

Central Unified Food Services

Dec 1, 2017 thru Dec 15, 2017

Base Menu Spreadsheet

Secondary Lunch Menu

Portion Values - Detailed

	Portion Size	Reimb Qty	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 - 12/01/2017																
Secondary Lunch Menu	Total	500														
Chicken Tenders WG, 6 each	6 Each	75	420	110	1460	2.00	3.60	40.0	200	0.0	2	30.0	26.0	22.0	4.00	0.00
Burrito, Chilli Cheese	1 ea	90	380	40	980	2.00	3.60	100.0	750	0.0	*N/A*	17.0	42.0	15.0	5.00	0.50
Hot Dog	1 ea	75	270	25	810	3.00	2.16	140.0	0	0.0	*N/A*	14.0	27.0	14.0	3.50	0.00
Pizza, Big Daddy Cheese	1 Each	50	370	30	590	2.00	2.70	300.0	400	0.0	*N/A*	19.0	43.0	14.0	7.00	0.00
Pizza, Big Daddy Pepperoni	1 Each	50	380	30	700	2.00	2.70	250.0	400	0.0	*N/A*	19.0	44.0	15.0	7.00	0.00
Teriyaki Bowl - 2nd	Bowl	75	307	55	375	1.21	85.00	0.0	0	0.0	*N/A*	17.33	52.44	3.94	0.78	0.00
Salad, Chicken BLT	1 each	25	715	102	1706	10.67	6.71	256.0	26679	120.06	*N/A*	38.31	60.59	36.62	8.67	0.00
Wrap, Spicy Chicken	1 each	50	653	54	1312	4.70	4.00	193.3	5179	20.4	*N/A*	24.24	40.94	40.29	7.84	0.00
PBJ Grape WW Sandwich	1 Each	10	630	0	620	7.00	1.80	60.0	0	0.0	28	19.0	64.0	33.0	7.00	0.00
Baby Carrots	1/2 Cup	200	25	0	55	2.00	0.72	20.0	9500	2.4	*N/A*	0.0	6.0	0.0	0.00	0.00
Salad with Ranch	1 Cup	200	19	1	36	1.40	0.60	26.1	4699	16.66	*0	0.85	3.04	0.31	0.08	*0.00
French Fries, Garlic	1/2 Cup	450	130	0	430	2.00	0.36	0.0	0	6.0	*N/A*	2.0	18.0	5.0	1.00	0.00
beans, vegetarian	1/2 cup	50	130	0	520	9.00	1.80	80.0	0	2.4	*N/A*	7.0	24.0	0.0	0.00	0.00
PEACHES: canned,light syrup	1/2 Cup	350	68	0	6	1.63	0.45	3.8	444	3.01	17	0.56	18.26	0.04	0.00	0.00
Raisins, Box	1 Box	175	113	0	4	1.40	0.71	19.0	0	0.87	*N/A*	1.16	29.98	0.17	0.04	0.00
Low Fat Milk, 1%	1 Each	150	130	15	160	0.00	0.00	400.0	500	2.4	*N/A*	11.0	16.0	2.5	1.50	0.00
Chocolate Milk, NonFat	1 Each	350	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	9.0	21.0	0.0	0.00	0.00
Ketchup Pkt.	1 each	50	10	0	85	0.00	0.00	0.0	0	0.0	2	0.0	2.0	0.0	0.00	0.00
Mustard Pkt.	1 each	50	5	0	70	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Mayo Pkt	1	50	70	5	45	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	7.0	1.00	0.00
BBQ Sauce Cup	1 ea	50	40	0	200	0.00	0.36	0.0	100	3.6	8	0.0	10.0	0.0	0.00	0.00
Soy Sauce Pkt.	1 each	50	0	0	430	0.00	0.00	0.0	0	0.0	2	0.0	0.0	0.0	0.00	0.00
ranch dressing	pkt	50	70	5	75	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	7.0	1.00	0.00
Tapatio Sauce	1 each	50	0	0	110	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			784	61	1688	8.53	17.21	499.0	8598	25.64	*14	34.02	106.77	24.97	6.50	*0.09
% of Calories											*7.0%	17.4%	54.5%	28.7%	7.5%	*0.1%
Nutrient Guideline			750-850		1420										<10.00	

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

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Central Unified Food Services

Dec 1, 2017 thru Dec 15, 2017

Base Menu Spreadsheet

Secondary Lunch Menu

Portion Values - Detailed

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	Portion Size	Reimb Qty	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 - 12/04/2017																
Secondary Lunch Menu	Total	500														
Chicken Tenders WG, 6 each	6 Each	75	420	110	1460	2.00	3.60	40.0	200	0.0	2	30.0	26.0	22.0	4.00	0.00
Bean & Cheese Burrito WG	1 each	50	310	5	600	8.00	1.80	80.0	200	2.4	*N/A*	12.0	48.0	8.0	3.00	0.00
Corn Dog, Mini turkey, F F, ele	6 EA	75	320	30	780	1.00	2.70	100.0	0	0.0	*N/A*	10.0	27.0	20.0	6.00	0.00
Pizza, Big Daddy Cheese	1 Each	50	370	30	590	2.00	2.70	300.0	400	0.0	*N/A*	19.0	43.0	14.0	7.00	0.00
Pizza, Big Daddy Pepperoni	1 Each	75	380	30	700	2.00	2.70	250.0	400	0.0	*N/A*	19.0	44.0	15.0	7.00	0.00
Orange Bowl - 2nd	Bowl	90	299	25	175	1.21	84.89	0.0	0	0.75	*N/A*	11.7	56.51	3.08	0.31	0.00
Salad, Oriental	1 Each	50	768	45	1398	14.11	8.74	274.5	26511	135.94	*N/A*	34.03	78.47	34.64	5.34	0.00
Wrap, Chicken Bacon	1 each	25	644	126	2001	2.96	4.90	312.2	7836	4.26	*2	38.0	44.11	31.82	10.88	*0.00
PBJ Grape WW Sandwich	1 Each	10	630	0	620	7.00	1.80	60.0	0	0.0	28	19.0	64.0	33.0	7.00	0.00
French Fries, Spiral	1/2 Cup	450	110	0	300	1.00	0.36	0.0	0	3.6	*N/A*	1.0	15.0	5.0	0.50	0.00
Baby Carrots	1/2 Cup	200	25	0	55	2.00	0.72	20.0	9500	2.4	*N/A*	0.0	6.0	0.0	0.00	0.00
Salad with Ranch	1 Cup	200	19	1	36	1.40	0.60	26.1	4699	16.66	*0	0.85	3.04	0.31	0.08	*0.00
FRUIT COCKTAIL:canned,lt syrup	1/2 cup	350	69	0	7	1.21	0.35	7.3	252	2.3	17	0.48	18.07	0.08	0.01	0.00
Raisins, Box	1 Box	200	113	0	4	1.40	0.71	19.0	0	0.87	*N/A*	1.16	29.98	0.17	0.04	0.00
Low Fat Milk, 1%	1 Each	125	130	15	160	0.00	0.00	400.0	500	2.4	*N/A*	11.0	16.0	2.5	1.50	0.00
Chocolate Milk, NonFat	1 Each	375	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	9.0	21.0	0.0	0.00	0.00
Ketchup Pkt.	1 each	50	10	0	85	0.00	0.00	0.0	0	0.0	2	0.0	2.0	0.0	0.00	0.00
Mustard Pkt.	1 each	50	5	0	70	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Mayo Pkt	1	50	70	5	45	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	7.0	1.00	0.00
BBQ Sauce Cup	1 ea	50	40	0	200	0.00	0.36	0.0	100	3.6	8	0.0	10.0	0.0	0.00	0.00
Soy Sauce Pkt.	1 each	50	0	0	430	0.00	0.00	0.0	0	0.0	2	0.0	0.0	0.0	0.00	0.00
ranch dressing	pkt	50	70	5	75	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	7.0	1.00	0.00
Tapatio Sauce	1 each	50	0	0	110	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			763	53	1433	7.33	19.65	496.9	9559	28.86	*14	31.28	107.96	23.80	5.91	*0.00
% of Calories											*7.3%	16.4%	56.6%	28.1%	7.0%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Dec 1, 2017 thru Dec 15, 2017

Base Menu Spreadsheet

Secondary Lunch Menu

Portion Values - Detailed

	Portion Size	Reimb Qty	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 - 12/05/2017																
Secondary Lunch Menu	Total	500														
Chicken Tenders WG, 6 each	6 Each	90	420	110	1460	2.00	3.60	40.0	200	0.0	2	30.0	26.0	22.0	4.00	0.00
Chicken Patty on a Bun	1 each	50	350	55	980	4.00	3.60	100.0	100	0.0	4	22.0	41.0	13.0	2.50	0.00
Jumbo B&C Burrito, Foil Wrap	1 each	50	397	9	334	13.00	3.51	346.0	256	30.0	1	26.0	56.5	8.0	2.50	0.00
PIZZA, FRENCH BREAD CHEE SE RED	1 EA	50	350	45	660	1.00	1.80	424.0	512	6.0	*N/A*	19.0	31.0	17.0	10.00	0.50
PIZZA, FRENCH BREAD PEP RB	1 EA	75	405	56	834	1.00	1.95	426.1	512	6.0	*0	21.12	31.13	22.09	11.95	0.67
Teriyaki Bowl - 2nd	Bowl	75	307	55	375	1.21	85.00	0.0	0	0.0	*N/A*	17.33	52.44	3.94	0.78	0.00
Salad, Greek	1 each	50	550	65	1272	11.84	6.14	219.9	26502	119.11	*N/A*	30.8	55.1	23.31	6.87	*0.00
Wrap, Spicy Chicken	1 each	50	653	54	1312	4.70	4.00	193.3	5179	20.4	*N/A*	24.24	40.94	40.29	7.84	0.00
PBJ Strawberry Sandwich	1 Each	10	630	0	630	6.00	1.80	60.0	0	0.0	28	19.0	64.0	33.0	7.00	0.00
French Fries, Garlic	1/2 Cup	450	130	0	430	2.00	0.36	0.0	0	6.0	*N/A*	2.0	18.0	5.0	1.00	0.00
Salad with Ranch	1 Cup	200	19	1	36	1.40	0.60	26.1	4699	16.66	*0	0.85	3.04	0.31	0.08	*0.00
GRAPES, Fresh	1/2 Cup	350	62	0	2	0.83	0.27	12.9	92	3.68	15	0.58	15.78	0.32	0.10	0.00
Raisins, Box	1 Box	200	113	0	4	1.40	0.71	19.0	0	0.87	*N/A*	1.16	29.98	0.17	0.04	0.00
Low Fat Milk, 1%	1 Each	100	130	15	160	0.00	0.00	400.0	500	2.4	*N/A*	11.0	16.0	2.5	1.50	0.00
Chocolate Milk, NonFat	1 Each	400	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	9.0	21.0	0.0	0.00	0.00
Ketchup Pkt.	1 each	50	10	0	85	0.00	0.00	0.0	0	0.0	2	0.0	2.0	0.0	0.00	0.00
Mustard Pkt.	1 each	50	5	0	70	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Mayo Pkt	1	50	70	5	45	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	7.0	1.00	0.00
BBQ Sauce Cup	1 ea	50	40	0	200	0.00	0.36	0.0	100	3.6	8	0.0	10.0	0.0	0.00	0.00
Soy Sauce Pkt.	1 each	50	0	0	430	0.00	0.00	0.0	0	0.0	2	0.0	0.0	0.0	0.00	0.00
ranch dressing	pkt	50	70	5	75	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	7.0	1.00	0.00
Tapatio Sauce	1 each	50	0	0	110	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Cookie, WG Heart	1 ea	500	85	0	58	1.19	0.38	3.0	6	0.01	*N/A*	1.42	12.47	3.32	0.64	0.00
Weighted Daily Average			865	68	1653	8.95	17.08	550.7	5828	35.25	*13	37.58	115.17	28.82	7.90	*0.15
% of Calories											*6.1%	17.4%	53.3%	30.0%	8.2%	*0.2%
Nutrient Guideline			750-850		1420										<10.00	

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Base Menu Spreadsheet

Secondary Lunch Menu

Portion Values - Detailed

	Portion Size	Reimb Qty	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 - 12/06/2017																
Secondary Lunch Menu	Total	500														
Chicken Tenders WG, 6 each	6 Each	90	420	110	1460	2.00	3.60	40.0	200	0.0	2	30.0	26.0	22.0	4.00	0.00
Taquito, WG Chicken 2 each	1 each	50	210	15	270	3.00	1.44	40.0	200	0.0	*N/A*	9.0	27.0	8.0	1.50	0.00
Salsa, Pace	2 oz	50	20	0	460	2.00	0.00	0.0	200	0.0	*N/A*	0.0	6.0	0.0	0.00	0.00
Sour Cream	1 each	50	57	14	14	0.00	0.00	18.9	189	0.0	0	0.94	1.88	5.66	3.30	0.00
Grizzly Burger	1 each	50	550	80	1325	4.20	3.96	230.0	450	4.8	13	26.7	48.7	26.7	10.00	1.00
Pizza, Big Daddy Cheese	1 Each	50	370	30	590	2.00	2.70	300.0	400	0.0	*N/A*	19.0	43.0	14.0	7.00	0.00
Pizza, Big Daddy Pepperoni	1 Each	75	380	30	700	2.00	2.70	250.0	400	0.0	*N/A*	19.0	44.0	15.0	7.00	0.00
Orange Bowl - 2nd	Bowl	75	299	25	175	1.21	84.89	0.0	0	0.75	*N/A*	11.7	56.51	3.08	0.31	0.00
Salad, Chicken BLT	1 each	50	715	102	1706	10.67	6.71	256.0	26679	120.06	*N/A*	38.31	60.59	36.62	8.67	0.00
Wrap, Oriental	1 each	50	438	40	1060	0.50	1.80	20.0	0	0.0	*N/A*	19.18	31.68	19.68	3.34	0.00
PBJ Strawberry Sandwich	1 Each	10	630	0	630	6.00	1.80	60.0	0	0.0	28	19.0	64.0	33.0	7.00	0.00
French Fries, Waffle Cut	1/2 Cup	450	170	0	600	2.00	0.72	0.0	0	6.0	*N/A*	2.0	22.0	8.0	1.00	0.00
Baby Carrots	1/2 Cup	200	25	0	55	2.00	0.72	20.0	9500	2.4	*N/A*	0.0	6.0	0.0	0.00	0.00
Salad with Ranch	1 Cup	200	19	1	36	1.40	0.60	26.1	4699	16.66	*0	0.85	3.04	0.31	0.08	*0.00
MELONS,HONEYDEW,RAW	1/2 CUP	350	30	0	9	0.51	0.06	5.1	34	21.08	*N/A*	0.39	7.8	0.09	0.02	*N/A*
Raisins, Box	1 Box	200	113	0	4	1.40	0.71	19.0	0	0.87	*N/A*	1.16	29.98	0.17	0.04	0.00
Low Fat Milk, 1%	1 Each	100	130	15	160	0.00	0.00	400.0	500	2.4	*N/A*	11.0	16.0	2.5	1.50	0.00
Chocolate Milk, NonFat	1 Each	400	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	9.0	21.0	0.0	0.00	0.00
Ketchup Pkt.	1 each	50	10	0	85	0.00	0.00	0.0	0	0.0	2	0.0	2.0	0.0	0.00	0.00
Mustard Pkt.	1 each	50	5	0	70	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Mayo Pkt	1	50	70	5	45	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	7.0	1.00	0.00
BBQ Sauce Cup	1 ea	50	40	0	200	0.00	0.36	0.0	100	3.6	8	0.0	10.0	0.0	0.00	0.00
Soy Sauce Pkt.	1 each	50	0	0	430	0.00	0.00	0.0	0	0.0	2	0.0	0.0	0.0	0.00	0.00
ranch dressing	pkt	50	70	5	75	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	7.0	1.00	0.00
Tapatio Sauce	1 each	50	0	0	110	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Cookie, WG Heart	1 ea	500	85	0	58	1.19	0.38	3.0	6	0.01	*N/A*	1.42	12.47	3.32	0.64	0.00
Weighted Daily Average			889	65	1869	8.46	17.40	485.0	9128	42.54	*3	35.40	117.56	31.07	7.44	*0.10
% of Calories											*1.6%	15.9%	52.9%	31.4%	7.5%	*0.1%
Nutrient Guideline			750-850		1420										<10.00	

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Secondary Lunch Menu

Portion Values - Detailed

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	Portion Size	Reimb Qty	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 - 12/07/2017																
Secondary Lunch Menu	Total	500														
Chicken Tenders WG, 6 each	6 Each	100	420	110	1460	2.00	3.60	40.0	200	0.0	2	30.0	26.0	22.0	4.00	0.00
Twisted Cheese Breadstick	1 each	75	240	10	360	3.00	1.80	250.0	200	0.0	3	12.0	30.0	8.0	4.00	0.00
Spaghetti Meat Sauce, 3.5 oz	1 each	75	105	34	183	1.00	2.00	28.0	407	12.0	4	9.0	6.0	5.0	1.70	0.00
Mini Twin Cheeseburgers	1	75	390	50	870	4.00	3.60	150.0	500	126.0	*N/A*	20.0	41.0	16.0	7.00	0.00
PIZZA, FRENCH BREAD CHEE SE RED	1 EA	50	350	45	660	1.00	1.80	424.0	512	6.0	*N/A*	19.0	31.0	17.0	10.00	0.50
PIZZA, FRENCH BREAD PEP RB	1 EA	75	405	56	834	1.00	1.95	426.1	512	6.0	*0	21.12	31.13	22.09	11.95	0.67
Orange Bowl - 2nd	Bowl	65	299	25	175	1.21	84.89	0.0	0	0.75	*N/A*	11.7	56.51	3.08	0.31	0.00
Salad, Caesar	1 each	25	578	84	1308	10.67	6.06	354.0	26289	117.78	*N/A*	43.56	53.08	58.58	7.71	0.00
Wrap, Chicken	1 each	50	603	84	1652	2.70	4.00	173.3	5179	20.4	*1	24.24	37.94	36.29	7.33	0.00
PBJ Grape WW Sandwich	1 Each	10	630	0	620	7.00	1.80	60.0	0	0.0	28	19.0	64.0	33.0	7.00	0.00
French Fries, Spiral	1/2 Cup	450	110	0	300	1.00	0.36	0.0	0	3.6	*N/A*	1.0	15.0	5.0	0.50	0.00
Salad with Ranch	1 Cup	200	19	1	36	1.40	0.60	26.1	4699	16.66	*0	0.85	3.04	0.31	0.08	*0.00
APPLES,Fresh	1 EACH	350	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	0.00
Raisins, Box	1 Box	50	113	0	4	1.40	0.71	19.0	0	0.87	*N/A*	1.16	29.98	0.17	0.04	0.00
Low Fat Milk, 1%	1 Each	50	130	15	160	0.00	0.00	400.0	500	2.4	*N/A*	11.0	16.0	2.5	1.50	0.00
Chocolate Milk, NonFat	1 Each	150	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	9.0	21.0	0.0	0.00	0.00
Milk, Vanilla	1 each	300	120	5	120	0.00	0.00	350.0	500	1.2	19	9.0	19.0	0.0	0.00	0.00
Ketchup Pkt.	1 each	50	10	0	85	0.00	0.00	0.0	0	0.0	2	0.0	2.0	0.0	0.00	0.00
Mustard Pkt.	1 each	50	5	0	70	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Mayo Pkt	1	50	70	5	45	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	7.0	1.00	0.00
BBQ Sauce Cup	1 ea	50	40	0	200	0.00	0.36	0.0	100	3.6	8	0.0	10.0	0.0	0.00	0.00
Soy Sauce Pkt.	1 each	50	0	0	430	0.00	0.00	0.0	0	0.0	2	0.0	0.0	0.0	0.00	0.00
ranch dressing	pkt	50	70	5	75	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	7.0	1.00	0.00
Tapatio Sauce	1 each	50	0	0	110	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			739	72	1490	6.87	14.86	572.9	4608	46.34	*25	34.53	91.25	27.84	7.66	*0.15
% of Calories											*13.4%	18.7%	49.4%	33.9%	9.3%	*0.2%
Nutrient Guideline			750-850		1420										<10.00	

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Central Unified Food Services

Dec 1, 2017 thru Dec 15, 2017

Base Menu Spreadsheet

Secondary Lunch Menu

Portion Values - Detailed

	Portion Size	Reimb Qty	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 - 12/08/2017																
Secondary Lunch Menu	Total	500														
Chicken Tenders WG, 6 each	6 Each	75	420	110	1460	2.00	3.60	40.0	200	0.0	2	30.0	26.0	22.0	4.00	0.00
Stuffed Cheese Sticks, 2 each	1 each	90	300	25	490	3.00	0.00	0.0	0	0.0	4	20.0	30.0	11.0	6.00	0.00
Hot Link	1 each	75	300	30	710	3.00	1.44	60.0	0	0.0	*N/A*	14.0	29.0	16.0	5.00	0.00
PIZZA, FRENCH BREAD CHEE SE RED	1 EA	50	350	45	660	1.00	1.80	424.0	512	6.0	*N/A*	19.0	31.0	17.0	10.00	0.50
PIZZA, FRENCH BREAD PEP RB	1 EA	50	405	56	834	1.00	1.95	426.1	512	6.0	*0	21.12	31.13	22.09	11.95	0.67
Teriyaki Bowl - 2nd	Bowl	75	307	55	375	1.21	85.00	0.0	0	0.0	*N/A*	17.33	52.44	3.94	0.78	0.00
Salad, Chicken BLT	1 each	25	715	102	1706	10.67	6.71	256.0	26679	120.06	*N/A*	38.31	60.59	36.62	8.67	0.00
Wrap, Spicy Chicken	1 each	50	653	54	1312	4.70	4.00	193.3	5179	20.4	*N/A*	24.24	40.94	40.29	7.84	0.00
PBJ Grape WW Sandwich	1 Each	10	630	0	620	7.00	1.80	60.0	0	0.0	28	19.0	64.0	33.0	7.00	0.00
Baby Carrots	1/2 Cup	200	25	0	55	2.00	0.72	20.0	9500	2.4	*N/A*	0.0	6.0	0.0	0.00	0.00
Salad with Ranch	1 Cup	200	19	1	36	1.40	0.60	26.1	4699	16.66	*0	0.85	3.04	0.31	0.08	*0.00
French Fries, Garlic	1/2 Cup	450	130	0	430	2.00	0.36	0.0	0	6.0	*N/A*	2.0	18.0	5.0	1.00	0.00
beans, vegetarian	1/2 cup	50	130	0	520	9.00	1.80	80.0	0	2.4	*N/A*	7.0	24.0	0.0	0.00	0.00
PEACHES: canned,light syrup	1/2 Cup	350	68	0	6	1.63	0.45	3.8	444	3.01	17	0.56	18.26	0.04	0.00	0.00
Raisins, Box	1 Box	175	113	0	4	1.40	0.71	19.0	0	0.87	*N/A*	1.16	29.98	0.17	0.04	0.00
Low Fat Milk, 1%	1 Each	150	130	15	160	0.00	0.00	400.0	500	2.4	*N/A*	11.0	16.0	2.5	1.50	0.00
Chocolate Milk, NonFat	1 Each	350	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	9.0	21.0	0.0	0.00	0.00
Ketchup Pkt.	1 each	50	10	0	85	0.00	0.00	0.0	0	0.0	2	0.0	2.0	0.0	0.00	0.00
Mustard Pkt.	1 each	50	5	0	70	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Mayo Pkt	1	50	70	5	45	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	7.0	1.00	0.00
BBQ Sauce Cup	1 ea	50	40	0	200	0.00	0.36	0.0	100	3.6	8	0.0	10.0	0.0	0.00	0.00
Soy Sauce Pkt.	1 each	50	0	0	430	0.00	0.00	0.0	0	0.0	2	0.0	0.0	0.0	0.00	0.00
ranch dressing	pkt	50	70	5	75	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	7.0	1.00	0.00
Tapatio Sauce	1 each	50	0	0	110	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			774	64	1605	8.51	16.28	499.0	8485	26.84	*14	34.77	102.42	25.56	7.70	*0.12
% of Calories											*7.5%	18.0%	52.9%	29.7%	9.0%	*0.1%
Nutrient Guideline			750-850		1420										<10.00	

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Central Unified Food Services

Dec 1, 2017 thru Dec 15, 2017

Base Menu Spreadsheet

Secondary Lunch Menu

Portion Values - Detailed

	Portion Size	Reimb Qty	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 - 12/11/2017																
Secondary Lunch Menu	Total	500														
Chicken Tenders WG, 6 each	6 Each	75	420	110	1460	2.00	3.60	40.0	200	0.0	2	30.0	26.0	22.0	4.00	0.00
Cheeseburger, HS	1 ea	50	417	64	947	4.50	3.59	223.1	178	0.0	*0	27.47	37.88	19.95	8.26	0.16
Quesadilla, Chicken & Cheese	1 each	75	300	40	560	3.00	2.70	250.0	200	0.0	2	19.0	31.0	11.0	4.50	0.00
Pizza, Big Daddy Cheese	1 Each	50	370	30	590	2.00	2.70	300.0	400	0.0	*N/A*	19.0	43.0	14.0	7.00	0.00
Pizza, Big Daddy Pepperoni	1 Each	75	380	30	700	2.00	2.70	250.0	400	0.0	*N/A*	19.0	44.0	15.0	7.00	0.00
Orange Bowl - 2nd	Bowl	90	299	25	175	1.21	84.89	0.0	0	0.75	*N/A*	11.7	56.51	3.08	0.31	0.00
Salad, Oriental	1 Each	50	768	45	1398	14.11	8.74	274.5	26511	135.94	*N/A*	34.03	78.47	34.64	5.34	0.00
Wrap, Chicken Bacon	1 each	25	644	126	2001	2.96	4.90	312.2	7836	4.26	*2	38.0	44.11	31.82	10.88	*0.00
PBJ Grape WW Sandwich	1 Each	10	630	0	620	7.00	1.80	60.0	0	0.0	28	19.0	64.0	33.0	7.00	0.00
French Fries, Spiral	1/2 Cup	450	110	0	300	1.00	0.36	0.0	0	3.6	*N/A*	1.0	15.0	5.0	0.50	0.00
Baby Carrots	1/2 Cup	200	25	0	55	2.00	0.72	20.0	9500	2.4	*N/A*	0.0	6.0	0.0	0.00	0.00
Salad with Ranch	1 Cup	200	19	1	36	1.40	0.60	26.1	4699	16.66	*0	0.85	3.04	0.31	0.08	*0.00
FRUIT COCKTAIL:canned,lt syrup	1/2 cup	350	69	0	7	1.21	0.35	7.3	252	2.3	17	0.48	18.07	0.08	0.01	0.00
Raisins, Box	1 Box	200	113	0	4	1.40	0.71	19.0	0	0.87	*N/A*	1.16	29.98	0.17	0.04	0.00
Low Fat Milk, 1%	1 Each	125	130	15	160	0.00	0.00	400.0	500	2.4	*N/A*	11.0	16.0	2.5	1.50	0.00
Chocolate Milk, NonFat	1 Each	375	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	9.0	21.0	0.0	0.00	0.00
Ketchup Pkt.	1 each	50	10	0	85	0.00	0.00	0.0	0	0.0	2	0.0	2.0	0.0	0.00	0.00
Mustard Pkt.	1 each	50	5	0	70	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Mayo Pkt	1	50	70	5	45	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	7.0	1.00	0.00
BBQ Sauce Cup	1 ea	50	40	0	200	0.00	0.36	0.0	100	3.6	8	0.0	10.0	0.0	0.00	0.00
Soy Sauce Pkt.	1 each	50	0	0	430	0.00	0.00	0.0	0	0.0	2	0.0	0.0	0.0	0.00	0.00
ranch dressing	pkt	50	70	5	75	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	7.0	1.00	0.00
Tapatio Sauce	1 each	50	0	0	110	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			771	61	1435	7.28	19.83	533.7	9587	28.62	*14	34.18	107.54	23.64	6.21	*0.02
% of Calories											*7.4%	17.7%	55.8%	27.6%	7.2%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Central Unified Food Services

Dec 1, 2017 thru Dec 15, 2017

Base Menu Spreadsheet

Secondary Lunch Menu

Portion Values - Detailed

	Portion Size	Reimb Qty	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 - 12/12/2017																
Secondary Lunch Menu	Total	500														
Chicken Tenders WG, 6 each	6 Each	90	420	110	1460	2.00	3.60	40.0	200	0.0	2	30.0	26.0	22.0	4.00	0.00
Jumbo B&C Burrito, Foil Wrap	1 each	50	397	9	334	13.00	3.51	346.0	256	30.0	1	26.0	56.5	8.0	2.50	0.00
Chicken Patty on a Bun	1 each	50	350	55	980	4.00	3.60	100.0	100	0.0	4	22.0	41.0	13.0	2.50	0.00
PIZZA, FRENCH BREAD CHEE SE RED	1 EA	50	350	45	660	1.00	1.80	424.0	512	6.0	*N/A*	19.0	31.0	17.0	10.00	0.50
PIZZA, FRENCH BREAD PEP RB	1 EA	75	405	56	834	1.00	1.95	426.1	512	6.0	*0	21.12	31.13	22.09	11.95	0.67
Teriyaki Bowl - 2nd	Bowl	75	307	55	375	1.21	85.00	0.0	0	0.0	*N/A*	17.33	52.44	3.94	0.78	0.00
Salad, Greek	1 each	50	550	65	1272	11.84	6.14	219.9	26502	119.11	*N/A*	30.8	55.1	23.31	6.87	*0.00
Wrap, Spicy Chicken	1 each	50	653	54	1312	4.70	4.00	193.3	5179	20.4	*N/A*	24.24	40.94	40.29	7.84	0.00
PBJ Strawberry Sandwich	1 Each	10	630	0	630	6.00	1.80	60.0	0	0.0	28	19.0	64.0	33.0	7.00	0.00
French Fries, Garlic	1/2 Cup	450	130	0	430	2.00	0.36	0.0	0	6.0	*N/A*	2.0	18.0	5.0	1.00	0.00
Salad with Ranch	1 Cup	200	19	1	36	1.40	0.60	26.1	4699	16.66	*0	0.85	3.04	0.31	0.08	*0.00
GRAPES, Fresh	1/2 Cup	350	62	0	2	0.83	0.27	12.9	92	3.68	15	0.58	15.78	0.32	0.10	0.00
Raisins, Box	1 Box	200	113	0	4	1.40	0.71	19.0	0	0.87	*N/A*	1.16	29.98	0.17	0.04	0.00
Low Fat Milk, 1%	1 Each	100	130	15	160	0.00	0.00	400.0	500	2.4	*N/A*	11.0	16.0	2.5	1.50	0.00
Chocolate Milk, NonFat	1 Each	400	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	9.0	21.0	0.0	0.00	0.00
Ketchup Pkt.	1 each	50	10	0	85	0.00	0.00	0.0	0	0.0	2	0.0	2.0	0.0	0.00	0.00
Mustard Pkt.	1 each	50	5	0	70	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Mayo Pkt	1	50	70	5	45	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	7.0	1.00	0.00
BBQ Sauce Cup	1 ea	50	40	0	200	0.00	0.36	0.0	100	3.6	8	0.0	10.0	0.0	0.00	0.00
Soy Sauce Pkt.	1 each	50	0	0	430	0.00	0.00	0.0	0	0.0	2	0.0	0.0	0.0	0.00	0.00
ranch dressing	pkt	50	70	5	75	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	7.0	1.00	0.00
Tapatio Sauce	1 each	50	0	0	110	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Cookie, WG Heart	1 ea	500	85	0	58	1.19	0.38	3.0	6	0.01	*N/A*	1.42	12.47	3.32	0.64	0.00
Weighted Daily Average			865	68	1653	8.95	17.08	550.7	5828	35.25	*13	37.58	115.17	28.82	7.90	*0.15
% of Calories											*6.1%	17.4%	53.3%	30.0%	8.2%	*0.2%
Nutrient Guideline			750-850		1420										<10.00	

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Central Unified Food Services

Dec 1, 2017 thru Dec 15, 2017

Base Menu Spreadsheet

Secondary Lunch Menu

Portion Values - Detailed

	Portion Size	Reimb Qty	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 - 12/13/2017																
Secondary Lunch Menu	Total	500														
Chicken Tenders WG, 6 each	6 Each	100	420	110	1460	2.00	3.60	40.0	200	0.0	2	30.0	26.0	22.0	4.00	0.00
Hot Link	1 each	90	300	30	710	3.00	1.44	60.0	0	0.0	*N/A*	14.0	29.0	16.0	5.00	0.00
Grizzly Burger	1 each	90	550	80	1325	4.20	3.96	230.0	450	4.8	13	26.7	48.7	26.7	10.00	1.00
Pizza, Big Daddy Cheese	1 Each	75	370	30	590	2.00	2.70	300.0	400	0.0	*N/A*	19.0	43.0	14.0	7.00	0.00
Pizza, Big Daddy Pepperoni	1 Each	75	380	30	700	2.00	2.70	250.0	400	0.0	*N/A*	19.0	44.0	15.0	7.00	0.00
Egg Roll Rice Bowl	1 each	50	390	30	1062	4.00	5.04	80.0	4000	13.8	7	24.0	57.5	7.0	0.50	0.00
Salad, Chicken BLT	1 each	50	715	102	1706	10.67	6.71	256.0	26679	120.06	*N/A*	38.31	60.59	36.62	8.67	0.00
Wrap, Oriental	1 each	50	438	40	1060	0.50	1.80	20.0	0	0.0	*N/A*	19.18	31.68	19.68	3.34	0.00
PBJ Strawberry Sandwich	1 Each	10	630	0	630	6.00	1.80	60.0	0	0.0	28	19.0	64.0	33.0	7.00	0.00
French Fries, Waffle Cut	1/2 Cup	450	170	0	600	2.00	0.72	0.0	0	6.0	*N/A*	2.0	22.0	8.0	1.00	0.00
Baby Carrots	1/2 Cup	200	25	0	55	2.00	0.72	20.0	9500	2.4	*N/A*	0.0	6.0	0.0	0.00	0.00
Salad with Ranch	1 Cup	200	19	1	36	1.40	0.60	26.1	4699	16.66	*0	0.85	3.04	0.31	0.08	*0.00
PINEAPPLE CHUNKS:canned,lt syr	1/2 Cup	350	33	0	1	0.50	0.25	8.8	24	4.72	8	0.23	8.47	0.08	0.01	0.00
Raisins, Box	1 Box	125	113	0	4	1.40	0.71	19.0	0	0.87	*N/A*	1.16	29.98	0.17	0.04	0.00
Low Fat Milk, 1%	1 Each	100	130	15	160	0.00	0.00	400.0	500	2.4	*N/A*	11.0	16.0	2.5	1.50	0.00
Chocolate Milk, NonFat	1 Each	400	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	9.0	21.0	0.0	0.00	0.00
Ketchup Pkt.	1 each	50	10	0	85	0.00	0.00	0.0	0	0.0	2	0.0	2.0	0.0	0.00	0.00
Mustard Pkt.	1 each	50	5	0	70	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Mayo Pkt	1	50	70	5	45	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	7.0	1.00	0.00
BBQ Sauce Cup	1 ea	50	40	0	200	0.00	0.36	0.0	100	3.6	8	0.0	10.0	0.0	0.00	0.00
Soy Sauce Pkt.	1 each	50	0	0	430	0.00	0.00	0.0	0	0.0	2	0.0	0.0	0.0	0.00	0.00
ranch dressing	pkt	50	70	5	75	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	7.0	1.00	0.00
Tapatio Sauce	1 each	50	0	0	110	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			879	76	2103	7.80	5.45	528.8	9515	32.60	*11	39.54	106.63	32.75	8.44	*0.18
% of Calories											*4.9%	18.0%	48.5%	33.5%	8.6%	*0.2%
Nutrient Guideline			750-850		1420										<10.00	

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Central Unified Food Services

Dec 1, 2017 thru Dec 15, 2017

Base Menu Spreadsheet

Secondary Lunch Menu

Portion Values - Detailed

	Portion Size	Reimb Qty	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 - 12/14/2017																
Secondary Lunch Menu	Total	500														
Chicken Tenders WG, 6 each	6 Each	100	420	110	1460	2.00	3.60	40.0	200	0.0	2	30.0	26.0	22.0	4.00	0.00
Turkey & Gravy - Jennie - O	1/2 cup	75	120	55	460	0.00	0.72	20.0	107	0.0	*N/A*	15.0	2.0	6.0	2.00	0.00
Mashed Potatoes 1/2 Cup	1/2 Cup	75	110	0	350	2.00	0.72	20.0	0	6.0	1	2.0	17.0	3.5	0.00	0.00
Cheeseburger, Bacon hs	1 ea	75	472	94	1097	3.00	3.33	248.1	160	0.0	*3	29.57	28.68	26.35	10.06	0.16
PIZZA, FRENCH BREAD CHEE SE RED	1 EA	50	350	45	660	1.00	1.80	424.0	512	6.0	*N/A*	19.0	31.0	17.0	10.00	0.50
PIZZA, FRENCH BREAD PEP RB	1 EA	75	405	56	834	1.00	1.95	426.1	512	6.0	*0	21.12	31.13	22.09	11.95	0.67
Orange Bowl - 2nd	Bowl	65	299	25	175	1.21	84.89	0.0	0	0.75	*N/A*	11.7	56.51	3.08	0.31	0.00
Salad, Caesar	1 each	25	578	84	1308	10.67	6.06	354.0	26289	117.78	*N/A*	43.56	53.08	58.58	7.71	0.00
Wrap, Chicken	1 each	50	603	84	1652	2.70	4.00	173.3	5179	20.4	*1	24.24	37.94	36.29	7.33	0.00
PBJ Grape WW Sandwich	1 Each	10	630	0	620	7.00	1.80	60.0	0	0.0	28	19.0	64.0	33.0	7.00	0.00
French Fries, Spiral	1/2 Cup	450	110	0	300	1.00	0.36	0.0	0	3.6	*N/A*	1.0	15.0	5.0	0.50	0.00
Salad with Ranch	1 Cup	200	19	1	36	1.40	0.60	26.1	4699	16.66	*0	0.85	3.04	0.31	0.08	*0.00
Rosati, Sno Joe Sweet Apple	1 each	350	99	0	15	0.00	0.00	0.0	0	12.0	25	0.0	25.0	0.0	0.00	0.00
Raisins, Box	1 Box	50	113	0	4	1.40	0.71	19.0	0	0.87	*N/A*	1.16	29.98	0.17	0.04	0.00
Low Fat Milk, 1%	1 Each	50	130	15	160	0.00	0.00	400.0	500	2.4	*N/A*	11.0	16.0	2.5	1.50	0.00
Chocolate Milk, NonFat	1 Each	150	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	9.0	21.0	0.0	0.00	0.00
Milk, Vanilla	1 each	300	120	5	120	0.00	0.00	350.0	500	1.2	19	9.0	19.0	0.0	0.00	0.00
Ketchup Pkt.	1 each	50	10	0	85	0.00	0.00	0.0	0	0.0	2	0.0	2.0	0.0	0.00	0.00
Mustard Pkt.	1 each	50	5	0	70	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Mayo Pkt	1	50	70	5	45	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	7.0	1.00	0.00
BBQ Sauce Cup	1 ea	50	40	0	200	0.00	0.36	0.0	100	3.6	8	0.0	10.0	0.0	0.00	0.00
Soy Sauce Pkt.	1 each	50	0	0	430	0.00	0.00	0.0	0	0.0	2	0.0	0.0	0.0	0.00	0.00
ranch dressing	pkt	50	70	5	75	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	7.0	1.00	0.00
Tapatio Sauce	1 each	50	0	0	110	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Cookie, Tree	1 each	475	120	0	75	1.00	0.36	0.0	0	0.0	8	1.0	16.0	6.0	1.50	0.00
Weighted Daily Average			867	80	1645	5.05	14.69	546.1	4430	30.50	*39	36.06	106.21	34.40	8.96	*0.17
% of Calories											*18.2%	16.6%	49.0%	35.7%	9.3%	*0.2%
Nutrient Guideline			750-850		1420										<10.00	

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Central Unified Food Services

Dec 1, 2017 thru Dec 15, 2017

Base Menu Spreadsheet

Secondary Lunch Menu

Portion Values - Detailed

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	Portion Size	Reimb Qty	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 - 12/15/2017																
Secondary Lunch Menu	Total	500														
Chicken Tenders WG, 6 each	6 Each	75	420	110	1460	2.00	3.60	40.0	200	0.0	2	30.0	26.0	22.0	4.00	0.00
Stuffed Cheese Sticks, 2 each	1 each	90	300	25	490	3.00	0.00	0.0	0	0.0	4	20.0	30.0	11.0	6.00	0.00
Hot Link	1 each	75	300	30	710	3.00	1.44	60.0	0	0.0	*N/A*	14.0	29.0	16.0	5.00	0.00
Pizza, Big Daddy Cheese	1 Each	50	370	30	590	2.00	2.70	300.0	400	0.0	*N/A*	19.0	43.0	14.0	7.00	0.00
Pizza, Big Daddy Pepperoni	1 Each	50	380	30	700	2.00	2.70	250.0	400	0.0	*N/A*	19.0	44.0	15.0	7.00	0.00
Teriyaki Bowl - 2nd	Bowl	75	307	55	375	1.21	85.00	0.0	0	0.0	*N/A*	17.33	52.44	3.94	0.78	0.00
Salad, Chicken BLT	1 each	25	715	102	1706	10.67	6.71	256.0	26679	120.06	*N/A*	38.31	60.59	36.62	8.67	0.00
Wrap, Spicy Chicken	1 each	50	653	54	1312	4.70	4.00	193.3	5179	20.4	*N/A*	24.24	40.94	40.29	7.84	0.00
PBJ Grape WW Sandwich	1 Each	10	630	0	620	7.00	1.80	60.0	0	0.0	28	19.0	64.0	33.0	7.00	0.00
Baby Carrots	1/2 Cup	200	25	0	55	2.00	0.72	20.0	9500	2.4	*N/A*	0.0	6.0	0.0	0.00	0.00
Salad with Ranch	1 Cup	200	19	1	36	1.40	0.60	26.1	4699	16.66	*0	0.85	3.04	0.31	0.08	*0.00
French Fries, Garlic	1/2 Cup	450	130	0	430	2.00	0.36	0.0	0	6.0	*N/A*	2.0	18.0	5.0	1.00	0.00
Garbonzo Beans	1/2 Cup	50	143	0	140	5.30	1.62	38.0	29	4.6	*N/A*	5.94	27.14	1.37	0.14	0.00
PEACHES: canned,light syrup	1/2 Cup	350	68	0	6	1.63	0.45	3.8	444	3.01	17	0.56	18.26	0.04	0.00	0.00
Raisins, Box	1 Box	175	113	0	4	1.40	0.71	19.0	0	0.87	*N/A*	1.16	29.98	0.17	0.04	0.00
Low Fat Milk, 1%	1 Each	150	130	15	160	0.00	0.00	400.0	500	2.4	*N/A*	11.0	16.0	2.5	1.50	0.00
Chocolate Milk, NonFat	1 Each	350	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	9.0	21.0	0.0	0.00	0.00
Ketchup Pkt.	1 each	50	10	0	85	0.00	0.00	0.0	0	0.0	2	0.0	2.0	0.0	0.00	0.00
Mustard Pkt.	1 each	50	5	0	70	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Mayo Pkt	1	50	70	5	45	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	7.0	1.00	0.00
BBQ Sauce Cup	1 ea	50	40	0	200	0.00	0.36	0.0	100	3.6	8	0.0	10.0	0.0	0.00	0.00
Soy Sauce Pkt.	1 each	50	0	0	430	0.00	0.00	0.0	0	0.0	2	0.0	0.0	0.0	0.00	0.00
ranch dressing	pkt	50	70	5	75	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	7.0	1.00	0.00
Tapatio Sauce	1 each	50	0	0	110	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			775	60	1547	8.34	16.43	464.8	8465	25.86	*14	34.45	105.22	24.69	6.92	*0.00
% of Calories											*7.5%	17.8%	54.3%	28.7%	8.0%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	
Weighted Average			816	66	1647	7.83	16.00	520.7	7639	32.57	*16	35.40	107.45	27.85	7.41	*0.10
											*17.6%	17.4%	52.7%	30.7%	8.2%	*0.1%

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Central Unified Food Services

Dec 1, 2017 thru Dec 15, 2017

Base Menu Spreadsheet

Secondary Lunch Menu

Portion Values - Detailed

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Nutrient	Menu AVG	Portion Size	Reimb Qty	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)	
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)										
Calories	816		750 - 850	100%														
Cholesterol (mg)	66																	
Sodium (mg)	1647		1420						227	Correction Required - Sodium too High								
Fiber (g)	7.83																	
Iron (mg)	16.00																	
Calcium (mg)	520.7																	
Vitamin A (IU)	7639																	
Sugars (g)	16	7.84%				Missing												
Vitamin C (mg)	32.57																	
Protein (g)	35.40	17.36%																
Carbohydrate (g)	107.45	52.69%																
Total Fat (g)	27.85	30.73%																
Saturated Fat (g)	7.41	8.18%																
Trans Fat ¹ (g)	0.10	0.11%																
			<10.00%			Missing												

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