

ABC UNIFIED SCHOOL DISTRICT

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

Mar 6, 2017 thru May 31, 2017

Combined: Middle Breakfast/Middle Lunch

Generated on: 3/10/2017 8:55:52 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 03/06/2017															
Middle Breakfast	Total														
CINNAMON ROLL- ES, MS	1 EACH	270	15	135	3.00	1.80	200.0	0	0.0	*N/A*	6.0	43.0	9.0	2.00	0.00
SANDWICH, PBJ - MS & HS	SANDWIC	334	0	334	3.13	1.13	20.9	0	0.0	*N/A*	10.44	33.42	17.76	3.66	*N/A*
BRKFST BAR, BAN CHOC-E.S, M.	1 EACH	280	15	220	3.00	1.80	20.0	0	0.0	*N/A*	5.0	48.0	8.0	3.00	0.00
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	233	0	311	5.00	16.20	125.0	625	7.2	*N/A*	5.25	50.75	1.75	0.00	0.00
FRUIT: ASSORTED FRESH-ALL SCHOOLS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSORTED DRIED-ALL SCHOOLS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
FRUIT: ASSRTD CANNED- ALL SCHOOLS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHOOLS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00

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

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

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Portion Values - Detailed

Page 2

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Middle Lunch	Total														
CHEESEBURGER TWINS- E.S&M.	1 each	272	45	355	2.60	2.80	82.0	100	0.0	3	19.7	31.3	7.8	2.90	0.00
SANDWICH,GRILLED CHEESE-ES,MS	1 EACH	284	30	674	2.27	1.19	458.0	607	0.0	*N/A*	18.64	31.16	9.92	5.58	0.00
PIZZA, PAPA J CHEESE- ES, MS	SLICE	330	20	670	3.00	2.70	500.0	500	3.6	5	21.0	40.0	10.0	4.00	0.00
PIZZA, PAPA J HAWAIIAN- MS	SLICE	350	25	840	4.00	2.70	500.0	500	3.6	7	23.0	42.0	11.0	4.00	0.00
BURRITO, BEAN & CHSE- ALL S CHS	1 EACH	397	16	447	9.00	1.57	312.0	216	1.4	*N/A*	18.5	56.0	11.0	4.70	0.00
SIDE SALAD - MS, HS	1 EACH	20	0	17	1.85	0.58	25.2	6112	8.77	*2	1.05	4.18	0.24	0.02	*0.00
POTATO TOTS- ALL SCHOOLS	1 EACH	140	0	225	2.70	0.36	10.9	2182	3.56	*N/A*	2.16	19.99	5.65	0.81	0.00
CARROTS- ALL SCHOOLS	bag	30	0	66	2.47	0.76	27.2	11728	2.21	4	0.54	7.01	0.11	0.02	0.00
SALSA - ALL SCHOOLS	SERVING	41	0	488	1.59	2.54	13.6	624	4.54	*N/A*	1.7	7.94	0.23	0.03	*N/A*
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
FRUIT: ASSORTED JUICE	1 EACH	22	0	6	0.00	0.00	2.0	20	12.0	*N/A*	0.2	5.8	0.0	0.00	*N/A*
FREEZIE FRUIT SLUSHIE- MS	SERVING	88	0	17	0.00	*N/A*	*N/A*	*N/A*	*N/A*	*13	0.0	22.13	0.0	0.00	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
KETCHUP- ALL SCHOOLS	PACKET	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00
MAYONNAISE- ALL SCHOOLS	packet	25	0	100	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	2.5	0.00	0.00
DRESSING, RANCH- ALL SCHOO	PACKET	49	5	105	0.02	0.02	1.5	8	0.05	*N/A*	0.15	1.05	4.93	0.72	0.05
MUSTARD, PACKET-ALL SCHOO	1 EACH	5	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.5	0.5	0.0	0.00	0.00
BBQ SAUCE PACKET- ALL SCHOOLS	PORTION	15	0	85	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
Weighted Daily Average		487	20	741	5.99	*3.98	*569.3	*3419	*22.75	*15	22.10	77.51	11.34	3.70	*0.02
% of Calories										*12.6%	18.1%	63.6%	20.9%	6.8%	*0.0%
Nutrient Guideline		524-640		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

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Base Menu Spreadsheet

Portion Values - Detailed

Page 3

Mar 6, 2017 thru May 31, 2017

Combined: Middle Breakfast/Middle Lunch

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 03/07/2017															
Middle Breakfast	Total														
MINI MAPLE PANCAKES- ALL SC HS	3 OZ	220	5	340	3.00	1.44	60.0	0	0.0	*N/A*	5.0	36.0	7.0	1.00	0.00
SANDWICH, PBJ - MS & HS	SANDWIC	334	0	334	3.13	1.13	20.9	0	0.0	*N/A*	10.44	33.42	17.76	3.66	*N/A*
BRKFST BAR, BAN CHOC-E.S, M.	1 EACH	280	15	220	3.00	1.80	20.0	0	0.0	*N/A*	5.0	48.0	8.0	3.00	0.00
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	233	0	311	5.00	16.20	125.0	625	7.2	*N/A*	5.25	50.75	1.75	0.00	0.00
FRUIT: ASSORTED FRESH-ALL SCHOOLS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSORTED DRIED-ALL SCHOOLS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
FRUIT: ASSRTD CANNED- ALL SCHOOLS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHOOLS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Middle Lunch	Total														
ROASTED BBQ CHIX- MS	1 EACH	394	95	681	2.30	1.37	65.1	85	0.0	*7	21.02	36.33	17.79	4.20	0.35
TAMALE, PORK & CHEESE- MS	1 EACH	390	39	372	3.52	3.77	268.0	914	37.95	*3	22.05	53.76	11.21	3.24	*0.00
RIB-B-QUE, PORK- MS	1 EACH	350	45	890	3.00	2.52	80.0	300	13.2	*N/A*	18.0	40.0	14.0	4.00	*0.00
SPINACH SALAD- ES, MS	1 each	251	194	258	1.50	1.61	170.0	6195	12.22	*6	11.26	10.72	18.27	4.26	*0.00
GOLDFISH, H&S CHEDDAR-ES, M	1 EACH	200	10	390	3.00	1.44	60.0	0	0.0	*N/A*	5.0	29.0	7.0	1.50	0.00
SANDWICH,GRILLED CHEESE-ES,MS	1 EACH	284	30	674	2.27	1.19	458.0	607	0.0	*N/A*	18.64	31.16	9.92	5.58	0.00
SIDE SALAD - MS, HS	EACH	20	0	17	1.85	0.58	25.2	6112	8.77	*2	1.05	4.18	0.24	0.02	*0.00
POTATO TOTS- ALL SCHOOLS	1 EACH	140	0	225	2.70	0.36	10.9	2182	3.56	*N/A*	2.16	19.99	5.65	0.81	0.00
CARROTS- ALL SCHOOLS	bag	30	0	66	2.47	0.76	27.2	11728	2.21	4	0.54	7.01	0.11	0.02	0.00
BEANS, RANCHERO-E.S., M.S.	SERVING	76	0	199	4.61	1.52	45.1	40	0.95	*N/A*	4.61	14.22	0.0	0.00	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
FRUIT: ASSORTED JUICE	1 EACH	22	0	6	0.00	0.00	2.0	20	12.0	*N/A*	0.2	5.8	0.0	0.00	*N/A*
FREEZIE FRUIT SLUSHIE- MS	SERVING	88	0	17	0.00	*N/A*	*N/A*	*N/A*	*N/A*	*13	0.0	22.13	0.0	0.00	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
COOKIE, MINI CHOC CHIP- MS	1 EACH	120	0	35	1.00	1.08	20.0	0	0.0	*N/A*	2.0	22.0	2.5	1.00	0.00
KETCHUP- ALL SCHOOLS	PACKET	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00
MAYONNAISE- ALL SCHOOLS	packet	25	0	100	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	2.5	0.00	0.00
DRESSING, RANCH- ALL SCHOO	PACKET	49	5	105	0.02	0.02	1.5	8	0.05	*N/A*	0.15	1.05	4.93	0.72	0.05
MUSTARD, PACKET-ALL SCHOO	1 EACH	5	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.5	0.5	0.0	0.00	0.00
BBQ SAUCE PACKET- ALL SCHOOLS	PORTION	15	0	85	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
Weighted Daily Average		482	26	576	6.40	*3.90	*297.7	*3003	*26.89	*14	15.09	82.93	11.36	3.00	*0.02
% of Calories										*11.5%	12.5%	68.8%	21.2%	5.6%	*0.0%
Nutrient Guideline		524-640		1112										<10.00	

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 03/08/2017															
Middle Breakfast	Total														
BREAKFAST WRAP - ES, MS	1 EACH	150	53	196	2.43	1.30	93.9	270	2.25	1	8.04	16.33	6.24	2.72	0.01
SANDWICH, PBJ - MS & HS	SANDWIC	334	0	334	3.13	1.13	20.9	0	0.0	*N/A*	10.44	33.42	17.76	3.66	*N/A*
BRKFST BAR, BAN CHOC-E.S, M.	1 EACH	280	15	220	3.00	1.80	20.0	0	0.0	*N/A*	5.0	48.0	8.0	3.00	0.00
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	233	0	311	5.00	16.20	125.0	625	7.2	*N/A*	5.25	50.75	1.75	0.00	0.00
FRUIT: ASSORTED FRESH-ALL SCHOOLS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSORTED DRIED-ALL SCHOOLS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
FRUIT: ASSRTD CANNED- ALL SCHOOLS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHOOLS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00

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CHEESEBURGER TWINS- E.S&M.	1 each	272	45	355	2.60	2.80	82.0	100	0.0	3	19.7	31.3	7.8	2.90	0.00
SANDWICH,GRILLED CHEESE- ES,MS	1 EACH	284	30	674	2.27	1.19	458.0	607	0.0	*N/A*	18.64	31.16	9.92	5.58	0.00
PIZZA, PAPA J CHEESE- ES, MS	SLICE	330	20	670	3.00	2.70	500.0	500	3.6	5	21.0	40.0	10.0	4.00	0.00
PIZZA, PAPA J VEGGIE- MS	SLICE	340	20	700	4.00	3.60	500.0	750	9.0	6	21.0	41.0	11.0	4.00	0.00
BURRITO, BEAN & CHSE- ALL S CHS	1 EACH	397	16	447	9.00	1.57	312.0	216	1.4	*N/A*	18.5	56.0	11.0	4.70	0.00
SIDE SALAD - MS, HS	EACH	20	0	17	1.85	0.58	25.2	6112	8.77	*2	1.05	4.18	0.24	0.02	*0.00
POTATO TOTS- ALL SCHOOLS	1 EACH	140	0	225	2.70	0.36	10.9	2182	3.56	*N/A*	2.16	19.99	5.65	0.81	0.00
CARROTS- ALL SCHOOLS	bag	30	0	66	2.47	0.76	27.2	11728	2.21	4	0.54	7.01	0.11	0.02	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED FRESH-ALL S CHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
FRUIT: ASSORTED JUICE	1 EACH	22	0	6	0.00	0.00	2.0	20	12.0	*N/A*	0.2	5.8	0.0	0.00	*N/A*
FREEZIE FRUIT SLUSHIE- MS	SERVING	88	0	17	0.00	*N/A*	*N/A*	*N/A*	*N/A*	*13	0.0	22.13	0.0	0.00	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL S CHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
KETCHUP- ALL SCHOOLS	PACKET	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00
MAYONNAISE- ALL SCHOOLS	packet	25	0	100	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	2.5	0.00	0.00
DRESSING, RANCH- ALL SCHOO	PACKET	49	5	105	0.02	0.02	1.5	8	0.05	*N/A*	0.15	1.05	4.93	0.72	0.05
MUSTARD, PACKET-ALL SCHOO	1 EACH	5	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.5	0.5	0.0	0.00	0.00
BBQ SAUCE PACKET- ALL SCHOOLS	PORTION	15	0	85	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
Weighted Daily Average		492	19	744	6.37	*4.25	*550.3	*2761	*25.27	*15	21.66	77.75	12.03	3.73	*0.02
% of Calories										*12.6%	17.6%	63.2%	22.0%	6.8%	*0.0%
Nutrient Guideline		524-640		1112										<10.00	

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

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ABC UNIFIED SCHOOL DISTRICT

Base Menu Spreadsheet

Portion Values - Detailed

Page 7

Mar 6, 2017 thru May 31, 2017

Combined: Middle Breakfast/Middle Lunch

Generated on: 3/10/2017 8:55:52 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 03/09/2017															
Middle Breakfast	Total														
MINI MAPLE PANCAKES- ALL SC HS	3 OZ	220	5	340	3.00	1.44	60.0	0	0.0	*N/A*	5.0	36.0	7.0	1.00	0.00
SANDWICH, PBJ - MS & HS	SANDWIC	334	0	334	3.13	1.13	20.9	0	0.0	*N/A*	10.44	33.42	17.76	3.66	*N/A*
BRKFST BAR, BAN CHOC-E.S, M.	1 EACH	280	15	220	3.00	1.80	20.0	0	0.0	*N/A*	5.0	48.0	8.0	3.00	0.00
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	233	0	311	5.00	16.20	125.0	625	7.2	*N/A*	5.25	50.75	1.75	0.00	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: Middle Breakfast/Middle Lunch

Portion Values - Detailed

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Generated on: 3/10/2017 8:55:52 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Middle Lunch	Total														
CHILI & CHIPS - BEEF	PORTION	359	20	575	7.69	3.69	84.8	1143	19.4	*1	13.3	44.51	15.44	1.60	*0.75
TAMALE, PORK & CHEESE- MS	1 EACH	390	39	372	3.52	3.77	268.0	914	37.95	*3	22.05	53.76	11.21	3.24	*0.00
SPICY CHIX SANDWICH-MS, HS	SANDWIC	344	55	691	2.92	3.18	58.4	500	8.65	*N/A*	19.81	39.87	12.92	2.98	0.00
PEPPERONI PIZZA SALAD- ES, M	1 each	320	*32	595	1.45	0.87	330.3	2321	11.63	*1	15.35	4.32	27.03	8.05	*0.11
GOLDFISH, H&S CHEDDAR-ES, M	1 EACH	200	10	390	3.00	1.44	60.0	0	0.0	*N/A*	5.0	29.0	7.0	1.50	0.00
SANDWICH,GRILLED CHEESE-ES,MS	1 EACH	284	30	674	2.27	1.19	458.0	607	0.0	*N/A*	18.64	31.16	9.92	5.58	0.00
SIDE SALAD - MS, HS	EACH	20	0	17	1.85	0.58	25.2	6112	8.77	*2	1.05	4.18	0.24	0.02	*0.00
POTATO TOTS- ALL SCHOOLS	1 EACH	140	0	225	2.70	0.36	10.9	2182	3.56	*N/A*	2.16	19.99	5.65	0.81	0.00
CARROTS- ALL SCHOOLS	bag	30	0	66	2.47	0.76	27.2	11728	2.21	4	0.54	7.01	0.11	0.02	0.00
BROCCOLI W/CHEDDAR-E.S.,M.S	SERV	39	3	64	2.83	0.58	60.3	984	37.86	*1	3.7	5.44	0.99	0.60	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
FRUIT: ASSORTED JUICE	1 EACH	22	0	6	0.00	0.00	2.0	20	12.0	*N/A*	0.2	5.8	0.0	0.00	*N/A*
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
KETCHUP- ALL SCHOOLS	PACKET	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00
MAYONNAISE- ALL SCHOOLS	packet	25	0	100	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	2.5	0.00	0.00
DRESSING, RANCH- ALL SCHOO	PACKET	49	5	105	0.02	0.02	1.5	8	0.05	*N/A*	0.15	1.05	4.93	0.72	0.05
MUSTARD, PACKET-ALL SCHOO	1 EACH	5	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.5	0.5	0.0	0.00	0.00
BBQ SAUCE PACKET- ALL SCHOOLS	PORTION	15	0	85	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
Weighted Daily Average		401	*19	522	5.39	3.13	304.8	2875	26.80	*12	14.24	67.45	9.77	2.29	*0.02
% of Calories										*12.4%	14.2%	67.3%	21.9%	5.1%	*0.0%
Nutrient Guideline		524-640		1112										<10.00	

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ABC UNIFIED SCHOOL DISTRICT

Base Menu Spreadsheet

Portion Values - Detailed

Page 9

Mar 6, 2017 thru May 31, 2017

Combined: Middle Breakfast/Middle Lunch

Generated on: 3/10/2017 8:55:52 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 03/10/2017															
Middle Breakfast	Total														
CINNAMON ROLL- ES, MS	1 EACH	270	15	135	3.00	1.80	200.0	0	0.0	*N/A*	6.0	43.0	9.0	2.00	0.00
SANDWICH, PBJ - MS & HS	SANDWIC	334	0	334	3.13	1.13	20.9	0	0.0	*N/A*	10.44	33.42	17.76	3.66	*N/A*
BRKFST BAR, BAN CHOC-E.S, M.	1 EACH	280	15	220	3.00	1.80	20.0	0	0.0	*N/A*	5.0	48.0	8.0	3.00	0.00
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	233	0	311	5.00	16.20	125.0	625	7.2	*N/A*	5.25	50.75	1.75	0.00	0.00
FRUIT: ASSORTED FRESH-ALL SCHOOLS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSORTED DRIED-ALL SCHOOLS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
FRUIT: ASSRTD CANNED- ALL SCHOOLS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHOOLS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: Middle Breakfast/Middle Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Middle Lunch	Total														
CHEESEBURGER TWINS- E.S&M.	1 each	272	45	355	2.60	2.80	82.0	100	0.0	3	19.7	31.3	7.8	2.90	0.00
SANDWICH,GRILLED CHEESE-ES,MS	1 EACH	284	30	674	2.27	1.19	458.0	607	0.0	*N/A*	18.64	31.16	9.92	5.58	0.00
PIZZA, PAPA J CHEESE- ES, MS	SLICE	330	20	670	3.00	2.70	500.0	500	3.6	5	21.0	40.0	10.0	4.00	0.00
PIZZA, PAPA J PEPP- MS	SLICE	360	30	800	3.00	2.70	450.0	500	3.6	5	21.0	40.0	14.0	5.00	0.00
BURRITO, BEAN & CHSE- ALL S CHS	1 EACH	397	16	447	9.00	1.57	312.0	216	1.4	*N/A*	18.5	56.0	11.0	4.70	0.00
SIDE SALAD - MS, HS	EACH	20	0	17	1.85	0.58	25.2	6112	8.77	*2	1.05	4.18	0.24	0.02	*0.00
POTATO TOTS- ALL SCHOOLS	1 EACH	140	0	225	2.70	0.36	10.9	2182	3.56	*N/A*	2.16	19.99	5.65	0.81	0.00
CARROTS- ALL SCHOOLS	bag	30	0	66	2.47	0.76	27.2	11728	2.21	4	0.54	7.01	0.11	0.02	0.00
BEANS, BBQ-E.S., M.S.	SERVING	172	0	812	6.53	1.90	54.1	228	0.0	*4	7.59	38.82	0.59	0.11	0.00
FRUIT: ASSORTED FRESH-ALL S CHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
FRUIT: ASSORTED JUICE	1 EACH	22	0	6	0.00	0.00	2.0	20	12.0	*N/A*	0.2	5.8	0.0	0.00	*N/A*
FREEZIE FRUIT SLUSHIE- MS	SERVING	88	0	17	0.00	*N/A*	*N/A*	*N/A*	*N/A*	*13	0.0	22.13	0.0	0.00	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL S CHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
KETCHUP- ALL SCHOOLS	PACKET	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00
MAYONNAISE- ALL SCHOOLS	packet	25	0	100	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	2.5	0.00	0.00
DRESSING, RANCH- ALL SCHOO	PACKET	49	5	105	0.02	0.02	1.5	8	0.05	*N/A*	0.15	1.05	4.93	0.72	0.05
MUSTARD, PACKET-ALL SCHOO	1 EACH	5	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.5	0.5	0.0	0.00	0.00
BBQ SAUCE PACKET- ALL SCHOOLS	PORTION	15	0	85	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
Weighted Daily Average		518	25	853	6.27	*3.99	*541.0	*2681	*22.16	*14	22.41	79.62	14.04	4.31	*0.02
% of Calories										*11.1%	17.3%	61.5%	24.4%	7.5%	*0.0%
Nutrient Guideline		524-640		1112										<10.00	

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ABC UNIFIED SCHOOL DISTRICT

Base Menu Spreadsheet

Portion Values - Detailed

Page 11

Mar 6, 2017 thru May 31, 2017

Combined: Middle Breakfast/Middle Lunch

Generated on: 3/10/2017 8:55:52 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 03/13/2017															
Middle Breakfast	Total														
CINNAMON ROLL- ES, MS	1 EACH	270	15	135	3.00	1.80	200.0	0	0.0	*N/A*	6.0	43.0	9.0	2.00	0.00
SANDWICH, PBJ - MS & HS	SANDWIC	334	0	334	3.13	1.13	20.9	0	0.0	*N/A*	10.44	33.42	17.76	3.66	*N/A*
BRKFST BAR, BAN CHOC-E.S, M.	1 EACH	280	15	220	3.00	1.80	20.0	0	0.0	*N/A*	5.0	48.0	8.0	3.00	0.00
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	233	0	311	5.00	16.20	125.0	625	7.2	*N/A*	5.25	50.75	1.75	0.00	0.00
FRUIT: ASSORTED FRESH-ALL SCHOOLS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSORTED DRIED-ALL SCHOOLS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
FRUIT: ASSRTD CANNED- ALL SCHOOLS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHOOLS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: Middle Breakfast/Middle Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Middle Lunch	Total														
CHEESEBURGER TWINS- E.S&M.	1 each	272	45	355	2.60	2.80	82.0	100	0.0	3	19.7	31.3	7.8	2.90	0.00
SANDWICH,GRILLED CHEESE-ES,MS	1 EACH	284	30	674	2.27	1.19	458.0	607	0.0	*N/A*	18.64	31.16	9.92	5.58	0.00
PIZZA, PAPA J CHEESE- ES, MS	SLICE	330	20	670	3.00	2.70	500.0	500	3.6	5	21.0	40.0	10.0	4.00	0.00
PIZZA, PAPA J HAWAIIAN- MS	SLICE	350	25	840	4.00	2.70	500.0	500	3.6	7	23.0	42.0	11.0	4.00	0.00
BURRITO, BEAN & CHSE- ALL S CHS	1 EACH	397	16	447	9.00	1.57	312.0	216	1.4	*N/A*	18.5	56.0	11.0	4.70	0.00
SIDE SALAD - MS, HS	1 EACH	20	0	17	1.85	0.58	25.2	6112	8.77	*2	1.05	4.18	0.24	0.02	*0.00
POTATO TOTS- ALL SCHOOLS	1 EACH	140	0	225	2.70	0.36	10.9	2182	3.56	*N/A*	2.16	19.99	5.65	0.81	0.00
CARROTS- ALL SCHOOLS	bag	30	0	66	2.47	0.76	27.2	11728	2.21	4	0.54	7.01	0.11	0.02	0.00
SALSA - ALL SCHOOLS	SERVING	41	0	488	1.59	2.54	13.6	624	4.54	*N/A*	1.7	7.94	0.23	0.03	*N/A*
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
FRUIT: ASSORTED JUICE	1 EACH	22	0	6	0.00	0.00	2.0	20	12.0	*N/A*	0.2	5.8	0.0	0.00	*N/A*
FREEZIE FRUIT SLUSHIE- MS	SERVING	88	0	17	0.00	*N/A*	*N/A*	*N/A*	*N/A*	*13	0.0	22.13	0.0	0.00	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
KETCHUP- ALL SCHOOLS	PACKET	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00
MAYONNAISE- ALL SCHOOLS	packet	25	0	100	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	2.5	0.00	0.00
DRESSING, RANCH- ALL SCHOO	PACKET	49	5	105	0.02	0.02	1.5	8	0.05	*N/A*	0.15	1.05	4.93	0.72	0.05
MUSTARD, PACKET-ALL SCHOO	1 EACH	5	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.5	0.5	0.0	0.00	0.00
BBQ SAUCE PACKET- ALL SCHOOLS	PORTION	15	0	85	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
Weighted Daily Average		487	20	741	5.99	*3.98	*569.3	*3419	*22.75	*15	22.10	77.51	11.34	3.70	*0.02
% of Calories										*12.6%	18.1%	63.6%	20.9%	6.8%	*0.0%
Nutrient Guideline		524-640		1112										<10.00	

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

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ABC UNIFIED SCHOOL DISTRICT

Base Menu Spreadsheet

Portion Values - Detailed

Page 13

Mar 6, 2017 thru May 31, 2017

Combined: Middle Breakfast/Middle Lunch

Generated on: 3/10/2017 8:55:52 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 03/14/2017															
Middle Breakfast	Total														
MINI MAPLE PANCAKES- ALL SC HS	3 OZ	220	5	340	3.00	1.44	60.0	0	0.0	*N/A*	5.0	36.0	7.0	1.00	0.00
SANDWICH, PBJ - MS & HS	SANDWIC	334	0	334	3.13	1.13	20.9	0	0.0	*N/A*	10.44	33.42	17.76	3.66	*N/A*
BRKFST BAR, BAN CHOC-E.S, M.	1 EACH	280	15	220	3.00	1.80	20.0	0	0.0	*N/A*	5.0	48.0	8.0	3.00	0.00
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	233	0	311	5.00	16.20	125.0	625	7.2	*N/A*	5.25	50.75	1.75	0.00	0.00
FRUIT: ASSORTED FRESH-ALL SCHO	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSORTED DRIED-ALL SCHO	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
FRUIT: ASSRTD CANNED- ALL SCHO	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHO	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00

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

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

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: Middle Breakfast/Middle Lunch

Portion Values - Detailed

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Generated on: 3/10/2017 8:55:52 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Middle Lunch	Total														
ROASTED BBQ CHIX- MS	1 EACH	394	95	681	2.30	1.37	65.1	85	0.0	*7	21.02	36.33	17.79	4.20	0.35
TAMALE, PORK & CHEESE- MS	1 EACH	390	39	372	3.52	3.77	268.0	914	37.95	*3	22.05	53.76	11.21	3.24	*0.00
RIB-B-QUE, PORK- MS	1 EACH	350	45	890	3.00	2.52	80.0	300	13.2	*N/A*	18.0	40.0	14.0	4.00	*0.00
SPINACH SALAD- ES, MS	1 each	251	194	258	1.50	1.61	170.0	6195	12.22	*6	11.26	10.72	18.27	4.26	*0.00
GOLDFISH, H&S CHEDDAR-ES, M	1 EACH	200	10	390	3.00	1.44	60.0	0	0.0	*N/A*	5.0	29.0	7.0	1.50	0.00
SANDWICH,GRILLED CHEESE-ES,MS	1 EACH	284	30	674	2.27	1.19	458.0	607	0.0	*N/A*	18.64	31.16	9.92	5.58	0.00
SIDE SALAD - MS, HS	EACH	20	0	17	1.85	0.58	25.2	6112	8.77	*2	1.05	4.18	0.24	0.02	*0.00
POTATO TOTS- ALL SCHOOLS	1 EACH	140	0	225	2.70	0.36	10.9	2182	3.56	*N/A*	2.16	19.99	5.65	0.81	0.00
CARROTS- ALL SCHOOLS	bag	30	0	66	2.47	0.76	27.2	11728	2.21	4	0.54	7.01	0.11	0.02	0.00
BEANS, RANCHERO-E.S., M.S.	SERVING	76	0	199	4.61	1.52	45.1	40	0.95	*N/A*	4.61	14.22	0.0	0.00	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
FRUIT: ASSORTED JUICE	1 EACH	22	0	6	0.00	0.00	2.0	20	12.0	*N/A*	0.2	5.8	0.0	0.00	*N/A*
FREEZIE FRUIT SLUSHIE- MS	SERVING	88	0	17	0.00	*N/A*	*N/A*	*N/A*	*N/A*	*13	0.0	22.13	0.0	0.00	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
COOKIE, MINI CHOC CHIP- MS	1 EACH	120	0	35	1.00	1.08	20.0	0	0.0	*N/A*	2.0	22.0	2.5	1.00	0.00
KETCHUP- ALL SCHOOLS	PACKET	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00
MAYONNAISE- ALL SCHOOLS	packet	25	0	100	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	2.5	0.00	0.00
DRESSING, RANCH- ALL SCHOO	PACKET	49	5	105	0.02	0.02	1.5	8	0.05	*N/A*	0.15	1.05	4.93	0.72	0.05
MUSTARD, PACKET-ALL SCHOO	1 EACH	5	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.5	0.5	0.0	0.00	0.00
BBQ SAUCE PACKET- ALL SCHOOLS	PORTION	15	0	85	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
Weighted Daily Average		482	26	576	6.40	*3.90	*297.7	*3003	*26.89	*14	15.09	82.93	11.36	3.00	*0.02
% of Calories										*11.5%	12.5%	68.8%	21.2%	5.6%	*0.0%
Nutrient Guideline		524-640		1112										<10.00	

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ABC UNIFIED SCHOOL DISTRICT

Base Menu Spreadsheet

Portion Values - Detailed

Page 15

Mar 6, 2017 thru May 31, 2017

Combined: Middle Breakfast/Middle Lunch

Generated on: 3/10/2017 8:55:52 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 03/15/2017															
Middle Breakfast	Total														
BREAKFAST WRAP - ES, MS	1 EACH	150	53	196	2.43	1.30	93.9	270	2.25	1	8.04	16.33	6.24	2.72	0.01
SANDWICH, PBJ - MS & HS	SANDWIC	334	0	334	3.13	1.13	20.9	0	0.0	*N/A*	10.44	33.42	17.76	3.66	*N/A*
BRKFST BAR, BAN CHOC-E.S, M.	1 EACH	280	15	220	3.00	1.80	20.0	0	0.0	*N/A*	5.0	48.0	8.0	3.00	0.00
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	233	0	311	5.00	16.20	125.0	625	7.2	*N/A*	5.25	50.75	1.75	0.00	0.00
FRUIT: ASSORTED FRESH-ALL SCHOOLS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSORTED DRIED-ALL SCHOOLS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
FRUIT: ASSRTD CANNED- ALL SCHOOLS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHOOLS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: Middle Breakfast/Middle Lunch

Portion Values - Detailed

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Generated on: 3/10/2017 8:55:52 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Middle Lunch	Total														
CHEESEBURGER TWINS- E.S&M.	1 each	272	45	355	2.60	2.80	82.0	100	0.0	3	19.7	31.3	7.8	2.90	0.00
SANDWICH,GRILLED CHEESE- ES,MS	1 EACH	284	30	674	2.27	1.19	458.0	607	0.0	*N/A*	18.64	31.16	9.92	5.58	0.00
PIZZA, PAPA J CHEESE- ES, MS	SLICE	330	20	670	3.00	2.70	500.0	500	3.6	5	21.0	40.0	10.0	4.00	0.00
PIZZA, PAPA J VEGGIE- MS	SLICE	340	20	700	4.00	3.60	500.0	750	9.0	6	21.0	41.0	11.0	4.00	0.00
BURRITO, BEAN & CHSE- ALL S CHS	1 EACH	397	16	447	9.00	1.57	312.0	216	1.4	*N/A*	18.5	56.0	11.0	4.70	0.00
SIDE SALAD - MS, HS	EACH	20	0	17	1.85	0.58	25.2	6112	8.77	*2	1.05	4.18	0.24	0.02	*0.00
POTATO TOTS- ALL SCHOOLS	1 EACH	140	0	225	2.70	0.36	10.9	2182	3.56	*N/A*	2.16	19.99	5.65	0.81	0.00
CARROTS- ALL SCHOOLS	bag	30	0	66	2.47	0.76	27.2	11728	2.21	4	0.54	7.01	0.11	0.02	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED FRESH-ALL S CHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
FRUIT: ASSORTED JUICE	1 EACH	22	0	6	0.00	0.00	2.0	20	12.0	*N/A*	0.2	5.8	0.0	0.00	*N/A*
FREEZIE FRUIT SLUSHIE- MS	SERVING	88	0	17	0.00	*N/A*	*N/A*	*N/A*	*N/A*	*13	0.0	22.13	0.0	0.00	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL S CHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
KETCHUP- ALL SCHOOLS	PACKET	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00
MAYONNAISE- ALL SCHOOLS	packet	25	0	100	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	2.5	0.00	0.00
DRESSING, RANCH- ALL SCHOO	PACKET	49	5	105	0.02	0.02	1.5	8	0.05	*N/A*	0.15	1.05	4.93	0.72	0.05
MUSTARD, PACKET-ALL SCHOO	1 EACH	5	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.5	0.5	0.0	0.00	0.00
BBQ SAUCE PACKET- ALL SCHOOLS	PORTION	15	0	85	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
Weighted Daily Average		492	19	744	6.37	*4.25	*550.3	*2761	*25.27	*15	21.66	77.75	12.03	3.73	*0.02
% of Calories										*12.6%	17.6%	63.2%	22.0%	6.8%	*0.0%
Nutrient Guideline		524-640		1112										<10.00	

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ABC UNIFIED SCHOOL DISTRICT

Base Menu Spreadsheet

Portion Values - Detailed

Page 17

Mar 6, 2017 thru May 31, 2017

Combined: Middle Breakfast/Middle Lunch

Generated on: 3/10/2017 8:55:52 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 03/16/2017															
Middle Breakfast	Total														
MINI MAPLE PANCAKES- ALL SC HS	3 OZ	220	5	340	3.00	1.44	60.0	0	0.0	*N/A*	5.0	36.0	7.0	1.00	0.00
SANDWICH, PBJ - MS & HS	SANDWIC	334	0	334	3.13	1.13	20.9	0	0.0	*N/A*	10.44	33.42	17.76	3.66	*N/A*
BRKFST BAR, BAN CHOC-E.S, M.	1 EACH	280	15	220	3.00	1.80	20.0	0	0.0	*N/A*	5.0	48.0	8.0	3.00	0.00
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	233	0	311	5.00	16.20	125.0	625	7.2	*N/A*	5.25	50.75	1.75	0.00	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: Middle Breakfast/Middle Lunch

Portion Values - Detailed

Page 18

Generated on: 3/10/2017 8:55:52 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Middle Lunch	Total														
CHILI & CHIPS - BEEF	PORTION	359	20	575	7.69	3.69	84.8	1143	19.4	*1	13.3	44.51	15.44	1.60	*0.75
TAMALE, PORK & CHEESE- MS	1 EACH	390	39	372	3.52	3.77	268.0	914	37.95	*3	22.05	53.76	11.21	3.24	*0.00
SPICY CHIX SANDWICH-MS, HS	SANDWIC	344	55	691	2.92	3.18	58.4	500	8.65	*N/A*	19.81	39.87	12.92	2.98	0.00
PEPPERONI PIZZA SALAD- ES, M	1 each	320	*32	595	1.45	0.87	330.3	2321	11.63	*1	15.35	4.32	27.03	8.05	*0.11
GOLDFISH, H&S CHEDDAR-ES, M	1 EACH	200	10	390	3.00	1.44	60.0	0	0.0	*N/A*	5.0	29.0	7.0	1.50	0.00
SANDWICH,GRILLED CHEESE-ES,MS	1 EACH	284	30	674	2.27	1.19	458.0	607	0.0	*N/A*	18.64	31.16	9.92	5.58	0.00
SIDE SALAD - MS, HS	EACH	20	0	17	1.85	0.58	25.2	6112	8.77	*2	1.05	4.18	0.24	0.02	*0.00
POTATO TOTS- ALL SCHOOLS	1 EACH	140	0	225	2.70	0.36	10.9	2182	3.56	*N/A*	2.16	19.99	5.65	0.81	0.00
CARROTS- ALL SCHOOLS	bag	30	0	66	2.47	0.76	27.2	11728	2.21	4	0.54	7.01	0.11	0.02	0.00
BROCCOLI W/CHEDDAR-E.S.,M.S	SERV	39	3	64	2.83	0.58	60.3	984	37.86	*1	3.7	5.44	0.99	0.60	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
FRUIT: ASSORTED JUICE	1 EACH	22	0	6	0.00	0.00	2.0	20	12.0	*N/A*	0.2	5.8	0.0	0.00	*N/A*
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
KETCHUP- ALL SCHOOLS	PACKET	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00
MAYONNAISE- ALL SCHOOLS	packet	25	0	100	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	2.5	0.00	0.00
DRESSING, RANCH- ALL SCHOO	PACKET	49	5	105	0.02	0.02	1.5	8	0.05	*N/A*	0.15	1.05	4.93	0.72	0.05
MUSTARD, PACKET-ALL SCHOO	1 EACH	5	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.5	0.5	0.0	0.00	0.00
BBQ SAUCE PACKET- ALL SCHOOLS	PORTION	15	0	85	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
Weighted Daily Average		401	*19	522	5.39	3.13	304.8	2875	26.80	*12	14.24	67.45	9.77	2.29	*0.02
% of Calories										*12.4%	14.2%	67.3%	21.9%	5.1%	*0.0%
Nutrient Guideline		524-640		1112										<10.00	

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ABC UNIFIED SCHOOL DISTRICT

Base Menu Spreadsheet

Portion Values - Detailed

Page 19

Mar 6, 2017 thru May 31, 2017

Combined: Middle Breakfast/Middle Lunch

Generated on: 3/10/2017 8:55:53 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 03/17/2017															
Middle Breakfast	Total														
CINNAMON ROLL- ES, MS	1 EACH	270	15	135	3.00	1.80	200.0	0	0.0	*N/A*	6.0	43.0	9.0	2.00	0.00
SANDWICH, PBJ - MS & HS	SANDWIC	334	0	334	3.13	1.13	20.9	0	0.0	*N/A*	10.44	33.42	17.76	3.66	*N/A*
BRKFST BAR, BAN CHOC-E.S, M.	1 EACH	280	15	220	3.00	1.80	20.0	0	0.0	*N/A*	5.0	48.0	8.0	3.00	0.00
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	233	0	311	5.00	16.20	125.0	625	7.2	*N/A*	5.25	50.75	1.75	0.00	0.00
FRUIT: ASSORTED FRESH-ALL SCHOOLS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSORTED DRIED-ALL SCHOOLS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
FRUIT: ASSRTD CANNED- ALL SCHOOLS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHOOLS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: Middle Breakfast/Middle Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Middle Lunch	Total														
CHEESEBURGER TWINS- E.S&M.	1 each	272	45	355	2.60	2.80	82.0	100	0.0	3	19.7	31.3	7.8	2.90	0.00
SANDWICH,GRILLED CHEESE- ES,MS	1 EACH	284	30	674	2.27	1.19	458.0	607	0.0	*N/A*	18.64	31.16	9.92	5.58	0.00
PIZZA, PAPA J CHEESE- ES, MS	SLICE	330	20	670	3.00	2.70	500.0	500	3.6	5	21.0	40.0	10.0	4.00	0.00
PIZZA, PAPA J PEPP- MS	SLICE	360	30	800	3.00	2.70	450.0	500	3.6	5	21.0	40.0	14.0	5.00	0.00
BURRITO, BEAN & CHSE- ALL S CHS	1 EACH	397	16	447	9.00	1.57	312.0	216	1.4	*N/A*	18.5	56.0	11.0	4.70	0.00
SIDE SALAD - MS, HS	EACH	20	0	17	1.85	0.58	25.2	6112	8.77	*2	1.05	4.18	0.24	0.02	*0.00
POTATO TOTS- ALL SCHOOLS	1 EACH	140	0	225	2.70	0.36	10.9	2182	3.56	*N/A*	2.16	19.99	5.65	0.81	0.00
CARROTS- ALL SCHOOLS	bag	30	0	66	2.47	0.76	27.2	11728	2.21	4	0.54	7.01	0.11	0.02	0.00
BEANS, BBQ-E.S., M.S.	SERVING	172	0	812	6.53	1.90	54.1	228	0.0	*4	7.59	38.82	0.59	0.11	0.00
FRUIT: ASSORTED FRESH-ALL S CHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
FRUIT: ASSORTED JUICE	1 EACH	22	0	6	0.00	0.00	2.0	20	12.0	*N/A*	0.2	5.8	0.0	0.00	*N/A*
FREEZIE FRUIT SLUSHIE- MS	SERVING	88	0	17	0.00	*N/A*	*N/A*	*N/A*	*N/A*	*13	0.0	22.13	0.0	0.00	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL S CHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
KETCHUP- ALL SCHOOLS	PACKET	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00
MAYONNAISE- ALL SCHOOLS	packet	25	0	100	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	2.5	0.00	0.00
DRESSING, RANCH- ALL SCHOO	PACKET	49	5	105	0.02	0.02	1.5	8	0.05	*N/A*	0.15	1.05	4.93	0.72	0.05
MUSTARD, PACKET-ALL SCHOO	1 EACH	5	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.5	0.5	0.0	0.00	0.00
BBQ SAUCE PACKET- ALL SCHOOLS	PORTION	15	0	85	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
Weighted Daily Average		518	25	853	6.27	*3.99	*541.0	*2681	*22.16	*14	22.41	79.62	14.04	4.31	*0.02
% of Calories										*11.1%	17.3%	61.5%	24.4%	7.5%	*0.0%
Nutrient Guideline		524-640		1112										<10.00	

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ABC UNIFIED SCHOOL DISTRICT

Base Menu Spreadsheet

Portion Values - Detailed

Page 21

Mar 6, 2017 thru May 31, 2017

Combined: Middle Breakfast/Middle Lunch

Generated on: 3/10/2017 8:55:53 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 03/20/2017															
Middle Breakfast	Total														
CINNAMON ROLL- ES, MS	1 EACH	270	15	135	3.00	1.80	200.0	0	0.0	*N/A*	6.0	43.0	9.0	2.00	0.00
SANDWICH, PBJ - MS & HS	SANDWIC	334	0	334	3.13	1.13	20.9	0	0.0	*N/A*	10.44	33.42	17.76	3.66	*N/A*
BRKFST BAR, BAN CHOC-E.S, M.	1 EACH	280	15	220	3.00	1.80	20.0	0	0.0	*N/A*	5.0	48.0	8.0	3.00	0.00
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	233	0	311	5.00	16.20	125.0	625	7.2	*N/A*	5.25	50.75	1.75	0.00	0.00
FRUIT: ASSORTED FRESH-ALL SCHOOLS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSORTED DRIED-ALL SCHOOLS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
FRUIT: ASSRTD CANNED- ALL SCHOOLS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHOOLS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: Middle Breakfast/Middle Lunch

Portion Values - Detailed

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Generated on: 3/10/2017 8:55:53 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Middle Lunch	Total														
CHEESEBURGER TWINS- E.S&M.	1 each	272	45	355	2.60	2.80	82.0	100	0.0	3	19.7	31.3	7.8	2.90	0.00
SANDWICH,GRILLED CHEESE-ES,MS	1 EACH	284	30	674	2.27	1.19	458.0	607	0.0	*N/A*	18.64	31.16	9.92	5.58	0.00
PIZZA, PAPA J CHEESE- ES, MS	SLICE	330	20	670	3.00	2.70	500.0	500	3.6	5	21.0	40.0	10.0	4.00	0.00
PIZZA, PAPA J HAWAIIAN- MS	SLICE	350	25	840	4.00	2.70	500.0	500	3.6	7	23.0	42.0	11.0	4.00	0.00
BURRITO, BEAN & CHSE- ALL S CHS	1 EACH	397	16	447	9.00	1.57	312.0	216	1.4	*N/A*	18.5	56.0	11.0	4.70	0.00
SIDE SALAD - MS, HS	1 EACH	20	0	17	1.85	0.58	25.2	6112	8.77	*2	1.05	4.18	0.24	0.02	*0.00
POTATO TOTS- ALL SCHOOLS	1 EACH	140	0	225	2.70	0.36	10.9	2182	3.56	*N/A*	2.16	19.99	5.65	0.81	0.00
CARROTS- ALL SCHOOLS	bag	30	0	66	2.47	0.76	27.2	11728	2.21	4	0.54	7.01	0.11	0.02	0.00
SALSA - ALL SCHOOLS	SERVING	41	0	488	1.59	2.54	13.6	624	4.54	*N/A*	1.7	7.94	0.23	0.03	*N/A*
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
FRUIT: ASSORTED JUICE	1 EACH	22	0	6	0.00	0.00	2.0	20	12.0	*N/A*	0.2	5.8	0.0	0.00	*N/A*
FREEZIE FRUIT SLUSHIE- MS	SERVING	88	0	17	0.00	*N/A*	*N/A*	*N/A*	*N/A*	*13	0.0	22.13	0.0	0.00	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
KETCHUP- ALL SCHOOLS	PACKET	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00
MAYONNAISE- ALL SCHOOLS	packet	25	0	100	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	2.5	0.00	0.00
DRESSING, RANCH- ALL SCHOO	PACKET	49	5	105	0.02	0.02	1.5	8	0.05	*N/A*	0.15	1.05	4.93	0.72	0.05
MUSTARD, PACKET-ALL SCHOO	1 EACH	5	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.5	0.5	0.0	0.00	0.00
BBQ SAUCE PACKET- ALL SCHOOLS	PORTION	15	0	85	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
Weighted Daily Average		487	20	741	5.99	*3.98	*569.3	*3419	*22.75	*15	22.10	77.51	11.34	3.70	*0.02
% of Calories										*12.6%	18.1%	63.6%	20.9%	6.8%	*0.0%
Nutrient Guideline		524-640		1112										<10.00	

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ABC UNIFIED SCHOOL DISTRICT

Base Menu Spreadsheet

Portion Values - Detailed

Page 23

Mar 6, 2017 thru May 31, 2017

Combined: Middle Breakfast/Middle Lunch

Generated on: 3/10/2017 8:55:53 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 03/21/2017															
Middle Breakfast	Total														
MINI MAPLE PANCAKES- ALL SC HS	3 OZ	220	5	340	3.00	1.44	60.0	0	0.0	*N/A*	5.0	36.0	7.0	1.00	0.00
SANDWICH, PBJ - MS & HS	SANDWIC	334	0	334	3.13	1.13	20.9	0	0.0	*N/A*	10.44	33.42	17.76	3.66	*N/A*
BRKFST BAR, BAN CHOC-E.S, M.	1 EACH	280	15	220	3.00	1.80	20.0	0	0.0	*N/A*	5.0	48.0	8.0	3.00	0.00
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	233	0	311	5.00	16.20	125.0	625	7.2	*N/A*	5.25	50.75	1.75	0.00	0.00
FRUIT: ASSORTED FRESH-ALL SCHO	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSORTED DRIED-ALL SCHO	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
FRUIT: ASSRTD CANNED- ALL SCHO	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHO	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: Middle Breakfast/Middle Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Middle Lunch	Total														
ROASTED BBQ CHIX- MS	1 EACH	394	95	681	2.30	1.37	65.1	85	0.0	*7	21.02	36.33	17.79	4.20	0.35
TAMALE, PORK & CHEESE- MS	1 EACH	390	39	372	3.52	3.77	268.0	914	37.95	*3	22.05	53.76	11.21	3.24	*0.00
RIB-B-QUE, PORK- MS	1 EACH	350	45	890	3.00	2.52	80.0	300	13.2	*N/A*	18.0	40.0	14.0	4.00	*0.00
SPINACH SALAD- ES, MS	1 each	251	194	258	1.50	1.61	170.0	6195	12.22	*6	11.26	10.72	18.27	4.26	*0.00
GOLDFISH, H&S CHEDDAR-ES, M	1 EACH	200	10	390	3.00	1.44	60.0	0	0.0	*N/A*	5.0	29.0	7.0	1.50	0.00
SANDWICH,GRILLED CHEESE-ES,MS	1 EACH	284	30	674	2.27	1.19	458.0	607	0.0	*N/A*	18.64	31.16	9.92	5.58	0.00
SIDE SALAD - MS, HS	EACH	20	0	17	1.85	0.58	25.2	6112	8.77	*2	1.05	4.18	0.24	0.02	*0.00
POTATO TOTS- ALL SCHOOLS	1 EACH	140	0	225	2.70	0.36	10.9	2182	3.56	*N/A*	2.16	19.99	5.65	0.81	0.00
CARROTS- ALL SCHOOLS	bag	30	0	66	2.47	0.76	27.2	11728	2.21	4	0.54	7.01	0.11	0.02	0.00
BEANS, RANCHERO-E.S., M.S.	SERVING	76	0	199	4.61	1.52	45.1	40	0.95	*N/A*	4.61	14.22	0.0	0.00	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
FRUIT: ASSORTED JUICE	1 EACH	22	0	6	0.00	0.00	2.0	20	12.0	*N/A*	0.2	5.8	0.0	0.00	*N/A*
FREEZIE FRUIT SLUSHIE- MS	SERVING	88	0	17	0.00	*N/A*	*N/A*	*N/A*	*N/A*	*13	0.0	22.13	0.0	0.00	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
COOKIE, MINI CHOC CHIP- MS	1 EACH	120	0	35	1.00	1.08	20.0	0	0.0	*N/A*	2.0	22.0	2.5	1.00	0.00
KETCHUP- ALL SCHOOLS	PACKET	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00
MAYONNAISE- ALL SCHOOLS	packet	25	0	100	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	2.5	0.00	0.00
DRESSING, RANCH- ALL SCHOO	PACKET	49	5	105	0.02	0.02	1.5	8	0.05	*N/A*	0.15	1.05	4.93	0.72	0.05
MUSTARD, PACKET-ALL SCHOO	1 EACH	5	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.5	0.5	0.0	0.00	0.00
BBQ SAUCE PACKET- ALL SCHOOLS	PORTION	15	0	85	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
Weighted Daily Average		482	26	576	6.40	*3.90	*297.7	*3003	*26.89	*14	15.09	82.93	11.36	3.00	*0.02
% of Calories										*11.5%	12.5%	68.8%	21.2%	5.6%	*0.0%
Nutrient Guideline		524-640		1112										<10.00	

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

Base Menu Spreadsheet

Portion Values - Detailed

Page 25

Mar 6, 2017 thru May 31, 2017

Combined: Middle Breakfast/Middle Lunch

Generated on: 3/10/2017 8:55:53 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 03/22/2017															
Middle Breakfast	Total														
BREAKFAST WRAP - ES, MS	1 EACH	150	53	196	2.43	1.30	93.9	270	2.25	1	8.04	16.33	6.24	2.72	0.01
SANDWICH, PBJ - MS & HS	SANDWIC	334	0	334	3.13	1.13	20.9	0	0.0	*N/A*	10.44	33.42	17.76	3.66	*N/A*
BRKFST BAR, BAN CHOC-E.S, M.	1 EACH	280	15	220	3.00	1.80	20.0	0	0.0	*N/A*	5.0	48.0	8.0	3.00	0.00
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	233	0	311	5.00	16.20	125.0	625	7.2	*N/A*	5.25	50.75	1.75	0.00	0.00
FRUIT: ASSORTED FRESH-ALL SCHOOLS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSORTED DRIED-ALL SCHOOLS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
FRUIT: ASSRTD CANNED- ALL SCHOOLS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHOOLS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00

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

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: Middle Breakfast/Middle Lunch

Portion Values - Detailed

Page 26

Generated on: 3/10/2017 8:55:53 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Middle Lunch	Total														
CHEESEBURGER TWINS- E.S&M.	1 each	272	45	355	2.60	2.80	82.0	100	0.0	3	19.7	31.3	7.8	2.90	0.00
SANDWICH,GRILLED CHEESE- ES,MS	1 EACH	284	30	674	2.27	1.19	458.0	607	0.0	*N/A*	18.64	31.16	9.92	5.58	0.00
PIZZA, PAPA J CHEESE- ES, MS	SLICE	330	20	670	3.00	2.70	500.0	500	3.6	5	21.0	40.0	10.0	4.00	0.00
PIZZA, PAPA J VEGGIE- MS	SLICE	340	20	700	4.00	3.60	500.0	750	9.0	6	21.0	41.0	11.0	4.00	0.00
BURRITO, BEAN & CHSE- ALL S CHS	1 EACH	397	16	447	9.00	1.57	312.0	216	1.4	*N/A*	18.5	56.0	11.0	4.70	0.00
SIDE SALAD - MS, HS	EACH	20	0	17	1.85	0.58	25.2	6112	8.77	*2	1.05	4.18	0.24	0.02	*0.00
POTATO TOTS- ALL SCHOOLS	1 EACH	140	0	225	2.70	0.36	10.9	2182	3.56	*N/A*	2.16	19.99	5.65	0.81	0.00
CARROTS- ALL SCHOOLS	bag	30	0	66	2.47	0.76	27.2	11728	2.21	4	0.54	7.01	0.11	0.02	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
FRUIT: ASSORTED JUICE	1 EACH	22	0	6	0.00	0.00	2.0	20	12.0	*N/A*	0.2	5.8	0.0	0.00	*N/A*
FREEZIE FRUIT SLUSHIE- MS	SERVING	88	0	17	0.00	*N/A*	*N/A*	*N/A*	*N/A*	*13	0.0	22.13	0.0	0.00	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
KETCHUP- ALL SCHOOLS	PACKET	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00
MAYONNAISE- ALL SCHOOLS	packet	25	0	100	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	2.5	0.00	0.00
DRESSING, RANCH- ALL SCHOO	PACKET	49	5	105	0.02	0.02	1.5	8	0.05	*N/A*	0.15	1.05	4.93	0.72	0.05
MUSTARD, PACKET-ALL SCHOO	1 EACH	5	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.5	0.5	0.0	0.00	0.00
BBQ SAUCE PACKET- ALL SCHOOLS	PORTION	15	0	85	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
Weighted Daily Average		492	19	744	6.37	*4.25	*550.3	*2761	*25.27	*15	21.66	77.75	12.03	3.73	*0.02
% of Calories										*12.6%	17.6%	63.2%	22.0%	6.8%	*0.0%
Nutrient Guideline		524-640		1112										<10.00	

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ABC UNIFIED SCHOOL DISTRICT

Base Menu Spreadsheet

Portion Values - Detailed

Page 27

Mar 6, 2017 thru May 31, 2017

Combined: Middle Breakfast/Middle Lunch

Generated on: 3/10/2017 8:55:53 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 03/23/2017															
Middle Breakfast	Total														
MINI MAPLE PANCAKES- ALL SC HS	3 OZ	220	5	340	3.00	1.44	60.0	0	0.0	*N/A*	5.0	36.0	7.0	1.00	0.00
SANDWICH, PBJ - MS & HS	SANDWIC	334	0	334	3.13	1.13	20.9	0	0.0	*N/A*	10.44	33.42	17.76	3.66	*N/A*
BRKFST BAR, BAN CHOC-E.S, M.	1 EACH	280	15	220	3.00	1.80	20.0	0	0.0	*N/A*	5.0	48.0	8.0	3.00	0.00
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	233	0	311	5.00	16.20	125.0	625	7.2	*N/A*	5.25	50.75	1.75	0.00	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: Middle Breakfast/Middle Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Middle Lunch	Total														
CHILI & CHIPS - BEEF	PORTION	359	20	575	7.69	3.69	84.8	1143	19.4	*1	13.3	44.51	15.44	1.60	*0.75
TAMALE, PORK & CHEESE- MS	1 EACH	390	39	372	3.52	3.77	268.0	914	37.95	*3	22.05	53.76	11.21	3.24	*0.00
SPICY CHIX SANDWICH-MS, HS	SANDWIC	344	55	691	2.92	3.18	58.4	500	8.65	*N/A*	19.81	39.87	12.92	2.98	0.00
PEPPERONI PIZZA SALAD- ES, M	1 each	320	*32	595	1.45	0.87	330.3	2321	11.63	*1	15.35	4.32	27.03	8.05	*0.11
GOLDFISH, H&S CHEDDAR-ES, M	1 EACH	200	10	390	3.00	1.44	60.0	0	0.0	*N/A*	5.0	29.0	7.0	1.50	0.00
SANDWICH,GRILLED CHEESE-ES,MS	1 EACH	284	30	674	2.27	1.19	458.0	607	0.0	*N/A*	18.64	31.16	9.92	5.58	0.00
SIDE SALAD - MS, HS	EACH	20	0	17	1.85	0.58	25.2	6112	8.77	*2	1.05	4.18	0.24	0.02	*0.00
POTATO TOTS- ALL SCHOOLS	1 EACH	140	0	225	2.70	0.36	10.9	2182	3.56	*N/A*	2.16	19.99	5.65	0.81	0.00
CARROTS- ALL SCHOOLS	bag	30	0	66	2.47	0.76	27.2	11728	2.21	4	0.54	7.01	0.11	0.02	0.00
BROCCOLI W/CHEDDAR-E.S.,M.S	SERV	39	3	64	2.83	0.58	60.3	984	37.86	*1	3.7	5.44	0.99	0.60	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
FRUIT: ASSORTED JUICE	1 EACH	22	0	6	0.00	0.00	2.0	20	12.0	*N/A*	0.2	5.8	0.0	0.00	*N/A*
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
KETCHUP- ALL SCHOOLS	PACKET	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00
MAYONNAISE- ALL SCHOOLS	packet	25	0	100	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	2.5	0.00	0.00
DRESSING, RANCH- ALL SCHOO	PACKET	49	5	105	0.02	0.02	1.5	8	0.05	*N/A*	0.15	1.05	4.93	0.72	0.05
MUSTARD, PACKET-ALL SCHOO	1 EACH	5	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.5	0.5	0.0	0.00	0.00
BBQ SAUCE PACKET- ALL SCHOOLS	PORTION	15	0	85	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
Weighted Daily Average		401	*19	522	5.39	3.13	304.8	2875	26.80	*12	14.24	67.45	9.77	2.29	*0.02
% of Calories										*12.4%	14.2%	67.3%	21.9%	5.1%	*0.0%
Nutrient Guideline		524-640		1112										<10.00	

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ABC UNIFIED SCHOOL DISTRICT

Base Menu Spreadsheet

Portion Values - Detailed

Page 29

Mar 6, 2017 thru May 31, 2017

Combined: Middle Breakfast/Middle Lunch

Generated on: 3/10/2017 8:55:53 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 03/24/2017															
Middle Breakfast	Total														
CINNAMON ROLL- ES, MS	1 EACH	270	15	135	3.00	1.80	200.0	0	0.0	*N/A*	6.0	43.0	9.0	2.00	0.00
SANDWICH, PBJ - MS & HS	SANDWIC	334	0	334	3.13	1.13	20.9	0	0.0	*N/A*	10.44	33.42	17.76	3.66	*N/A*
BRKFST BAR, BAN CHOC-E.S, M.	1 EACH	280	15	220	3.00	1.80	20.0	0	0.0	*N/A*	5.0	48.0	8.0	3.00	0.00
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	233	0	311	5.00	16.20	125.0	625	7.2	*N/A*	5.25	50.75	1.75	0.00	0.00
FRUIT: ASSORTED FRESH-ALL SCHOOLS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSORTED DRIED-ALL SCHOOLS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
FRUIT: ASSRTD CANNED- ALL SCHOOLS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHOOLS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: Middle Breakfast/Middle Lunch

Portion Values - Detailed

Page 30

Generated on: 3/10/2017 8:55:53 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Middle Lunch	Total														
CHEESEBURGER TWINS- E.S&M.	1 each	272	45	355	2.60	2.80	82.0	100	0.0	3	19.7	31.3	7.8	2.90	0.00
SANDWICH,GRILLED CHEESE-ES,MS	1 EACH	284	30	674	2.27	1.19	458.0	607	0.0	*N/A*	18.64	31.16	9.92	5.58	0.00
PIZZA, PAPA J CHEESE- ES, MS	SLICE	330	20	670	3.00	2.70	500.0	500	3.6	5	21.0	40.0	10.0	4.00	0.00
PIZZA, PAPA J PEPP- MS	SLICE	360	30	800	3.00	2.70	450.0	500	3.6	5	21.0	40.0	14.0	5.00	0.00
BURRITO, BEAN & CHSE- ALL S CHS	1 EACH	397	16	447	9.00	1.57	312.0	216	1.4	*N/A*	18.5	56.0	11.0	4.70	0.00
SIDE SALAD - MS, HS	EACH	20	0	17	1.85	0.58	25.2	6112	8.77	*2	1.05	4.18	0.24	0.02	*0.00
POTATO TOTS- ALL SCHOOLS	1 EACH	140	0	225	2.70	0.36	10.9	2182	3.56	*N/A*	2.16	19.99	5.65	0.81	0.00
CARROTS- ALL SCHOOLS	bag	30	0	66	2.47	0.76	27.2	11728	2.21	4	0.54	7.01	0.11	0.02	0.00
BEANS, BBQ-E.S., M.S.	SERVING	172	0	812	6.53	1.90	54.1	228	0.0	*4	7.59	38.82	0.59	0.11	0.00
FRUIT: ASSORTED FRESH-ALL S CHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
FRUIT: ASSORTED JUICE	1 EACH	22	0	6	0.00	0.00	2.0	20	12.0	*N/A*	0.2	5.8	0.0	0.00	*N/A*
FREEZIE FRUIT SLUSHIE- MS	SERVING	88	0	17	0.00	*N/A*	*N/A*	*N/A*	*N/A*	*13	0.0	22.13	0.0	0.00	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL S CHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
KETCHUP- ALL SCHOOLS	PACKET	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00
MAYONNAISE- ALL SCHOOLS	packet	25	0	100	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	2.5	0.00	0.00
DRESSING, RANCH- ALL SCHOO	PACKET	49	5	105	0.02	0.02	1.5	8	0.05	*N/A*	0.15	1.05	4.93	0.72	0.05
MUSTARD, PACKET-ALL SCHOO	1 EACH	5	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.5	0.5	0.0	0.00	0.00
BBQ SAUCE PACKET- ALL SCHOOLS	PORTION	15	0	85	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
Weighted Daily Average		518	25	853	6.27	*3.99	*541.0	*2681	*22.16	*14	22.41	79.62	14.04	4.31	*0.02
% of Calories										*11.1%	17.3%	61.5%	24.4%	7.5%	*0.0%
Nutrient Guideline		524-640		1112										<10.00	

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ABC UNIFIED SCHOOL DISTRICT

Base Menu Spreadsheet

Portion Values - Detailed

Page 31

Mar 6, 2017 thru May 31, 2017

Combined: Middle Breakfast/Middle Lunch

Generated on: 3/10/2017 8:55:53 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 03/27/2017															
Middle Breakfast	Total														
CINNAMON ROLL- ES, MS	1 EACH	270	15	135	3.00	1.80	200.0	0	0.0	*N/A*	6.0	43.0	9.0	2.00	0.00
SANDWICH, PBJ - MS & HS	SANDWIC	334	0	334	3.13	1.13	20.9	0	0.0	*N/A*	10.44	33.42	17.76	3.66	*N/A*
BRKFST BAR, BAN CHOC-E.S, M.	1 EACH	280	15	220	3.00	1.80	20.0	0	0.0	*N/A*	5.0	48.0	8.0	3.00	0.00
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	233	0	311	5.00	16.20	125.0	625	7.2	*N/A*	5.25	50.75	1.75	0.00	0.00
FRUIT: ASSORTED FRESH-ALL SCHOOLS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSORTED DRIED-ALL SCHOOLS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
FRUIT: ASSRTD CANNED- ALL SCHOOLS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHOOLS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: Middle Breakfast/Middle Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Middle Lunch	Total														
CHEESEBURGER TWINS- E.S&M.	1 each	272	45	355	2.60	2.80	82.0	100	0.0	3	19.7	31.3	7.8	2.90	0.00
SANDWICH,GRILLED CHEESE-ES,MS	1 EACH	284	30	674	2.27	1.19	458.0	607	0.0	*N/A*	18.64	31.16	9.92	5.58	0.00
PIZZA, PAPA J CHEESE- ES, MS	SLICE	330	20	670	3.00	2.70	500.0	500	3.6	5	21.0	40.0	10.0	4.00	0.00
PIZZA, PAPA J HAWAIIAN- MS	SLICE	350	25	840	4.00	2.70	500.0	500	3.6	7	23.0	42.0	11.0	4.00	0.00
BURRITO, BEAN & CHSE- ALL S CHS	1 EACH	397	16	447	9.00	1.57	312.0	216	1.4	*N/A*	18.5	56.0	11.0	4.70	0.00
SIDE SALAD - MS, HS	1 EACH	20	0	17	1.85	0.58	25.2	6112	8.77	*2	1.05	4.18	0.24	0.02	*0.00
POTATO TOTS- ALL SCHOOLS	1 EACH	140	0	225	2.70	0.36	10.9	2182	3.56	*N/A*	2.16	19.99	5.65	0.81	0.00
CARROTS- ALL SCHOOLS	bag	30	0	66	2.47	0.76	27.2	11728	2.21	4	0.54	7.01	0.11	0.02	0.00
SALSA - ALL SCHOOLS	SERVING	41	0	488	1.59	2.54	13.6	624	4.54	*N/A*	1.7	7.94	0.23	0.03	*N/A*
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
FRUIT: ASSORTED JUICE	1 EACH	22	0	6	0.00	0.00	2.0	20	12.0	*N/A*	0.2	5.8	0.0	0.00	*N/A*
FREEZIE FRUIT SLUSHIE- MS	SERVING	88	0	17	0.00	*N/A*	*N/A*	*N/A*	*N/A*	*13	0.0	22.13	0.0	0.00	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
KETCHUP- ALL SCHOOLS	PACKET	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00
MAYONNAISE- ALL SCHOOLS	packet	25	0	100	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	2.5	0.00	0.00
DRESSING, RANCH- ALL SCHOO	PACKET	49	5	105	0.02	0.02	1.5	8	0.05	*N/A*	0.15	1.05	4.93	0.72	0.05
MUSTARD, PACKET-ALL SCHOO	1 EACH	5	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.5	0.5	0.0	0.00	0.00
BBQ SAUCE PACKET- ALL SCHOOLS	PORTION	15	0	85	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
Weighted Daily Average		487	20	741	5.99	*3.98	*569.3	*3419	*22.75	*15	22.10	77.51	11.34	3.70	*0.02
% of Calories										*12.6%	18.1%	63.6%	20.9%	6.8%	*0.0%
Nutrient Guideline		524-640		1112										<10.00	

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ABC UNIFIED SCHOOL DISTRICT

Base Menu Spreadsheet

Portion Values - Detailed

Page 33

Mar 6, 2017 thru May 31, 2017

Combined: Middle Breakfast/Middle Lunch

Generated on: 3/10/2017 8:55:53 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 03/28/2017															
Middle Breakfast	Total														
MINI MAPLE PANCAKES- ALL SC HS	3 OZ	220	5	340	3.00	1.44	60.0	0	0.0	*N/A*	5.0	36.0	7.0	1.00	0.00
SANDWICH, PBJ - MS & HS	SANDWIC	334	0	334	3.13	1.13	20.9	0	0.0	*N/A*	10.44	33.42	17.76	3.66	*N/A*
BRKFST BAR, BAN CHOC-E.S, M.	1 EACH	280	15	220	3.00	1.80	20.0	0	0.0	*N/A*	5.0	48.0	8.0	3.00	0.00
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	233	0	311	5.00	16.20	125.0	625	7.2	*N/A*	5.25	50.75	1.75	0.00	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: Middle Breakfast/Middle Lunch

Portion Values - Detailed

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Generated on: 3/10/2017 8:55:53 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Middle Lunch	Total														
ROASTED BBQ CHIX- MS	1 EACH	394	95	681	2.30	1.37	65.1	85	0.0	*7	21.02	36.33	17.79	4.20	0.35
TAMALE, PORK & CHEESE- MS	1 EACH	390	39	372	3.52	3.77	268.0	914	37.95	*3	22.05	53.76	11.21	3.24	*0.00
RIB-B-QUE, PORK- MS	1 EACH	350	45	890	3.00	2.52	80.0	300	13.2	*N/A*	18.0	40.0	14.0	4.00	*0.00
SPINACH SALAD- ES, MS	1 each	251	194	258	1.50	1.61	170.0	6195	12.22	*6	11.26	10.72	18.27	4.26	*0.00
GOLDFISH, H&S CHEDDAR-ES, M	1 EACH	200	10	390	3.00	1.44	60.0	0	0.0	*N/A*	5.0	29.0	7.0	1.50	0.00
SANDWICH,GRILLED CHEESE-ES,MS	1 EACH	284	30	674	2.27	1.19	458.0	607	0.0	*N/A*	18.64	31.16	9.92	5.58	0.00
SIDE SALAD - MS, HS	EACH	20	0	17	1.85	0.58	25.2	6112	8.77	*2	1.05	4.18	0.24	0.02	*0.00
POTATO TOTS- ALL SCHOOLS	1 EACH	140	0	225	2.70	0.36	10.9	2182	3.56	*N/A*	2.16	19.99	5.65	0.81	0.00
CARROTS- ALL SCHOOLS	bag	30	0	66	2.47	0.76	27.2	11728	2.21	4	0.54	7.01	0.11	0.02	0.00
BEANS, RANCHERO-E.S., M.S.	SERVING	76	0	199	4.61	1.52	45.1	40	0.95	*N/A*	4.61	14.22	0.0	0.00	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
FRUIT: ASSORTED JUICE	1 EACH	22	0	6	0.00	0.00	2.0	20	12.0	*N/A*	0.2	5.8	0.0	0.00	*N/A*
FREEZIE FRUIT SLUSHIE- MS	SERVING	88	0	17	0.00	*N/A*	*N/A*	*N/A*	*N/A*	*13	0.0	22.13	0.0	0.00	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
COOKIE, MINI CHOC CHIP- MS	1 EACH	120	0	35	1.00	1.08	20.0	0	0.0	*N/A*	2.0	22.0	2.5	1.00	0.00
KETCHUP- ALL SCHOOLS	PACKET	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00
MAYONNAISE- ALL SCHOOLS	packet	25	0	100	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	2.5	0.00	0.00
DRESSING, RANCH- ALL SCHOO	PACKET	49	5	105	0.02	0.02	1.5	8	0.05	*N/A*	0.15	1.05	4.93	0.72	0.05
MUSTARD, PACKET-ALL SCHOO	1 EACH	5	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.5	0.5	0.0	0.00	0.00
BBQ SAUCE PACKET- ALL SCHOOLS	PORTION	15	0	85	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
Weighted Daily Average		482	26	576	6.40	*3.90	*297.7	*3003	*26.89	*14	15.09	82.93	11.36	3.00	*0.02
% of Calories										*11.5%	12.5%	68.8%	21.2%	5.6%	*0.0%
Nutrient Guideline		524-640		1112										<10.00	

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ABC UNIFIED SCHOOL DISTRICT

Base Menu Spreadsheet

Portion Values - Detailed

Page 35

Mar 6, 2017 thru May 31, 2017

Combined: Middle Breakfast/Middle Lunch

Generated on: 3/10/2017 8:55:53 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 03/29/2017															
Middle Breakfast	Total														
BREAKFAST WRAP - ES, MS	1 EACH	150	53	196	2.43	1.30	93.9	270	2.25	1	8.04	16.33	6.24	2.72	0.01
SANDWICH, PBJ - MS & HS	SANDWIC	334	0	334	3.13	1.13	20.9	0	0.0	*N/A*	10.44	33.42	17.76	3.66	*N/A*
BRKFST BAR, BAN CHOC-E.S, M.	1 EACH	280	15	220	3.00	1.80	20.0	0	0.0	*N/A*	5.0	48.0	8.0	3.00	0.00
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	233	0	311	5.00	16.20	125.0	625	7.2	*N/A*	5.25	50.75	1.75	0.00	0.00
FRUIT: ASSORTED FRESH-ALL SCHOOLS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSORTED DRIED-ALL SCHOOLS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
FRUIT: ASSRTD CANNED- ALL SCHOOLS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHOOLS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00

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

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: Middle Breakfast/Middle Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Middle Lunch	Total														
CHEESEBURGER TWINS- E.S&M.	1 each	272	45	355	2.60	2.80	82.0	100	0.0	3	19.7	31.3	7.8	2.90	0.00
SANDWICH,GRILLED CHEESE- ES,MS	1 EACH	284	30	674	2.27	1.19	458.0	607	0.0	*N/A*	18.64	31.16	9.92	5.58	0.00
PIZZA, PAPA J CHEESE- ES, MS	SLICE	330	20	670	3.00	2.70	500.0	500	3.6	5	21.0	40.0	10.0	4.00	0.00
PIZZA, PAPA J VEGGIE- MS	SLICE	340	20	700	4.00	3.60	500.0	750	9.0	6	21.0	41.0	11.0	4.00	0.00
BURRITO, BEAN & CHSE- ALL S CHS	1 EACH	397	16	447	9.00	1.57	312.0	216	1.4	*N/A*	18.5	56.0	11.0	4.70	0.00
SIDE SALAD - MS, HS	EACH	20	0	17	1.85	0.58	25.2	6112	8.77	*2	1.05	4.18	0.24	0.02	*0.00
POTATO TOTS- ALL SCHOOLS	1 EACH	140	0	225	2.70	0.36	10.9	2182	3.56	*N/A*	2.16	19.99	5.65	0.81	0.00
CARROTS- ALL SCHOOLS	bag	30	0	66	2.47	0.76	27.2	11728	2.21	4	0.54	7.01	0.11	0.02	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED FRESH-ALL S CHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
FRUIT: ASSORTED JUICE	1 EACH	22	0	6	0.00	0.00	2.0	20	12.0	*N/A*	0.2	5.8	0.0	0.00	*N/A*
FREEZIE FRUIT SLUSHIE- MS	SERVING	88	0	17	0.00	*N/A*	*N/A*	*N/A*	*N/A*	*13	0.0	22.13	0.0	0.00	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL S CHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
KETCHUP- ALL SCHOOLS	PACKET	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00
MAYONNAISE- ALL SCHOOLS	packet	25	0	100	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	2.5	0.00	0.00
DRESSING, RANCH- ALL SCHOO	PACKET	49	5	105	0.02	0.02	1.5	8	0.05	*N/A*	0.15	1.05	4.93	0.72	0.05
MUSTARD, PACKET-ALL SCHOO	1 EACH	5	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.5	0.5	0.0	0.00	0.00
BBQ SAUCE PACKET- ALL SCHOOLS	PORTION	15	0	85	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
Weighted Daily Average		492	19	744	6.37	*4.25	*550.3	*2761	*25.27	*15	21.66	77.75	12.03	3.73	*0.02
% of Calories										*12.6%	17.6%	63.2%	22.0%	6.8%	*0.0%
Nutrient Guideline		524-640		1112										<10.00	

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ABC UNIFIED SCHOOL DISTRICT

Base Menu Spreadsheet

Portion Values - Detailed

Page 37

Mar 6, 2017 thru May 31, 2017

Combined: Middle Breakfast/Middle Lunch

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 03/30/2017															
Middle Breakfast	Total														
MINI MAPLE PANCAKES- ALL SC HS	3 OZ	220	5	340	3.00	1.44	60.0	0	0.0	*N/A*	5.0	36.0	7.0	1.00	0.00
SANDWICH, PBJ - MS & HS	SANDWIC	334	0	334	3.13	1.13	20.9	0	0.0	*N/A*	10.44	33.42	17.76	3.66	*N/A*
BRKFST BAR, BAN CHOC-E.S, M.	1 EACH	280	15	220	3.00	1.80	20.0	0	0.0	*N/A*	5.0	48.0	8.0	3.00	0.00
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	233	0	311	5.00	16.20	125.0	625	7.2	*N/A*	5.25	50.75	1.75	0.00	0.00
FRUIT: ASSORTED FRESH-ALL SCHO	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSORTED DRIED-ALL SCHO	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
FRUIT: ASSRTD CANNED- ALL SCHO	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHO	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: Middle Breakfast/Middle Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Middle Lunch	Total														
CHILI & CHIPS - BEEF	PORTION	359	20	575	7.69	3.69	84.8	1143	19.4	*1	13.3	44.51	15.44	1.60	*0.75
TAMALE, PORK & CHEESE- MS	1 EACH	390	39	372	3.52	3.77	268.0	914	37.95	*3	22.05	53.76	11.21	3.24	*0.00
SPICY CHIX SANDWICH-MS, HS	SANDWIC	344	55	691	2.92	3.18	58.4	500	8.65	*N/A*	19.81	39.87	12.92	2.98	0.00
PEPPERONI PIZZA SALAD- ES, M	1 each	320	*32	595	1.45	0.87	330.3	2321	11.63	*1	15.35	4.32	27.03	8.05	*0.11
GOLDFISH, H&S CHEDDAR-ES, M	1 EACH	200	10	390	3.00	1.44	60.0	0	0.0	*N/A*	5.0	29.0	7.0	1.50	0.00
SANDWICH,GRILLED CHEESE-ES,MS	1 EACH	284	30	674	2.27	1.19	458.0	607	0.0	*N/A*	18.64	31.16	9.92	5.58	0.00
SIDE SALAD - MS, HS	EACH	20	0	17	1.85	0.58	25.2	6112	8.77	*2	1.05	4.18	0.24	0.02	*0.00
POTATO TOTS- ALL SCHOOLS	1 EACH	140	0	225	2.70	0.36	10.9	2182	3.56	*N/A*	2.16	19.99	5.65	0.81	0.00
CARROTS- ALL SCHOOLS	bag	30	0	66	2.47	0.76	27.2	11728	2.21	4	0.54	7.01	0.11	0.02	0.00
BROCCOLI W/CHEDDAR-E.S.,M.S	SERV	39	3	64	2.83	0.58	60.3	984	37.86	*1	3.7	5.44	0.99	0.60	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
FRUIT: ASSORTED JUICE	1 EACH	22	0	6	0.00	0.00	2.0	20	12.0	*N/A*	0.2	5.8	0.0	0.00	*N/A*
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
KETCHUP- ALL SCHOOLS	PACKET	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00
MAYONNAISE- ALL SCHOOLS	packet	25	0	100	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	2.5	0.00	0.00
DRESSING, RANCH- ALL SCHOO	PACKET	49	5	105	0.02	0.02	1.5	8	0.05	*N/A*	0.15	1.05	4.93	0.72	0.05
MUSTARD, PACKET-ALL SCHOO	1 EACH	5	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.5	0.5	0.0	0.00	0.00
BBQ SAUCE PACKET- ALL SCHOOLS	PORTION	15	0	85	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
Weighted Daily Average		401	*19	522	5.39	3.13	304.8	2875	26.80	*12	14.24	67.45	9.77	2.29	*0.02
% of Calories										*12.4%	14.2%	67.3%	21.9%	5.1%	*0.0%
Nutrient Guideline		524-640		1112										<10.00	

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ABC UNIFIED SCHOOL DISTRICT

Base Menu Spreadsheet

Portion Values - Detailed

Page 39

Mar 6, 2017 thru May 31, 2017

Combined: Middle Breakfast/Middle Lunch

Generated on: 3/10/2017 8:55:53 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 03/31/2017															
Middle Breakfast	Total														
CINNAMON ROLL- ES, MS	1 EACH	270	15	135	3.00	1.80	200.0	0	0.0	*N/A*	6.0	43.0	9.0	2.00	0.00
SANDWICH, PBJ - MS & HS	SANDWIC	334	0	334	3.13	1.13	20.9	0	0.0	*N/A*	10.44	33.42	17.76	3.66	*N/A*
BRKFST BAR, BAN CHOC-E.S, M.	1 EACH	280	15	220	3.00	1.80	20.0	0	0.0	*N/A*	5.0	48.0	8.0	3.00	0.00
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	233	0	311	5.00	16.20	125.0	625	7.2	*N/A*	5.25	50.75	1.75	0.00	0.00
FRUIT: ASSORTED FRESH-ALL SCHOOLS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSORTED DRIED-ALL SCHOOLS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
FRUIT: ASSRTD CANNED- ALL SCHOOLS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHOOLS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: Middle Breakfast/Middle Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Middle Lunch	Total														
CHEESEBURGER TWINS- E.S&M.	1 each	272	45	355	2.60	2.80	82.0	100	0.0	3	19.7	31.3	7.8	2.90	0.00
SANDWICH,GRILLED CHEESE-ES,MS	1 EACH	284	30	674	2.27	1.19	458.0	607	0.0	*N/A*	18.64	31.16	9.92	5.58	0.00
PIZZA, PAPA J CHEESE- ES, MS	SLICE	330	20	670	3.00	2.70	500.0	500	3.6	5	21.0	40.0	10.0	4.00	0.00
PIZZA, PAPA J PEPP- MS	SLICE	360	30	800	3.00	2.70	450.0	500	3.6	5	21.0	40.0	14.0	5.00	0.00
BURRITO, BEAN & CHSE- ALL S CHS	1 EACH	397	16	447	9.00	1.57	312.0	216	1.4	*N/A*	18.5	56.0	11.0	4.70	0.00
SIDE SALAD - MS, HS	EACH	20	0	17	1.85	0.58	25.2	6112	8.77	*2	1.05	4.18	0.24	0.02	*0.00
POTATO TOTS- ALL SCHOOLS	1 EACH	140	0	225	2.70	0.36	10.9	2182	3.56	*N/A*	2.16	19.99	5.65	0.81	0.00
CARROTS- ALL SCHOOLS	bag	30	0	66	2.47	0.76	27.2	11728	2.21	4	0.54	7.01	0.11	0.02	0.00
BEANS, BBQ-E.S., M.S.	SERVING	172	0	812	6.53	1.90	54.1	228	0.0	*4	7.59	38.82	0.59	0.11	0.00
FRUIT: ASSORTED FRESH-ALL S CHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
FRUIT: ASSORTED JUICE	1 EACH	22	0	6	0.00	0.00	2.0	20	12.0	*N/A*	0.2	5.8	0.0	0.00	*N/A*
FREEZIE FRUIT SLUSHIE- MS	SERVING	88	0	17	0.00	*N/A*	*N/A*	*N/A*	*N/A*	*13	0.0	22.13	0.0	0.00	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL S CHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
KETCHUP- ALL SCHOOLS	PACKET	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00
MAYONNAISE- ALL SCHOOLS	packet	25	0	100	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	2.5	0.00	0.00
DRESSING, RANCH- ALL SCHOO	PACKET	49	5	105	0.02	0.02	1.5	8	0.05	*N/A*	0.15	1.05	4.93	0.72	0.05
MUSTARD, PACKET-ALL SCHOO	1 EACH	5	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.5	0.5	0.0	0.00	0.00
BBQ SAUCE PACKET- ALL SCHOOLS	PORTION	15	0	85	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
Weighted Daily Average		518	25	853	6.27	*3.99	*541.0	*2681	*22.16	*14	22.41	79.62	14.04	4.31	*0.02
% of Calories										*11.1%	17.3%	61.5%	24.4%	7.5%	*0.0%
Nutrient Guideline		524-640		1112										<10.00	

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ABC UNIFIED SCHOOL DISTRICT

Base Menu Spreadsheet

Portion Values - Detailed

Page 41

Mar 6, 2017 thru May 31, 2017

Combined: Middle Breakfast/Middle Lunch

Generated on: 3/10/2017 8:55:53 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 04/03/2017															
Middle Breakfast															
	Total														
CINNAMON ROLL- ES, MS	1 EACH	270	15	135	3.00	1.80	200.0	0	0.0	*N/A*	6.0	43.0	9.0	2.00	0.00
SANDWICH, PBJ - MS & HS	SANDWIC	334	0	334	3.13	1.13	20.9	0	0.0	*N/A*	10.44	33.42	17.76	3.66	*N/A*
BRKFST BAR, BAN CHOC-E.S, M.	1 EACH	280	15	220	3.00	1.80	20.0	0	0.0	*N/A*	5.0	48.0	8.0	3.00	0.00
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	233	0	311	5.00	16.20	125.0	625	7.2	*N/A*	5.25	50.75	1.75	0.00	0.00
FRUIT: ASSORTED FRESH-ALL SCHOOLS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSORTED DRIED-ALL SCHOOLS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
FRUIT: ASSRTD CANNED- ALL SCHOOLS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHOOLS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00

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

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: Middle Breakfast/Middle Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Middle Lunch	Total														
CHEESEBURGER TWINS- E.S&M.	1 each	272	45	355	2.60	2.80	82.0	100	0.0	3	19.7	31.3	7.8	2.90	0.00
SANDWICH,GRILLED CHEESE-ES,MS	1 EACH	284	30	674	2.27	1.19	458.0	607	0.0	*N/A*	18.64	31.16	9.92	5.58	0.00
PIZZA, GOODY'S CHEESE- ES, M	SLICE	350	*N/A*	420	3.00	4.00	385.0	*N/A*	*N/A*	*N/A*	14.0	29.0	12.0	3.50	0.00
PIZZA, GOODY'S HAWAIIAN- MS	SLICE	378	*N/A*	440	3.00	3.00	395.0	*N/A*	*N/A*	*N/A*	20.0	29.0	13.0	3.50	0.00
BURRITO, BEAN & CHSE- ALL S CHS	1 EACH	397	16	447	9.00	1.57	312.0	216	1.4	*N/A*	18.5	56.0	11.0	4.70	0.00
SIDE SALAD - MS, HS	1 EACH	20	0	17	1.85	0.58	25.2	6112	8.77	*2	1.05	4.18	0.24	0.02	*0.00
POTATO TOTS- ALL SCHOOLS	1 EACH	140	0	225	2.70	0.36	10.9	2182	3.56	*N/A*	2.16	19.99	5.65	0.81	0.00
CARROTS- ALL SCHOOLS	bag	30	0	66	2.47	0.76	27.2	11728	2.21	4	0.54	7.01	0.11	0.02	0.00
SALSA - ALL SCHOOLS	SERVING	41	0	488	1.59	2.54	13.6	624	4.54	*N/A*	1.7	7.94	0.23	0.03	*N/A*
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
FRUIT: ASSORTED JUICE	1 EACH	22	0	6	0.00	0.00	2.0	20	12.0	*N/A*	0.2	5.8	0.0	0.00	*N/A*
FREEZIE FRUIT SLUSHIE- MS	SERVING	88	0	17	0.00	*N/A*	*N/A*	*N/A*	*N/A*	*13	0.0	22.13	0.0	0.00	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
KETCHUP- ALL SCHOOLS	PACKET	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00
MAYONNAISE- ALL SCHOOLS	packet	25	0	100	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	2.5	0.00	0.00
DRESSING, RANCH- ALL SCHOO	PACKET	49	5	105	0.02	0.02	1.5	8	0.05	*N/A*	0.15	1.05	4.93	0.72	0.05
MUSTARD, PACKET-ALL SCHOO	1 EACH	5	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.5	0.5	0.0	0.00	0.00
BBQ SAUCE PACKET- ALL SCHOOLS	PORTION	15	0	85	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
Weighted Daily Average		501	*7	572	5.93	*4.77	*495.9	*3097	*20.43	*12	17.81	70.33	12.63	3.38	*0.02
% of Calories										*9.6%	14.2%	56.2%	22.7%	6.1%	*0.0%
Nutrient Guideline		524-640		1112										<10.00	

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ABC UNIFIED SCHOOL DISTRICT

Base Menu Spreadsheet

Portion Values - Detailed

Page 43

Mar 6, 2017 thru May 31, 2017

Combined: Middle Breakfast/Middle Lunch

Generated on: 3/10/2017 8:55:54 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 04/04/2017															
Middle Breakfast	Total														
MINI MAPLE PANCAKES- ALL SC HS	3 OZ	220	5	340	3.00	1.44	60.0	0	0.0	*N/A*	5.0	36.0	7.0	1.00	0.00
SANDWICH, PBJ - MS & HS	SANDWIC	334	0	334	3.13	1.13	20.9	0	0.0	*N/A*	10.44	33.42	17.76	3.66	*N/A*
BRKFST BAR, BAN CHOC-E.S, M.	1 EACH	280	15	220	3.00	1.80	20.0	0	0.0	*N/A*	5.0	48.0	8.0	3.00	0.00
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	233	0	311	5.00	16.20	125.0	625	7.2	*N/A*	5.25	50.75	1.75	0.00	0.00
FRUIT: ASSORTED FRESH-ALL SCHO	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSORTED DRIED-ALL SCHO	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
FRUIT: ASSRTD CANNED- ALL SCHO	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHO	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: Middle Breakfast/Middle Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Middle Lunch	Total														
ROASTED BBQ CHIX- MS	1 EACH	394	95	681	2.30	1.37	65.1	85	0.0	*7	21.02	36.33	17.79	4.20	0.35
TAMALE, PORK & CHEESE- MS	1 EACH	390	39	372	3.52	3.77	268.0	914	37.95	*3	22.05	53.76	11.21	3.24	*0.00
RIB-B-QUE, PORK- MS	1 EACH	350	45	890	3.00	2.52	80.0	300	13.2	*N/A*	18.0	40.0	14.0	4.00	*0.00
SPINACH SALAD- ES, MS	1 each	251	194	258	1.50	1.61	170.0	6195	12.22	*6	11.26	10.72	18.27	4.26	*0.00
GOLDFISH, H&S CHEDDAR-ES, M	1 EACH	200	10	390	3.00	1.44	60.0	0	0.0	*N/A*	5.0	29.0	7.0	1.50	0.00
SANDWICH,GRILLED CHEESE-ES,MS	1 EACH	284	30	674	2.27	1.19	458.0	607	0.0	*N/A*	18.64	31.16	9.92	5.58	0.00
SIDE SALAD - MS, HS	EACH	20	0	17	1.85	0.58	25.2	6112	8.77	*2	1.05	4.18	0.24	0.02	*0.00
POTATO TOTS- ALL SCHOOLS	1 EACH	140	0	225	2.70	0.36	10.9	2182	3.56	*N/A*	2.16	19.99	5.65	0.81	0.00
CARROTS- ALL SCHOOLS	bag	30	0	66	2.47	0.76	27.2	11728	2.21	4	0.54	7.01	0.11	0.02	0.00
BEANS, RANCHERO-E.S., M.S.	SERVING	76	0	199	4.61	1.52	45.1	40	0.95	*N/A*	4.61	14.22	0.0	0.00	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
FRUIT: ASSORTED JUICE	1 EACH	22	0	6	0.00	0.00	2.0	20	12.0	*N/A*	0.2	5.8	0.0	0.00	*N/A*
FREEZIE FRUIT SLUSHIE- MS	SERVING	88	0	17	0.00	*N/A*	*N/A*	*N/A*	*N/A*	*13	0.0	22.13	0.0	0.00	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
COOKIE, MINI CHOC CHIP- MS	1 EACH	120	0	35	1.00	1.08	20.0	0	0.0	*N/A*	2.0	22.0	2.5	1.00	0.00
KETCHUP- ALL SCHOOLS	PACKET	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00
MAYONNAISE- ALL SCHOOLS	packet	25	0	100	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	2.5	0.00	0.00
DRESSING, RANCH- ALL SCHOO	PACKET	49	5	105	0.02	0.02	1.5	8	0.05	*N/A*	0.15	1.05	4.93	0.72	0.05
MUSTARD, PACKET-ALL SCHOO	1 EACH	5	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.5	0.5	0.0	0.00	0.00
BBQ SAUCE PACKET- ALL SCHOOLS	PORTION	15	0	85	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
Weighted Daily Average		482	26	576	6.40	*3.90	*297.7	*3003	*26.89	*14	15.09	82.93	11.36	3.00	*0.02
% of Calories										*11.5%	12.5%	68.8%	21.2%	5.6%	*0.0%
Nutrient Guideline		524-640		1112										<10.00	

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ABC UNIFIED SCHOOL DISTRICT

Base Menu Spreadsheet

Portion Values - Detailed

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Mar 6, 2017 thru May 31, 2017

Combined: Middle Breakfast/Middle Lunch

Generated on: 3/10/2017 8:55:54 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 04/05/2017															
Middle Breakfast	Total														
BREAKFAST WRAP - ES, MS	1 EACH	150	53	196	2.43	1.30	93.9	270	2.25	1	8.04	16.33	6.24	2.72	0.01
SANDWICH, PBJ - MS & HS	SANDWIC	334	0	334	3.13	1.13	20.9	0	0.0	*N/A*	10.44	33.42	17.76	3.66	*N/A*
BRKFST BAR, BAN CHOC-E.S, M.	1 EACH	280	15	220	3.00	1.80	20.0	0	0.0	*N/A*	5.0	48.0	8.0	3.00	0.00
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	233	0	311	5.00	16.20	125.0	625	7.2	*N/A*	5.25	50.75	1.75	0.00	0.00
FRUIT: ASSORTED FRESH-ALL SCHOOLS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSORTED DRIED-ALL SCHOOLS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
FRUIT: ASSRTD CANNED- ALL SCHOOLS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHOOLS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: Middle Breakfast/Middle Lunch

Portion Values - Detailed

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Generated on: 3/10/2017 8:55:54 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Middle Lunch	Total														
CHEESEBURGER TWINS- E.S&M.	1 each	272	45	355	2.60	2.80	82.0	100	0.0	3	19.7	31.3	7.8	2.90	0.00
SANDWICH,GRILLED CHEESE- ES,MS	1 EACH	284	30	674	2.27	1.19	458.0	607	0.0	*N/A*	18.64	31.16	9.92	5.58	0.00
PIZZA, GOODY'S CHEESE- ES, M	SLICE	350	*N/A*	420	3.00	4.00	385.0	*N/A*	*N/A*	*N/A*	14.0	29.0	12.0	3.50	0.00
PIZZA, GOODY'S VEGGIE- MS	SLICE	360	*N/A*	420	3.00	4.00	385.0	*N/A*	*N/A*	*N/A*	14.0	29.0	12.0	3.50	0.00
BURRITO, BEAN & CHSE- ALL S CHS	1 EACH	397	16	447	9.00	1.57	312.0	216	1.4	*N/A*	18.5	56.0	11.0	4.70	0.00
SIDE SALAD - MS, HS	EACH	20	0	17	1.85	0.58	25.2	6112	8.77	*2	1.05	4.18	0.24	0.02	*0.00
POTATO TOTS- ALL SCHOOLS	1 EACH	140	0	225	2.70	0.36	10.9	2182	3.56	*N/A*	2.16	19.99	5.65	0.81	0.00
CARROTS- ALL SCHOOLS	bag	30	0	66	2.47	0.76	27.2	11728	2.21	4	0.54	7.01	0.11	0.02	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED FRESH-ALL S CHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
FRUIT: ASSORTED JUICE	1 EACH	22	0	6	0.00	0.00	2.0	20	12.0	*N/A*	0.2	5.8	0.0	0.00	*N/A*
FREEZIE FRUIT SLUSHIE- MS	SERVING	88	0	17	0.00	*N/A*	*N/A*	*N/A*	*N/A*	*13	0.0	22.13	0.0	0.00	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL S CHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
KETCHUP- ALL SCHOOLS	PACKET	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00
MAYONNAISE- ALL SCHOOLS	packet	25	0	100	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	2.5	0.00	0.00
DRESSING, RANCH- ALL SCHOO	PACKET	49	5	105	0.02	0.02	1.5	8	0.05	*N/A*	0.15	1.05	4.93	0.72	0.05
MUSTARD, PACKET-ALL SCHOO	1 EACH	5	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.5	0.5	0.0	0.00	0.00
BBQ SAUCE PACKET- ALL SCHOOLS	PORTION	15	0	85	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
Weighted Daily Average		505	*7	574	6.04	*4.78	*476.7	*2358	*21.18	*12	17.18	70.37	12.98	3.41	*0.02
% of Calories										*9.5%	13.6%	55.8%	23.1%	6.1%	*0.0%
Nutrient Guideline		524-640		1112										<10.00	

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ABC UNIFIED SCHOOL DISTRICT

Base Menu Spreadsheet

Portion Values - Detailed

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Mar 6, 2017 thru May 31, 2017

Combined: Middle Breakfast/Middle Lunch

Generated on: 3/10/2017 8:55:54 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 04/06/2017															
Middle Breakfast	Total														
MINI MAPLE PANCAKES- ALL SC HS	3 OZ	220	5	340	3.00	1.44	60.0	0	0.0	*N/A*	5.0	36.0	7.0	1.00	0.00
SANDWICH, PBJ - MS & HS	SANDWIC	334	0	334	3.13	1.13	20.9	0	0.0	*N/A*	10.44	33.42	17.76	3.66	*N/A*
BRKFST BAR, BAN CHOC-E.S, M.	1 EACH	280	15	220	3.00	1.80	20.0	0	0.0	*N/A*	5.0	48.0	8.0	3.00	0.00
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	233	0	311	5.00	16.20	125.0	625	7.2	*N/A*	5.25	50.75	1.75	0.00	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00

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

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

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

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: Middle Breakfast/Middle Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Middle Lunch	Total														
CHILI & CHIPS - BEEF	PORTION	359	20	575	7.69	3.69	84.8	1143	19.4	*1	13.3	44.51	15.44	1.60	*0.75
TAMALE, PORK & CHEESE- MS	1 EACH	390	39	372	3.52	3.77	268.0	914	37.95	*3	22.05	53.76	11.21	3.24	*0.00
SPICY CHIX SANDWICH-MS, HS	SANDWIC	344	55	691	2.92	3.18	58.4	500	8.65	*N/A*	19.81	39.87	12.92	2.98	0.00
PEPPERONI PIZZA SALAD- ES, M	1 each	320	*32	595	1.45	0.87	330.3	2321	11.63	*1	15.35	4.32	27.03	8.05	*0.11
GOLDFISH, H&S CHEDDAR-ES, M	1 EACH	200	10	390	3.00	1.44	60.0	0	0.0	*N/A*	5.0	29.0	7.0	1.50	0.00
SANDWICH,GRILLED CHEESE-ES,MS	1 EACH	284	30	674	2.27	1.19	458.0	607	0.0	*N/A*	18.64	31.16	9.92	5.58	0.00
SIDE SALAD - MS, HS	EACH	20	0	17	1.85	0.58	25.2	6112	8.77	*2	1.05	4.18	0.24	0.02	*0.00
POTATO TOTS- ALL SCHOOLS	1 EACH	140	0	225	2.70	0.36	10.9	2182	3.56	*N/A*	2.16	19.99	5.65	0.81	0.00
CARROTS- ALL SCHOOLS	bag	30	0	66	2.47	0.76	27.2	11728	2.21	4	0.54	7.01	0.11	0.02	0.00
BROCCOLI W/CHEDDAR-E.S.,M.S	SERV	39	3	64	2.83	0.58	60.3	984	37.86	*1	3.7	5.44	0.99	0.60	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
FRUIT: ASSORTED JUICE	1 EACH	22	0	6	0.00	0.00	2.0	20	12.0	*N/A*	0.2	5.8	0.0	0.00	*N/A*
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
KETCHUP- ALL SCHOOLS	PACKET	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00
MAYONNAISE- ALL SCHOOLS	packet	25	0	100	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	2.5	0.00	0.00
DRESSING, RANCH- ALL SCHOO	PACKET	49	5	105	0.02	0.02	1.5	8	0.05	*N/A*	0.15	1.05	4.93	0.72	0.05
MUSTARD, PACKET-ALL SCHOO	1 EACH	5	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.5	0.5	0.0	0.00	0.00
BBQ SAUCE PACKET- ALL SCHOOLS	PORTION	15	0	85	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
Weighted Daily Average		401	*19	522	5.39	3.13	304.8	2875	26.80	*12	14.24	67.45	9.77	2.29	*0.02
% of Calories										*12.4%	14.2%	67.3%	21.9%	5.1%	*0.0%
Nutrient Guideline		524-640		1112										<10.00	

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

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ABC UNIFIED SCHOOL DISTRICT

Base Menu Spreadsheet

Portion Values - Detailed

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Mar 6, 2017 thru May 31, 2017

Combined: Middle Breakfast/Middle Lunch

Generated on: 3/10/2017 8:55:54 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 04/07/2017															
Middle Breakfast	Total														
CINNAMON ROLL- ES, MS	1 EACH	270	15	135	3.00	1.80	200.0	0	0.0	*N/A*	6.0	43.0	9.0	2.00	0.00
SANDWICH, PBJ - MS & HS	SANDWIC	334	0	334	3.13	1.13	20.9	0	0.0	*N/A*	10.44	33.42	17.76	3.66	*N/A*
BRKFST BAR, BAN CHOC-E.S, M.	1 EACH	280	15	220	3.00	1.80	20.0	0	0.0	*N/A*	5.0	48.0	8.0	3.00	0.00
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	233	0	311	5.00	16.20	125.0	625	7.2	*N/A*	5.25	50.75	1.75	0.00	0.00
FRUIT: ASSORTED FRESH-ALL SCHOOLS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSORTED DRIED-ALL SCHOOLS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
FRUIT: ASSRTD CANNED- ALL SCHOOLS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHOOLS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: Middle Breakfast/Middle Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Middle Lunch	Total														
CHEESEBURGER TWINS- E.S&M.	1 each	272	45	355	2.60	2.80	82.0	100	0.0	3	19.7	31.3	7.8	2.90	0.00
SANDWICH,GRILLED CHEESE-ES,MS	1 EACH	284	30	674	2.27	1.19	458.0	607	0.0	*N/A*	18.64	31.16	9.92	5.58	0.00
PIZZA, GOODY'S CHEESE- ES, M	SLICE	350	*N/A*	420	3.00	4.00	385.0	*N/A*	*N/A*	*N/A*	14.0	29.0	12.0	3.50	0.00
PIZZA, GOODY'S PEPP- MS	SLICE	375	*N/A*	450	3.00	4.00	395.0	*N/A*	*N/A*	*N/A*	20.0	29.0	13.0	4.00	0.00
BURRITO, BEAN & CHSE- ALL S CHS	1 EACH	397	16	447	9.00	1.57	312.0	216	1.4	*N/A*	18.5	56.0	11.0	4.70	0.00
SIDE SALAD - MS, HS	EACH	20	0	17	1.85	0.58	25.2	6112	8.77	*2	1.05	4.18	0.24	0.02	*0.00
POTATO TOTS- ALL SCHOOLS	1 EACH	140	0	225	2.70	0.36	10.9	2182	3.56	*N/A*	2.16	19.99	5.65	0.81	0.00
CARROTS- ALL SCHOOLS	bag	30	0	66	2.47	0.76	27.2	11728	2.21	4	0.54	7.01	0.11	0.02	0.00
BEANS, BBQ-E.S., M.S.	SERVING	172	0	812	6.53	1.90	54.1	228	0.0	*4	7.59	38.82	0.59	0.11	0.00
FRUIT: ASSORTED FRESH-ALL S CHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
FRUIT: ASSORTED JUICE	1 EACH	22	0	6	0.00	0.00	2.0	20	12.0	*N/A*	0.2	5.8	0.0	0.00	*N/A*
FREEZIE FRUIT SLUSHIE- MS	SERVING	88	0	17	0.00	*N/A*	*N/A*	*N/A*	*N/A*	*13	0.0	22.13	0.0	0.00	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL S CHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
KETCHUP- ALL SCHOOLS	PACKET	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00
MAYONNAISE- ALL SCHOOLS	packet	25	0	100	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	2.5	0.00	0.00
DRESSING, RANCH- ALL SCHOO	PACKET	49	5	105	0.02	0.02	1.5	8	0.05	*N/A*	0.15	1.05	4.93	0.72	0.05
MUSTARD, PACKET-ALL SCHOO	1 EACH	5	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.5	0.5	0.0	0.00	0.00
BBQ SAUCE PACKET- ALL SCHOOLS	PORTION	15	0	85	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
Weighted Daily Average		528	*7	644	6.27	*4.82	*498.4	*2364	*19.88	*11	21.00	72.64	13.79	3.74	*0.02
% of Calories										*8.5%	15.9%	55.0%	23.5%	6.4%	*0.0%
Nutrient Guideline		524-640		1112										<10.00	

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ABC UNIFIED SCHOOL DISTRICT

Base Menu Spreadsheet

Portion Values - Detailed

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Mar 6, 2017 thru May 31, 2017

Combined: Middle Breakfast/Middle Lunch

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 04/10/2017															
Middle Breakfast															
	Total														
CINNAMON ROLL- ES, MS	1 EACH	270	15	135	3.00	1.80	200.0	0	0.0	*N/A*	6.0	43.0	9.0	2.00	0.00
SANDWICH, PBJ - MS & HS	SANDWIC	334	0	334	3.13	1.13	20.9	0	0.0	*N/A*	10.44	33.42	17.76	3.66	*N/A*
BRKFST BAR, BAN CHOC-E.S, M.	1 EACH	280	15	220	3.00	1.80	20.0	0	0.0	*N/A*	5.0	48.0	8.0	3.00	0.00
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	233	0	311	5.00	16.20	125.0	625	7.2	*N/A*	5.25	50.75	1.75	0.00	0.00
FRUIT: ASSORTED FRESH-ALL SCHOOLS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSORTED DRIED-ALL SCHOOLS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
FRUIT: ASSRTD CANNED- ALL SCHOOLS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHOOLS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: Middle Breakfast/Middle Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Middle Lunch	Total														
CHEESEBURGER TWINS- E.S&M.	1 each	272	45	355	2.60	2.80	82.0	100	0.0	3	19.7	31.3	7.8	2.90	0.00
SANDWICH,GRILLED CHEESE-ES,MS	1 EACH	284	30	674	2.27	1.19	458.0	607	0.0	*N/A*	18.64	31.16	9.92	5.58	0.00
PIZZA, GOODY'S CHEESE- ES, M	SLICE	350	*N/A*	420	3.00	4.00	385.0	*N/A*	*N/A*	*N/A*	14.0	29.0	12.0	3.50	0.00
PIZZA, GOODY'S HAWAIIAN- MS	SLICE	378	*N/A*	440	3.00	3.00	395.0	*N/A*	*N/A*	*N/A*	20.0	29.0	13.0	3.50	0.00
BURRITO, BEAN & CHSE- ALL S CHS	1 EACH	397	16	447	9.00	1.57	312.0	216	1.4	*N/A*	18.5	56.0	11.0	4.70	0.00
SIDE SALAD - MS, HS	1 EACH	20	0	17	1.85	0.58	25.2	6112	8.77	*2	1.05	4.18	0.24	0.02	*0.00
POTATO TOTS- ALL SCHOOLS	1 EACH	140	0	225	2.70	0.36	10.9	2182	3.56	*N/A*	2.16	19.99	5.65	0.81	0.00
CARROTS- ALL SCHOOLS	bag	30	0	66	2.47	0.76	27.2	11728	2.21	4	0.54	7.01	0.11	0.02	0.00
SALSA - ALL SCHOOLS	SERVING	41	0	488	1.59	2.54	13.6	624	4.54	*N/A*	1.7	7.94	0.23	0.03	*N/A*
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
FRUIT: ASSORTED JUICE	1 EACH	22	0	6	0.00	0.00	2.0	20	12.0	*N/A*	0.2	5.8	0.0	0.00	*N/A*
FREEZIE FRUIT SLUSHIE- MS	SERVING	88	0	17	0.00	*N/A*	*N/A*	*N/A*	*N/A*	*13	0.0	22.13	0.0	0.00	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
KETCHUP- ALL SCHOOLS	PACKET	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00
MAYONNAISE- ALL SCHOOLS	packet	25	0	100	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	2.5	0.00	0.00
DRESSING, RANCH- ALL SCHOO	PACKET	49	5	105	0.02	0.02	1.5	8	0.05	*N/A*	0.15	1.05	4.93	0.72	0.05
MUSTARD, PACKET-ALL SCHOO	1 EACH	5	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.5	0.5	0.0	0.00	0.00
BBQ SAUCE PACKET- ALL SCHOOLS	PORTION	15	0	85	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
Weighted Daily Average		501	*7	572	5.93	*4.77	*495.9	*3097	*20.43	*12	17.81	70.33	12.63	3.38	*0.02
% of Calories										*9.6%	14.2%	56.2%	22.7%	6.1%	*0.0%
Nutrient Guideline		524-640		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

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ABC UNIFIED SCHOOL DISTRICT

Base Menu Spreadsheet

Portion Values - Detailed

Page 53

Mar 6, 2017 thru May 31, 2017

Combined: Middle Breakfast/Middle Lunch

Generated on: 3/10/2017 8:55:54 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 04/11/2017															
Middle Breakfast	Total														
MINI MAPLE PANCAKES- ALL SC HS	3 OZ	220	5	340	3.00	1.44	60.0	0	0.0	*N/A*	5.0	36.0	7.0	1.00	0.00
SANDWICH, PBJ - MS & HS	SANDWIC	334	0	334	3.13	1.13	20.9	0	0.0	*N/A*	10.44	33.42	17.76	3.66	*N/A*
BRKFST BAR, BAN CHOC-E.S, M.	1 EACH	280	15	220	3.00	1.80	20.0	0	0.0	*N/A*	5.0	48.0	8.0	3.00	0.00
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	233	0	311	5.00	16.20	125.0	625	7.2	*N/A*	5.25	50.75	1.75	0.00	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00

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

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

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: Middle Breakfast/Middle Lunch

Portion Values - Detailed

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Generated on: 3/10/2017 8:55:54 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Middle Lunch	Total														
ROASTED BBQ CHIX- MS	1 EACH	394	95	681	2.30	1.37	65.1	85	0.0	*7	21.02	36.33	17.79	4.20	0.35
TAMALE, PORK & CHEESE- MS	1 EACH	390	39	372	3.52	3.77	268.0	914	37.95	*3	22.05	53.76	11.21	3.24	*0.00
RIB-B-QUE, PORK- MS	1 EACH	350	45	890	3.00	2.52	80.0	300	13.2	*N/A*	18.0	40.0	14.0	4.00	*0.00
SPINACH SALAD- ES, MS	1 each	251	194	258	1.50	1.61	170.0	6195	12.22	*6	11.26	10.72	18.27	4.26	*0.00
GOLDFISH, H&S CHEDDAR-ES, M	1 EACH	200	10	390	3.00	1.44	60.0	0	0.0	*N/A*	5.0	29.0	7.0	1.50	0.00
SANDWICH,GRILLED CHEESE-ES,MS	1 EACH	284	30	674	2.27	1.19	458.0	607	0.0	*N/A*	18.64	31.16	9.92	5.58	0.00
SIDE SALAD - MS, HS	EACH	20	0	17	1.85	0.58	25.2	6112	8.77	*2	1.05	4.18	0.24	0.02	*0.00
POTATO TOTS- ALL SCHOOLS	1 EACH	140	0	225	2.70	0.36	10.9	2182	3.56	*N/A*	2.16	19.99	5.65	0.81	0.00
CARROTS- ALL SCHOOLS	bag	30	0	66	2.47	0.76	27.2	11728	2.21	4	0.54	7.01	0.11	0.02	0.00
BEANS, RANCHERO-E.S., M.S.	SERVING	76	0	199	4.61	1.52	45.1	40	0.95	*N/A*	4.61	14.22	0.0	0.00	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
FRUIT: ASSORTED JUICE	1 EACH	22	0	6	0.00	0.00	2.0	20	12.0	*N/A*	0.2	5.8	0.0	0.00	*N/A*
FREEZIE FRUIT SLUSHIE- MS	SERVING	88	0	17	0.00	*N/A*	*N/A*	*N/A*	*N/A*	*13	0.0	22.13	0.0	0.00	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
COOKIE, MINI CHOC CHIP- MS	1 EACH	120	0	35	1.00	1.08	20.0	0	0.0	*N/A*	2.0	22.0	2.5	1.00	0.00
KETCHUP- ALL SCHOOLS	PACKET	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00
MAYONNAISE- ALL SCHOOLS	packet	25	0	100	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	2.5	0.00	0.00
DRESSING, RANCH- ALL SCHOO	PACKET	49	5	105	0.02	0.02	1.5	8	0.05	*N/A*	0.15	1.05	4.93	0.72	0.05
MUSTARD, PACKET-ALL SCHOO	1 EACH	5	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.5	0.5	0.0	0.00	0.00
BBQ SAUCE PACKET- ALL SCHOOLS	PORTION	15	0	85	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
Weighted Daily Average		482	26	576	6.40	*3.90	*297.7	*3003	*26.89	*14	15.09	82.93	11.36	3.00	*0.02
% of Calories										*11.5%	12.5%	68.8%	21.2%	5.6%	*0.0%
Nutrient Guideline		524-640		1112										<10.00	

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ABC UNIFIED SCHOOL DISTRICT

Base Menu Spreadsheet

Portion Values - Detailed

Page 55

Mar 6, 2017 thru May 31, 2017

Combined: Middle Breakfast/Middle Lunch

Generated on: 3/10/2017 8:55:54 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 04/12/2017															
Middle Breakfast	Total														
BREAKFAST WRAP - ES, MS	1 EACH	150	53	196	2.43	1.30	93.9	270	2.25	1	8.04	16.33	6.24	2.72	0.01
SANDWICH, PBJ - MS & HS	SANDWIC	334	0	334	3.13	1.13	20.9	0	0.0	*N/A*	10.44	33.42	17.76	3.66	*N/A*
BRKFST BAR, BAN CHOC-E.S, M.	1 EACH	280	15	220	3.00	1.80	20.0	0	0.0	*N/A*	5.0	48.0	8.0	3.00	0.00
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	233	0	311	5.00	16.20	125.0	625	7.2	*N/A*	5.25	50.75	1.75	0.00	0.00
FRUIT: ASSORTED FRESH-ALL SCHOOLS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSORTED DRIED-ALL SCHOOLS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
FRUIT: ASSRTD CANNED- ALL SCHOOLS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHOOLS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00

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ABC UNIFIED SCHOOL DISTRICT

Base Menu Spreadsheet

Portion Values - Detailed

Page 56

Mar 6, 2017 thru May 31, 2017

Combined: Middle Breakfast/Middle Lunch

Generated on: 3/10/2017 8:55:54 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Middle Lunch	Total														
CHEESEBURGER TWINS- E.S&M.	1 each	272	45	355	2.60	2.80	82.0	100	0.0	3	19.7	31.3	7.8	2.90	0.00
SANDWICH,GRILLED CHEESE- ES,MS	1 EACH	284	30	674	2.27	1.19	458.0	607	0.0	*N/A*	18.64	31.16	9.92	5.58	0.00
PIZZA, GOODY'S CHEESE- ES, M	SLICE	350	*N/A*	420	3.00	4.00	385.0	*N/A*	*N/A*	*N/A*	14.0	29.0	12.0	3.50	0.00
PIZZA, GOODY'S VEGGIE- MS	SLICE	360	*N/A*	420	3.00	4.00	385.0	*N/A*	*N/A*	*N/A*	14.0	29.0	12.0	3.50	0.00
BURRITO, BEAN & CHSE- ALL S CHS	1 EACH	397	16	447	9.00	1.57	312.0	216	1.4	*N/A*	18.5	56.0	11.0	4.70	0.00
SIDE SALAD - MS, HS	EACH	20	0	17	1.85	0.58	25.2	6112	8.77	*2	1.05	4.18	0.24	0.02	*0.00
POTATO TOTS- ALL SCHOOLS	1 EACH	140	0	225	2.70	0.36	10.9	2182	3.56	*N/A*	2.16	19.99	5.65	0.81	0.00
CARROTS- ALL SCHOOLS	bag	30	0	66	2.47	0.76	27.2	11728	2.21	4	0.54	7.01	0.11	0.02	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED FRESH-ALL S CHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
FRUIT: ASSORTED JUICE	1 EACH	22	0	6	0.00	0.00	2.0	20	12.0	*N/A*	0.2	5.8	0.0	0.00	*N/A*
FREEZIE FRUIT SLUSHIE- MS	SERVING	88	0	17	0.00	*N/A*	*N/A*	*N/A*	*N/A*	*13	0.0	22.13	0.0	0.00	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL S CHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
KETCHUP- ALL SCHOOLS	PACKET	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00
MAYONNAISE- ALL SCHOOLS	packet	25	0	100	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	2.5	0.00	0.00
DRESSING, RANCH- ALL SCHOO	PACKET	49	5	105	0.02	0.02	1.5	8	0.05	*N/A*	0.15	1.05	4.93	0.72	0.05
MUSTARD, PACKET-ALL SCHOO	1 EACH	5	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.5	0.5	0.0	0.00	0.00
BBQ SAUCE PACKET- ALL SCHOOLS	PORTION	15	0	85	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
Weighted Daily Average		505	*7	574	6.04	*4.78	*476.7	*2358	*21.18	*12	17.18	70.37	12.98	3.41	*0.02
% of Calories										*9.5%	13.6%	55.8%	23.1%	6.1%	*0.0%
Nutrient Guideline		524-640		1112										<10.00	

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ABC UNIFIED SCHOOL DISTRICT

Base Menu Spreadsheet

Portion Values - Detailed

Page 57

Mar 6, 2017 thru May 31, 2017

Combined: Middle Breakfast/Middle Lunch

Generated on: 3/10/2017 8:55:54 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 04/13/2017															
Middle Breakfast	Total														
MINI MAPLE PANCAKES- ALL SC HS	3 OZ	220	5	340	3.00	1.44	60.0	0	0.0	*N/A*	5.0	36.0	7.0	1.00	0.00
SANDWICH, PBJ - MS & HS	SANDWIC	334	0	334	3.13	1.13	20.9	0	0.0	*N/A*	10.44	33.42	17.76	3.66	*N/A*
BRKFST BAR, BAN CHOC-E.S, M.	1 EACH	280	15	220	3.00	1.80	20.0	0	0.0	*N/A*	5.0	48.0	8.0	3.00	0.00
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	233	0	311	5.00	16.20	125.0	625	7.2	*N/A*	5.25	50.75	1.75	0.00	0.00
FRUIT: ASSORTED FRESH-ALL SCHOOLS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSORTED DRIED-ALL SCHOOLS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
FRUIT: ASSRTD CANNED- ALL SCHOOLS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHOOLS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: Middle Breakfast/Middle Lunch

Portion Values - Detailed

Page 58

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Middle Lunch	Total														
CHILI & CHIPS - BEEF	PORTION	359	20	575	7.69	3.69	84.8	1143	19.4	*1	13.3	44.51	15.44	1.60	*0.75
TAMALE, PORK & CHEESE- MS	1 EACH	390	39	372	3.52	3.77	268.0	914	37.95	*3	22.05	53.76	11.21	3.24	*0.00
SPICY CHIX SANDWICH-MS, HS	SANDWIC	344	55	691	2.92	3.18	58.4	500	8.65	*N/A*	19.81	39.87	12.92	2.98	0.00
PEPPERONI PIZZA SALAD- ES, M	1 each	320	*32	595	1.45	0.87	330.3	2321	11.63	*1	15.35	4.32	27.03	8.05	*0.11
GOLDFISH, H&S CHEDDAR-ES, M	1 EACH	200	10	390	3.00	1.44	60.0	0	0.0	*N/A*	5.0	29.0	7.0	1.50	0.00
SANDWICH,GRILLED CHEESE-ES,MS	1 EACH	284	30	674	2.27	1.19	458.0	607	0.0	*N/A*	18.64	31.16	9.92	5.58	0.00
SIDE SALAD - MS, HS	EACH	20	0	17	1.85	0.58	25.2	6112	8.77	*2	1.05	4.18	0.24	0.02	*0.00
POTATO TOTS- ALL SCHOOLS	1 EACH	140	0	225	2.70	0.36	10.9	2182	3.56	*N/A*	2.16	19.99	5.65	0.81	0.00
CARROTS- ALL SCHOOLS	bag	30	0	66	2.47	0.76	27.2	11728	2.21	4	0.54	7.01	0.11	0.02	0.00
BROCCOLI W/CHEDDAR-E.S.,M.S	SERV	39	3	64	2.83	0.58	60.3	984	37.86	*1	3.7	5.44	0.99	0.60	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
FRUIT: ASSORTED JUICE	1 EACH	22	0	6	0.00	0.00	2.0	20	12.0	*N/A*	0.2	5.8	0.0	0.00	*N/A*
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
KETCHUP- ALL SCHOOLS	PACKET	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00
MAYONNAISE- ALL SCHOOLS	packet	25	0	100	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	2.5	0.00	0.00
DRESSING, RANCH- ALL SCHOO	PACKET	49	5	105	0.02	0.02	1.5	8	0.05	*N/A*	0.15	1.05	4.93	0.72	0.05
MUSTARD, PACKET-ALL SCHOO	1 EACH	5	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.5	0.5	0.0	0.00	0.00
BBQ SAUCE PACKET- ALL SCHOOLS	PORTION	15	0	85	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
Weighted Daily Average		401	*19	522	5.39	3.13	304.8	2875	26.80	*12	14.24	67.45	9.77	2.29	*0.02
% of Calories										*12.4%	14.2%	67.3%	21.9%	5.1%	*0.0%
Nutrient Guideline		524-640		1112										<10.00	

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ABC UNIFIED SCHOOL DISTRICT

Base Menu Spreadsheet

Portion Values - Detailed

Page 59

Mar 6, 2017 thru May 31, 2017

Combined: Middle Breakfast/Middle Lunch

Generated on: 3/10/2017 8:55:54 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 04/24/2017															
Middle Breakfast	Total														
CINNAMON ROLL- ES, MS	1 EACH	270	15	135	3.00	1.80	200.0	0	0.0	*N/A*	6.0	43.0	9.0	2.00	0.00
SANDWICH, PBJ - MS & HS	SANDWIC	334	0	334	3.13	1.13	20.9	0	0.0	*N/A*	10.44	33.42	17.76	3.66	*N/A*
BRKFST BAR, BAN CHOC-E.S, M.	1 EACH	280	15	220	3.00	1.80	20.0	0	0.0	*N/A*	5.0	48.0	8.0	3.00	0.00
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	233	0	311	5.00	16.20	125.0	625	7.2	*N/A*	5.25	50.75	1.75	0.00	0.00
FRUIT: ASSORTED FRESH-ALL SCHOOLS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSORTED DRIED-ALL SCHOOLS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
FRUIT: ASSRTD CANNED- ALL SCHOOLS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHOOLS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: Middle Breakfast/Middle Lunch

Portion Values - Detailed

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Generated on: 3/10/2017 8:55:54 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Middle Lunch	Total														
CHEESEBURGER TWINS- E.S&M.	1 each	272	45	355	2.60	2.80	82.0	100	0.0	3	19.7	31.3	7.8	2.90	0.00
SANDWICH,GRILLED CHEESE-ES,MS	1 EACH	284	30	674	2.27	1.19	458.0	607	0.0	*N/A*	18.64	31.16	9.92	5.58	0.00
PIZZA, GOODY'S CHEESE- ES, M	SLICE	350	*N/A*	420	3.00	4.00	385.0	*N/A*	*N/A*	*N/A*	14.0	29.0	12.0	3.50	0.00
PIZZA, GOODY'S HAWAIIAN- MS	SLICE	378	*N/A*	440	3.00	3.00	395.0	*N/A*	*N/A*	*N/A*	20.0	29.0	13.0	3.50	0.00
BURRITO, BEAN & CHSE- ALL S CHS	1 EACH	397	16	447	9.00	1.57	312.0	216	1.4	*N/A*	18.5	56.0	11.0	4.70	0.00
SIDE SALAD - MS, HS	1 EACH	20	0	17	1.85	0.58	25.2	6112	8.77	*2	1.05	4.18	0.24	0.02	*0.00
POTATO TOTS- ALL SCHOOLS	1 EACH	140	0	225	2.70	0.36	10.9	2182	3.56	*N/A*	2.16	19.99	5.65	0.81	0.00
CARROTS- ALL SCHOOLS	bag	30	0	66	2.47	0.76	27.2	11728	2.21	4	0.54	7.01	0.11	0.02	0.00
SALSA - ALL SCHOOLS	SERVING	41	0	488	1.59	2.54	13.6	624	4.54	*N/A*	1.7	7.94	0.23	0.03	*N/A*
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
FRUIT: ASSORTED JUICE	1 EACH	22	0	6	0.00	0.00	2.0	20	12.0	*N/A*	0.2	5.8	0.0	0.00	*N/A*
FREEZIE FRUIT SLUSHIE- MS	SERVING	88	0	17	0.00	*N/A*	*N/A*	*N/A*	*N/A*	*13	0.0	22.13	0.0	0.00	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
KETCHUP- ALL SCHOOLS	PACKET	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00
MAYONNAISE- ALL SCHOOLS	packet	25	0	100	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	2.5	0.00	0.00
DRESSING, RANCH- ALL SCHOO	PACKET	49	5	105	0.02	0.02	1.5	8	0.05	*N/A*	0.15	1.05	4.93	0.72	0.05
MUSTARD, PACKET-ALL SCHOO	1 EACH	5	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.5	0.5	0.0	0.00	0.00
BBQ SAUCE PACKET- ALL SCHOOLS	PORTION	15	0	85	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
Weighted Daily Average		501	*7	572	5.93	*4.77	*495.9	*3097	*20.43	*12	17.81	70.33	12.63	3.38	*0.02
% of Calories										*9.6%	14.2%	56.2%	22.7%	6.1%	*0.0%
Nutrient Guideline		524-640		1112										<10.00	

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ABC UNIFIED SCHOOL DISTRICT

Base Menu Spreadsheet

Portion Values - Detailed

Page 61

Mar 6, 2017 thru May 31, 2017

Combined: Middle Breakfast/Middle Lunch

Generated on: 3/10/2017 8:55:54 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 04/25/2017															
Middle Breakfast	Total														
MINI MAPLE PANCAKES- ALL SC HS	3 OZ	220	5	340	3.00	1.44	60.0	0	0.0	*N/A*	5.0	36.0	7.0	1.00	0.00
SANDWICH, PBJ - MS & HS	SANDWIC	334	0	334	3.13	1.13	20.9	0	0.0	*N/A*	10.44	33.42	17.76	3.66	*N/A*
BRKFST BAR, BAN CHOC-E.S, M.	1 EACH	280	15	220	3.00	1.80	20.0	0	0.0	*N/A*	5.0	48.0	8.0	3.00	0.00
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	233	0	311	5.00	16.20	125.0	625	7.2	*N/A*	5.25	50.75	1.75	0.00	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: Middle Breakfast/Middle Lunch

Portion Values - Detailed

Page 62

Generated on: 3/10/2017 8:55:54 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Middle Lunch	Total														
ROASTED BBQ CHIX- MS	1 EACH	394	95	681	2.30	1.37	65.1	85	0.0	*7	21.02	36.33	17.79	4.20	0.35
TAMALE, PORK & CHEESE- MS	1 EACH	390	39	372	3.52	3.77	268.0	914	37.95	*3	22.05	53.76	11.21	3.24	*0.00
RIB-B-QUE, PORK- MS	1 EACH	350	45	890	3.00	2.52	80.0	300	13.2	*N/A*	18.0	40.0	14.0	4.00	*0.00
SPINACH SALAD- ES, MS	1 each	251	194	258	1.50	1.61	170.0	6195	12.22	*6	11.26	10.72	18.27	4.26	*0.00
GOLDFISH, H&S CHEDDAR-ES, M	1 EACH	200	10	390	3.00	1.44	60.0	0	0.0	*N/A*	5.0	29.0	7.0	1.50	0.00
SANDWICH,GRILLED CHEESE-ES,MS	1 EACH	284	30	674	2.27	1.19	458.0	607	0.0	*N/A*	18.64	31.16	9.92	5.58	0.00
SIDE SALAD - MS, HS	EACH	20	0	17	1.85	0.58	25.2	6112	8.77	*2	1.05	4.18	0.24	0.02	*0.00
POTATO TOTS- ALL SCHOOLS	1 EACH	140	0	225	2.70	0.36	10.9	2182	3.56	*N/A*	2.16	19.99	5.65	0.81	0.00
CARROTS- ALL SCHOOLS	bag	30	0	66	2.47	0.76	27.2	11728	2.21	4	0.54	7.01	0.11	0.02	0.00
BEANS, RANCHERO-E.S., M.S.	SERVING	76	0	199	4.61	1.52	45.1	40	0.95	*N/A*	4.61	14.22	0.0	0.00	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
FRUIT: ASSORTED JUICE	1 EACH	22	0	6	0.00	0.00	2.0	20	12.0	*N/A*	0.2	5.8	0.0	0.00	*N/A*
FREEZIE FRUIT SLUSHIE- MS	SERVING	88	0	17	0.00	*N/A*	*N/A*	*N/A*	*N/A*	*13	0.0	22.13	0.0	0.00	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
COOKIE, MINI CHOC CHIP- MS	1 EACH	120	0	35	1.00	1.08	20.0	0	0.0	*N/A*	2.0	22.0	2.5	1.00	0.00
KETCHUP- ALL SCHOOLS	PACKET	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00
MAYONNAISE- ALL SCHOOLS	packet	25	0	100	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	2.5	0.00	0.00
DRESSING, RANCH- ALL SCHOO	PACKET	49	5	105	0.02	0.02	1.5	8	0.05	*N/A*	0.15	1.05	4.93	0.72	0.05
MUSTARD, PACKET-ALL SCHOO	1 EACH	5	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.5	0.5	0.0	0.00	0.00
BBQ SAUCE PACKET- ALL SCHOOLS	PORTION	15	0	85	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
Weighted Daily Average		482	26	576	6.40	*3.90	*297.7	*3003	*26.89	*14	15.09	82.93	11.36	3.00	*0.02
% of Calories										*11.5%	12.5%	68.8%	21.2%	5.6%	*0.0%
Nutrient Guideline		524-640		1112										<10.00	

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ABC UNIFIED SCHOOL DISTRICT

Base Menu Spreadsheet

Portion Values - Detailed

Page 63

Mar 6, 2017 thru May 31, 2017

Combined: Middle Breakfast/Middle Lunch

Generated on: 3/10/2017 8:55:54 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 04/26/2017															
Middle Breakfast	Total														
BREAKFAST WRAP - ES, MS	1 EACH	150	53	196	2.43	1.30	93.9	270	2.25	1	8.04	16.33	6.24	2.72	0.01
SANDWICH, PBJ - MS & HS	SANDWIC	334	0	334	3.13	1.13	20.9	0	0.0	*N/A*	10.44	33.42	17.76	3.66	*N/A*
BRKFST BAR, BAN CHOC-E.S, M.	1 EACH	280	15	220	3.00	1.80	20.0	0	0.0	*N/A*	5.0	48.0	8.0	3.00	0.00
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	233	0	311	5.00	16.20	125.0	625	7.2	*N/A*	5.25	50.75	1.75	0.00	0.00
FRUIT: ASSORTED FRESH-ALL SCHOOLS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSORTED DRIED-ALL SCHOOLS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
FRUIT: ASSRTD CANNED- ALL SCHOOLS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHOOLS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: Middle Breakfast/Middle Lunch

Portion Values - Detailed

Page 64

Generated on: 3/10/2017 8:55:55 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Middle Lunch	Total														
CHEESEBURGER TWINS- E.S&M.	1 each	272	45	355	2.60	2.80	82.0	100	0.0	3	19.7	31.3	7.8	2.90	0.00
SANDWICH,GRILLED CHEESE- ES,MS	1 EACH	284	30	674	2.27	1.19	458.0	607	0.0	*N/A*	18.64	31.16	9.92	5.58	0.00
PIZZA, GOODY'S CHEESE- ES, M	SLICE	350	*N/A*	420	3.00	4.00	385.0	*N/A*	*N/A*	*N/A*	14.0	29.0	12.0	3.50	0.00
PIZZA, GOODY'S VEGGIE- MS	SLICE	360	*N/A*	420	3.00	4.00	385.0	*N/A*	*N/A*	*N/A*	14.0	29.0	12.0	3.50	0.00
BURRITO, BEAN & CHSE- ALL S CHS	1 EACH	397	16	447	9.00	1.57	312.0	216	1.4	*N/A*	18.5	56.0	11.0	4.70	0.00
SIDE SALAD - MS, HS	EACH	20	0	17	1.85	0.58	25.2	6112	8.77	*2	1.05	4.18	0.24	0.02	*0.00
POTATO TOTS- ALL SCHOOLS	1 EACH	140	0	225	2.70	0.36	10.9	2182	3.56	*N/A*	2.16	19.99	5.65	0.81	0.00
CARROTS- ALL SCHOOLS	bag	30	0	66	2.47	0.76	27.2	11728	2.21	4	0.54	7.01	0.11	0.02	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED FRESH-ALL S CHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
FRUIT: ASSORTED JUICE	1 EACH	22	0	6	0.00	0.00	2.0	20	12.0	*N/A*	0.2	5.8	0.0	0.00	*N/A*
FREEZIE FRUIT SLUSHIE- MS	SERVING	88	0	17	0.00	*N/A*	*N/A*	*N/A*	*N/A*	*13	0.0	22.13	0.0	0.00	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL S CHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
KETCHUP- ALL SCHOOLS	PACKET	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00
MAYONNAISE- ALL SCHOOLS	packet	25	0	100	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	2.5	0.00	0.00
DRESSING, RANCH- ALL SCHOO	PACKET	49	5	105	0.02	0.02	1.5	8	0.05	*N/A*	0.15	1.05	4.93	0.72	0.05
MUSTARD, PACKET-ALL SCHOO	1 EACH	5	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.5	0.5	0.0	0.00	0.00
BBQ SAUCE PACKET- ALL SCHOOLS	PORTION	15	0	85	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
Weighted Daily Average		505	*7	574	6.04	*4.78	*476.7	*2358	*21.18	*12	17.18	70.37	12.98	3.41	*0.02
% of Calories										*9.5%	13.6%	55.8%	23.1%	6.1%	*0.0%
Nutrient Guideline		524-640		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

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ABC UNIFIED SCHOOL DISTRICT

Base Menu Spreadsheet

Portion Values - Detailed

Page 65

Mar 6, 2017 thru May 31, 2017

Combined: Middle Breakfast/Middle Lunch

Generated on: 3/10/2017 8:55:55 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 04/27/2017															
Middle Breakfast	Total														
MINI MAPLE PANCAKES- ALL SC HS	3 OZ	220	5	340	3.00	1.44	60.0	0	0.0	*N/A*	5.0	36.0	7.0	1.00	0.00
SANDWICH, PBJ - MS & HS	SANDWIC	334	0	334	3.13	1.13	20.9	0	0.0	*N/A*	10.44	33.42	17.76	3.66	*N/A*
BRKFST BAR, BAN CHOC-E.S, M.	1 EACH	280	15	220	3.00	1.80	20.0	0	0.0	*N/A*	5.0	48.0	8.0	3.00	0.00
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	233	0	311	5.00	16.20	125.0	625	7.2	*N/A*	5.25	50.75	1.75	0.00	0.00
FRUIT: ASSORTED FRESH-ALL SCS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSORTED DRIED-ALL SCS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
FRUIT: ASSRTD CANNED- ALL SCS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: Middle Breakfast/Middle Lunch

Portion Values - Detailed

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Generated on: 3/10/2017 8:55:55 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Middle Lunch	Total														
CHILI & CHIPS - BEEF	PORTION	359	20	575	7.69	3.69	84.8	1143	19.4	*1	13.3	44.51	15.44	1.60	*0.75
TAMALE, PORK & CHEESE- MS	1 EACH	390	39	372	3.52	3.77	268.0	914	37.95	*3	22.05	53.76	11.21	3.24	*0.00
SPICY CHIX SANDWICH-MS, HS	SANDWIC	344	55	691	2.92	3.18	58.4	500	8.65	*N/A*	19.81	39.87	12.92	2.98	0.00
PEPPERONI PIZZA SALAD- ES, M	1 each	320	*32	595	1.45	0.87	330.3	2321	11.63	*1	15.35	4.32	27.03	8.05	*0.11
GOLDFISH, H&S CHEDDAR-ES, M	1 EACH	200	10	390	3.00	1.44	60.0	0	0.0	*N/A*	5.0	29.0	7.0	1.50	0.00
SANDWICH,GRILLED CHEESE-ES,MS	1 EACH	284	30	674	2.27	1.19	458.0	607	0.0	*N/A*	18.64	31.16	9.92	5.58	0.00
SIDE SALAD - MS, HS	EACH	20	0	17	1.85	0.58	25.2	6112	8.77	*2	1.05	4.18	0.24	0.02	*0.00
POTATO TOTS- ALL SCHOOLS	1 EACH	140	0	225	2.70	0.36	10.9	2182	3.56	*N/A*	2.16	19.99	5.65	0.81	0.00
CARROTS- ALL SCHOOLS	bag	30	0	66	2.47	0.76	27.2	11728	2.21	4	0.54	7.01	0.11	0.02	0.00
BROCCOLI W/CHEDDAR-E.S.,M.S	SERV	39	3	64	2.83	0.58	60.3	984	37.86	*1	3.7	5.44	0.99	0.60	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
FRUIT: ASSORTED JUICE	1 EACH	22	0	6	0.00	0.00	2.0	20	12.0	*N/A*	0.2	5.8	0.0	0.00	*N/A*
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
KETCHUP- ALL SCHOOLS	PACKET	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00
MAYONNAISE- ALL SCHOOLS	packet	25	0	100	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	2.5	0.00	0.00
DRESSING, RANCH- ALL SCHOO	PACKET	49	5	105	0.02	0.02	1.5	8	0.05	*N/A*	0.15	1.05	4.93	0.72	0.05
MUSTARD, PACKET-ALL SCHOO	1 EACH	5	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.5	0.5	0.0	0.00	0.00
BBQ SAUCE PACKET- ALL SCHOOLS	PORTION	15	0	85	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
Weighted Daily Average		401	*19	522	5.39	3.13	304.8	2875	26.80	*12	14.24	67.45	9.77	2.29	*0.02
% of Calories										*12.4%	14.2%	67.3%	21.9%	5.1%	*0.0%
Nutrient Guideline		524-640		1112										<10.00	

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ABC UNIFIED SCHOOL DISTRICT

Base Menu Spreadsheet

Portion Values - Detailed

Page 67

Mar 6, 2017 thru May 31, 2017

Combined: Middle Breakfast/Middle Lunch

Generated on: 3/10/2017 8:55:55 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 04/28/2017															
Middle Breakfast	Total														
CINNAMON ROLL- ES, MS	1 EACH	270	15	135	3.00	1.80	200.0	0	0.0	*N/A*	6.0	43.0	9.0	2.00	0.00
SANDWICH, PBJ - MS & HS	SANDWIC	334	0	334	3.13	1.13	20.9	0	0.0	*N/A*	10.44	33.42	17.76	3.66	*N/A*
BRKFST BAR, BAN CHOC-E.S, M.	1 EACH	280	15	220	3.00	1.80	20.0	0	0.0	*N/A*	5.0	48.0	8.0	3.00	0.00
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	233	0	311	5.00	16.20	125.0	625	7.2	*N/A*	5.25	50.75	1.75	0.00	0.00
FRUIT: ASSORTED FRESH-ALL SCHOOLS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSORTED DRIED-ALL SCHOOLS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
FRUIT: ASSRTD CANNED- ALL SCHOOLS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHOOLS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: Middle Breakfast/Middle Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Middle Lunch	Total														
CHEESEBURGER TWINS- E.S&M.	1 each	272	45	355	2.60	2.80	82.0	100	0.0	3	19.7	31.3	7.8	2.90	0.00
SANDWICH,GRILLED CHEESE-ES,MS	1 EACH	284	30	674	2.27	1.19	458.0	607	0.0	*N/A*	18.64	31.16	9.92	5.58	0.00
PIZZA, GOODY'S CHEESE- ES, M	SLICE	350	*N/A*	420	3.00	4.00	385.0	*N/A*	*N/A*	*N/A*	14.0	29.0	12.0	3.50	0.00
PIZZA, GOODY'S PEPP- MS	SLICE	375	*N/A*	450	3.00	4.00	395.0	*N/A*	*N/A*	*N/A*	20.0	29.0	13.0	4.00	0.00
BURRITO, BEAN & CHSE- ALL S CHS	1 EACH	397	16	447	9.00	1.57	312.0	216	1.4	*N/A*	18.5	56.0	11.0	4.70	0.00
SIDE SALAD - MS, HS	EACH	20	0	17	1.85	0.58	25.2	6112	8.77	*2	1.05	4.18	0.24	0.02	*0.00
POTATO TOTS- ALL SCHOOLS	1 EACH	140	0	225	2.70	0.36	10.9	2182	3.56	*N/A*	2.16	19.99	5.65	0.81	0.00
CARROTS- ALL SCHOOLS	bag	30	0	66	2.47	0.76	27.2	11728	2.21	4	0.54	7.01	0.11	0.02	0.00
BEANS, BBQ-E.S., M.S.	SERVING	172	0	812	6.53	1.90	54.1	228	0.0	*4	7.59	38.82	0.59	0.11	0.00
FRUIT: ASSORTED FRESH-ALL S CHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
FRUIT: ASSORTED JUICE	1 EACH	22	0	6	0.00	0.00	2.0	20	12.0	*N/A*	0.2	5.8	0.0	0.00	*N/A*
FREEZIE FRUIT SLUSHIE- MS	SERVING	88	0	17	0.00	*N/A*	*N/A*	*N/A*	*N/A*	*13	0.0	22.13	0.0	0.00	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL S CHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
KETCHUP- ALL SCHOOLS	PACKET	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00
MAYONNAISE- ALL SCHOOLS	packet	25	0	100	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	2.5	0.00	0.00
DRESSING, RANCH- ALL SCHOO	PACKET	49	5	105	0.02	0.02	1.5	8	0.05	*N/A*	0.15	1.05	4.93	0.72	0.05
MUSTARD, PACKET-ALL SCHOO	1 EACH	5	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.5	0.5	0.0	0.00	0.00
BBQ SAUCE PACKET- ALL SCHOOLS	PORTION	15	0	85	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
Weighted Daily Average		528	*7	644	6.27	*4.82	*498.4	*2364	*19.88	*11	21.00	72.64	13.79	3.74	*0.02
% of Calories										*8.5%	15.9%	55.0%	23.5%	6.4%	*0.0%
Nutrient Guideline		524-640		1112										<10.00	

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ABC UNIFIED SCHOOL DISTRICT

Base Menu Spreadsheet

Portion Values - Detailed

Page 69

Mar 6, 2017 thru May 31, 2017

Combined: Middle Breakfast/Middle Lunch

Generated on: 3/10/2017 8:55:55 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 05/01/2017															
Middle Breakfast	Total														
CINNAMON ROLL- ES, MS	1 EACH	270	15	135	3.00	1.80	200.0	0	0.0	*N/A*	6.0	43.0	9.0	2.00	0.00
SANDWICH, PBJ - MS & HS	SANDWIC	334	0	334	3.13	1.13	20.9	0	0.0	*N/A*	10.44	33.42	17.76	3.66	*N/A*
BRKFST BAR, BAN CHOC-E.S, M.	1 EACH	280	15	220	3.00	1.80	20.0	0	0.0	*N/A*	5.0	48.0	8.0	3.00	0.00
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	233	0	311	5.00	16.20	125.0	625	7.2	*N/A*	5.25	50.75	1.75	0.00	0.00
FRUIT: ASSORTED FRESH-ALL SCHOOLS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSORTED DRIED-ALL SCHOOLS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
FRUIT: ASSRTD CANNED- ALL SCHOOLS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHOOLS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: Middle Breakfast/Middle Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Middle Lunch	Total														
CHEESEBURGER TWINS- E.S&M.	1 each	272	45	355	2.60	2.80	82.0	100	0.0	3	19.7	31.3	7.8	2.90	0.00
SANDWICH,GRILLED CHEESE-ES,MS	1 EACH	284	30	674	2.27	1.19	458.0	607	0.0	*N/A*	18.64	31.16	9.92	5.58	0.00
PIZZA, GOODY'S CHEESE- ES, M	SLICE	350	*N/A*	420	3.00	4.00	385.0	*N/A*	*N/A*	*N/A*	14.0	29.0	12.0	3.50	0.00
PIZZA, GOODY'S HAWAIIAN- MS	SLICE	378	*N/A*	440	3.00	3.00	395.0	*N/A*	*N/A*	*N/A*	20.0	29.0	13.0	3.50	0.00
BURRITO, BEAN & CHSE- ALL S CHS	1 EACH	397	16	447	9.00	1.57	312.0	216	1.4	*N/A*	18.5	56.0	11.0	4.70	0.00
SIDE SALAD - MS, HS	1 EACH	20	0	17	1.85	0.58	25.2	6112	8.77	*2	1.05	4.18	0.24	0.02	*0.00
POTATO TOTS- ALL SCHOOLS	1 EACH	140	0	225	2.70	0.36	10.9	2182	3.56	*N/A*	2.16	19.99	5.65	0.81	0.00
CARROTS- ALL SCHOOLS	bag	30	0	66	2.47	0.76	27.2	11728	2.21	4	0.54	7.01	0.11	0.02	0.00
SALSA - ALL SCHOOLS	SERVING	41	0	488	1.59	2.54	13.6	624	4.54	*N/A*	1.7	7.94	0.23	0.03	*N/A*
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
FRUIT: ASSORTED JUICE	1 EACH	22	0	6	0.00	0.00	2.0	20	12.0	*N/A*	0.2	5.8	0.0	0.00	*N/A*
FREEZIE FRUIT SLUSHIE- MS	SERVING	88	0	17	0.00	*N/A*	*N/A*	*N/A*	*N/A*	*13	0.0	22.13	0.0	0.00	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
KETCHUP- ALL SCHOOLS	PACKET	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00
MAYONNAISE- ALL SCHOOLS	packet	25	0	100	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	2.5	0.00	0.00
DRESSING, RANCH- ALL SCHOO	PACKET	49	5	105	0.02	0.02	1.5	8	0.05	*N/A*	0.15	1.05	4.93	0.72	0.05
MUSTARD, PACKET-ALL SCHOO	1 EACH	5	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.5	0.5	0.0	0.00	0.00
BBQ SAUCE PACKET- ALL SCHOOLS	PORTION	15	0	85	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
Weighted Daily Average		501	*7	572	5.93	*4.77	*495.9	*3097	*20.43	*12	17.81	70.33	12.63	3.38	*0.02
% of Calories										*9.6%	14.2%	56.2%	22.7%	6.1%	*0.0%
Nutrient Guideline		524-640		1112										<10.00	

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ABC UNIFIED SCHOOL DISTRICT

Base Menu Spreadsheet

Portion Values - Detailed

Page 71

Mar 6, 2017 thru May 31, 2017

Combined: Middle Breakfast/Middle Lunch

Generated on: 3/10/2017 8:55:55 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 05/02/2017															
Middle Breakfast	Total														
MINI MAPLE PANCAKES- ALL SC HS	3 OZ	220	5	340	3.00	1.44	60.0	0	0.0	*N/A*	5.0	36.0	7.0	1.00	0.00
SANDWICH, PBJ - MS & HS	SANDWIC	334	0	334	3.13	1.13	20.9	0	0.0	*N/A*	10.44	33.42	17.76	3.66	*N/A*
BRKFST BAR, BAN CHOC-E.S, M.	1 EACH	280	15	220	3.00	1.80	20.0	0	0.0	*N/A*	5.0	48.0	8.0	3.00	0.00
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	233	0	311	5.00	16.20	125.0	625	7.2	*N/A*	5.25	50.75	1.75	0.00	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: Middle Breakfast/Middle Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Middle Lunch	Total														
ROASTED BBQ CHIX- MS	1 EACH	394	95	681	2.30	1.37	65.1	85	0.0	*7	21.02	36.33	17.79	4.20	0.35
TAMALE, PORK & CHEESE- MS	1 EACH	390	39	372	3.52	3.77	268.0	914	37.95	*3	22.05	53.76	11.21	3.24	*0.00
RIB-B-QUE, PORK- MS	1 EACH	350	45	890	3.00	2.52	80.0	300	13.2	*N/A*	18.0	40.0	14.0	4.00	*0.00
SPINACH SALAD- ES, MS	1 each	251	194	258	1.50	1.61	170.0	6195	12.22	*6	11.26	10.72	18.27	4.26	*0.00
GOLDFISH, H&S CHEDDAR-ES, M	1 EACH	200	10	390	3.00	1.44	60.0	0	0.0	*N/A*	5.0	29.0	7.0	1.50	0.00
SANDWICH,GRILLED CHEESE-ES,MS	1 EACH	284	30	674	2.27	1.19	458.0	607	0.0	*N/A*	18.64	31.16	9.92	5.58	0.00
SIDE SALAD - MS, HS	EACH	20	0	17	1.85	0.58	25.2	6112	8.77	*2	1.05	4.18	0.24	0.02	*0.00
POTATO TOTS- ALL SCHOOLS	1 EACH	140	0	225	2.70	0.36	10.9	2182	3.56	*N/A*	2.16	19.99	5.65	0.81	0.00
CARROTS- ALL SCHOOLS	bag	30	0	66	2.47	0.76	27.2	11728	2.21	4	0.54	7.01	0.11	0.02	0.00
BEANS, RANCHERO-E.S., M.S.	SERVING	76	0	199	4.61	1.52	45.1	40	0.95	*N/A*	4.61	14.22	0.0	0.00	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
FRUIT: ASSORTED JUICE	1 EACH	22	0	6	0.00	0.00	2.0	20	12.0	*N/A*	0.2	5.8	0.0	0.00	*N/A*
FREEZIE FRUIT SLUSHIE- MS	SERVING	88	0	17	0.00	*N/A*	*N/A*	*N/A*	*N/A*	*13	0.0	22.13	0.0	0.00	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
COOKIE, MINI CHOC CHIP- MS	1 EACH	120	0	35	1.00	1.08	20.0	0	0.0	*N/A*	2.0	22.0	2.5	1.00	0.00
KETCHUP- ALL SCHOOLS	PACKET	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00
MAYONNAISE- ALL SCHOOLS	packet	25	0	100	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	2.5	0.00	0.00
DRESSING, RANCH- ALL SCHOO	PACKET	49	5	105	0.02	0.02	1.5	8	0.05	*N/A*	0.15	1.05	4.93	0.72	0.05
MUSTARD, PACKET-ALL SCHOO	1 EACH	5	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.5	0.5	0.0	0.00	0.00
BBQ SAUCE PACKET- ALL SCHOOLS	PORTION	15	0	85	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
Weighted Daily Average		482	26	576	6.40	*3.90	*297.7	*3003	*26.89	*14	15.09	82.93	11.36	3.00	*0.02
% of Calories										*11.5%	12.5%	68.8%	21.2%	5.6%	*0.0%
Nutrient Guideline		524-640		1112										<10.00	

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ABC UNIFIED SCHOOL DISTRICT

Base Menu Spreadsheet

Portion Values - Detailed

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Mar 6, 2017 thru May 31, 2017

Combined: Middle Breakfast/Middle Lunch

Generated on: 3/10/2017 8:55:55 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 05/03/2017															
Middle Breakfast	Total														
BREAKFAST WRAP - ES, MS	1 EACH	150	53	196	2.43	1.30	93.9	270	2.25	1	8.04	16.33	6.24	2.72	0.01
SANDWICH, PBJ - MS & HS	SANDWIC	334	0	334	3.13	1.13	20.9	0	0.0	*N/A*	10.44	33.42	17.76	3.66	*N/A*
BRKFST BAR, BAN CHOC-E.S, M.	1 EACH	280	15	220	3.00	1.80	20.0	0	0.0	*N/A*	5.0	48.0	8.0	3.00	0.00
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	233	0	311	5.00	16.20	125.0	625	7.2	*N/A*	5.25	50.75	1.75	0.00	0.00
FRUIT: ASSORTED FRESH-ALL SCHOOLS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSORTED DRIED-ALL SCHOOLS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
FRUIT: ASSRTD CANNED- ALL SCHOOLS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHOOLS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: Middle Breakfast/Middle Lunch

Portion Values - Detailed

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Generated on: 3/10/2017 8:55:55 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Middle Lunch	Total														
CHEESEBURGER TWINS- E.S&M.	1 each	272	45	355	2.60	2.80	82.0	100	0.0	3	19.7	31.3	7.8	2.90	0.00
SANDWICH,GRILLED CHEESE- ES,MS	1 EACH	284	30	674	2.27	1.19	458.0	607	0.0	*N/A*	18.64	31.16	9.92	5.58	0.00
PIZZA, GOODY'S CHEESE- ES, M	SLICE	350	*N/A*	420	3.00	4.00	385.0	*N/A*	*N/A*	*N/A*	14.0	29.0	12.0	3.50	0.00
PIZZA, GOODY'S VEGGIE- MS	SLICE	360	*N/A*	420	3.00	4.00	385.0	*N/A*	*N/A*	*N/A*	14.0	29.0	12.0	3.50	0.00
BURRITO, BEAN & CHSE- ALL S CHS	1 EACH	397	16	447	9.00	1.57	312.0	216	1.4	*N/A*	18.5	56.0	11.0	4.70	0.00
SIDE SALAD - MS, HS	EACH	20	0	17	1.85	0.58	25.2	6112	8.77	*2	1.05	4.18	0.24	0.02	*0.00
POTATO TOTS- ALL SCHOOLS	1 EACH	140	0	225	2.70	0.36	10.9	2182	3.56	*N/A*	2.16	19.99	5.65	0.81	0.00
CARROTS- ALL SCHOOLS	bag	30	0	66	2.47	0.76	27.2	11728	2.21	4	0.54	7.01	0.11	0.02	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED FRESH-ALL S CHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
FRUIT: ASSORTED JUICE	1 EACH	22	0	6	0.00	0.00	2.0	20	12.0	*N/A*	0.2	5.8	0.0	0.00	*N/A*
FREEZIE FRUIT SLUSHIE- MS	SERVING	88	0	17	0.00	*N/A*	*N/A*	*N/A*	*N/A*	*13	0.0	22.13	0.0	0.00	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL S CHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
KETCHUP- ALL SCHOOLS	PACKET	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00
MAYONNAISE- ALL SCHOOLS	packet	25	0	100	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	2.5	0.00	0.00
DRESSING, RANCH- ALL SCHOO	PACKET	49	5	105	0.02	0.02	1.5	8	0.05	*N/A*	0.15	1.05	4.93	0.72	0.05
MUSTARD, PACKET-ALL SCHOO	1 EACH	5	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.5	0.5	0.0	0.00	0.00
BBQ SAUCE PACKET- ALL SCHOOLS	PORTION	15	0	85	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
Weighted Daily Average		505	*7	574	6.04	*4.78	*476.7	*2358	*21.18	*12	17.18	70.37	12.98	3.41	*0.02
% of Calories										*9.5%	13.6%	55.8%	23.1%	6.1%	*0.0%
Nutrient Guideline		524-640		1112										<10.00	

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ABC UNIFIED SCHOOL DISTRICT

Base Menu Spreadsheet

Portion Values - Detailed

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Mar 6, 2017 thru May 31, 2017

Combined: Middle Breakfast/Middle Lunch

Generated on: 3/10/2017 8:55:55 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 05/04/2017															
Middle Breakfast	Total														
MINI MAPLE PANCAKES- ALL SC HS	3 OZ	220	5	340	3.00	1.44	60.0	0	0.0	*N/A*	5.0	36.0	7.0	1.00	0.00
SANDWICH, PBJ - MS & HS	SANDWIC	334	0	334	3.13	1.13	20.9	0	0.0	*N/A*	10.44	33.42	17.76	3.66	*N/A*
BRKFST BAR, BAN CHOC-E.S, M.	1 EACH	280	15	220	3.00	1.80	20.0	0	0.0	*N/A*	5.0	48.0	8.0	3.00	0.00
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	233	0	311	5.00	16.20	125.0	625	7.2	*N/A*	5.25	50.75	1.75	0.00	0.00
FRUIT: ASSORTED FRESH-ALL SCHO	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSORTED DRIED-ALL SCHO	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
FRUIT: ASSRTD CANNED- ALL SCHO	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHO	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00

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ABC UNIFIED SCHOOL DISTRICT

Base Menu Spreadsheet

Portion Values - Detailed

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Mar 6, 2017 thru May 31, 2017

Combined: Middle Breakfast/Middle Lunch

Generated on: 3/10/2017 8:55:55 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Middle Lunch	Total														
CHILI & CHIPS - BEEF	PORTION	359	20	575	7.69	3.69	84.8	1143	19.4	*1	13.3	44.51	15.44	1.60	*0.75
TAMALE, PORK & CHEESE- MS	1 EACH	390	39	372	3.52	3.77	268.0	914	37.95	*3	22.05	53.76	11.21	3.24	*0.00
SPICY CHIX SANDWICH-MS, HS	SANDWIC	344	55	691	2.92	3.18	58.4	500	8.65	*N/A*	19.81	39.87	12.92	2.98	0.00
PEPPERONI PIZZA SALAD- ES, M	1 each	320	*32	595	1.45	0.87	330.3	2321	11.63	*1	15.35	4.32	27.03	8.05	*0.11
GOLDFISH, H&S CHEDDAR-ES, M	1 EACH	200	10	390	3.00	1.44	60.0	0	0.0	*N/A*	5.0	29.0	7.0	1.50	0.00
SANDWICH,GRILLED CHEESE-ES,MS	1 EACH	284	30	674	2.27	1.19	458.0	607	0.0	*N/A*	18.64	31.16	9.92	5.58	0.00
SIDE SALAD - MS, HS	EACH	20	0	17	1.85	0.58	25.2	6112	8.77	*2	1.05	4.18	0.24	0.02	*0.00
POTATO TOTS- ALL SCHOOLS	1 EACH	140	0	225	2.70	0.36	10.9	2182	3.56	*N/A*	2.16	19.99	5.65	0.81	0.00
CARROTS- ALL SCHOOLS	bag	30	0	66	2.47	0.76	27.2	11728	2.21	4	0.54	7.01	0.11	0.02	0.00
BROCCOLI W/CHEDDAR-E.S.,M.S	SERV	39	3	64	2.83	0.58	60.3	984	37.86	*1	3.7	5.44	0.99	0.60	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
FRUIT: ASSORTED JUICE	1 EACH	22	0	6	0.00	0.00	2.0	20	12.0	*N/A*	0.2	5.8	0.0	0.00	*N/A*
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
KETCHUP- ALL SCHOOLS	PACKET	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00
MAYONNAISE- ALL SCHOOLS	packet	25	0	100	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	2.5	0.00	0.00
DRESSING, RANCH- ALL SCHOO	PACKET	49	5	105	0.02	0.02	1.5	8	0.05	*N/A*	0.15	1.05	4.93	0.72	0.05
MUSTARD, PACKET-ALL SCHOO	1 EACH	5	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.5	0.5	0.0	0.00	0.00
BBQ SAUCE PACKET- ALL SCHOOLS	PORTION	15	0	85	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
Weighted Daily Average		401	*19	522	5.39	3.13	304.8	2875	26.80	*12	14.24	67.45	9.77	2.29	*0.02
% of Calories										*12.4%	14.2%	67.3%	21.9%	5.1%	*0.0%
Nutrient Guideline		524-640		1112										<10.00	

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

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ABC UNIFIED SCHOOL DISTRICT

Base Menu Spreadsheet

Portion Values - Detailed

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Mar 6, 2017 thru May 31, 2017

Combined: Middle Breakfast/Middle Lunch

Generated on: 3/10/2017 8:55:55 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 05/05/2017															
Middle Breakfast	Total														
CINNAMON ROLL- ES, MS	1 EACH	270	15	135	3.00	1.80	200.0	0	0.0	*N/A*	6.0	43.0	9.0	2.00	0.00
SANDWICH, PBJ - MS & HS	SANDWIC	334	0	334	3.13	1.13	20.9	0	0.0	*N/A*	10.44	33.42	17.76	3.66	*N/A*
BRKFST BAR, BAN CHOC-E.S, M.	1 EACH	280	15	220	3.00	1.80	20.0	0	0.0	*N/A*	5.0	48.0	8.0	3.00	0.00
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	233	0	311	5.00	16.20	125.0	625	7.2	*N/A*	5.25	50.75	1.75	0.00	0.00
FRUIT: ASSORTED FRESH-ALL SCHOOLS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSORTED DRIED-ALL SCHOOLS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
FRUIT: ASSRTD CANNED- ALL SCHOOLS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHOOLS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: Middle Breakfast/Middle Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Middle Lunch	Total														
CHEESEBURGER TWINS- E.S&M.	1 each	272	45	355	2.60	2.80	82.0	100	0.0	3	19.7	31.3	7.8	2.90	0.00
SANDWICH,GRILLED CHEESE-ES,MS	1 EACH	284	30	674	2.27	1.19	458.0	607	0.0	*N/A*	18.64	31.16	9.92	5.58	0.00
PIZZA, GOODY'S CHEESE- ES, M	SLICE	350	*N/A*	420	3.00	4.00	385.0	*N/A*	*N/A*	*N/A*	14.0	29.0	12.0	3.50	0.00
PIZZA, GOODY'S PEPP- MS	SLICE	375	*N/A*	450	3.00	4.00	395.0	*N/A*	*N/A*	*N/A*	20.0	29.0	13.0	4.00	0.00
BURRITO, BEAN & CHSE- ALL S CHS	1 EACH	397	16	447	9.00	1.57	312.0	216	1.4	*N/A*	18.5	56.0	11.0	4.70	0.00
SIDE SALAD - MS, HS	EACH	20	0	17	1.85	0.58	25.2	6112	8.77	*2	1.05	4.18	0.24	0.02	*0.00
POTATO TOTS- ALL SCHOOLS	1 EACH	140	0	225	2.70	0.36	10.9	2182	3.56	*N/A*	2.16	19.99	5.65	0.81	0.00
CARROTS- ALL SCHOOLS	bag	30	0	66	2.47	0.76	27.2	11728	2.21	4	0.54	7.01	0.11	0.02	0.00
BEANS, BBQ-E.S., M.S.	SERVING	172	0	812	6.53	1.90	54.1	228	0.0	*4	7.59	38.82	0.59	0.11	0.00
FRUIT: ASSORTED FRESH-ALL S CHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
FRUIT: ASSORTED JUICE	1 EACH	22	0	6	0.00	0.00	2.0	20	12.0	*N/A*	0.2	5.8	0.0	0.00	*N/A*
FREEZIE FRUIT SLUSHIE- MS	SERVING	88	0	17	0.00	*N/A*	*N/A*	*N/A*	*N/A*	*13	0.0	22.13	0.0	0.00	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL S CHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
KETCHUP- ALL SCHOOLS	PACKET	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00
MAYONNAISE- ALL SCHOOLS	packet	25	0	100	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	2.5	0.00	0.00
DRESSING, RANCH- ALL SCHOO	PACKET	49	5	105	0.02	0.02	1.5	8	0.05	*N/A*	0.15	1.05	4.93	0.72	0.05
MUSTARD, PACKET-ALL SCHOO	1 EACH	5	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.5	0.5	0.0	0.00	0.00
BBQ SAUCE PACKET- ALL SCHOOLS	PORTION	15	0	85	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
Weighted Daily Average		528	*7	644	6.27	*4.82	*498.4	*2364	*19.88	*11	21.00	72.64	13.79	3.74	*0.02
% of Calories										*8.5%	15.9%	55.0%	23.5%	6.4%	*0.0%
Nutrient Guideline		524-640		1112										<10.00	

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ABC UNIFIED SCHOOL DISTRICT

Base Menu Spreadsheet

Portion Values - Detailed

Page 79

Mar 6, 2017 thru May 31, 2017

Combined: Middle Breakfast/Middle Lunch

Generated on: 3/10/2017 8:55:55 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 05/08/2017															
Middle Breakfast	Total														
CINNAMON ROLL- ES, MS	1 EACH	270	15	135	3.00	1.80	200.0	0	0.0	*N/A*	6.0	43.0	9.0	2.00	0.00
SANDWICH, PBJ - MS & HS	SANDWIC	334	0	334	3.13	1.13	20.9	0	0.0	*N/A*	10.44	33.42	17.76	3.66	*N/A*
BRKFST BAR, BAN CHOC-E.S, M.	1 EACH	280	15	220	3.00	1.80	20.0	0	0.0	*N/A*	5.0	48.0	8.0	3.00	0.00
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	233	0	311	5.00	16.20	125.0	625	7.2	*N/A*	5.25	50.75	1.75	0.00	0.00
FRUIT: ASSORTED FRESH-ALL SCHOOLS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSORTED DRIED-ALL SCHOOLS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
FRUIT: ASSRTD CANNED- ALL SCHOOLS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHOOLS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: Middle Breakfast/Middle Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Middle Lunch	Total														
CHEESEBURGER TWINS- E.S&M.	1 each	272	45	355	2.60	2.80	82.0	100	0.0	3	19.7	31.3	7.8	2.90	0.00
SANDWICH,GRILLED CHEESE-ES,MS	1 EACH	284	30	674	2.27	1.19	458.0	607	0.0	*N/A*	18.64	31.16	9.92	5.58	0.00
PIZZA, GOODY'S CHEESE- ES, M	SLICE	350	*N/A*	420	3.00	4.00	385.0	*N/A*	*N/A*	*N/A*	14.0	29.0	12.0	3.50	0.00
PIZZA, GOODY'S HAWAIIAN- MS	SLICE	378	*N/A*	440	3.00	3.00	395.0	*N/A*	*N/A*	*N/A*	20.0	29.0	13.0	3.50	0.00
BURRITO, BEAN & CHSE- ALL S CHS	1 EACH	397	16	447	9.00	1.57	312.0	216	1.4	*N/A*	18.5	56.0	11.0	4.70	0.00
SIDE SALAD - MS, HS	1 EACH	20	0	17	1.85	0.58	25.2	6112	8.77	*2	1.05	4.18	0.24	0.02	*0.00
POTATO TOTS- ALL SCHOOLS	1 EACH	140	0	225	2.70	0.36	10.9	2182	3.56	*N/A*	2.16	19.99	5.65	0.81	0.00
CARROTS- ALL SCHOOLS	bag	30	0	66	2.47	0.76	27.2	11728	2.21	4	0.54	7.01	0.11	0.02	0.00
SALSA - ALL SCHOOLS	SERVING	41	0	488	1.59	2.54	13.6	624	4.54	*N/A*	1.7	7.94	0.23	0.03	*N/A*
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
FRUIT: ASSORTED JUICE	1 EACH	22	0	6	0.00	0.00	2.0	20	12.0	*N/A*	0.2	5.8	0.0	0.00	*N/A*
FREEZIE FRUIT SLUSHIE- MS	SERVING	88	0	17	0.00	*N/A*	*N/A*	*N/A*	*N/A*	*13	0.0	22.13	0.0	0.00	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
KETCHUP- ALL SCHOOLS	PACKET	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00
MAYONNAISE- ALL SCHOOLS	packet	25	0	100	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	2.5	0.00	0.00
DRESSING, RANCH- ALL SCHOO	PACKET	49	5	105	0.02	0.02	1.5	8	0.05	*N/A*	0.15	1.05	4.93	0.72	0.05
MUSTARD, PACKET-ALL SCHOO	1 EACH	5	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.5	0.5	0.0	0.00	0.00
BBQ SAUCE PACKET- ALL SCHOOLS	PORTION	15	0	85	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
Weighted Daily Average		501	*7	572	5.93	*4.77	*495.9	*3097	*20.43	*12	17.81	70.33	12.63	3.38	*0.02
% of Calories										*9.6%	14.2%	56.2%	22.7%	6.1%	*0.0%
Nutrient Guideline		524-640		1112										<10.00	

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ABC UNIFIED SCHOOL DISTRICT

Base Menu Spreadsheet

Portion Values - Detailed

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Mar 6, 2017 thru May 31, 2017

Combined: Middle Breakfast/Middle Lunch

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 05/09/2017															
Middle Breakfast	Total														
MINI MAPLE PANCAKES- ALL SC HS	3 OZ	220	5	340	3.00	1.44	60.0	0	0.0	*N/A*	5.0	36.0	7.0	1.00	0.00
SANDWICH, PBJ - MS & HS	SANDWIC	334	0	334	3.13	1.13	20.9	0	0.0	*N/A*	10.44	33.42	17.76	3.66	*N/A*
BRKFST BAR, BAN CHOC-E.S, M.	1 EACH	280	15	220	3.00	1.80	20.0	0	0.0	*N/A*	5.0	48.0	8.0	3.00	0.00
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	233	0	311	5.00	16.20	125.0	625	7.2	*N/A*	5.25	50.75	1.75	0.00	0.00
FRUIT: ASSORTED FRESH-ALL SCHO	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSORTED DRIED-ALL SCHO	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
FRUIT: ASSRTD CANNED- ALL SCHO	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHO	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00

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

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: Middle Breakfast/Middle Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Middle Lunch	Total														
ROASTED BBQ CHIX- MS	1 EACH	394	95	681	2.30	1.37	65.1	85	0.0	*7	21.02	36.33	17.79	4.20	0.35
TAMALE, PORK & CHEESE- MS	1 EACH	390	39	372	3.52	3.77	268.0	914	37.95	*3	22.05	53.76	11.21	3.24	*0.00
RIB-B-QUE, PORK- MS	1 EACH	350	45	890	3.00	2.52	80.0	300	13.2	*N/A*	18.0	40.0	14.0	4.00	*0.00
SPINACH SALAD- ES, MS	1 each	251	194	258	1.50	1.61	170.0	6195	12.22	*6	11.26	10.72	18.27	4.26	*0.00
GOLDFISH, H&S CHEDDAR-ES, M	1 EACH	200	10	390	3.00	1.44	60.0	0	0.0	*N/A*	5.0	29.0	7.0	1.50	0.00
SANDWICH,GRILLED CHEESE-ES,MS	1 EACH	284	30	674	2.27	1.19	458.0	607	0.0	*N/A*	18.64	31.16	9.92	5.58	0.00
SIDE SALAD - MS, HS	EACH	20	0	17	1.85	0.58	25.2	6112	8.77	*2	1.05	4.18	0.24	0.02	*0.00
POTATO TOTS- ALL SCHOOLS	1 EACH	140	0	225	2.70	0.36	10.9	2182	3.56	*N/A*	2.16	19.99	5.65	0.81	0.00
CARROTS- ALL SCHOOLS	bag	30	0	66	2.47	0.76	27.2	11728	2.21	4	0.54	7.01	0.11	0.02	0.00
BEANS, RANCHERO-E.S., M.S.	SERVING	76	0	199	4.61	1.52	45.1	40	0.95	*N/A*	4.61	14.22	0.0	0.00	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
FRUIT: ASSORTED JUICE	1 EACH	22	0	6	0.00	0.00	2.0	20	12.0	*N/A*	0.2	5.8	0.0	0.00	*N/A*
FREEZIE FRUIT SLUSHIE- MS	SERVING	88	0	17	0.00	*N/A*	*N/A*	*N/A*	*N/A*	*13	0.0	22.13	0.0	0.00	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
COOKIE, MINI CHOC CHIP- MS	1 EACH	120	0	35	1.00	1.08	20.0	0	0.0	*N/A*	2.0	22.0	2.5	1.00	0.00
KETCHUP- ALL SCHOOLS	PACKET	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00
MAYONNAISE- ALL SCHOOLS	packet	25	0	100	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	2.5	0.00	0.00
DRESSING, RANCH- ALL SCHOO	PACKET	49	5	105	0.02	0.02	1.5	8	0.05	*N/A*	0.15	1.05	4.93	0.72	0.05
MUSTARD, PACKET-ALL SCHOO	1 EACH	5	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.5	0.5	0.0	0.00	0.00
BBQ SAUCE PACKET- ALL SCHOOLS	PORTION	15	0	85	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
Weighted Daily Average		482	26	576	6.40	*3.90	*297.7	*3003	*26.89	*14	15.09	82.93	11.36	3.00	*0.02
% of Calories										*11.5%	12.5%	68.8%	21.2%	5.6%	*0.0%
Nutrient Guideline		524-640		1112										<10.00	

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ABC UNIFIED SCHOOL DISTRICT

Base Menu Spreadsheet

Portion Values - Detailed

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Mar 6, 2017 thru May 31, 2017

Combined: Middle Breakfast/Middle Lunch

Generated on: 3/10/2017 8:55:55 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 05/10/2017															
Middle Breakfast	Total														
BREAKFAST WRAP - ES, MS	1 EACH	150	53	196	2.43	1.30	93.9	270	2.25	1	8.04	16.33	6.24	2.72	0.01
SANDWICH, PBJ - MS & HS	SANDWIC	334	0	334	3.13	1.13	20.9	0	0.0	*N/A*	10.44	33.42	17.76	3.66	*N/A*
BRKFST BAR, BAN CHOC-E.S, M.	1 EACH	280	15	220	3.00	1.80	20.0	0	0.0	*N/A*	5.0	48.0	8.0	3.00	0.00
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	233	0	311	5.00	16.20	125.0	625	7.2	*N/A*	5.25	50.75	1.75	0.00	0.00
FRUIT: ASSORTED FRESH-ALL SCHOOLS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSORTED DRIED-ALL SCHOOLS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
FRUIT: ASSRTD CANNED- ALL SCHOOLS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHOOLS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: Middle Breakfast/Middle Lunch

Portion Values - Detailed

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Generated on: 3/10/2017 8:55:55 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Middle Lunch	Total														
CHEESEBURGER TWINS- E.S&M.	1 each	272	45	355	2.60	2.80	82.0	100	0.0	3	19.7	31.3	7.8	2.90	0.00
SANDWICH,GRILLED CHEESE- ES,MS	1 EACH	284	30	674	2.27	1.19	458.0	607	0.0	*N/A*	18.64	31.16	9.92	5.58	0.00
PIZZA, GOODY'S CHEESE- ES, M	SLICE	350	*N/A*	420	3.00	4.00	385.0	*N/A*	*N/A*	*N/A*	14.0	29.0	12.0	3.50	0.00
PIZZA, GOODY'S VEGGIE- MS	SLICE	360	*N/A*	420	3.00	4.00	385.0	*N/A*	*N/A*	*N/A*	14.0	29.0	12.0	3.50	0.00
BURRITO, BEAN & CHSE- ALL S CHS	1 EACH	397	16	447	9.00	1.57	312.0	216	1.4	*N/A*	18.5	56.0	11.0	4.70	0.00
SIDE SALAD - MS, HS	EACH	20	0	17	1.85	0.58	25.2	6112	8.77	*2	1.05	4.18	0.24	0.02	*0.00
POTATO TOTS- ALL SCHOOLS	1 EACH	140	0	225	2.70	0.36	10.9	2182	3.56	*N/A*	2.16	19.99	5.65	0.81	0.00
CARROTS- ALL SCHOOLS	bag	30	0	66	2.47	0.76	27.2	11728	2.21	4	0.54	7.01	0.11	0.02	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED FRESH-ALL S CHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
FRUIT: ASSORTED JUICE	1 EACH	22	0	6	0.00	0.00	2.0	20	12.0	*N/A*	0.2	5.8	0.0	0.00	*N/A*
FREEZIE FRUIT SLUSHIE- MS	SERVING	88	0	17	0.00	*N/A*	*N/A*	*N/A*	*N/A*	*13	0.0	22.13	0.0	0.00	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL S CHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
KETCHUP- ALL SCHOOLS	PACKET	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00
MAYONNAISE- ALL SCHOOLS	packet	25	0	100	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	2.5	0.00	0.00
DRESSING, RANCH- ALL SCHOO	PACKET	49	5	105	0.02	0.02	1.5	8	0.05	*N/A*	0.15	1.05	4.93	0.72	0.05
MUSTARD, PACKET-ALL SCHOO	1 EACH	5	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.5	0.5	0.0	0.00	0.00
BBQ SAUCE PACKET- ALL SCHOOLS	PORTION	15	0	85	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
Weighted Daily Average		505	*7	574	6.04	*4.78	*476.7	*2358	*21.18	*12	17.18	70.37	12.98	3.41	*0.02
% of Calories										*9.5%	13.6%	55.8%	23.1%	6.1%	*0.0%
Nutrient Guideline		524-640		1112										<10.00	

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ABC UNIFIED SCHOOL DISTRICT

Base Menu Spreadsheet

Portion Values - Detailed

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Mar 6, 2017 thru May 31, 2017

Combined: Middle Breakfast/Middle Lunch

Generated on: 3/10/2017 8:55:55 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 05/11/2017															
Middle Breakfast	Total														
MINI MAPLE PANCAKES- ALL SC HS	3 OZ	220	5	340	3.00	1.44	60.0	0	0.0	*N/A*	5.0	36.0	7.0	1.00	0.00
SANDWICH, PBJ - MS & HS	SANDWIC	334	0	334	3.13	1.13	20.9	0	0.0	*N/A*	10.44	33.42	17.76	3.66	*N/A*
BRKFST BAR, BAN CHOC-E.S, M.	1 EACH	280	15	220	3.00	1.80	20.0	0	0.0	*N/A*	5.0	48.0	8.0	3.00	0.00
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	233	0	311	5.00	16.20	125.0	625	7.2	*N/A*	5.25	50.75	1.75	0.00	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: Middle Breakfast/Middle Lunch

Portion Values - Detailed

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Generated on: 3/10/2017 8:55:56 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Middle Lunch	Total														
CHILI & CHIPS - BEEF	PORTION	359	20	575	7.69	3.69	84.8	1143	19.4	*1	13.3	44.51	15.44	1.60	*0.75
TAMALE, PORK & CHEESE- MS	1 EACH	390	39	372	3.52	3.77	268.0	914	37.95	*3	22.05	53.76	11.21	3.24	*0.00
SPICY CHIX SANDWICH-MS, HS	SANDWIC	344	55	691	2.92	3.18	58.4	500	8.65	*N/A*	19.81	39.87	12.92	2.98	0.00
PEPPERONI PIZZA SALAD- ES, M	1 each	320	*32	595	1.45	0.87	330.3	2321	11.63	*1	15.35	4.32	27.03	8.05	*0.11
GOLDFISH, H&S CHEDDAR-ES, M	1 EACH	200	10	390	3.00	1.44	60.0	0	0.0	*N/A*	5.0	29.0	7.0	1.50	0.00
SANDWICH,GRILLED CHEESE-ES,MS	1 EACH	284	30	674	2.27	1.19	458.0	607	0.0	*N/A*	18.64	31.16	9.92	5.58	0.00
SIDE SALAD - MS, HS	EACH	20	0	17	1.85	0.58	25.2	6112	8.77	*2	1.05	4.18	0.24	0.02	*0.00
POTATO TOTS- ALL SCHOOLS	1 EACH	140	0	225	2.70	0.36	10.9	2182	3.56	*N/A*	2.16	19.99	5.65	0.81	0.00
CARROTS- ALL SCHOOLS	bag	30	0	66	2.47	0.76	27.2	11728	2.21	4	0.54	7.01	0.11	0.02	0.00
BROCCOLI W/CHEDDAR-E.S.,M.S	SERV	39	3	64	2.83	0.58	60.3	984	37.86	*1	3.7	5.44	0.99	0.60	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
FRUIT: ASSORTED JUICE	1 EACH	22	0	6	0.00	0.00	2.0	20	12.0	*N/A*	0.2	5.8	0.0	0.00	*N/A*
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
KETCHUP- ALL SCHOOLS	PACKET	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00
MAYONNAISE- ALL SCHOOLS	packet	25	0	100	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	2.5	0.00	0.00
DRESSING, RANCH- ALL SCHOO	PACKET	49	5	105	0.02	0.02	1.5	8	0.05	*N/A*	0.15	1.05	4.93	0.72	0.05
MUSTARD, PACKET-ALL SCHOO	1 EACH	5	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.5	0.5	0.0	0.00	0.00
BBQ SAUCE PACKET- ALL SCHOOLS	PORTION	15	0	85	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
Weighted Daily Average		401	*19	522	5.39	3.13	304.8	2875	26.80	*12	14.24	67.45	9.77	2.29	*0.02
% of Calories										*12.4%	14.2%	67.3%	21.9%	5.1%	*0.0%
Nutrient Guideline		524-640		1112										<10.00	

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ABC UNIFIED SCHOOL DISTRICT

Base Menu Spreadsheet

Portion Values - Detailed

Page 87

Mar 6, 2017 thru May 31, 2017

Combined: Middle Breakfast/Middle Lunch

Generated on: 3/10/2017 8:55:56 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 05/12/2017															
Middle Breakfast	Total														
CINNAMON ROLL- ES, MS	1 EACH	270	15	135	3.00	1.80	200.0	0	0.0	*N/A*	6.0	43.0	9.0	2.00	0.00
SANDWICH, PBJ - MS & HS	SANDWIC	334	0	334	3.13	1.13	20.9	0	0.0	*N/A*	10.44	33.42	17.76	3.66	*N/A*
BRKFST BAR, BAN CHOC-E.S, M.	1 EACH	280	15	220	3.00	1.80	20.0	0	0.0	*N/A*	5.0	48.0	8.0	3.00	0.00
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	233	0	311	5.00	16.20	125.0	625	7.2	*N/A*	5.25	50.75	1.75	0.00	0.00
FRUIT: ASSORTED FRESH-ALL SCHOOLS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSORTED DRIED-ALL SCHOOLS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
FRUIT: ASSRTD CANNED- ALL SCHOOLS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHOOLS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: Middle Breakfast/Middle Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Middle Lunch	Total														
CHEESEBURGER TWINS- E.S&M.	1 each	272	45	355	2.60	2.80	82.0	100	0.0	3	19.7	31.3	7.8	2.90	0.00
SANDWICH,GRILLED CHEESE-ES,MS	1 EACH	284	30	674	2.27	1.19	458.0	607	0.0	*N/A*	18.64	31.16	9.92	5.58	0.00
PIZZA, GOODY'S CHEESE- ES, M	SLICE	350	*N/A*	420	3.00	4.00	385.0	*N/A*	*N/A*	*N/A*	14.0	29.0	12.0	3.50	0.00
PIZZA, GOODY'S PEPP- MS	SLICE	375	*N/A*	450	3.00	4.00	395.0	*N/A*	*N/A*	*N/A*	20.0	29.0	13.0	4.00	0.00
BURRITO, BEAN & CHSE- ALL S CHS	1 EACH	397	16	447	9.00	1.57	312.0	216	1.4	*N/A*	18.5	56.0	11.0	4.70	0.00
SIDE SALAD - MS, HS	EACH	20	0	17	1.85	0.58	25.2	6112	8.77	*2	1.05	4.18	0.24	0.02	*0.00
POTATO TOTS- ALL SCHOOLS	1 EACH	140	0	225	2.70	0.36	10.9	2182	3.56	*N/A*	2.16	19.99	5.65	0.81	0.00
CARROTS- ALL SCHOOLS	bag	30	0	66	2.47	0.76	27.2	11728	2.21	4	0.54	7.01	0.11	0.02	0.00
BEANS, BBQ-E.S., M.S.	SERVING	172	0	812	6.53	1.90	54.1	228	0.0	*4	7.59	38.82	0.59	0.11	0.00
FRUIT: ASSORTED FRESH-ALL S CHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
FRUIT: ASSORTED JUICE	1 EACH	22	0	6	0.00	0.00	2.0	20	12.0	*N/A*	0.2	5.8	0.0	0.00	*N/A*
FREEZIE FRUIT SLUSHIE- MS	SERVING	88	0	17	0.00	*N/A*	*N/A*	*N/A*	*N/A*	*13	0.0	22.13	0.0	0.00	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL S CHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
KETCHUP- ALL SCHOOLS	PACKET	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00
MAYONNAISE- ALL SCHOOLS	packet	25	0	100	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	2.5	0.00	0.00
DRESSING, RANCH- ALL SCHOO	PACKET	49	5	105	0.02	0.02	1.5	8	0.05	*N/A*	0.15	1.05	4.93	0.72	0.05
MUSTARD, PACKET-ALL SCHOO	1 EACH	5	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.5	0.5	0.0	0.00	0.00
BBQ SAUCE PACKET- ALL SCHOOLS	PORTION	15	0	85	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
Weighted Daily Average		528	*7	644	6.27	*4.82	*498.4	*2364	*19.88	*11	21.00	72.64	13.79	3.74	*0.02
% of Calories										*8.5%	15.9%	55.0%	23.5%	6.4%	*0.0%
Nutrient Guideline		524-640		1112										<10.00	

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ABC UNIFIED SCHOOL DISTRICT

Base Menu Spreadsheet

Portion Values - Detailed

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Mar 6, 2017 thru May 31, 2017

Combined: Middle Breakfast/Middle Lunch

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 05/15/2017															
Middle Breakfast	Total														
CINNAMON ROLL- ES, MS	1 EACH	270	15	135	3.00	1.80	200.0	0	0.0	*N/A*	6.0	43.0	9.0	2.00	0.00
SANDWICH, PBJ - MS & HS	SANDWIC	334	0	334	3.13	1.13	20.9	0	0.0	*N/A*	10.44	33.42	17.76	3.66	*N/A*
BRKFST BAR, BAN CHOC-E.S, M.	1 EACH	280	15	220	3.00	1.80	20.0	0	0.0	*N/A*	5.0	48.0	8.0	3.00	0.00
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	233	0	311	5.00	16.20	125.0	625	7.2	*N/A*	5.25	50.75	1.75	0.00	0.00
FRUIT: ASSORTED FRESH-ALL SCS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSORTED DRIED-ALL SCS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
FRUIT: ASSRTD CANNED- ALL SCS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: Middle Breakfast/Middle Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Middle Lunch	Total														
CHEESEBURGER TWINS- E.S&M.	1 each	272	45	355	2.60	2.80	82.0	100	0.0	3	19.7	31.3	7.8	2.90	0.00
SANDWICH,GRILLED CHEESE-ES,MS	1 EACH	284	30	674	2.27	1.19	458.0	607	0.0	*N/A*	18.64	31.16	9.92	5.58	0.00
PIZZA, GOODY'S CHEESE- ES, M	SLICE	350	*N/A*	420	3.00	4.00	385.0	*N/A*	*N/A*	*N/A*	14.0	29.0	12.0	3.50	0.00
PIZZA, GOODY'S HAWAIIAN- MS	SLICE	378	*N/A*	440	3.00	3.00	395.0	*N/A*	*N/A*	*N/A*	20.0	29.0	13.0	3.50	0.00
BURRITO, BEAN & CHSE- ALL S CHS	1 EACH	397	16	447	9.00	1.57	312.0	216	1.4	*N/A*	18.5	56.0	11.0	4.70	0.00
SIDE SALAD - MS, HS	1 EACH	20	0	17	1.85	0.58	25.2	6112	8.77	*2	1.05	4.18	0.24	0.02	*0.00
POTATO TOTS- ALL SCHOOLS	1 EACH	140	0	225	2.70	0.36	10.9	2182	3.56	*N/A*	2.16	19.99	5.65	0.81	0.00
CARROTS- ALL SCHOOLS	bag	30	0	66	2.47	0.76	27.2	11728	2.21	4	0.54	7.01	0.11	0.02	0.00
SALSA - ALL SCHOOLS	SERVING	41	0	488	1.59	2.54	13.6	624	4.54	*N/A*	1.7	7.94	0.23	0.03	*N/A*
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
FRUIT: ASSORTED JUICE	1 EACH	22	0	6	0.00	0.00	2.0	20	12.0	*N/A*	0.2	5.8	0.0	0.00	*N/A*
FREEZIE FRUIT SLUSHIE- MS	SERVING	88	0	17	0.00	*N/A*	*N/A*	*N/A*	*N/A*	*13	0.0	22.13	0.0	0.00	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
KETCHUP- ALL SCHOOLS	PACKET	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00
MAYONNAISE- ALL SCHOOLS	packet	25	0	100	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	2.5	0.00	0.00
DRESSING, RANCH- ALL SCHOO	PACKET	49	5	105	0.02	0.02	1.5	8	0.05	*N/A*	0.15	1.05	4.93	0.72	0.05
MUSTARD, PACKET-ALL SCHOO	1 EACH	5	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.5	0.5	0.0	0.00	0.00
BBQ SAUCE PACKET- ALL SCHOOLS	PORTION	15	0	85	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
Weighted Daily Average		501	*7	572	5.93	*4.77	*495.9	*3097	*20.43	*12	17.81	70.33	12.63	3.38	*0.02
% of Calories										*9.6%	14.2%	56.2%	22.7%	6.1%	*0.0%
Nutrient Guideline		524-640		1112										<10.00	

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ABC UNIFIED SCHOOL DISTRICT

Base Menu Spreadsheet

Portion Values - Detailed

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Mar 6, 2017 thru May 31, 2017

Combined: Middle Breakfast/Middle Lunch

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 05/16/2017															
Middle Breakfast	Total														
MINI MAPLE PANCAKES- ALL SC HS	3 OZ	220	5	340	3.00	1.44	60.0	0	0.0	*N/A*	5.0	36.0	7.0	1.00	0.00
SANDWICH, PBJ - MS & HS	SANDWIC	334	0	334	3.13	1.13	20.9	0	0.0	*N/A*	10.44	33.42	17.76	3.66	*N/A*
BRKFST BAR, BAN CHOC-E.S, M.	1 EACH	280	15	220	3.00	1.80	20.0	0	0.0	*N/A*	5.0	48.0	8.0	3.00	0.00
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	233	0	311	5.00	16.20	125.0	625	7.2	*N/A*	5.25	50.75	1.75	0.00	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: Middle Breakfast/Middle Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Middle Lunch	Total														
ROASTED BBQ CHIX- MS	1 EACH	394	95	681	2.30	1.37	65.1	85	0.0	*7	21.02	36.33	17.79	4.20	0.35
TAMALE, PORK & CHEESE- MS	1 EACH	390	39	372	3.52	3.77	268.0	914	37.95	*3	22.05	53.76	11.21	3.24	*0.00
RIB-B-QUE, PORK- MS	1 EACH	350	45	890	3.00	2.52	80.0	300	13.2	*N/A*	18.0	40.0	14.0	4.00	*0.00
SPINACH SALAD- ES, MS	1 each	251	194	258	1.50	1.61	170.0	6195	12.22	*6	11.26	10.72	18.27	4.26	*0.00
GOLDFISH, H&S CHEDDAR-ES, M	1 EACH	200	10	390	3.00	1.44	60.0	0	0.0	*N/A*	5.0	29.0	7.0	1.50	0.00
SANDWICH,GRILLED CHEESE-ES,MS	1 EACH	284	30	674	2.27	1.19	458.0	607	0.0	*N/A*	18.64	31.16	9.92	5.58	0.00
SIDE SALAD - MS, HS	EACH	20	0	17	1.85	0.58	25.2	6112	8.77	*2	1.05	4.18	0.24	0.02	*0.00
POTATO TOTS- ALL SCHOOLS	1 EACH	140	0	225	2.70	0.36	10.9	2182	3.56	*N/A*	2.16	19.99	5.65	0.81	0.00
CARROTS- ALL SCHOOLS	bag	30	0	66	2.47	0.76	27.2	11728	2.21	4	0.54	7.01	0.11	0.02	0.00
BEANS, RANCHERO-E.S., M.S.	SERVING	76	0	199	4.61	1.52	45.1	40	0.95	*N/A*	4.61	14.22	0.0	0.00	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
FRUIT: ASSORTED JUICE	1 EACH	22	0	6	0.00	0.00	2.0	20	12.0	*N/A*	0.2	5.8	0.0	0.00	*N/A*
FREEZIE FRUIT SLUSHIE- MS	SERVING	88	0	17	0.00	*N/A*	*N/A*	*N/A*	*N/A*	*13	0.0	22.13	0.0	0.00	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
COOKIE, MINI CHOC CHIP- MS	1 EACH	120	0	35	1.00	1.08	20.0	0	0.0	*N/A*	2.0	22.0	2.5	1.00	0.00
KETCHUP- ALL SCHOOLS	PACKET	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00
MAYONNAISE- ALL SCHOOLS	packet	25	0	100	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	2.5	0.00	0.00
DRESSING, RANCH- ALL SCHOO	PACKET	49	5	105	0.02	0.02	1.5	8	0.05	*N/A*	0.15	1.05	4.93	0.72	0.05
MUSTARD, PACKET-ALL SCHOO	1 EACH	5	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.5	0.5	0.0	0.00	0.00
BBQ SAUCE PACKET- ALL SCHOOLS	PORTION	15	0	85	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
Weighted Daily Average		482	26	576	6.40	*3.90	*297.7	*3003	*26.89	*14	15.09	82.93	11.36	3.00	*0.02
% of Calories										*11.5%	12.5%	68.8%	21.2%	5.6%	*0.0%
Nutrient Guideline		524-640		1112										<10.00	

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

Base Menu Spreadsheet

Portion Values - Detailed

Page 93

Mar 6, 2017 thru May 31, 2017

Combined: Middle Breakfast/Middle Lunch

Generated on: 3/10/2017 8:55:56 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 05/17/2017															
Middle Breakfast	Total														
BREAKFAST WRAP - ES, MS	1 EACH	150	53	196	2.43	1.30	93.9	270	2.25	1	8.04	16.33	6.24	2.72	0.01
SANDWICH, PBJ - MS & HS	SANDWIC	334	0	334	3.13	1.13	20.9	0	0.0	*N/A*	10.44	33.42	17.76	3.66	*N/A*
BRKFST BAR, BAN CHOC-E.S, M.	1 EACH	280	15	220	3.00	1.80	20.0	0	0.0	*N/A*	5.0	48.0	8.0	3.00	0.00
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	233	0	311	5.00	16.20	125.0	625	7.2	*N/A*	5.25	50.75	1.75	0.00	0.00
FRUIT: ASSORTED FRESH-ALL SCHOOLS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSORTED DRIED-ALL SCHOOLS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
FRUIT: ASSRTD CANNED- ALL SCHOOLS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHOOLS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00

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

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: Middle Breakfast/Middle Lunch

Portion Values - Detailed

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Generated on: 3/10/2017 8:55:56 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Middle Lunch	Total														
CHEESEBURGER TWINS- E.S&M.	1 each	272	45	355	2.60	2.80	82.0	100	0.0	3	19.7	31.3	7.8	2.90	0.00
SANDWICH,GRILLED CHEESE- ES,MS	1 EACH	284	30	674	2.27	1.19	458.0	607	0.0	*N/A*	18.64	31.16	9.92	5.58	0.00
PIZZA, GOODY'S CHEESE- ES, M	SLICE	350	*N/A*	420	3.00	4.00	385.0	*N/A*	*N/A*	*N/A*	14.0	29.0	12.0	3.50	0.00
PIZZA, GOODY'S VEGGIE- MS	SLICE	360	*N/A*	420	3.00	4.00	385.0	*N/A*	*N/A*	*N/A*	14.0	29.0	12.0	3.50	0.00
BURRITO, BEAN & CHSE- ALL S CHS	1 EACH	397	16	447	9.00	1.57	312.0	216	1.4	*N/A*	18.5	56.0	11.0	4.70	0.00
SIDE SALAD - MS, HS	EACH	20	0	17	1.85	0.58	25.2	6112	8.77	*2	1.05	4.18	0.24	0.02	*0.00
POTATO TOTS- ALL SCHOOLS	1 EACH	140	0	225	2.70	0.36	10.9	2182	3.56	*N/A*	2.16	19.99	5.65	0.81	0.00
CARROTS- ALL SCHOOLS	bag	30	0	66	2.47	0.76	27.2	11728	2.21	4	0.54	7.01	0.11	0.02	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED FRESH-ALL S CHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
FRUIT: ASSORTED JUICE	1 EACH	22	0	6	0.00	0.00	2.0	20	12.0	*N/A*	0.2	5.8	0.0	0.00	*N/A*
FREEZIE FRUIT SLUSHIE- MS	SERVING	88	0	17	0.00	*N/A*	*N/A*	*N/A*	*N/A*	*13	0.0	22.13	0.0	0.00	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL S CHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
KETCHUP- ALL SCHOOLS	PACKET	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00
MAYONNAISE- ALL SCHOOLS	packet	25	0	100	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	2.5	0.00	0.00
DRESSING, RANCH- ALL SCHOO	PACKET	49	5	105	0.02	0.02	1.5	8	0.05	*N/A*	0.15	1.05	4.93	0.72	0.05
MUSTARD, PACKET-ALL SCHOO	1 EACH	5	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.5	0.5	0.0	0.00	0.00
BBQ SAUCE PACKET- ALL SCHOOLS	PORTION	15	0	85	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
Weighted Daily Average		505	*7	574	6.04	*4.78	*476.7	*2358	*21.18	*12	17.18	70.37	12.98	3.41	*0.02
% of Calories										*9.5%	13.6%	55.8%	23.1%	6.1%	*0.0%
Nutrient Guideline		524-640		1112										<10.00	

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ABC UNIFIED SCHOOL DISTRICT

Base Menu Spreadsheet

Portion Values - Detailed

Page 95

Mar 6, 2017 thru May 31, 2017

Combined: Middle Breakfast/Middle Lunch

Generated on: 3/10/2017 8:55:56 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 05/18/2017															
Middle Breakfast	Total														
MINI MAPLE PANCAKES- ALL SC HS	3 OZ	220	5	340	3.00	1.44	60.0	0	0.0	*N/A*	5.0	36.0	7.0	1.00	0.00
SANDWICH, PBJ - MS & HS	SANDWIC	334	0	334	3.13	1.13	20.9	0	0.0	*N/A*	10.44	33.42	17.76	3.66	*N/A*
BRKFST BAR, BAN CHOC-E.S, M.	1 EACH	280	15	220	3.00	1.80	20.0	0	0.0	*N/A*	5.0	48.0	8.0	3.00	0.00
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	233	0	311	5.00	16.20	125.0	625	7.2	*N/A*	5.25	50.75	1.75	0.00	0.00
FRUIT: ASSORTED FRESH-ALL SCHO	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSORTED DRIED-ALL SCHO	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
FRUIT: ASSRTD CANNED- ALL SCHO	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHO	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: Middle Breakfast/Middle Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Middle Lunch	Total														
CHILI & CHIPS - BEEF	PORTION	359	20	575	7.69	3.69	84.8	1143	19.4	*1	13.3	44.51	15.44	1.60	*0.75
TAMALE, PORK & CHEESE- MS	1 EACH	390	39	372	3.52	3.77	268.0	914	37.95	*3	22.05	53.76	11.21	3.24	*0.00
SPICY CHIX SANDWICH-MS, HS	SANDWIC	344	55	691	2.92	3.18	58.4	500	8.65	*N/A*	19.81	39.87	12.92	2.98	0.00
PEPPERONI PIZZA SALAD- ES, M	1 each	320	*32	595	1.45	0.87	330.3	2321	11.63	*1	15.35	4.32	27.03	8.05	*0.11
GOLDFISH, H&S CHEDDAR-ES, M	1 EACH	200	10	390	3.00	1.44	60.0	0	0.0	*N/A*	5.0	29.0	7.0	1.50	0.00
SANDWICH,GRILLED CHEESE-ES,MS	1 EACH	284	30	674	2.27	1.19	458.0	607	0.0	*N/A*	18.64	31.16	9.92	5.58	0.00
SIDE SALAD - MS, HS	EACH	20	0	17	1.85	0.58	25.2	6112	8.77	*2	1.05	4.18	0.24	0.02	*0.00
POTATO TOTS- ALL SCHOOLS	1 EACH	140	0	225	2.70	0.36	10.9	2182	3.56	*N/A*	2.16	19.99	5.65	0.81	0.00
CARROTS- ALL SCHOOLS	bag	30	0	66	2.47	0.76	27.2	11728	2.21	4	0.54	7.01	0.11	0.02	0.00
BROCCOLI W/CHEDDAR-E.S.,M.S	SERV	39	3	64	2.83	0.58	60.3	984	37.86	*1	3.7	5.44	0.99	0.60	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
FRUIT: ASSORTED JUICE	1 EACH	22	0	6	0.00	0.00	2.0	20	12.0	*N/A*	0.2	5.8	0.0	0.00	*N/A*
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
KETCHUP- ALL SCHOOLS	PACKET	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00
MAYONNAISE- ALL SCHOOLS	packet	25	0	100	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	2.5	0.00	0.00
DRESSING, RANCH- ALL SCHOO	PACKET	49	5	105	0.02	0.02	1.5	8	0.05	*N/A*	0.15	1.05	4.93	0.72	0.05
MUSTARD, PACKET-ALL SCHOO	1 EACH	5	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.5	0.5	0.0	0.00	0.00
BBQ SAUCE PACKET- ALL SCHOOLS	PORTION	15	0	85	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
Weighted Daily Average		401	*19	522	5.39	3.13	304.8	2875	26.80	*12	14.24	67.45	9.77	2.29	*0.02
% of Calories										*12.4%	14.2%	67.3%	21.9%	5.1%	*0.0%
Nutrient Guideline		524-640		1112										<10.00	

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ABC UNIFIED SCHOOL DISTRICT

Base Menu Spreadsheet

Portion Values - Detailed

Page 97

Mar 6, 2017 thru May 31, 2017

Combined: Middle Breakfast/Middle Lunch

Generated on: 3/10/2017 8:55:56 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 05/19/2017															
Middle Breakfast	Total														
CINNAMON ROLL- ES, MS	1 EACH	270	15	135	3.00	1.80	200.0	0	0.0	*N/A*	6.0	43.0	9.0	2.00	0.00
SANDWICH, PBJ - MS & HS	SANDWIC	334	0	334	3.13	1.13	20.9	0	0.0	*N/A*	10.44	33.42	17.76	3.66	*N/A*
BRKFST BAR, BAN CHOC-E.S, M.	1 EACH	280	15	220	3.00	1.80	20.0	0	0.0	*N/A*	5.0	48.0	8.0	3.00	0.00
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	233	0	311	5.00	16.20	125.0	625	7.2	*N/A*	5.25	50.75	1.75	0.00	0.00
FRUIT: ASSORTED FRESH-ALL SCHOOLS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSORTED DRIED-ALL SCHOOLS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
FRUIT: ASSRTD CANNED- ALL SCHOOLS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHOOLS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: Middle Breakfast/Middle Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Middle Lunch	Total														
CHEESEBURGER TWINS- E.S&M.	1 each	272	45	355	2.60	2.80	82.0	100	0.0	3	19.7	31.3	7.8	2.90	0.00
SANDWICH,GRILLED CHEESE-ES,MS	1 EACH	284	30	674	2.27	1.19	458.0	607	0.0	*N/A*	18.64	31.16	9.92	5.58	0.00
PIZZA, GOODY'S CHEESE- ES, M	SLICE	350	*N/A*	420	3.00	4.00	385.0	*N/A*	*N/A*	*N/A*	14.0	29.0	12.0	3.50	0.00
PIZZA, GOODY'S PEPP- MS	SLICE	375	*N/A*	450	3.00	4.00	395.0	*N/A*	*N/A*	*N/A*	20.0	29.0	13.0	4.00	0.00
BURRITO, BEAN & CHSE- ALL S CHS	1 EACH	397	16	447	9.00	1.57	312.0	216	1.4	*N/A*	18.5	56.0	11.0	4.70	0.00
SIDE SALAD - MS, HS	EACH	20	0	17	1.85	0.58	25.2	6112	8.77	*2	1.05	4.18	0.24	0.02	*0.00
POTATO TOTS- ALL SCHOOLS	1 EACH	140	0	225	2.70	0.36	10.9	2182	3.56	*N/A*	2.16	19.99	5.65	0.81	0.00
CARROTS- ALL SCHOOLS	bag	30	0	66	2.47	0.76	27.2	11728	2.21	4	0.54	7.01	0.11	0.02	0.00
BEANS, BBQ-E.S., M.S.	SERVING	172	0	812	6.53	1.90	54.1	228	0.0	*4	7.59	38.82	0.59	0.11	0.00
FRUIT: ASSORTED FRESH-ALL S CHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
FRUIT: ASSORTED JUICE	1 EACH	22	0	6	0.00	0.00	2.0	20	12.0	*N/A*	0.2	5.8	0.0	0.00	*N/A*
FREEZIE FRUIT SLUSHIE- MS	SERVING	88	0	17	0.00	*N/A*	*N/A*	*N/A*	*N/A*	*13	0.0	22.13	0.0	0.00	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL S CHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
KETCHUP- ALL SCHOOLS	PACKET	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00
MAYONNAISE- ALL SCHOOLS	packet	25	0	100	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	2.5	0.00	0.00
DRESSING, RANCH- ALL SCHOO	PACKET	49	5	105	0.02	0.02	1.5	8	0.05	*N/A*	0.15	1.05	4.93	0.72	0.05
MUSTARD, PACKET-ALL SCHOO	1 EACH	5	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.5	0.5	0.0	0.00	0.00
BBQ SAUCE PACKET- ALL SCHOOLS	PORTION	15	0	85	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
Weighted Daily Average		528	*7	644	6.27	*4.82	*498.4	*2364	*19.88	*11	21.00	72.64	13.79	3.74	*0.02
% of Calories										*8.5%	15.9%	55.0%	23.5%	6.4%	*0.0%
Nutrient Guideline		524-640		1112										<10.00	

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ABC UNIFIED SCHOOL DISTRICT

Base Menu Spreadsheet

Portion Values - Detailed

Page 99

Mar 6, 2017 thru May 31, 2017

Combined: Middle Breakfast/Middle Lunch

Generated on: 3/10/2017 8:55:56 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 05/22/2017															
Middle Breakfast	Total														
CINNAMON ROLL- ES, MS	1 EACH	270	15	135	3.00	1.80	200.0	0	0.0	*N/A*	6.0	43.0	9.0	2.00	0.00
SANDWICH, PBJ - MS & HS	SANDWIC	334	0	334	3.13	1.13	20.9	0	0.0	*N/A*	10.44	33.42	17.76	3.66	*N/A*
BRKFST BAR, BAN CHOC-E.S, M.	1 EACH	280	15	220	3.00	1.80	20.0	0	0.0	*N/A*	5.0	48.0	8.0	3.00	0.00
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	233	0	311	5.00	16.20	125.0	625	7.2	*N/A*	5.25	50.75	1.75	0.00	0.00
FRUIT: ASSORTED FRESH-ALL SCHOOLS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSORTED DRIED-ALL SCHOOLS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
FRUIT: ASSRTD CANNED- ALL SCHOOLS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHOOLS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: Middle Breakfast/Middle Lunch

Portion Values - Detailed

Page 100

Generated on: 3/10/2017 8:55:56 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Middle Lunch	Total														
CHEESEBURGER TWINS- E.S&M.	1 each	272	45	355	2.60	2.80	82.0	100	0.0	3	19.7	31.3	7.8	2.90	0.00
SANDWICH,GRILLED CHEESE-ES,MS	1 EACH	284	30	674	2.27	1.19	458.0	607	0.0	*N/A*	18.64	31.16	9.92	5.58	0.00
PIZZA, GOODY'S CHEESE- ES, M	SLICE	350	*N/A*	420	3.00	4.00	385.0	*N/A*	*N/A*	*N/A*	14.0	29.0	12.0	3.50	0.00
PIZZA, GOODY'S HAWAIIAN- MS	SLICE	378	*N/A*	440	3.00	3.00	395.0	*N/A*	*N/A*	*N/A*	20.0	29.0	13.0	3.50	0.00
BURRITO, BEAN & CHSE- ALL S CHS	1 EACH	397	16	447	9.00	1.57	312.0	216	1.4	*N/A*	18.5	56.0	11.0	4.70	0.00
SIDE SALAD - MS, HS	1 EACH	20	0	17	1.85	0.58	25.2	6112	8.77	*2	1.05	4.18	0.24	0.02	*0.00
POTATO TOTS- ALL SCHOOLS	1 EACH	140	0	225	2.70	0.36	10.9	2182	3.56	*N/A*	2.16	19.99	5.65	0.81	0.00
CARROTS- ALL SCHOOLS	bag	30	0	66	2.47	0.76	27.2	11728	2.21	4	0.54	7.01	0.11	0.02	0.00
SALSA - ALL SCHOOLS	SERVING	41	0	488	1.59	2.54	13.6	624	4.54	*N/A*	1.7	7.94	0.23	0.03	*N/A*
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
FRUIT: ASSORTED JUICE	1 EACH	22	0	6	0.00	0.00	2.0	20	12.0	*N/A*	0.2	5.8	0.0	0.00	*N/A*
FREEZIE FRUIT SLUSHIE- MS	SERVING	88	0	17	0.00	*N/A*	*N/A*	*N/A*	*N/A*	*13	0.0	22.13	0.0	0.00	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
KETCHUP- ALL SCHOOLS	PACKET	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00
MAYONNAISE- ALL SCHOOLS	packet	25	0	100	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	2.5	0.00	0.00
DRESSING, RANCH- ALL SCHOO	PACKET	49	5	105	0.02	0.02	1.5	8	0.05	*N/A*	0.15	1.05	4.93	0.72	0.05
MUSTARD, PACKET-ALL SCHOO	1 EACH	5	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.5	0.5	0.0	0.00	0.00
BBQ SAUCE PACKET- ALL SCHOOLS	PORTION	15	0	85	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
Weighted Daily Average		501	*7	572	5.93	*4.77	*495.9	*3097	*20.43	*12	17.81	70.33	12.63	3.38	*0.02
% of Calories										*9.6%	14.2%	56.2%	22.7%	6.1%	*0.0%
Nutrient Guideline		524-640		1112										<10.00	

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ABC UNIFIED SCHOOL DISTRICT

Base Menu Spreadsheet

Portion Values - Detailed

Page 101

Mar 6, 2017 thru May 31, 2017

Combined: Middle Breakfast/Middle Lunch

Generated on: 3/10/2017 8:55:56 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 05/23/2017															
Middle Breakfast	Total														
MINI MAPLE PANCAKES- ALL SC HS	3 OZ	220	5	340	3.00	1.44	60.0	0	0.0	*N/A*	5.0	36.0	7.0	1.00	0.00
SANDWICH, PBJ - MS & HS	SANDWIC	334	0	334	3.13	1.13	20.9	0	0.0	*N/A*	10.44	33.42	17.76	3.66	*N/A*
BRKFST BAR, BAN CHOC-E.S, M.	1 EACH	280	15	220	3.00	1.80	20.0	0	0.0	*N/A*	5.0	48.0	8.0	3.00	0.00
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	233	0	311	5.00	16.20	125.0	625	7.2	*N/A*	5.25	50.75	1.75	0.00	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: Middle Breakfast/Middle Lunch

Portion Values - Detailed

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Generated on: 3/10/2017 8:55:56 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Middle Lunch	Total														
ROASTED BBQ CHIX- MS	1 EACH	394	95	681	2.30	1.37	65.1	85	0.0	*7	21.02	36.33	17.79	4.20	0.35
TAMALE, PORK & CHEESE- MS	1 EACH	390	39	372	3.52	3.77	268.0	914	37.95	*3	22.05	53.76	11.21	3.24	*0.00
RIB-B-QUE, PORK- MS	1 EACH	350	45	890	3.00	2.52	80.0	300	13.2	*N/A*	18.0	40.0	14.0	4.00	*0.00
SPINACH SALAD- ES, MS	1 each	251	194	258	1.50	1.61	170.0	6195	12.22	*6	11.26	10.72	18.27	4.26	*0.00
GOLDFISH, H&S CHEDDAR-ES, M	1 EACH	200	10	390	3.00	1.44	60.0	0	0.0	*N/A*	5.0	29.0	7.0	1.50	0.00
SANDWICH,GRILLED CHEESE-ES,MS	1 EACH	284	30	674	2.27	1.19	458.0	607	0.0	*N/A*	18.64	31.16	9.92	5.58	0.00
SIDE SALAD - MS, HS	EACH	20	0	17	1.85	0.58	25.2	6112	8.77	*2	1.05	4.18	0.24	0.02	*0.00
POTATO TOTS- ALL SCHOOLS	1 EACH	140	0	225	2.70	0.36	10.9	2182	3.56	*N/A*	2.16	19.99	5.65	0.81	0.00
CARROTS- ALL SCHOOLS	bag	30	0	66	2.47	0.76	27.2	11728	2.21	4	0.54	7.01	0.11	0.02	0.00
BEANS, RANCHERO-E.S., M.S.	SERVING	76	0	199	4.61	1.52	45.1	40	0.95	*N/A*	4.61	14.22	0.0	0.00	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
FRUIT: ASSORTED JUICE	1 EACH	22	0	6	0.00	0.00	2.0	20	12.0	*N/A*	0.2	5.8	0.0	0.00	*N/A*
FREEZIE FRUIT SLUSHIE- MS	SERVING	88	0	17	0.00	*N/A*	*N/A*	*N/A*	*N/A*	*13	0.0	22.13	0.0	0.00	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
COOKIE, MINI CHOC CHIP- MS	1 EACH	120	0	35	1.00	1.08	20.0	0	0.0	*N/A*	2.0	22.0	2.5	1.00	0.00
KETCHUP- ALL SCHOOLS	PACKET	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00
MAYONNAISE- ALL SCHOOLS	packet	25	0	100	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	2.5	0.00	0.00
DRESSING, RANCH- ALL SCHOO	PACKET	49	5	105	0.02	0.02	1.5	8	0.05	*N/A*	0.15	1.05	4.93	0.72	0.05
MUSTARD, PACKET-ALL SCHOO	1 EACH	5	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.5	0.5	0.0	0.00	0.00
BBQ SAUCE PACKET- ALL SCHOOLS	PORTION	15	0	85	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
Weighted Daily Average		482	26	576	6.40	*3.90	*297.7	*3003	*26.89	*14	15.09	82.93	11.36	3.00	*0.02
% of Calories										*11.5%	12.5%	68.8%	21.2%	5.6%	*0.0%
Nutrient Guideline		524-640		1112										<10.00	

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ABC UNIFIED SCHOOL DISTRICT

Base Menu Spreadsheet

Portion Values - Detailed

Page 103

Mar 6, 2017 thru May 31, 2017

Combined: Middle Breakfast/Middle Lunch

Generated on: 3/10/2017 8:55:56 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 05/24/2017															
Middle Breakfast	Total														
BREAKFAST WRAP - ES, MS	1 EACH	150	53	196	2.43	1.30	93.9	270	2.25	1	8.04	16.33	6.24	2.72	0.01
SANDWICH, PBJ - MS & HS	SANDWIC	334	0	334	3.13	1.13	20.9	0	0.0	*N/A*	10.44	33.42	17.76	3.66	*N/A*
BRKFST BAR, BAN CHOC-E.S, M.	1 EACH	280	15	220	3.00	1.80	20.0	0	0.0	*N/A*	5.0	48.0	8.0	3.00	0.00
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	233	0	311	5.00	16.20	125.0	625	7.2	*N/A*	5.25	50.75	1.75	0.00	0.00
FRUIT: ASSORTED FRESH-ALL SCHOOLS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSORTED DRIED-ALL SCHOOLS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
FRUIT: ASSRTD CANNED- ALL SCHOOLS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHOOLS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: Middle Breakfast/Middle Lunch

Portion Values - Detailed

Page 104

Generated on: 3/10/2017 8:55:56 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Middle Lunch	Total														
CHEESEBURGER TWINS- E.S&M.	1 each	272	45	355	2.60	2.80	82.0	100	0.0	3	19.7	31.3	7.8	2.90	0.00
SANDWICH,GRILLED CHEESE- ES,MS	1 EACH	284	30	674	2.27	1.19	458.0	607	0.0	*N/A*	18.64	31.16	9.92	5.58	0.00
PIZZA, GOODY'S CHEESE- ES, M	SLICE	350	*N/A*	420	3.00	4.00	385.0	*N/A*	*N/A*	*N/A*	14.0	29.0	12.0	3.50	0.00
PIZZA, GOODY'S VEGGIE- MS	SLICE	360	*N/A*	420	3.00	4.00	385.0	*N/A*	*N/A*	*N/A*	14.0	29.0	12.0	3.50	0.00
BURRITO, BEAN & CHSE- ALL S CHS	1 EACH	397	16	447	9.00	1.57	312.0	216	1.4	*N/A*	18.5	56.0	11.0	4.70	0.00
SIDE SALAD - MS, HS	EACH	20	0	17	1.85	0.58	25.2	6112	8.77	*2	1.05	4.18	0.24	0.02	*0.00
POTATO TOTS- ALL SCHOOLS	1 EACH	140	0	225	2.70	0.36	10.9	2182	3.56	*N/A*	2.16	19.99	5.65	0.81	0.00
CARROTS- ALL SCHOOLS	bag	30	0	66	2.47	0.76	27.2	11728	2.21	4	0.54	7.01	0.11	0.02	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
FRUIT: ASSORTED JUICE	1 EACH	22	0	6	0.00	0.00	2.0	20	12.0	*N/A*	0.2	5.8	0.0	0.00	*N/A*
FREEZIE FRUIT SLUSHIE- MS	SERVING	88	0	17	0.00	*N/A*	*N/A*	*N/A*	*N/A*	*13	0.0	22.13	0.0	0.00	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
KETCHUP- ALL SCHOOLS	PACKET	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00
MAYONNAISE- ALL SCHOOLS	packet	25	0	100	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	2.5	0.00	0.00
DRESSING, RANCH- ALL SCHOO	PACKET	49	5	105	0.02	0.02	1.5	8	0.05	*N/A*	0.15	1.05	4.93	0.72	0.05
MUSTARD, PACKET-ALL SCHOO	1 EACH	5	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.5	0.5	0.0	0.00	0.00
BBQ SAUCE PACKET- ALL SCHOOLS	PORTION	15	0	85	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
Weighted Daily Average		505	*7	574	6.04	*4.78	*476.7	*2358	*21.18	*12	17.18	70.37	12.98	3.41	*0.02
% of Calories										*9.5%	13.6%	55.8%	23.1%	6.1%	*0.0%
Nutrient Guideline		524-640		1112										<10.00	

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

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ABC UNIFIED SCHOOL DISTRICT

Base Menu Spreadsheet

Portion Values - Detailed

Page 105

Mar 6, 2017 thru May 31, 2017

Combined: Middle Breakfast/Middle Lunch

Generated on: 3/10/2017 8:55:56 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 05/25/2017															
Middle Breakfast	Total														
MINI MAPLE PANCAKES- ALL SC HS	3 OZ	220	5	340	3.00	1.44	60.0	0	0.0	*N/A*	5.0	36.0	7.0	1.00	0.00
SANDWICH, PBJ - MS & HS	SANDWIC	334	0	334	3.13	1.13	20.9	0	0.0	*N/A*	10.44	33.42	17.76	3.66	*N/A*
BRKFST BAR, BAN CHOC-E.S, M.	1 EACH	280	15	220	3.00	1.80	20.0	0	0.0	*N/A*	5.0	48.0	8.0	3.00	0.00
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	233	0	311	5.00	16.20	125.0	625	7.2	*N/A*	5.25	50.75	1.75	0.00	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: Middle Breakfast/Middle Lunch

Portion Values - Detailed

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Generated on: 3/10/2017 8:55:56 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Middle Lunch	Total														
CHILI & CHIPS - BEEF	PORTION	359	20	575	7.69	3.69	84.8	1143	19.4	*1	13.3	44.51	15.44	1.60	*0.75
TAMALE, PORK & CHEESE- MS	1 EACH	390	39	372	3.52	3.77	268.0	914	37.95	*3	22.05	53.76	11.21	3.24	*0.00
SPICY CHIX SANDWICH-MS, HS	SANDWIC	344	55	691	2.92	3.18	58.4	500	8.65	*N/A*	19.81	39.87	12.92	2.98	0.00
PEPPERONI PIZZA SALAD- ES, M	1 each	320	*32	595	1.45	0.87	330.3	2321	11.63	*1	15.35	4.32	27.03	8.05	*0.11
GOLDFISH, H&S CHEDDAR-ES, M	1 EACH	200	10	390	3.00	1.44	60.0	0	0.0	*N/A*	5.0	29.0	7.0	1.50	0.00
SANDWICH,GRILLED CHEESE-ES,MS	1 EACH	284	30	674	2.27	1.19	458.0	607	0.0	*N/A*	18.64	31.16	9.92	5.58	0.00
SIDE SALAD - MS, HS	EACH	20	0	17	1.85	0.58	25.2	6112	8.77	*2	1.05	4.18	0.24	0.02	*0.00
POTATO TOTS- ALL SCHOOLS	1 EACH	140	0	225	2.70	0.36	10.9	2182	3.56	*N/A*	2.16	19.99	5.65	0.81	0.00
CARROTS- ALL SCHOOLS	bag	30	0	66	2.47	0.76	27.2	11728	2.21	4	0.54	7.01	0.11	0.02	0.00
BROCCOLI W/CHEDDAR-E.S.,M.S	SERV	39	3	64	2.83	0.58	60.3	984	37.86	*1	3.7	5.44	0.99	0.60	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
FRUIT: ASSORTED JUICE	1 EACH	22	0	6	0.00	0.00	2.0	20	12.0	*N/A*	0.2	5.8	0.0	0.00	*N/A*
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
KETCHUP- ALL SCHOOLS	PACKET	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00
MAYONNAISE- ALL SCHOOLS	packet	25	0	100	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	2.5	0.00	0.00
DRESSING, RANCH- ALL SCHOO	PACKET	49	5	105	0.02	0.02	1.5	8	0.05	*N/A*	0.15	1.05	4.93	0.72	0.05
MUSTARD, PACKET-ALL SCHOO	1 EACH	5	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.5	0.5	0.0	0.00	0.00
BBQ SAUCE PACKET- ALL SCHOOLS	PORTION	15	0	85	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
Weighted Daily Average		401	*19	522	5.39	3.13	304.8	2875	26.80	*12	14.24	67.45	9.77	2.29	*0.02
% of Calories										*12.4%	14.2%	67.3%	21.9%	5.1%	*0.0%
Nutrient Guideline		524-640		1112										<10.00	

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ABC UNIFIED SCHOOL DISTRICT

Base Menu Spreadsheet

Portion Values - Detailed

Page 107

Mar 6, 2017 thru May 31, 2017

Combined: Middle Breakfast/Middle Lunch

Generated on: 3/10/2017 8:55:56 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 05/26/2017															
Middle Breakfast	Total														
CINNAMON ROLL- ES, MS	1 EACH	270	15	135	3.00	1.80	200.0	0	0.0	*N/A*	6.0	43.0	9.0	2.00	0.00
SANDWICH, PBJ - MS & HS	SANDWIC	334	0	334	3.13	1.13	20.9	0	0.0	*N/A*	10.44	33.42	17.76	3.66	*N/A*
BRKFST BAR, BAN CHOC-E.S, M.	1 EACH	280	15	220	3.00	1.80	20.0	0	0.0	*N/A*	5.0	48.0	8.0	3.00	0.00
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	233	0	311	5.00	16.20	125.0	625	7.2	*N/A*	5.25	50.75	1.75	0.00	0.00
FRUIT: ASSORTED FRESH-ALL SCHOOLS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSORTED DRIED-ALL SCHOOLS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
FRUIT: ASSRTD CANNED- ALL SCHOOLS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHOOLS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: Middle Breakfast/Middle Lunch

Portion Values - Detailed

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Generated on: 3/10/2017 8:55:57 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Middle Lunch	Total														
CHEESEBURGER TWINS- E.S&M.	1 each	272	45	355	2.60	2.80	82.0	100	0.0	3	19.7	31.3	7.8	2.90	0.00
SANDWICH,GRILLED CHEESE-ES,MS	1 EACH	284	30	674	2.27	1.19	458.0	607	0.0	*N/A*	18.64	31.16	9.92	5.58	0.00
PIZZA, GOODY'S CHEESE- ES, M	SLICE	350	*N/A*	420	3.00	4.00	385.0	*N/A*	*N/A*	*N/A*	14.0	29.0	12.0	3.50	0.00
PIZZA, GOODY'S PEPP- MS	SLICE	375	*N/A*	450	3.00	4.00	395.0	*N/A*	*N/A*	*N/A*	20.0	29.0	13.0	4.00	0.00
BURRITO, BEAN & CHSE- ALL S CHS	1 EACH	397	16	447	9.00	1.57	312.0	216	1.4	*N/A*	18.5	56.0	11.0	4.70	0.00
SIDE SALAD - MS, HS	EACH	20	0	17	1.85	0.58	25.2	6112	8.77	*2	1.05	4.18	0.24	0.02	*0.00
POTATO TOTS- ALL SCHOOLS	1 EACH	140	0	225	2.70	0.36	10.9	2182	3.56	*N/A*	2.16	19.99	5.65	0.81	0.00
CARROTS- ALL SCHOOLS	bag	30	0	66	2.47	0.76	27.2	11728	2.21	4	0.54	7.01	0.11	0.02	0.00
BEANS, BBQ-E.S., M.S.	SERVING	172	0	812	6.53	1.90	54.1	228	0.0	*4	7.59	38.82	0.59	0.11	0.00
FRUIT: ASSORTED FRESH-ALL S CHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
FRUIT: ASSORTED JUICE	1 EACH	22	0	6	0.00	0.00	2.0	20	12.0	*N/A*	0.2	5.8	0.0	0.00	*N/A*
FREEZIE FRUIT SLUSHIE- MS	SERVING	88	0	17	0.00	*N/A*	*N/A*	*N/A*	*N/A*	*13	0.0	22.13	0.0	0.00	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL S CHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
KETCHUP- ALL SCHOOLS	PACKET	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00
MAYONNAISE- ALL SCHOOLS	packet	25	0	100	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	2.5	0.00	0.00
DRESSING, RANCH- ALL SCHOO	PACKET	49	5	105	0.02	0.02	1.5	8	0.05	*N/A*	0.15	1.05	4.93	0.72	0.05
MUSTARD, PACKET-ALL SCHOO	1 EACH	5	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.5	0.5	0.0	0.00	0.00
BBQ SAUCE PACKET- ALL SCHOOLS	PORTION	15	0	85	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
Weighted Daily Average		528	*7	644	6.27	*4.82	*498.4	*2364	*19.88	*11	21.00	72.64	13.79	3.74	*0.02
% of Calories										*8.5%	15.9%	55.0%	23.5%	6.4%	*0.0%
Nutrient Guideline		524-640		1112										<10.00	

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ABC UNIFIED SCHOOL DISTRICT

Base Menu Spreadsheet

Portion Values - Detailed

Page 109

Mar 6, 2017 thru May 31, 2017

Combined: Middle Breakfast/Middle Lunch

Generated on: 3/10/2017 8:55:57 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 05/30/2017															
Middle Breakfast	Total														
MINI MAPLE PANCAKES- ALL SC HS	3 OZ	220	5	340	3.00	1.44	60.0	0	0.0	*N/A*	5.0	36.0	7.0	1.00	0.00
SANDWICH, PBJ - MS & HS	SANDWIC	334	0	334	3.13	1.13	20.9	0	0.0	*N/A*	10.44	33.42	17.76	3.66	*N/A*
BRKFST BAR, BAN CHOC-E.S, M.	1 EACH	280	15	220	3.00	1.80	20.0	0	0.0	*N/A*	5.0	48.0	8.0	3.00	0.00
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	233	0	311	5.00	16.20	125.0	625	7.2	*N/A*	5.25	50.75	1.75	0.00	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: Middle Breakfast/Middle Lunch

Portion Values - Detailed

Page 110

Generated on: 3/10/2017 8:55:57 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Middle Lunch	Total														
ROASTED BBQ CHIX- MS	1 EACH	394	95	681	2.30	1.37	65.1	85	0.0	*7	21.02	36.33	17.79	4.20	0.35
TAMALE, PORK & CHEESE- MS	1 EACH	390	39	372	3.52	3.77	268.0	914	37.95	*3	22.05	53.76	11.21	3.24	*0.00
RIB-B-QUE, PORK- MS	1 EACH	350	45	890	3.00	2.52	80.0	300	13.2	*N/A*	18.0	40.0	14.0	4.00	*0.00
SPINACH SALAD- ES, MS	1 each	251	194	258	1.50	1.61	170.0	6195	12.22	*6	11.26	10.72	18.27	4.26	*0.00
GOLDFISH, H&S CHEDDAR-ES, M	1 EACH	200	10	390	3.00	1.44	60.0	0	0.0	*N/A*	5.0	29.0	7.0	1.50	0.00
SANDWICH,GRILLED CHEESE-ES,MS	1 EACH	284	30	674	2.27	1.19	458.0	607	0.0	*N/A*	18.64	31.16	9.92	5.58	0.00
SIDE SALAD - MS, HS	EACH	20	0	17	1.85	0.58	25.2	6112	8.77	*2	1.05	4.18	0.24	0.02	*0.00
POTATO TOTS- ALL SCHOOLS	1 EACH	140	0	225	2.70	0.36	10.9	2182	3.56	*N/A*	2.16	19.99	5.65	0.81	0.00
CARROTS- ALL SCHOOLS	bag	30	0	66	2.47	0.76	27.2	11728	2.21	4	0.54	7.01	0.11	0.02	0.00
BEANS, RANCHERO-E.S., M.S.	SERVING	76	0	199	4.61	1.52	45.1	40	0.95	*N/A*	4.61	14.22	0.0	0.00	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
FRUIT: ASSORTED JUICE	1 EACH	22	0	6	0.00	0.00	2.0	20	12.0	*N/A*	0.2	5.8	0.0	0.00	*N/A*
FREEZIE FRUIT SLUSHIE- MS	SERVING	88	0	17	0.00	*N/A*	*N/A*	*N/A*	*N/A*	*13	0.0	22.13	0.0	0.00	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
COOKIE, MINI CHOC CHIP- MS	1 EACH	120	0	35	1.00	1.08	20.0	0	0.0	*N/A*	2.0	22.0	2.5	1.00	0.00
KETCHUP- ALL SCHOOLS	PACKET	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00
MAYONNAISE- ALL SCHOOLS	packet	25	0	100	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	2.5	0.00	0.00
DRESSING, RANCH- ALL SCHOO	PACKET	49	5	105	0.02	0.02	1.5	8	0.05	*N/A*	0.15	1.05	4.93	0.72	0.05
MUSTARD, PACKET-ALL SCHOO	1 EACH	5	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.5	0.5	0.0	0.00	0.00
BBQ SAUCE PACKET- ALL SCHOOLS	PORTION	15	0	85	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
Weighted Daily Average		482	26	576	6.40	*3.90	*297.7	*3003	*26.89	*14	15.09	82.93	11.36	3.00	*0.02
% of Calories										*11.5%	12.5%	68.8%	21.2%	5.6%	*0.0%
Nutrient Guideline		524-640		1112										<10.00	

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ABC UNIFIED SCHOOL DISTRICT

Base Menu Spreadsheet

Portion Values - Detailed

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Mar 6, 2017 thru May 31, 2017

Combined: Middle Breakfast/Middle Lunch

Generated on: 3/10/2017 8:55:57 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 05/31/2017															
Middle Breakfast	Total														
BREAKFAST WRAP - ES, MS	1 EACH	150	53	196	2.43	1.30	93.9	270	2.25	1	8.04	16.33	6.24	2.72	0.01
SANDWICH, PBJ - MS & HS	SANDWIC	334	0	334	3.13	1.13	20.9	0	0.0	*N/A*	10.44	33.42	17.76	3.66	*N/A*
BRKFST BAR, BAN CHOC-E.S, M.	1 EACH	280	15	220	3.00	1.80	20.0	0	0.0	*N/A*	5.0	48.0	8.0	3.00	0.00
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	233	0	311	5.00	16.20	125.0	625	7.2	*N/A*	5.25	50.75	1.75	0.00	0.00
FRUIT: ASSORTED FRESH-ALL SCHOOLS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSORTED DRIED-ALL SCHOOLS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
FRUIT: ASSRTD CANNED- ALL SCHOOLS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL SCHOOLS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00

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ABC UNIFIED SCHOOL DISTRICT

Mar 6, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: Middle Breakfast/Middle Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Middle Lunch	Total														
CHEESEBURGER TWINS- E.S&M.	1 each	272	45	355	2.60	2.80	82.0	100	0.0	3	19.7	31.3	7.8	2.90	0.00
SANDWICH,GRILLED CHEESE-ES,MS	1 EACH	284	30	674	2.27	1.19	458.0	607	0.0	*N/A*	18.64	31.16	9.92	5.58	0.00
PIZZA, GOODY'S CHEESE- ES, M	SLICE	350	*N/A*	420	3.00	4.00	385.0	*N/A*	*N/A*	*N/A*	14.0	29.0	12.0	3.50	0.00
PIZZA, GOODY'S VEGGIE- MS	SLICE	360	*N/A*	420	3.00	4.00	385.0	*N/A*	*N/A*	*N/A*	14.0	29.0	12.0	3.50	0.00
BURRITO, BEAN & CHSE- ALL S CHS	1 EACH	397	16	447	9.00	1.57	312.0	216	1.4	*N/A*	18.5	56.0	11.0	4.70	0.00
SIDE SALAD - MS, HS	EACH	20	0	17	1.85	0.58	25.2	6112	8.77	*2	1.05	4.18	0.24	0.02	*0.00
POTATO TOTS- ALL SCHOOLS	1 EACH	140	0	225	2.70	0.36	10.9	2182	3.56	*N/A*	2.16	19.99	5.65	0.81	0.00
CARROTS- ALL SCHOOLS	bag	30	0	66	2.47	0.76	27.2	11728	2.21	4	0.54	7.01	0.11	0.02	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	48	0	4	1.25	0.14	1.5	111	1.44	*3	0.1	12.71	0.02	0.00	*0.00
FRUIT: ASSORTED FRESH-ALL S CHS	1 EACH	73	0	1	3.31	0.20	16.7	97	18.03	13	0.7	18.99	0.22	0.05	0.00
FRUIT: ASSORTED DRIED-ALL S CHS	SERVINGS	112	0	3	1.40	0.85	23.4	94	0.43	*11	1.05	28.43	0.09	0.01	0.00
FRUIT: ASSORTED JUICE	1 EACH	22	0	6	0.00	0.00	2.0	20	12.0	*N/A*	0.2	5.8	0.0	0.00	*N/A*
FREEZIE FRUIT SLUSHIE- MS	SERVING	88	0	17	0.00	*N/A*	*N/A*	*N/A*	*N/A*	*13	0.0	22.13	0.0	0.00	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	*N/A*	10.0	14.0	2.5	1.50	0.00
MILK - NONFAT CHOC -ALL S CHS	1/2 Pint	120	5	150	0.00	0.00	300.0	500	1.8	*N/A*	8.0	22.0	0.0	0.00	0.00
KETCHUP- ALL SCHOOLS	PACKET	8	0	101	0.00	0.00	0.0	159	0.0	*N/A*	0.0	2.12	0.0	0.00	0.00
MAYONNAISE- ALL SCHOOLS	packet	25	0	100	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.0	2.5	0.00	0.00
DRESSING, RANCH- ALL SCHOO	PACKET	49	5	105	0.02	0.02	1.5	8	0.05	*N/A*	0.15	1.05	4.93	0.72	0.05
MUSTARD, PACKET-ALL SCHOO	1 EACH	5	0	50	0.00	0.00	0.0	0	0.0	*N/A*	0.5	0.5	0.0	0.00	0.00
BBQ SAUCE PACKET- ALL SCHOOLS	PORTION	15	0	85	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	0.0	0.00	0.00
Weighted Daily Average		505	*7	574	6.04	*4.78	*476.7	*2358	*21.18	*12	17.18	70.37	12.98	3.41	*0.02
% of Calories										*9.5%	13.6%	55.8%	23.1%	6.1%	*0.0%
Nutrient Guideline		524-640		1112										<10.00	

Weighted Average		480	*16	615	6.04	*4.12	*425.8	*2819	*23.75	*13 *24.5%	17.69 14.7%	74.42 62.0%	11.93 22.4%	3.24 6.1%	*0.02 *0.0%
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ABC UNIFIED SCHOOL DISTRICT

Base Menu Spreadsheet

Portion Values - Detailed

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Mar 6, 2017 thru May 31, 2017

Combined: Middle Breakfast/Middle Lunch

Generated on: 3/10/2017 8:55:57 AM

Nutrient	Menu AVG	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)	Error Messages (if any)
Calories	480		524 - 640		92%			44									Correction Required - Calories are Low
Cholesterol (mg)	16					Missing											
Sodium (mg)	615		1112														
Fiber (g)	6.04																
Iron (mg)	4.12					Missing											
Calcium (mg)	425.8					Missing											
Vitamin A (IU)	2819					Missing											
Sugars (g)	13	10.87%				Missing											
Vitamin C (mg)	23.75					Missing											
Protein (g)	17.69	14.73%															
Carbohydrate (g)	74.42	61.99%															
Total Fat (g)	11.93	22.36%															
Saturated Fat (g)	3.24	6.07%		<10.00%													
Trans Fat ¹ (g)	0.02	0.03%				Missing											

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