS	bag	300	60	0	133	4.93	1.09	14.02	0.22	0.04
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	122	69	0	6	1.50	0.4	16.85	0.0	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	940	73	0	1	3.31	0.7	18.99	0.22	0.05
FRUIT: ASSORTED DRIED-ALL SCHS	SERVINGS	384	112	0	3	1.40	1.05	28.43	0.09	0.01
FRUIT: ASSORTED JUICE	1 EACH	1359	22	0	6	0.00	0.2	5.8	0.0	0.00
FREEZIE FRUIT SLUSHIE- MS	SERVING	1	90	0	20	0.00	0.0	22.5	0.0	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	272	120	10	150	0.00	10.0	14.0	2.5	1.50
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	453	120	5	150	0.00	8.0	22.0	0.0	0.00
KETCHUP- ALL SCHOOLS	PACKET	750	10	0	25	0.00	0.0	3.0	0.0	0.00
MAYONNAISE- ALL SCHOOLS	packet	250	25	0	100	0.00	0.0	2.0	2.5	0.00
DRESSING, RANCH- ALL SCHOOLS	PACKET	750	49	5	105	0.02	0.15	1.05	4.93	0.72
MUSTARD, PACKET-ALL SCHOOLS	1 EACH	250	0	0	65	0.00	0.0	0.0	0.0	0.00
BBQ SAUCE PACKET- ALL SCHOOLS	PORTION	750	15	0	85	0.00	0.0	4.0	0.0	0.00
Weighted Daily Average			495	19	722	6.66	21.62	78.44	12.03	3.74
% of Calories							17.5%	63.4%	21.9%	6.8%
Nutrient Guideline			524-639		1112					<10.00

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# ABC UNIFIED SCHOOL DISTRICT

Sep 28, 2017 thru Oct 31, 2017

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)
Thu - 10/19/2017										
Middle Breakfast	Total	713								
MINI MAPLE PANCAKES- ALL SCHS	3 OZ	120	220	5	340	3.00	5.0	36.0	7.0	1.00
SANDWICH, PBJ - MS & HS	SANDWICH	210	334	0	334	3.13	10.44	33.42	17.76	3.66
BRKFST BAR, BAN CHOC-E.S, M.S.	1 EACH	142	280	15	220	3.00	5.0	48.0	8.0	3.00
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	206	186	0	227	4.29	4.06	39.38	1.63	0.10
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	500	73	0	1	3.31	0.7	18.99	0.22	0.05
FRUIT: ASSORTED DRIED-ALL SCHS	SERVINGS	250	112	0	3	1.40	1.05	28.43	0.09	0.01
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	225	69	0	6	1.50	0.4	16.85	0.0	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	250	120	10	150	0.00	10.0	14.0	2.5	1.50
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	425	120	5	150	0.00	8.0	22.0	0.0	0.00
Middle Lunch	Total	1378								
BEEF -CHILI & CHIPS	PORTION	1	364	20	753	4.74	13.45	45.22	15.23	1.66
TAMALE, PORK & CHEESE- MS	1 EACH	1	390	39	372	3.52	22.05	53.76	11.21	3.24
SPICY CHIX SANDWICH-MS, HS	SANDWICH	358	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	1	280	30	599	3.00	18.66	31.58	9.68	5.39
SIDE SALAD - MS, HS	EACH	52	20	0	17	1.85	1.05	4.18	0.24	0.02
POTATO TOTS- ALL SCHOOLS	1 EACH	195	140	0	225	2.70	2.16	19.99	5.65	0.81
CARROTS- ALL SCHOOLS	bag	300	60	0	133	4.93	1.09	14.02	0.22	0.04
BROCCOLI W/CHEDDAR-E.S.,M.S.	SERV	150	57	7	139	2.83	4.79	5.98	2.21	1.42
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	811	73	0	1	3.31	0.7	18.99	0.22	0.05
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	166	69	0	6	1.50	0.4	16.85	0.0	0.00
FRUIT: ASSORTED DRIED-ALL SCHS	SERVINGS	336	112	0	3	1.40	1.05	28.43	0.09	0.01
FRUIT: ASSORTED JUICE	1 EACH	1295	22	0	6	0.00	0.2	5.8	0.0	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	359	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	750	10	0	25	0.00	0.0	3.0	0.0	0.00
MAYONNAISE- ALL SCHOOLS	packet	250	25	0	100	0.00	0.0	2.0	2.5	0.00
DRESSING, RANCH- ALL SCHOOLS	PACKET	750	49	5	105	0.02	0.15	1.05	4.93	0.72
MUSTARD, PACKET-ALL SCHOOLS	1 EACH	250	0	0	65	0.00	0.0	0.0	0.0	0.00
BBQ SAUCE PACKET- ALL SCHOOLS	PORTION	750	15	0	85	0.00	0.0	4.0	0.0	0.00
Weighted Daily Average			403	*19	505	5.73	14.31	68.56	9.46	2.33
% of Calories							14.2%	68.0%	21.1%	5.2%
Nutrient Guideline			524-639		1112					<10.00

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# ABC UNIFIED SCHOOL DISTRICT

Sep 28, 2017 thru Oct 31, 2017

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 - 10/20/2017										
Middle Breakfast	Total	655								
CINNAMON ROLL- ES, MS	1 EACH	100	270	15	135	3.00	6.0	43.0	9.0	2.00
SANDWICH, PBJ - MS & HS	SANDWICH	210	334	0	334	3.13	10.44	33.42	17.76	3.66
BRKFST BAR, BAN CHOC-E.S, M.S.	1 EACH	110	280	15	220	3.00	5.0	48.0	8.0	3.00
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	200	186	0	227	4.29	4.06	39.38	1.63	0.10
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	500	73	0	1	3.31	0.7	18.99	0.22	0.05
FRUIT: ASSORTED DRIED-ALL SCHS	SERVINGS	250	112	0	3	1.40	1.05	28.43	0.09	0.01
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	225	69	0	6	1.50	0.4	16.85	0.0	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	250	120	10	150	0.00	10.0	14.0	2.5	1.50
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	425	120	5	150	0.00	8.0	22.0	0.0	0.00
Middle Lunch	Total	1678								
CHEESEBURGER TWINS- E.S&M.S.	1 each	1	272	45	355	2.60	19.7	31.3	7.8	2.90
SANDWICH,GRILLED CHEESE- ES,MS	1 EACH	1	280	30	599	3.00	18.66	31.58	9.68	5.39
PIZZA, PAPA J CHEESE- ES, MS	SLICE	300	330	20	670	3.00	21.0	40.0	10.0	4.00
PIZZA, PAPA J PEPP- MS	SLICE	1180	360	30	800	3.00	21.0	40.0	14.0	5.00
BURRITO, BEAN, CHSE, GRN CHILI	1 EACH	1	320	15	388	7.88	15.58	40.98	11.56	3.88
SIDE SALAD - MS, HS	EACH	50	20	0	17	1.85	1.05	4.18	0.24	0.02
POTATO TOTS- ALL SCHOOLS	1 EACH	195	140	0	225	2.70	2.16	19.99	5.65	0.81
CARROTS- ALL SCHOOLS	bag	300	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	780	73	0	1	3.31	0.7	18.99	0.22	0.05
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	120	69	0	6	1.50	0.4	16.85	0.0	0.00
FRUIT: ASSORTED DRIED-ALL SCHS	SERVINGS	363	112	0	3	1.40	1.05	28.43	0.09	0.01
FRUIT: ASSORTED JUICE	1 EACH	1356	22	0	6	0.00	0.2	5.8	0.0	0.00
FREEZIE FRUIT SLUSHIE- MS	SERVING	1	90	0	20	0.00	0.0	22.5	0.0	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	329	120	10	150	0.00	10.0	14.0	2.5	1.50
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	463	120	5	150	0.00	8.0	22.0	0.0	0.00
KETCHUP- ALL SCHOOLS	PACKET	750	10	0	25	0.00	0.0	3.0	0.0	0.00
MAYONNAISE- ALL SCHOOLS	packet	250	25	0	100	0.00	0.0	2.0	2.5	0.00
DRESSING, RANCH- ALL SCHOOLS	PACKET	750	49	5	105	0.02	0.15	1.05	4.93	0.72
MUSTARD, PACKET-ALL SCHOOLS	1 EACH	250	0	0	65	0.00	0.0	0.0	0.0	0.00
BBQ SAUCE PACKET- ALL SCHOOLS	PORTION	750	15	0	85	0.00	0.0	4.0	0.0	0.00
Weighted Daily Average			520	25	809	6.47	22.38	80.03	14.04	4.32
% of Calories							17.2%	61.5%	24.3%	7.5%
Nutrient Guideline			524-639		1112					<10.00

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# ABC UNIFIED SCHOOL DISTRICT

Sep 28, 2017 thru Oct 31, 2017

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 - 10/23/2017										
Middle Breakfast	Total	655								
CINNAMON ROLL- ES, MS	1 EACH	1	270	15	135	3.00	6.0	43.0	9.0	2.00
SANDWICH, PBJ - MS & HS	SANDWICH	198	334	0	334	3.13	10.44	33.42	17.76	3.66
BRKFST BAR, BAN CHOC-E.S, M.S.	1 EACH	132	280	15	220	3.00	5.0	48.0	8.0	3.00
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	210	186	0	227	4.29	4.06	39.38	1.63	0.10
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	505	73	0	1	3.31	0.7	18.99	0.22	0.05
FRUIT: ASSORTED DRIED-ALL SCHS	SERVINGS	255	112	0	3	1.40	1.05	28.43	0.09	0.01
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	217	69	0	6	1.50	0.4	16.85	0.0	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	246	120	10	150	0.00	10.0	14.0	2.5	1.50
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	413	120	5	150	0.00	8.0	22.0	0.0	0.00
Middle Lunch	Total	1631								
CHEESEBURGER TWINS- E.S&M.S.	1 each	1	272	45	355	2.60	19.7	31.3	7.8	2.90
SANDWICH,GRILLED CHEESE- ES,MS	1 EACH	1	280	30	599	3.00	18.66	31.58	9.68	5.39
PIZZA, PAPA J CHEESE- ES, MS	SLICE	1350	330	20	670	3.00	21.0	40.0	10.0	4.00
PIZZA, PAPA J HAWAIIAN- MS	SLICE	120	350	25	840	4.00	23.0	42.0	11.0	4.00
BURRITO, BEAN, CHSE, GRN CHILI	1 EACH	1	320	15	388	7.88	15.58	40.98	11.56	3.88
SIDE SALAD - MS, HS	1 EACH	1	20	0	17	1.85	1.05	4.18	0.24	0.02
POTATO TOTS- ALL SCHOOLS	1 EACH	1	140	0	225	2.70	2.16	19.99	5.65	0.81
CARROTS- ALL SCHOOLS	bag	495	60	0	133	4.93	1.09	14.02	0.22	0.04
SALSA - ALL SCHOOLS	SERVING	1	41	0	488	1.59	1.7	7.94	0.23	0.03
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	159	69	0	6	1.50	0.4	16.85	0.0	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	841	73	0	1	3.31	0.7	18.99	0.22	0.05
FRUIT: ASSORTED DRIED-ALL SCHS	SERVINGS	390	112	0	3	1.40	1.05	28.43	0.09	0.01
FRUIT: ASSORTED JUICE	1 EACH	1328	22	0	6	0.00	0.2	5.8	0.0	0.00
FREEZIE FRUIT SLUSHIE- MS	SERVING	1	90	0	20	0.00	0.0	22.5	0.0	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	311	120	10	150	0.00	10.0	14.0	2.5	1.50
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	527	120	5	150	0.00	8.0	22.0	0.0	0.00
KETCHUP- ALL SCHOOLS	PACKET	750	10	0	25	0.00	0.0	3.0	0.0	0.00
MAYONNAISE- ALL SCHOOLS	packet	250	25	0	100	0.00	0.0	2.0	2.5	0.00
DRESSING, RANCH- ALL SCHOOLS	PACKET	750	49	5	105	0.02	0.15	1.05	4.93	0.72
MUSTARD, PACKET-ALL SCHOOLS	1 EACH	250	0	0	65	0.00	0.0	0.0	0.0	0.00
BBQ SAUCE PACKET- ALL SCHOOLS	PORTION	750	15	0	85	0.00	0.0	4.0	0.0	0.00
Weighted Daily Average			493	20	725	6.50	22.10	78.89	11.35	3.72
% of Calories							17.9%	64.0%	20.7%	6.8%
Nutrient Guideline			524-639		1112					<10.00

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Sep 28, 2017 thru Oct 31, 2017

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 - 10/24/2017										
Middle Breakfast	Total	671								
MINI MAPLE PANCAKES- ALL SCHS	3 OZ	1	220	5	340	3.00	5.0	36.0	7.0	1.00
SANDWICH, PBJ - MS & HS	SANDWICH	208	334	0	334	3.13	10.44	33.42	17.76	3.66
BRKFST BAR, BAN CHOC-E.S, M.S.	1 EACH	131	280	15	220	3.00	5.0	48.0	8.0	3.00
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	210	186	0	227	4.29	4.06	39.38	1.63	0.10
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	500	73	0	1	3.31	0.7	18.99	0.22	0.05
FRUIT: ASSORTED DRIED-ALL SCHS	SERVINGS	250	112	0	3	1.40	1.05	28.43	0.09	0.01
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	225	69	0	6	1.50	0.4	16.85	0.0	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	250	120	10	150	0.00	10.0	14.0	2.5	1.50
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	425	120	5	150	0.00	8.0	22.0	0.0	0.00
Middle Lunch	Total	1390								
ROASTED BBQ CHIX- MS	1 EACH	1	394	95	681	2.30	21.02	36.33	17.79	4.20
TAMALE, PORK & CHEESE- MS	1 EACH	1	390	39	372	3.52	22.05	53.76	11.21	3.24
RIB-B-QUE, PORK- MS	1 EACH	426	350	45	890	3.00	18.0	40.0	14.0	4.00
SPINACH SALAD- ES, MS	1 each	95	138	194	173	1.49	11.25	4.32	8.38	3.47
GOLDFISH, H&S CHEDDAR-ES, MS	1 EACH	1	200	10	390	3.00	5.0	28.0	8.0	1.50
SANDWICH,GRILLED CHEESE- ES,MS	1 EACH	1	280	30	599	3.00	18.66	31.58	9.68	5.39
SIDE SALAD - MS, HS	EACH	50	20	0	17	1.85	1.05	4.18	0.24	0.02
POTATO TOTS- ALL SCHOOLS	1 EACH	195	140	0	225	2.70	2.16	19.99	5.65	0.81
CARROTS- ALL SCHOOLS	bag	300	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	977	73	0	1	3.31	0.7	18.99	0.22	0.05
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	154	69	0	6	1.50	0.4	16.85	0.0	0.00
FRUIT: ASSORTED DRIED-ALL SCHS	SERVINGS	356	112	0	3	1.40	1.05	28.43	0.09	0.01
FRUIT: ASSORTED JUICE	1 EACH	1241	22	0	6	0.00	0.2	5.8	0.0	0.00
FREEZIE FRUIT SLUSHIE- MS	SERVING	1	90	0	20	0.00	0.0	22.5	0.0	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	240	120	10	150	0.00	10.0	14.0	2.5	1.50
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	470	120	5	150	0.00	8.0	22.0	0.0	0.00
COOKIE, MINI CHOC CHIP- MS	1 EACH	1390	120	0	35	1.00	2.0	22.0	2.5	1.00
KETCHUP- ALL SCHOOLS	PACKET	750	10	0	25	0.00	0.0	3.0	0.0	0.00
MAYONNAISE- ALL SCHOOLS	packet	250	25	0	100	0.00	0.0	2.0	2.5	0.00
DRESSING, RANCH- ALL SCHOOLS	PACKET	750	49	5	105	0.02	0.15	1.05	4.93	0.72
MUSTARD, PACKET-ALL SCHOOLS	1 EACH	250	0	0	65	0.00	0.0	0.0	0.0	0.00
BBQ SAUCE PACKET- ALL SCHOOLS	PORTION	750	15	0	85	0.00	0.0	4.0	0.0	0.00
Weighted Daily Average			488	26	563	7.10	15.44	84.86	11.03	3.00
% of Calories							12.7%	69.5%	20.3%	5.5%
Nutrient Guideline			524-639		1112					<10.00

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# ABC UNIFIED SCHOOL DISTRICT

Sep 28, 2017 thru Oct 31, 2017

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 - 10/25/2017										
Middle Breakfast	Total	656								
BREAKFAST SANDWICH- ALL SCHOOL	1 EACH	1	159	26	312	1.40	9.7	16.0	6.4	2.60
SANDWICH, PBJ - MS & HS	SANDWICH	213	334	0	334	3.13	10.44	33.42	17.76	3.66
BRKFST BAR, BAN CHOC-E.S, M.S.	1 EACH	122	280	15	220	3.00	5.0	48.0	8.0	3.00
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	215	186	0	227	4.29	4.06	39.38	1.63	0.10
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	500	73	0	1	3.31	0.7	18.99	0.22	0.05
FRUIT: ASSORTED DRIED-ALL SCHS	SERVINGS	250	112	0	3	1.40	1.05	28.43	0.09	0.01
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	225	69	0	6	1.50	0.4	16.85	0.0	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	250	120	10	150	0.00	10.0	14.0	2.5	1.50
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	425	120	5	150	0.00	8.0	22.0	0.0	0.00
Middle Lunch	Total	1671								
CHEESEBURGER TWINS- E.S&M.S.	1 each	1	272	45	355	2.60	19.7	31.3	7.8	2.90
SANDWICH,GRILLED CHEESE- ES,MS	1 EACH	1	280	30	599	3.00	18.66	31.58	9.68	5.39
PIZZA, PAPA J CHEESE- ES, MS	SLICE	720	330	20	670	3.00	21.0	40.0	10.0	4.00
PIZZA, PAPA J VEGGIE- MS	SLICE	770	340	20	700	4.00	21.0	41.0	11.0	4.00
BURRITO, BEAN, CHSE, GRN CHILI	1 EACH	1	320	15	388	7.88	15.58	40.98	11.56	3.88
SIDE SALAD - MS, HS	EACH	52	20	0	17	1.85	1.05	4.18	0.24	0.02
POTATO TOTS- ALL SCHOOLS	1 EACH	195	140	0	225	2.70	2.16	19.99	5.65	0.81
CARROTS- ALL SCHOOLS	bag	300	60	0	133	4.93	1.09	14.02	0.22	0.04
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	122	69	0	6	1.50	0.4	16.85	0.0	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	940	73	0	1	3.31	0.7	18.99	0.22	0.05
FRUIT: ASSORTED DRIED-ALL SCHS	SERVINGS	384	112	0	3	1.40	1.05	28.43	0.09	0.01
FRUIT: ASSORTED JUICE	1 EACH	1359	22	0	6	0.00	0.2	5.8	0.0	0.00
FREEZIE FRUIT SLUSHIE- MS	SERVING	1	90	0	20	0.00	0.0	22.5	0.0	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	272	120	10	150	0.00	10.0	14.0	2.5	1.50
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	453	120	5	150	0.00	8.0	22.0	0.0	0.00
KETCHUP- ALL SCHOOLS	PACKET	750	10	0	25	0.00	0.0	3.0	0.0	0.00
MAYONNAISE- ALL SCHOOLS	packet	250	25	0	100	0.00	0.0	2.0	2.5	0.00
DRESSING, RANCH- ALL SCHOOLS	PACKET	750	49	5	105	0.02	0.15	1.05	4.93	0.72
MUSTARD, PACKET-ALL SCHOOLS	1 EACH	250	0	0	65	0.00	0.0	0.0	0.0	0.00
BBQ SAUCE PACKET- ALL SCHOOLS	PORTION	750	15	0	85	0.00	0.0	4.0	0.0	0.00
Weighted Daily Average			495	19	722	6.66	21.62	78.44	12.03	3.74
% of Calories							17.5%	63.4%	21.9%	6.8%
Nutrient Guideline			524-639		1112					<10.00

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# ABC UNIFIED SCHOOL DISTRICT

Sep 28, 2017 thru Oct 31, 2017

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)
Thu - 10/26/2017										
Middle Breakfast	Total	713								
MINI MAPLE PANCAKES- ALL SCHS	3 OZ	120	220	5	340	3.00	5.0	36.0	7.0	1.00
SANDWICH, PBJ - MS & HS	SANDWICH	210	334	0	334	3.13	10.44	33.42	17.76	3.66
BRKFST BAR, BAN CHOC-E.S, M.S.	1 EACH	142	280	15	220	3.00	5.0	48.0	8.0	3.00
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	206	186	0	227	4.29	4.06	39.38	1.63	0.10
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	500	73	0	1	3.31	0.7	18.99	0.22	0.05
FRUIT: ASSORTED DRIED-ALL SCHS	SERVINGS	250	112	0	3	1.40	1.05	28.43	0.09	0.01
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	225	69	0	6	1.50	0.4	16.85	0.0	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	250	120	10	150	0.00	10.0	14.0	2.5	1.50
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	425	120	5	150	0.00	8.0	22.0	0.0	0.00
Middle Lunch	Total	1378								
BEEF -CHILI & CHIPS	PORTION	1	364	20	753	4.74	13.45	45.22	15.23	1.66
TAMALE, PORK & CHEESE- MS	1 EACH	1	390	39	372	3.52	22.05	53.76	11.21	3.24
SPICY CHIX SANDWICH-MS, HS	SANDWICH	358	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	1	280	30	599	3.00	18.66	31.58	9.68	5.39
SIDE SALAD - MS, HS	EACH	52	20	0	17	1.85	1.05	4.18	0.24	0.02
POTATO TOTS- ALL SCHOOLS	1 EACH	195	140	0	225	2.70	2.16	19.99	5.65	0.81
CARROTS- ALL SCHOOLS	bag	300	60	0	133	4.93	1.09	14.02	0.22	0.04
BROCCOLI W/CHEDDAR-E.S.,M.S.	SERV	150	57	7	139	2.83	4.79	5.98	2.21	1.42
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	811	73	0	1	3.31	0.7	18.99	0.22	0.05
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	166	69	0	6	1.50	0.4	16.85	0.0	0.00
FRUIT: ASSORTED DRIED-ALL SCHS	SERVINGS	336	112	0	3	1.40	1.05	28.43	0.09	0.01
FRUIT: ASSORTED JUICE	1 EACH	1295	22	0	6	0.00	0.2	5.8	0.0	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	359	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	750	10	0	25	0.00	0.0	3.0	0.0	0.00
MAYONNAISE- ALL SCHOOLS	packet	250	25	0	100	0.00	0.0	2.0	2.5	0.00
DRESSING, RANCH- ALL SCHOOLS	PACKET	750	49	5	105	0.02	0.15	1.05	4.93	0.72
MUSTARD, PACKET-ALL SCHOOLS	1 EACH	250	0	0	65	0.00	0.0	0.0	0.0	0.00
BBQ SAUCE PACKET- ALL SCHOOLS	PORTION	750	15	0	85	0.00	0.0	4.0	0.0	0.00
Weighted Daily Average			403	*19	505	5.73	14.31	68.56	9.46	2.33
% of Calories							14.2%	68.0%	21.1%	5.2%
Nutrient Guideline			524-639		1112					<10.00

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# ABC UNIFIED SCHOOL DISTRICT

Sep 28, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

Combined: Middle Breakfast/Middle Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 10/27/2017										
Middle Breakfast	Total	655								
CINNAMON ROLL- ES, MS	1 EACH	100	270	15	135	3.00	6.0	43.0	9.0	2.00
SANDWICH, PBJ - MS & HS	SANDWICH	210	334	0	334	3.13	10.44	33.42	17.76	3.66
BRKFST BAR, BAN CHOC-E.S, M.S.	1 EACH	110	280	15	220	3.00	5.0	48.0	8.0	3.00
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	200	186	0	227	4.29	4.06	39.38	1.63	0.10
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	500	73	0	1	3.31	0.7	18.99	0.22	0.05
FRUIT: ASSORTED DRIED-ALL SCHS	SERVINGS	250	112	0	3	1.40	1.05	28.43	0.09	0.01
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	225	69	0	6	1.50	0.4	16.85	0.0	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	250	120	10	150	0.00	10.0	14.0	2.5	1.50
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	425	120	5	150	0.00	8.0	22.0	0.0	0.00
Middle Lunch	Total	1678								
CHEESEBURGER TWINS- E.S&M.S.	1 each	1	272	45	355	2.60	19.7	31.3	7.8	2.90
SANDWICH,GRILLED CHEESE- ES,MS	1 EACH	1	280	30	599	3.00	18.66	31.58	9.68	5.39
PIZZA, PAPA J CHEESE- ES, MS	SLICE	300	330	20	670	3.00	21.0	40.0	10.0	4.00
PIZZA, PAPA J PEPP- MS	SLICE	1180	360	30	800	3.00	21.0	40.0	14.0	5.00
BURRITO, BEAN, CHSE, GRN CHILI	1 EACH	1	320	15	388	7.88	15.58	40.98	11.56	3.88
SIDE SALAD - MS, HS	EACH	50	20	0	17	1.85	1.05	4.18	0.24	0.02
POTATO TOTS- ALL SCHOOLS	1 EACH	195	140	0	225	2.70	2.16	19.99	5.65	0.81
CARROTS- ALL SCHOOLS	bag	300	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	780	73	0	1	3.31	0.7	18.99	0.22	0.05
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	120	69	0	6	1.50	0.4	16.85	0.0	0.00
FRUIT: ASSORTED DRIED-ALL SCHS	SERVINGS	363	112	0	3	1.40	1.05	28.43	0.09	0.01
FRUIT: ASSORTED JUICE	1 EACH	1356	22	0	6	0.00	0.2	5.8	0.0	0.00
FREEZIE FRUIT SLUSHIE- MS	SERVING	1	90	0	20	0.00	0.0	22.5	0.0	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	329	120	10	150	0.00	10.0	14.0	2.5	1.50
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	463	120	5	150	0.00	8.0	22.0	0.0	0.00
KETCHUP- ALL SCHOOLS	PACKET	750	10	0	25	0.00	0.0	3.0	0.0	0.00
MAYONNAISE- ALL SCHOOLS	packet	250	25	0	100	0.00	0.0	2.0	2.5	0.00
DRESSING, RANCH- ALL SCHOOLS	PACKET	750	49	5	105	0.02	0.15	1.05	4.93	0.72
MUSTARD, PACKET-ALL SCHOOLS	1 EACH	250	0	0	65	0.00	0.0	0.0	0.0	0.00
BBQ SAUCE PACKET- ALL SCHOOLS	PORTION	750	15	0	85	0.00	0.0	4.0	0.0	0.00
Weighted Daily Average			520	25	809	6.47	22.38	80.03	14.04	4.32
% of Calories							17.2%	61.5%	24.3%	7.5%
Nutrient Guideline			524-639		1112					<10.00

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# ABC UNIFIED SCHOOL DISTRICT

Sep 28, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

Combined: Middle Breakfast/Middle Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 10/30/2017										
Middle Breakfast	Total	655								
CINNAMON ROLL- ES, MS	1 EACH	1	270	15	135	3.00	6.0	43.0	9.0	2.00
SANDWICH, PBJ - MS & HS	SANDWICH	198	334	0	334	3.13	10.44	33.42	17.76	3.66
BRKFST BAR, BAN CHOC-E.S, M.S.	1 EACH	132	280	15	220	3.00	5.0	48.0	8.0	3.00
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	210	186	0	227	4.29	4.06	39.38	1.63	0.10
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	505	73	0	1	3.31	0.7	18.99	0.22	0.05
FRUIT: ASSORTED DRIED-ALL SCHS	SERVINGS	255	112	0	3	1.40	1.05	28.43	0.09	0.01
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	217	69	0	6	1.50	0.4	16.85	0.0	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	246	120	10	150	0.00	10.0	14.0	2.5	1.50
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	413	120	5	150	0.00	8.0	22.0	0.0	0.00
Middle Lunch	Total	1631								
CHEESEBURGER TWINS- E.S&M.S.	1 each	1	272	45	355	2.60	19.7	31.3	7.8	2.90
SANDWICH,GRILLED CHEESE- ES,MS	1 EACH	1	280	30	599	3.00	18.66	31.58	9.68	5.39
PIZZA, PAPA J CHEESE- ES, MS	SLICE	1350	330	20	670	3.00	21.0	40.0	10.0	4.00
PIZZA, PAPA J HAWAIIAN- MS	SLICE	120	350	25	840	4.00	23.0	42.0	11.0	4.00
BURRITO, BEAN, CHSE, GRN CHILI	1 EACH	1	320	15	388	7.88	15.58	40.98	11.56	3.88
SIDE SALAD - MS, HS	1 EACH	1	20	0	17	1.85	1.05	4.18	0.24	0.02
POTATO TOTS- ALL SCHOOLS	1 EACH	1	140	0	225	2.70	2.16	19.99	5.65	0.81
CARROTS- ALL SCHOOLS	bag	495	60	0	133	4.93	1.09	14.02	0.22	0.04
SALSA - ALL SCHOOLS	SERVING	1	41	0	488	1.59	1.7	7.94	0.23	0.03
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	159	69	0	6	1.50	0.4	16.85	0.0	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	841	73	0	1	3.31	0.7	18.99	0.22	0.05
FRUIT: ASSORTED DRIED-ALL SCHS	SERVINGS	390	112	0	3	1.40	1.05	28.43	0.09	0.01
FRUIT: ASSORTED JUICE	1 EACH	1328	22	0	6	0.00	0.2	5.8	0.0	0.00
FREEZIE FRUIT SLUSHIE- MS	SERVING	1	90	0	20	0.00	0.0	22.5	0.0	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	311	120	10	150	0.00	10.0	14.0	2.5	1.50
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	527	120	5	150	0.00	8.0	22.0	0.0	0.00
KETCHUP- ALL SCHOOLS	PACKET	750	10	0	25	0.00	0.0	3.0	0.0	0.00
MAYONNAISE- ALL SCHOOLS	packet	250	25	0	100	0.00	0.0	2.0	2.5	0.00
DRESSING, RANCH- ALL SCHOOLS	PACKET	750	49	5	105	0.02	0.15	1.05	4.93	0.72
MUSTARD, PACKET-ALL SCHOOLS	1 EACH	250	0	0	65	0.00	0.0	0.0	0.0	0.00
BBQ SAUCE PACKET- ALL SCHOOLS	PORTION	750	15	0	85	0.00	0.0	4.0	0.0	0.00
Weighted Daily Average			493	20	725	6.50	22.10	78.89	11.35	3.72
% of Calories							17.9%	64.0%	20.7%	6.8%
Nutrient Guideline			524-639		1112					<10.00

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# ABC UNIFIED SCHOOL DISTRICT

Sep 28, 2017 thru Oct 31, 2017

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 - 10/31/2017										
Middle Breakfast	Total	671								
MINI MAPLE PANCAKES- ALL SCHS	3 OZ	1	220	5	340	3.00	5.0	36.0	7.0	1.00
SANDWICH, PBJ - MS & HS	SANDWICH	208	334	0	334	3.13	10.44	33.42	17.76	3.66
BRKFST BAR, BAN CHOC-E.S, M.S.	1 EACH	131	280	15	220	3.00	5.0	48.0	8.0	3.00
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	210	186	0	227	4.29	4.06	39.38	1.63	0.10
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	500	73	0	1	3.31	0.7	18.99	0.22	0.05
FRUIT: ASSORTED DRIED-ALL SCHS	SERVINGS	250	112	0	3	1.40	1.05	28.43	0.09	0.01
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	225	69	0	6	1.50	0.4	16.85	0.0	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	250	120	10	150	0.00	10.0	14.0	2.5	1.50
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	425	120	5	150	0.00	8.0	22.0	0.0	0.00
Middle Lunch	Total	1390								
ROASTED BBQ CHIX- MS	1 EACH	1	394	95	681	2.30	21.02	36.33	17.79	4.20
TAMALE, PORK & CHEESE- MS	1 EACH	1	390	39	372	3.52	22.05	53.76	11.21	3.24
RIB-B-QUE, PORK- MS	1 EACH	426	350	45	890	3.00	18.0	40.0	14.0	4.00
SPINACH SALAD- ES, MS	1 each	95	138	194	173	1.49	11.25	4.32	8.38	3.47
GOLDFISH, H&S CHEDDAR-ES, MS	1 EACH	1	200	10	390	3.00	5.0	28.0	8.0	1.50
SANDWICH,GRILLED CHEESE- ES,MS	1 EACH	1	280	30	599	3.00	18.66	31.58	9.68	5.39
SIDE SALAD - MS, HS	EACH	50	20	0	17	1.85	1.05	4.18	0.24	0.02
POTATO TOTS- ALL SCHOOLS	1 EACH	195	140	0	225	2.70	2.16	19.99	5.65	0.81
CARROTS- ALL SCHOOLS	bag	300	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	977	73	0	1	3.31	0.7	18.99	0.22	0.05
FRUIT: ASSRTD CANNED- ALL SCHS	SERVINGS	154	69	0	6	1.50	0.4	16.85	0.0	0.00
FRUIT: ASSORTED DRIED-ALL SCHS	SERVINGS	356	112	0	3	1.40	1.05	28.43	0.09	0.01
FRUIT: ASSORTED JUICE	1 EACH	1241	22	0	6	0.00	0.2	5.8	0.0	0.00
FREEZIE FRUIT SLUSHIE- MS	SERVING	1	90	0	20	0.00	0.0	22.5	0.0	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	240	120	10	150	0.00	10.0	14.0	2.5	1.50
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	470	120	5	150	0.00	8.0	22.0	0.0	0.00
COOKIE, MINI CHOC CHIP- MS	1 EACH	1390	120	0	35	1.00	2.0	22.0	2.5	1.00
KETCHUP- ALL SCHOOLS	PACKET	750	10	0	25	0.00	0.0	3.0	0.0	0.00
MAYONNAISE- ALL SCHOOLS	packet	250	25	0	100	0.00	0.0	2.0	2.5	0.00
DRESSING, RANCH- ALL SCHOOLS	PACKET	750	49	5	105	0.02	0.15	1.05	4.93	0.72
MUSTARD, PACKET-ALL SCHOOLS	1 EACH	250	0	0	65	0.00	0.0	0.0	0.0	0.00
BBQ SAUCE PACKET- ALL SCHOOLS	PORTION	750	15	0	85	0.00	0.0	4.0	0.0	0.00
Weighted Daily Average			488	26	563	7.10	15.44	84.86	11.03	3.00
% of Calories							12.7%	69.5%	20.3%	5.5%
Nutrient Guideline			524-639		1112					<10.00

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# ABC UNIFIED SCHOOL DISTRICT

Sep 28, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

Combined: Middle Breakfast/Middle Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Average			479	*22	662	6.48	19.07 15.9%	78.15 65.2%	11.56 21.7%	3.41 6.4%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	479		524 - 639	91%		45		Correction Required - Calories are Low
Cholesterol (mg)	22				Missing			
Sodium (mg)	662		1112					
Fiber (g)	6.48							
Protein (g)	19.07	15.91%						
Carbohydrate (g)	78.15	65.22%						
Total Fat (g)	11.56	21.72%						
Saturated Fat (g)	3.41	6.40%	<10.00%					

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