

# ABC UNIFIED SCHOOL DISTRICT

Nov 30, 2020 thru Dec 18, 2020

Base Menu Spreadsheet

Combined: ABC Elementary Breakfast/ABC Elementary 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 <sup>1</sup> (g)
Mon - 11/30/2020															
ABC Elementary Breakfast	Total														
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	215	0	315	3.62	14.32	125.1	726	7.21	19	3.58	44.28	3.05	0.00	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	14	11.0	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	20	8.0	22.0	0.0	0.00	0.00
FRUIT: ASSORTED FRESH-ALL SCHOOLS	1 EACH	85	0	1	3.80	0.28	18.6	203	20.18	15	0.99	22.09	0.3	0.05	0.00
ABC Elementary Lunch	Total														
CHIX PATTY SANDWICH- E.S.	SANDWICH	424	25	645	5.04	3.26	80.5	101	9.0	4	21.22	45.22	17.21	3.03	0.00
BURRITO, BEAN & CHSE- ALL SCHOOLS	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
FRUIT: ASSRTD CANNED- ALL SCHOOLS	SERVINGS	74	0	9	1.18	0.12	1.7	515	26.63	15	0.5	18.3	0.0	0.00	0.00
CARROTS- ALL SCHOOLS	1/2 CUP	30	0	66	2.47	0.76	27.2	11728	2.21	4	0.54	7.01	0.11	0.02	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	14	11.0	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	20	8.0	22.0	0.0	0.00	0.00
Weighted Daily Average % of Calories		852	36	1042	12.55	10.16	932.6	7744	37.51	*63 *29.5%	41.67 19.6%	132.45 62.1%	18.33 19.4%	5.40 5.7%	0.00 0.0%
Nutrient Guideline		475-575		885										<10.00	

Tue - 12/01/2020															
ABC Elementary Breakfast	Total														
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	215	0	315	3.62	14.32	125.1	726	7.21	19	3.58	44.28	3.05	0.00	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	14	11.0	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	20	8.0	22.0	0.0	0.00	0.00
FRUIT: ASSORTED FRESH-ALL SCHOOLS	1 EACH	85	0	1	3.80	0.28	18.6	203	20.18	15	0.99	22.09	0.3	0.05	0.00
ABC Elementary 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
BURRITO, BEAN & CHSE- ALL SCHOOLS	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
FRUIT: ASSRTD CANNED- ALL SCHOOLS	SERVINGS	74	0	9	1.18	0.12	1.7	515	26.63	15	0.5	18.3	0.0	0.00	0.00
POTATO TOTS- ALL SCHOOLS	1 EACH	136	0	215	2.64	0.20	10.9	2182	3.76	*0	2.09	19.45	5.45	0.77	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	14	11.0	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	20	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

Nov 30, 2020 thru Dec 18, 2020

Base Menu Spreadsheet

Combined: ABC Elementary Breakfast/ABC Elementary 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 <sup>1</sup> (g)
Weighted Daily Average % of Calories		830	46	971	11.42	9.64	925.2	2970	33.79	*61 *29.2%	41.68 20.1%	131.71 63.5%	16.30 17.7%	5.71 6.2%	0.00 0.0%
Nutrient Guideline		475-575		885										<10.00	

Wed - 12/02/2020																
ABC Elementary Breakfast PANCAKES, MINI MAPLE- ALL S CHS	Total 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	
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	14	11.0	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	20	8.0	22.0	0.0	0.00	0.00	
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	85	0	1	3.80	0.28	18.6	203	20.18	15	0.99	22.09	0.3	0.05	0.00	
ABC Elementary Lunch BURRITO, BEAN & CHSE- ALL S CHS	Total 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	
CHEESE PIZZA SLIDERS- ES	1 EACH	327	30	577	3.30	1.29	469.5	471	10.43	*N/A*	18.51	29.31	16.51	7.45	0.00	
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	74	0	9	1.18	0.12	1.7	515	26.63	15	0.5	18.3	0.0	0.00	0.00	
POTATO TOTS- ALL SCHOOLS	1 EACH	136	0	215	2.64	0.20	10.9	2182	3.76	*0	2.09	19.45	5.45	0.77	0.00	
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	14	11.0	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	20	8.0	22.0	0.0	0.00	0.00	
Weighted Daily Average % of Calories		860	40	1095	11.46	2.45	1086.3	2793	35.40	*49 *23.0%	41.80 19.5%	126.58 58.9%	22.63 23.7%	8.49 8.9%	0.00 0.0%	
Nutrient Guideline		475-575		885										<10.00		

Thu - 12/03/2020																
ABC Elementary Breakfast CEREAL, ASSORTED-ALL SCHO OLS	Total 1 EACH	215	0	315	3.62	14.32	125.1	726	7.21	19	3.58	44.28	3.05	0.00	0.00	
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	14	11.0	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	20	8.0	22.0	0.0	0.00	0.00	
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	85	0	1	3.80	0.28	18.6	203	20.18	15	0.99	22.09	0.3	0.05	0.00	

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient  
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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 <sup>1</sup> (g)
ABC Elementary Lunch	Total														
HOT DOG, TURKEY - ES	SERVING	270	25	640	2.00	1.80	60.0	100	6.0	5	14.0	30.0	11.0	2.50	0.00
BURRITO, BEAN & CHSE- ALL S	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
CHS															
FRUIT: ASSRTD CANNED- ALL S	SERVINGS	74	0	9	1.18	0.12	1.7	515	26.63	15	0.5	18.3	0.0	0.00	0.00
CHS															
BEANS, BAKED	SERVINGS	138	0	230	4.20	3.81	87.5	788	2.52	*2	6.31	28.97	0.53	0.00	*0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	14	11.0	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	20	8.0	22.0	0.0	0.00	0.00
Weighted Daily Average		830	36	1121	11.90	10.95	952.4	2274	36.17	*62	40.94	135.82	15.44	5.12	*0.00
% of Calories										*30.1%	19.7%	65.5%	16.7%	5.6%	*0.0%
Nutrient Guideline		475-575		885										<10.00	

Fri - 12/04/2020															
ABC Elementary Breakfast	Total														
BAR, BFAST, BAN CHOC-E.S, M.S	1 EACH	280	15	220	3.00	1.80	20.0	0	0.0	23	5.0	48.0	8.0	3.00	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	14	11.0	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	20	8.0	22.0	0.0	0.00	0.00
FRUIT: ASSORTED FRESH-ALL	1 EACH	85	0	1	3.80	0.28	18.6	203	20.18	15	0.99	22.09	0.3	0.05	0.00
SCHS															
ABC Elementary Lunch	Total														
CHICKEN NUGGETS- E.S.	SERVING	260	25	400	3.00	1.80	40.0	100	0.0	*N/A*	16.0	16.0	15.0	2.50	0.00
BURRITO, BEAN & CHSE- ALL S	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
CHS															
FRUIT: ASSRTD CANNED- ALL S	SERVINGS	74	0	9	1.18	0.12	1.7	515	26.63	15	0.5	18.3	0.0	0.00	0.00
CHS															
CORN, CANNED- ALL SCHOOLS	1/2 CUP	65	0	15	2.00	0.71	4.0	66	7.0	3	2.0	15.0	1.0	0.00	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	14	11.0	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	20	8.0	22.0	0.0	0.00	0.00
Weighted Daily Average		821	43	846	10.99	3.14	848.2	1550	31.80	*62	40.50	123.69	20.15	6.62	0.00
% of Calories										*30.4%	19.7%	60.3%	22.1%	7.3%	0.0%
Nutrient Guideline		475-575		885										<10.00	

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Base Menu Spreadsheet

Combined: ABC Elementary Breakfast/ABC Elementary 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 <sup>1</sup> (g)
Mon - 12/07/2020															
ABC Elementary Breakfast	Total														
CINNAMON ROLL- ES, MS	1 EACH	290	15	350	0.00	2.70	78.0	0	0.0	18	5.0	46.0	8.0	2.00	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	14	11.0	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	20	8.0	22.0	0.0	0.00	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	85	0	1	3.80	0.28	18.6	203	20.18	15	0.99	22.09	0.3	0.05	0.00
ABC Elementary Lunch	Total														
SANDWICH, GRILLED CHEESE- ES,MS	1 EACH	280	32	581	3.00	1.64	465.9	524	0.0	6	18.55	30.96	9.91	5.56	0.00
RIB-B-QUE, PORK- MS	1 EACH	271	43	506	2.00	2.04	55.0	89	6.0	4	17.7	30.1	9.1	2.40	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	74	0	9	1.18	0.12	1.7	515	26.63	15	0.5	18.3	0.0	0.00	0.00
CARROTS- ALL SCHOOLS	1/2 CUP	30	0	66	2.47	0.76	27.2	11728	2.21	4	0.54	7.01	0.11	0.02	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	14	11.0	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	20	8.0	22.0	0.0	0.00	0.00
Weighted Daily Average		755	60	1056	6.22	3.77	973.2	7529	31.71	65	40.64	113.22	16.21	6.52	0.00
% of Calories										34.5%	21.5%	60.0%	19.3%	7.8%	0.0%
Nutrient Guideline		475-575		885										<10.00	

Tue - 12/08/2020															
ABC Elementary Breakfast	Total														
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	215	0	315	3.62	14.32	125.1	726	7.21	19	3.58	44.28	3.05	0.00	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	14	11.0	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	20	8.0	22.0	0.0	0.00	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	85	0	1	3.80	0.28	18.6	203	20.18	15	0.99	22.09	0.3	0.05	0.00
ABC Elementary Lunch	Total														
SANDWICH, GRILLED CHEESE- ES,MS	1 EACH	280	32	581	3.00	1.64	465.9	524	0.0	6	18.55	30.96	9.91	5.56	0.00
TURKEY TACO EMPANDAD- ES	1 EACH	310	30	410	5.00	3.60	80.0	200	1.2	1	18.0	40.0	10.0	2.50	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	74	0	9	1.18	0.12	1.7	515	26.63	15	0.5	18.3	0.0	0.00	0.00
SALSA - ALL SCHOOLS	SERVING	35	0	65	1.00	1.08	20.0	1000	27.0	7	2.0	8.0	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	14	11.0	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	20	8.0	22.0	0.0	0.00	0.00

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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 <sup>1</sup> (g)
Weighted Daily Average		740	46	990	8.80	10.52	1005.7	2583	45.30	66	40.81	117.81	14.13	5.56	0.00
% of Calories										35.5%	22.1%	63.7%	17.2%	6.8%	0.0%
Nutrient Guideline		475-575		885										<10.00	

Wed - 12/09/2020															
ABC Elementary Breakfast	Total														
PANCAKES, MINI MAPLE- ALL S	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
CHS															
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	14	11.0	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	20	8.0	22.0	0.0	0.00	0.00
FRUIT: ASSORTED FRESH-ALL	1 EACH	85	0	1	3.80	0.28	18.6	203	20.18	15	0.99	22.09	0.3	0.05	0.00
SCHS															
ABC Elementary Lunch	Total														
SANDWICH, GRILLED CHEESE-	1 EACH	280	32	581	3.00	1.64	465.9	524	0.0	6	18.55	30.96	9.91	5.56	0.00
ES,MS															
CHEESE PIZZA SLIDERS- ES	1 EACH	327	30	577	3.30	1.29	469.5	471	10.43	*N/A*	18.51	29.31	16.51	7.45	0.00
FRUIT: ASSRTD CANNED- ALL S	SERVINGS	74	0	9	1.18	0.12	1.7	515	26.63	15	0.5	18.3	0.0	0.00	0.00
CHS															
POTATO TOTS- ALL SCHOOLS	1 EACH	136	0	215	2.64	0.20	10.9	2182	3.76	*0	2.09	19.45	5.45	0.77	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	14	11.0	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	20	8.0	22.0	0.0	0.00	0.00
Weighted Daily Average		801	48	1161	8.46	2.48	1163.3	2947	34.70	*52	41.82	114.06	22.08	8.92	0.00
% of Calories										*26.0%	20.9%	56.9%	24.8%	10.0%	0.0%
Nutrient Guideline		475-575		885										<10.00	

Thu - 12/10/2020															
ABC Elementary Breakfast	Total														
CEREAL, ASSORTED-ALL SCHO	1 EACH	215	0	315	3.62	14.32	125.1	726	7.21	19	3.58	44.28	3.05	0.00	0.00
OLS															
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	14	11.0	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	20	8.0	22.0	0.0	0.00	0.00
FRUIT: ASSORTED FRESH-ALL	1 EACH	85	0	1	3.80	0.28	18.6	203	20.18	15	0.99	22.09	0.3	0.05	0.00
SCHS															

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# ABC UNIFIED SCHOOL DISTRICT

Nov 30, 2020 thru Dec 18, 2020

Base Menu Spreadsheet

Combined: ABC Elementary Breakfast/ABC Elementary 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 <sup>1</sup> (g)
ABC Elementary Lunch SANDWICH, GRILLED CHEESE-ES,MS	Total 1 EACH	280	32	581	3.00	1.64	465.9	524	0.0	6	18.55	30.96	9.91	5.56	0.00
HOT DOG, TURKEY - ES	SERVING	270	25	640	2.00	1.80	60.0	100	6.0	5	14.0	30.0	11.0	2.50	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	74	0	9	1.18	0.12	1.7	515	26.63	15	0.5	18.3	0.0	0.00	0.00
BEANS, BAKED	SERVINGS	138	0	230	4.20	3.81	87.5	788	2.52	*2	6.31	28.97	0.53	0.00	*0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	14	11.0	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	20	8.0	22.0	0.0	0.00	0.00
Weighted Daily Average % of Calories		771	43	1188	8.90	10.99	1029.4	2427	35.46	*65 *33.8%	40.97 21.2%	123.30 63.9%	14.89 17.4%	5.56 6.5%	*0.00 *0.0%
Nutrient Guideline		475-575		885										<10.00	

Fri - 12/11/2020															
ABC Elementary Breakfast BAR, BFAST, BAN CHOC-E.S, M.S	Total 1 EACH	280	15	220	3.00	1.80	20.0	0	0.0	23	5.0	48.0	8.0	3.00	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	14	11.0	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	20	8.0	22.0	0.0	0.00	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	85	0	1	3.80	0.28	18.6	203	20.18	15	0.99	22.09	0.3	0.05	0.00
ABC Elementary Lunch SANDWICH, GRILLED CHEESE-ES,MS	Total 1 EACH	280	32	581	3.00	1.64	465.9	524	0.0	6	18.55	30.96	9.91	5.56	0.00
CHICKEN NUGGETS- E.S.	SERVING	260	25	400	3.00	1.80	40.0	100	0.0	*N/A*	16.0	16.0	15.0	2.50	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	74	0	9	1.18	0.12	1.7	515	26.63	15	0.5	18.3	0.0	0.00	0.00
CORN, CANNED- ALL SCHOOLS	1/2 CUP	65	0	15	2.00	0.71	4.0	66	7.0	3	2.0	15.0	1.0	0.00	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	14	11.0	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	20	8.0	22.0	0.0	0.00	0.00
Weighted Daily Average % of Calories		762	51	913	7.99	3.17	925.1	1704	31.10	*65 *34.2%	40.52 21.3%	111.17 58.3%	19.60 23.1%	7.06 8.3%	0.00 0.0%
Nutrient Guideline		475-575		885										<10.00	

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# ABC UNIFIED SCHOOL DISTRICT

Nov 30, 2020 thru Dec 18, 2020

Base Menu Spreadsheet

Combined: ABC Elementary Breakfast/ABC Elementary 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)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 12/14/2020															
ABC Elementary Breakfast	Total														
CINNAMON ROLL- ES, MS	1 EACH	290	15	350	0.00	2.70	78.0	0	0.0	18	5.0	46.0	8.0	2.00	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	14	11.0	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	20	8.0	22.0	0.0	0.00	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	85	0	1	3.80	0.28	18.6	203	20.18	15	0.99	22.09	0.3	0.05	0.00
ABC Elementary Lunch	Total														
CHIX PATTY SANDWICH- E.S.	SANDWIC	424	25	645	5.04	3.26	80.5	101	9.0	4	21.22	45.22	17.21	3.03	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
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	74	0	9	1.18	0.12	1.7	515	26.63	15	0.5	18.3	0.0	0.00	0.00
CARROTS- ALL SCHOOLS	1/2 CUP	30	0	66	2.47	0.76	27.2	11728	2.21	4	0.54	7.01	0.11	0.02	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	14	11.0	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	20	8.0	22.0	0.0	0.00	0.00
Weighted Daily Average		890	43	1059	10.74	4.35	909.0	7382	33.91	*62	42.38	133.31	20.81	6.40	0.00
% of Calories										*28.0%	19.1%	59.9%	21.0%	6.5%	0.0%
Nutrient Guideline		475-575		885										<10.00	

Tue - 12/15/2020															
ABC Elementary Breakfast	Total														
CEREAL, ASSORTED-ALL SCHOOLS	1 EACH	215	0	315	3.62	14.32	125.1	726	7.21	19	3.58	44.28	3.05	0.00	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	14	11.0	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	20	8.0	22.0	0.0	0.00	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	85	0	1	3.80	0.28	18.6	203	20.18	15	0.99	22.09	0.3	0.05	0.00
ABC Elementary 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
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
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	74	0	9	1.18	0.12	1.7	515	26.63	15	0.5	18.3	0.0	0.00	0.00
POTATO TOTS- ALL SCHOOLS	1 EACH	136	0	215	2.64	0.20	10.9	2182	3.76	*0	2.09	19.45	5.45	0.77	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	14	11.0	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	20	8.0	22.0	0.0	0.00	0.00

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Nov 30, 2020 thru Dec 18, 2020

Base Menu Spreadsheet

Combined: ABC Elementary Breakfast/ABC Elementary 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 <sup>1</sup> (g)
Weighted Daily Average % of Calories		830	46	971	11.42	9.64	925.2	2970	33.79	*61 *29.2%	41.68 20.1%	131.71 63.5%	16.30 17.7%	5.71 6.2%	0.00 0.0%
Nutrient Guideline		475-575		885										<10.00	

Wed - 12/16/2020															
ABC Elementary Breakfast PANCAKES, MINI MAPLE- ALL S CHS	Total 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
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	14	11.0	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	20	8.0	22.0	0.0	0.00	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	85	0	1	3.80	0.28	18.6	203	20.18	15	0.99	22.09	0.3	0.05	0.00
ABC Elementary Lunch BURRITO, BEAN & CHSE- ALL S CHS	Total 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
CHEESE PIZZA SLIDERS- ES	1 EACH	327	30	577	3.30	1.29	469.5	471	10.43	*N/A*	18.51	29.31	16.51	7.45	0.00
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	74	0	9	1.18	0.12	1.7	515	26.63	15	0.5	18.3	0.0	0.00	0.00
POTATO TOTS- ALL SCHOOLS	1 EACH	136	0	215	2.64	0.20	10.9	2182	3.76	*0	2.09	19.45	5.45	0.77	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	14	11.0	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	20	8.0	22.0	0.0	0.00	0.00
Weighted Daily Average % of Calories		860	40	1095	11.46	2.45	1086.3	2793	35.40	*49 *23.0%	41.80 19.5%	126.58 58.9%	22.63 23.7%	8.49 8.9%	0.00 0.0%
Nutrient Guideline		475-575		885										<10.00	

Thu - 12/17/2020															
ABC Elementary Breakfast CEREAL, ASSORTED-ALL SCHO OLS	Total 1 EACH	215	0	315	3.62	14.32	125.1	726	7.21	19	3.58	44.28	3.05	0.00	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	14	11.0	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	20	8.0	22.0	0.0	0.00	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	85	0	1	3.80	0.28	18.6	203	20.18	15	0.99	22.09	0.3	0.05	0.00

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Nov 30, 2020 thru Dec 18, 2020

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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 <sup>1</sup> (g)
ABC Elementary Lunch	Total														
HOT DOG, TURKEY - ES	SERVING	270	25	640	2.00	1.80	60.0	100	6.0	5	14.0	30.0	11.0	2.50	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
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	74	0	9	1.18	0.12	1.7	515	26.63	15	0.5	18.3	0.0	0.00	0.00
BEANS, BAKED	SERVINGS	138	0	230	4.20	3.81	87.5	788	2.52	*2	6.31	28.97	0.53	0.00	*0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	14	11.0	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	20	8.0	22.0	0.0	0.00	0.00
Weighted Daily Average		830	36	1121	11.90	10.95	952.4	2274	36.17	*62	40.94	135.82	15.44	5.12	*0.00
% of Calories										*30.1%	19.7%	65.5%	16.7%	5.6%	*0.0%
Nutrient Guideline		475-575		885										<10.00	

Fri - 12/18/2020															
ABC Elementary Breakfast	Total														
BAR, BFAST, BAN CHOC-E.S, M.S	1 EACH	280	15	220	3.00	1.80	20.0	0	0.0	23	5.0	48.0	8.0	3.00	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	14	11.0	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	20	8.0	22.0	0.0	0.00	0.00
FRUIT: ASSORTED FRESH-ALL SCHS	1 EACH	85	0	1	3.80	0.28	18.6	203	20.18	15	0.99	22.09	0.3	0.05	0.00
ABC Elementary Lunch	Total														
CHICKEN NUGGETS- E.S.	SERVING	260	25	400	3.00	1.80	40.0	100	0.0	*N/A*	16.0	16.0	15.0	2.50	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
FRUIT: ASSRTD CANNED- ALL S CHS	SERVINGS	74	0	9	1.18	0.12	1.7	515	26.63	15	0.5	18.3	0.0	0.00	0.00
CORN, CANNED- ALL SCHOOLS	1/2 CUP	65	0	15	2.00	0.71	4.0	66	7.0	3	2.0	15.0	1.0	0.00	0.00
MILK - 1% WHITE- ALL SCHOOLS	1/2 Pint	120	10	150	0.00	0.00	350.0	500	2.4	14	11.0	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	20	8.0	22.0	0.0	0.00	0.00
Weighted Daily Average		821	43	846	10.99	3.14	848.2	1550	31.80	*62	40.50	123.69	20.15	6.62	0.00
% of Calories										*30.4%	19.7%	60.3%	22.1%	7.3%	0.0%
Nutrient Guideline		475-575		885										<10.00	

Weighted Average		817	44	1032	10.35	6.52	970.8	3433	34.93	*60	41.24	125.39	18.34	6.49	*0.00
										*66.7%	20.2%	61.4%	20.2%	7.1%	*0.0%

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Nov 30, 2020 thru Dec 18, 2020

Base Menu Spreadsheet

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Portion Values - Detailed

Nutrient	Menu AVG	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 <sup>1</sup> (g)	Error Messages (if any)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage										
Calories	817		475 - 575	142%			242	Correction Required - Calories too High									
Cholesterol (mg)	44																
Sodium 1 (mg)	1032		885				147	Correction Required - Sodium too High									
Sodium 2 (mg)	1032		710				322	Correction Required - Sodium too High									
Fiber (g)	10.35																
Iron (mg)	6.52																
Calcium (mg)	970.8																
Vitamin A (IU)	3433																
Sugars (g)	60	29.63%			Missing												
Vitamin C (mg)	34.93																
Protein (g)	41.24	20.20%															
Carbohydrate (g)	125.39	61.41%															
Total Fat (g)	18.34	20.21%															
Saturated Fat (g)	6.49	7.15%	<10.00%														
Trans Fat <sup>1</sup> (g)	0.00	0.00%			Missing												

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