

# Central Unified Food Services

Dec 1, 2021 thru Dec 31, 2021

Base Menu Spreadsheet

Middle School Lunch Menu

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Fiber (g)	Protn (g)	Carb (g)
Wed - 12/01/2021						
Middle School Lunch Menu	Total	500				
Chicken Tenders WG, 6 each	6 Each	25	420	2.00	30.0	26.0
Chicken Tenders Spicy 6	1 each	25	520	6.00	30.0	34.0
Chicken Tenders 1/2 & 1/2	1 each	25	470	4.00	30.0	30.0
Grizzly Burger	1 each	50	570	4.20	26.7	49.7
Pizza, Big Daddy Cheese	1 Each	50	370	2.00	19.0	43.0
Pizza, Big Daddy Pepperoni	1 Each	75	380	2.00	19.0	44.0
Orange Bowl - 2nd	Bowl	75	393	4.07	20.36	94.33
Salad, Chicken BLT	1 each	50	526	5.13	31.05	25.79
Wrap, Chicken	1 each	50	603	2.70	24.24	37.94
PBJ Strawberry Sandwich	1 Each	25	630	6.00	19.0	64.0
French Fries, Waffle Cut	1/2 Cup	450	170	2.00	2.0	22.0
Side Salad	1 each	200	179	4.53	2.27	8.8
Fruit Cup, Strawberry	1 each	350	90	2.00	1.0	22.0
Low Fat Milk, 1%	1 Each	100	130	0.00	11.0	16.0
Chocolate Milk, NonFat	1 Each	400	120	0.00	9.0	21.0
Ketchup Pkt.	1 each	50	10	0.00	0.0	2.0
Mustard Pkt.	1 each	50	5	0.00	0.0	0.0
Mayo Pkt	1	50	70	0.00	0.0	0.0
BBQ Sauce Cup	1 ea	50	40	0.00	0.0	10.0
Soy Sauce Pkt.	1 each	50	0	0.00	0.0	0.0
ranch dressing	pkt	50	70	0.00	0.0	1.0
Tapatio Sauce	1 each	50	0	0.00	0.0	0.0
Weighted Daily Average			854	8.23	34.26	104.11
% of Calories					16.0%	48.8%
Nutrient Guideline			750-850			

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

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	Portion Size	Reimb Qty	Cals (kcal)	Fiber (g)	Protn (g)	Carb (g)
Thu - 12/02/2021						
Middle School Lunch Menu	Total	500				
Chicken Tenders WG, 6 each	6 Each	25	420	2.00	30.0	26.0
Chicken Tenders Spicy 6	1 each	25	520	6.00	30.0	34.0
Chicken Tenders 1/2 & 1/2	1 each	25	470	4.00	30.0	30.0
Macaroni & Cheese, WG	6 oz	50	290	2.00	17.0	31.0
Texas Toast	1 each	50	140	2.00	5.0	22.0
Burrito, Chicken Chili Verde	1 each	50	280	7.00	13.0	41.0
Pizza, FB Pepperoni	1 EA	75	310	3.00	17.0	33.0
Pizza, FB Cheese	1 each	75	290	3.00	17.0	33.0
Teriyaki Bowl - 2nd	Bowl	75	412	4.07	29.56	87.51
Salad, Caesar	1 each	25	390	5.13	36.3	18.28
Wrap, Spicy Chicken	1 each	50	653	4.70	24.24	40.94
PBJ Strawberry Sandwich	1 Each	25	630	6.00	19.0	64.0
French Fries, Spiral	1/2 Cup	450	110	1.00	1.0	15.0
Jicama	1/2 Cup	200	25	1.12	0.85	5.25
Apples, Bagged	1 each	350	34	2.00	0.0	8.0
Low Fat Milk, 1%	1 Each	50	130	0.00	11.0	16.0
Chocolate Milk, NonFat	1 Each	150	120	0.00	9.0	21.0
Milk, Strawberry	1 each	300	120	0.00	9.0	19.0
Ketchup Pkt.	1 each	50	10	0.00	0.0	2.0
Mustard Pkt.	1 each	50	5	0.00	0.0	0.0
Mayo Pkt	1	50	70	0.00	0.0	0.0
BBQ Sauce Cup	1 ea	50	40	0.00	0.0	10.0
Soy Sauce Pkt.	1 each	50	0	0.00	0.0	0.0
ranch dressing	pkt	50	70	0.00	0.0	1.0
Tapatio Sauce	1 each	50	0	0.00	0.0	0.0
Weighted Daily Average			683	6.99	33.16	86.93
% of Calories					19.4%	50.9%
Nutrient Guideline			750-850			

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Middle School Lunch Menu

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	Portion Size	Reimb Qty	Cals (kcal)	Fiber (g)	Protn (g)	Carb (g)
Fri - 12/03/2021						
Middle School Lunch Menu	Total	500				
Chicken Tenders WG, 6 each	6 Each	25	420	2.00	30.0	26.0
Chicken Tenders Spicy 6	1 each	25	520	6.00	30.0	34.0
Chicken Tenders 1/2 & 1/2	1 each	25	470	4.00	30.0	30.0
Hot Link	1 each	75	320	2.00	11.0	31.0
Pizza, Big Daddy Cheese	1 Each	50	370	2.00	19.0	43.0
Pizza, Big Daddy Pepperoni	1 Each	50	380	2.00	19.0	44.0
Orange Bowl - 2nd	Bowl	75	393	4.07	20.36	94.33
Salad, Chicken BLT	1 each	25	526	5.13	31.05	25.79
Wrap, Spicy Chicken	1 each	50	653	4.70	24.24	40.94
PBJ Grape WW Sandwich	1 Each	10	630	7.00	19.0	64.0
Baby Carrots	1/2 Cup	200	25	2.00	0.0	6.0
French Fries, Wedges	1 each	450	166	2.77	2.77	27.68
CANTALOUPE	1/2 CUP	350	27	0.72	0.67	6.53
Low Fat Milk, 1%	1 Each	150	130	0.00	11.0	16.0
Chocolate Milk, NonFat	1 Each	350	120	0.00	9.0	21.0
Ketchup Pkt.	1 each	50	10	0.00	0.0	2.0
Mustard Pkt.	1 each	50	5	0.00	0.0	0.0
Mayo Pkt	1	50	70	0.00	0.0	0.0
BBQ Sauce Cup	1 ea	50	40	0.00	0.0	10.0
Soy Sauce Pkt.	1 each	50	0	0.00	0.0	0.0
ranch dressing	pkt	50	70	0.00	0.0	1.0
Tapatio Sauce	1 each	50	0	0.00	0.0	0.0
Weighted Daily Average			678	6.57	29.92	91.35
% of Calories					17.7%	53.9%
Nutrient Guideline			750-850			

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Base Menu Spreadsheet

Middle School Lunch Menu

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	Portion Size	Reimb Qty	Cals (kcal)	Fiber (g)	Protn (g)	Carb (g)
Mon - 12/06/2021						
Middle School Lunch Menu	Total	500				
Chicken Tenders WG, 6 each	6 Each	50	420	2.00	30.0	26.0
Chicken Tenders Spicy 6	1 each	25	520	6.00	30.0	34.0
Chicken Tenders 1/2 & 1/2	1 each	50	470	4.00	30.0	30.0
Grilled Cheese, Sourdough	1 each	75	299	3.24	20.67	32.85
Pizza, Big Daddy Cheese	1 Each	50	370	2.00	19.0	43.0
Pizza, Big Daddy Pepperoni	1 Each	75	380	2.00	19.0	44.0
Orange Bowl - 2nd	Bowl	90	393	4.07	20.36	94.33
Salad, Oriental	1 Each	50	479	8.58	26.76	42.67
Wrap, Chicken Bacon	1 each	25	644	2.96	38.0	44.11
PBJ Grape WW Sandwich	1 Each	10	630	7.00	19.0	64.0
French Fries, Spiral	1/2 Cup	450	110	1.00	1.0	15.0
Baby Carrots	1/2 Cup	200	25	2.00	0.0	6.0
FRUIT COCKTAIL:canned,lt syrup	1/2 cup	350	69	1.21	0.48	18.07
Low Fat Milk, 1%	1 Each	125	130	0.00	11.0	16.0
Chocolate Milk, NonFat	1 Each	375	120	0.00	9.0	21.0
Ketchup Pkt.	1 each	50	10	0.00	0.0	2.0
Mustard Pkt.	1 each	50	5	0.00	0.0	0.0
Mayo Pkt	1	50	70	0.00	0.0	0.0
BBQ Sauce Cup	1 ea	50	40	0.00	0.0	10.0
Soy Sauce Pkt.	1 each	50	0	0.00	0.0	0.0
ranch dressing	pkt	50	70	0.00	0.0	1.0
Tapatio Sauce	1 each	50	0	0.00	0.0	0.0
Weighted Daily Average			717	6.31	34.71	97.46
% of Calories					19.4%	54.4%
Nutrient Guideline			750-850			

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	Portion Size	Reimb Qty	Cals (kcal)	Fiber (g)	Protn (g)	Carb (g)
Tue - 12/07/2021						
Middle School Lunch Menu	Total	500				
Chicken Tenders WG, 6 each	6 Each	25	420	2.00	30.0	26.0
Chicken Tenders Spicy 6	1 each	25	520	6.00	30.0	34.0
Chicken Tenders 1/2 & 1/2	1 each	25	470	4.00	30.0	30.0
Chicken Patty on a Bun	1 each	50	341	3.81	19.69	40.19
Jumbo B&C Burrito, Foil Wrap	1 each	50	397	13.00	26.0	56.5
Pizza, FB Pepperoni	1 EA	50	310	3.00	17.0	33.0
Pizza, FB Cheese	1 each	75	290	3.00	17.0	33.0
Teriyaki Bowl - 2nd	Bowl	75	412	4.07	29.56	87.51
Salad, Southwestern	1 each	50	434	10.64	18.67	34.6
Wrap, Spicy Chicken	1 each	50	653	4.70	24.24	40.94
PBJ Strawberry Sandwich	1 Each	25	630	6.00	19.0	64.0
French Fries, Garlic	1/2 Cup	450	130	2.00	2.0	18.0
Baby Carrots	1/2 Cup	150	25	2.00	0.0	6.0
GRAPES, Fresh	1/2 Cup	350	62	0.83	0.58	15.78
Low Fat Milk, 1%	1 Each	100	130	0.00	11.0	16.0
Chocolate Milk, NonFat	1 Each	400	120	0.00	9.0	21.0
Ketchup Pkt.	1 each	50	10	0.00	0.0	2.0
Mustard Pkt.	1 each	50	5	0.00	0.0	0.0
Mayo Pkt	1	50	70	0.00	0.0	0.0
BBQ Sauce Cup	1 ea	50	40	0.00	0.0	10.0
Soy Sauce Pkt.	1 each	50	0	0.00	0.0	0.0
ranch dressing	pkt	50	70	0.00	0.0	1.0
Tapatio Sauce	1 each	50	0	0.00	0.0	0.0
Weighted Daily Average			730	8.46	34.60	96.64
% of Calories					19.0%	53.0%
Nutrient Guideline			750-850			

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	Portion Size	Reimb Qty	Cals (kcal)	Fiber (g)	Protn (g)	Carb (g)
Wed - 12/08/2021						
Middle School Lunch Menu	Total	500				
Chicken Tenders WG, 6 each	6 Each	25	420	2.00	30.0	26.0
Chicken Tenders Spicy 6	1 each	25	520	6.00	30.0	34.0
Chicken Tenders 1/2 & 1/2	1 each	25	470	4.00	30.0	30.0
Grizzly Burger	1 each	50	570	4.20	26.7	49.7
Pizza, Big Daddy Cheese	1 Each	50	370	2.00	19.0	43.0
Pizza, Big Daddy Pepperoni	1 Each	75	380	2.00	19.0	44.0
Orange Bowl - 2nd	Bowl	75	393	4.07	20.36	94.33
Salad, Chicken BLT	1 each	50	526	5.13	31.05	25.79
Wrap, Chicken	1 each	50	603	2.70	24.24	37.94
PBJ Strawberry Sandwich	1 Each	25	630	6.00	19.0	64.0
French Fries, Waffle Cut	1/2 Cup	450	170	2.00	2.0	22.0
Side Salad	1 each	200	179	4.53	2.27	8.8
Fruit Cup, Mixed Berry	1 each	350	90	2.00	0.0	20.0
Low Fat Milk, 1%	1 Each	100	130	0.00	11.0	16.0
Chocolate Milk, NonFat	1 Each	400	120	0.00	9.0	21.0
Ketchup Pkt.	1 each	50	10	0.00	0.0	2.0
Mustard Pkt.	1 each	50	5	0.00	0.0	0.0
Mayo Pkt	1	50	70	0.00	0.0	0.0
BBQ Sauce Cup	1 ea	50	40	0.00	0.0	10.0
Soy Sauce Pkt.	1 each	50	0	0.00	0.0	0.0
ranch dressing	pkt	50	70	0.00	0.0	1.0
Tapatio Sauce	1 each	50	0	0.00	0.0	0.0
Weighted Daily Average			854	8.23	33.56	102.71
% of Calories					15.7%	48.1%
Nutrient Guideline			750-850			

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	Portion Size	Reimb Qty	Cals (kcal)	Fiber (g)	Protn (g)	Carb (g)
Thu - 12/09/2021						
Middle School Lunch Menu	Total	500				
Chicken Tenders WG, 6 each	6 Each	25	420	2.00	30.0	26.0
Chicken Tenders Spicy 6	1 each	25	520	6.00	30.0	34.0
Chicken Tenders 1/2 & 1/2	1 each	25	470	4.00	30.0	30.0
Drumstick, Chicken WG	1 each	75	190	1.00	16.0	5.0
WG BelianWaffle Sticks 3 each	1 each	75	170	4.00	4.0	28.0
Burrito, Chicken Chili Verde	1 each	75	280	7.00	13.0	41.0
Pizza, FB Cheese	1 each	50	290	3.00	17.0	33.0
Pizza, FB Pepperoni	1 EA	75	310	3.00	17.0	33.0
Teriyaki Bowl - 2nd	Bowl	65	412	4.07	29.56	87.51
Salad, Caesar	1 each	25	390	5.13	36.3	18.28
Wrap, Spicy Chicken	1 each	50	653	4.70	24.24	40.94
PBJ Grape WW Sandwich	1 Each	10	630	7.00	19.0	64.0
French Fries, Spiral	1/2 Cup	400	110	1.00	1.0	15.0
Jicama	1/2 Cup	200	25	1.12	0.85	5.25
Apples, Bagged	1 each	300	34	2.00	0.0	8.0
Low Fat Milk, 1%	1 Each	50	130	0.00	11.0	16.0
Chocolate Milk, NonFat	1 Each	150	120	0.00	9.0	21.0
Milk, Strawberry	1 each	300	120	0.00	9.0	19.0
Ketchup Pkt.	1 each	50	10	0.00	0.0	2.0
Mustard Pkt.	1 each	50	5	0.00	0.0	0.0
Mayo Pkt	1	50	70	0.00	0.0	0.0
BBQ Sauce Cup	1 ea	50	40	0.00	0.0	10.0
Soy Sauce Pkt.	1 each	50	0	0.00	0.0	0.0
ranch dressing	pkt	50	70	0.00	0.0	1.0
Tapatio Sauce	1 each	50	0	0.00	0.0	0.0
Weighted Daily Average			652	6.99	32.50	81.01
% of Calories					19.9%	49.7%
Nutrient Guideline			750-850			

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	Portion Size	Reimb Qty	Cals (kcal)	Fiber (g)	Protn (g)	Carb (g)
Fri - 12/10/2021						
Middle School Lunch Menu	Total	500				
Chicken Tenders WG, 6 each	6 Each	25	420	2.00	30.0	26.0
Chicken Tenders Spicy 6	1 each	25	520	6.00	30.0	34.0
Chicken Tenders 1/2 & 1/2	1 each	25	470	4.00	30.0	30.0
Hot Link	1 each	75	320	2.00	11.0	31.0
Pizza, Big Daddy Cheese	1 Each	50	370	2.00	19.0	43.0
Pizza, Big Daddy Pepperoni	1 Each	50	380	2.00	19.0	44.0
Orange Bowl - 2nd	Bowl	75	393	4.07	20.36	94.33
Salad, Chicken BLT	1 each	25	526	5.13	31.05	25.79
Wrap, Spicy Chicken	1 each	50	653	4.70	24.24	40.94
PBJ Grape WW Sandwich	1 Each	10	630	7.00	19.0	64.0
Baby Carrots	1/2 Cup	200	25	2.00	0.0	6.0
French Fries, Wedges	1 each	450	166	2.77	2.77	27.68
MELONS,HONEYDEW,RAW	1/2 CUP	350	30	0.51	0.39	7.8
Low Fat Milk, 1%	1 Each	150	130	0.00	11.0	16.0
Chocolate Milk, NonFat	1 Each	350	120	0.00	9.0	21.0
Ketchup Pkt.	1 each	50	10	0.00	0.0	2.0
Mustard Pkt.	1 each	50	5	0.00	0.0	0.0
Mayo Pkt	1	50	70	0.00	0.0	0.0
BBQ Sauce Cup	1 ea	50	40	0.00	0.0	10.0
Soy Sauce Pkt.	1 each	50	0	0.00	0.0	0.0
ranch dressing	pkt	50	70	0.00	0.0	1.0
Tapatio Sauce	1 each	50	0	0.00	0.0	0.0
Weighted Daily Average			680	6.43	29.72	92.24
% of Calories					17.5%	54.3%
Nutrient Guideline			750-850			

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	Portion Size	Reimb Qty	Cals (kcal)	Fiber (g)	Protn (g)	Carb (g)
Mon - 12/13/2021						
Middle School Lunch Menu	Total	500				
Chicken Tenders WG, 6 each	6 Each	25	420	2.00	30.0	26.0
Chicken Tenders Spicy 6	1 each	25	520	6.00	30.0	34.0
Chicken Tenders 1/2 & 1/2	1 each	25	470	4.00	30.0	30.0
Corn Dog WG	1 EA	50	240	5.00	9.0	30.0
Pizza, Big Daddy Cheese	1 Each	50	370	2.00	19.0	43.0
Pizza, Big Daddy Pepperoni	1 Each	75	380	2.00	19.0	44.0
Orange Bowl - 2nd	Bowl	90	393	4.07	20.36	94.33
Salad, Oriental	1 Each	50	479	8.58	26.76	42.67
Wrap, Chicken Bacon	1 each	25	644	2.96	38.0	44.11
PBJ Grape WW Sandwich	1 Each	10	630	7.00	19.0	64.0
French Fries, Spiral	1/2 Cup	450	110	1.00	1.0	15.0
Baby Carrots	1/2 Cup	200	25	2.00	0.0	6.0
FRUIT COCKTAIL:canned,lt syrup	1/2 Cup	350	69	1.21	0.48	18.07
Low Fat Milk, 1%	1 Each	125	130	0.00	11.0	16.0
Chocolate Milk, NonFat	1 Each	375	120	0.00	9.0	21.0
Ketchup Pkt.	1 each	50	10	0.00	0.0	2.0
Mustard Pkt.	1 each	50	5	0.00	0.0	0.0
Mayo Pkt	1	50	70	0.00	0.0	0.0
BBQ Sauce Cup	1 ea	50	40	0.00	0.0	10.0
Soy Sauce Pkt.	1 each	50	0	0.00	0.0	0.0
ranch dressing	pkt	50	70	0.00	0.0	1.0
Tapatio Sauce	1 each	50	0	0.00	0.0	0.0
Weighted Daily Average			651	6.02	29.51	92.73
% of Calories					18.1%	57.0%
Nutrient Guideline			750-850			

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# Central Unified Food Services

Dec 1, 2021 thru Dec 31, 2021

Base Menu Spreadsheet

Middle School Lunch Menu

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Fiber (g)	Protn (g)	Carb (g)
Tue - 12/14/2021						
Middle School Lunch Menu	Total	500				
Chicken Tenders WG, 6 each	6 Each	25	420	2.00	30.0	26.0
Chicken Tenders Spicy 6	1 each	25	520	6.00	30.0	34.0
Chicken Tenders 1/2 & 1/2	1 each	25	470	4.00	30.0	30.0
Cheeseburger	1 EACH	50	432	3.00	23.57	29.68
Jumbo B&C Burrito, Foil Wrap	1 each	50	397	13.00	26.0	56.5
Pizza, FB Pepperoni	1 EA	50	310	3.00	17.0	33.0
Pizza, FB Cheese	1 each	75	290	3.00	17.0	33.0
Teriyaki Bowl - 2nd	Bowl	75	412	4.07	29.56	87.51
Salad, Southwestern	1 each	50	434	10.64	18.67	34.6
Wrap, Spicy Chicken	1 each	50	653	4.70	24.24	40.94
PBJ Strawberry Sandwich	1 Each	25	630	6.00	19.0	64.0
French Fries, Garlic	1/2 Cup	450	130	2.00	2.0	18.0
Baby Carrots	1/2 Cup	150	25	2.00	0.0	6.0
GRAPES, Fresh	1/2 Cup	350	62	0.83	0.58	15.78
Low Fat Milk, 1%	1 Each	100	130	0.00	11.0	16.0
Chocolate Milk, NonFat	1 Each	400	120	0.00	9.0	21.0
Ketchup Pkt.	1 each	50	10	0.00	0.0	2.0
Mustard Pkt.	1 each	50	5	0.00	0.0	0.0
Mayo Pkt	1	50	70	0.00	0.0	0.0
BBQ Sauce Cup	1 ea	50	40	0.00	0.0	10.0
Soy Sauce Pkt.	1 each	50	0	0.00	0.0	0.0
ranch dressing	pkt	50	70	0.00	0.0	1.0
Tapatio Sauce	1 each	50	0	0.00	0.0	0.0
Weighted Daily Average			739	8.37	34.99	95.59
% of Calories					18.9%	51.7%
Nutrient Guideline			750-850			

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# Central Unified Food Services

Dec 1, 2021 thru Dec 31, 2021

Base Menu Spreadsheet

Middle School Lunch Menu

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Fiber (g)	Protn (g)	Carb (g)
Wed - 12/15/2021						
Middle School Lunch Menu	Total	500				
Chicken Tenders WG, 6 each	6 Each	25	420	2.00	30.0	26.0
Chicken Tenders Spicy 6	1 each	25	520	6.00	30.0	34.0
Chicken Tenders 1/2 & 1/2	1 each	25	470	4.00	30.0	30.0
Grizzly Burger	1 each	50	570	4.20	26.7	49.7
Pizza, Big Daddy Cheese	1 Each	50	370	2.00	19.0	43.0
Pizza, Big Daddy Pepperoni	1 Each	75	380	2.00	19.0	44.0
Orange Bowl - 2nd	Bowl	75	393	4.07	20.36	94.33
Salad, Chicken BLT	1 each	50	526	5.13	31.05	25.79
Wrap, Chicken	1 each	50	603	2.70	24.24	37.94
PBJ Strawberry Sandwich	1 Each	25	630	6.00	19.0	64.0
French Fries, Waffle Cut	1/2 Cup	450	170	2.00	2.0	22.0
Side Salad	1 each	200	179	4.53	2.27	8.8
Fruit Cup, Apricots	1 each	350	110	2.00	1.0	25.0
Low Fat Milk, 1%	1 Each	100	130	0.00	11.0	16.0
Chocolate Milk, NonFat	1 Each	400	120	0.00	9.0	21.0
Ketchup Pkt.	1 each	50	10	0.00	0.0	2.0
Mustard Pkt.	1 each	50	5	0.00	0.0	0.0
Mayo Pkt	1	50	70	0.00	0.0	0.0
BBQ Sauce Cup	1 ea	50	40	0.00	0.0	10.0
Soy Sauce Pkt.	1 each	50	0	0.00	0.0	0.0
ranch dressing	pkt	50	70	0.00	0.0	1.0
Tapatio Sauce	1 each	50	0	0.00	0.0	0.0
Weighted Daily Average			868	8.23	34.26	106.21
% of Calories					15.8%	49.0%
Nutrient Guideline			750-850			

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# Central Unified Food Services

Dec 1, 2021 thru Dec 31, 2021

Base Menu Spreadsheet

Middle School Lunch Menu

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Fiber (g)	Protn (g)	Carb (g)
Thu - 12/16/2021						
Middle School Lunch Menu	Total	500				
Chicken Tenders WG, 6 each	6 Each	25	420	2.00	30.0	26.0
Chicken Tenders Spicy 6	1 each	25	520	6.00	30.0	34.0
Chicken Tenders 1/2 & 1/2	1 each	25	470	4.00	30.0	30.0
Turkey & Gravy - Jennie - O	1/2 cup	50	120	0.00	15.0	2.0
Mashed Potatoes 1/2 Cup	1/2 Cup	50	110	2.00	2.0	17.0
Texas Toast	1 each	50	140	2.00	5.0	22.0
Pizza, FB Pepperoni	1 EA	75	310	3.00	17.0	33.0
Pizza, FB Cheese	1 each	75	290	3.00	17.0	33.0
Teriyaki Bowl - 2nd	Bowl	75	412	4.07	29.56	87.51
Salad, Caesar	1 each	25	390	5.13	36.3	18.28
Wrap, Spicy Chicken	1 each	50	653	4.70	24.24	40.94
PBJ Strawberry Sandwich	1 Each	25	630	6.00	19.0	64.0
French Fries, Spiral	1/2 Cup	450	110	1.00	1.0	15.0
Jicama	1/2 Cup	200	25	1.12	0.85	5.25
Rosati, Sno Joe Sweet Apple	1 each	350	99	0.00	0.0	25.0
Low Fat Milk, 1%	1 Each	50	130	0.00	11.0	16.0
Chocolate Milk, NonFat	1 Each	150	120	0.00	9.0	21.0
Milk, Strawberry	1 each	300	120	0.00	9.0	19.0
Ketchup Pkt.	1 each	50	10	0.00	0.0	2.0
Mustard Pkt.	1 each	50	5	0.00	0.0	0.0
Mayo Pkt	1	50	70	0.00	0.0	0.0
BBQ Sauce Cup	1 ea	50	40	0.00	0.0	10.0
Soy Sauce Pkt.	1 each	50	0	0.00	0.0	0.0
ranch dressing	pkt	50	70	0.00	0.0	1.0
Tapatio Sauce	1 each	50	0	0.00	0.0	0.0
Cookie, Tree	1 each	500	120	1.00	1.0	16.0
Weighted Daily Average			814	5.89	32.86	109.53
% of Calories					16.1%	53.8%
Nutrient Guideline			750-850			

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# Central Unified Food Services

Dec 1, 2021 thru Dec 31, 2021

Base Menu Spreadsheet

Middle School Lunch Menu

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Fiber (g)	Protn (g)	Carb (g)
Fri - 12/17/2021						
Middle School Lunch Menu	Total	500				
Chicken Tenders WG, 6 each	6 Each	25	420	2.00	30.0	26.0
Chicken Tenders Spicy 6	1 each	25	520	6.00	30.0	34.0
Chicken Tenders 1/2 & 1/2	1 each	25	470	4.00	30.0	30.0
Hot Link	1 each	75	320	2.00	11.0	31.0
Pizza, Big Daddy Cheese	1 Each	50	370	2.00	19.0	43.0
Pizza, Big Daddy Pepperoni	1 Each	50	380	2.00	19.0	44.0
Orange Bowl - 2nd	Bowl	75	393	4.07	20.36	94.33
Salad, Chicken BLT	1 each	25	526	5.13	31.05	25.79
Wrap, Spicy Chicken	1 each	50	653	4.70	24.24	40.94
PBJ Grape WW Sandwich	1 Each	10	630	7.00	19.0	64.0
Baby Carrots	1/2 Cup	200	25	2.00	0.0	6.0
French Fries, Wedges	1 each	450	166	2.77	2.77	27.68
PEACHES: canned,light syrup	1/2 Cup	350	68	1.63	0.56	18.26
Low Fat Milk, 1%	1 Each	150	130	0.00	11.0	16.0
Chocolate Milk, NonFat	1 Each	350	120	0.00	9.0	21.0
Ketchup Pkt.	1 each	50	10	0.00	0.0	2.0
Mustard Pkt.	1 each	50	5	0.00	0.0	0.0
Mayo Pkt	1	50	70	0.00	0.0	0.0
BBQ Sauce Cup	1 ea	50	40	0.00	0.0	10.0
Soy Sauce Pkt.	1 each	50	0	0.00	0.0	0.0
ranch dressing	pkt	50	70	0.00	0.0	1.0
Tapatio Sauce	1 each	50	0	0.00	0.0	0.0
Weighted Daily Average			706	7.21	29.85	99.56
% of Calories					16.9%	56.4%
Nutrient Guideline			750-850			

Mon - 12/20/2021						
Middle School Lunch Menu	Total	1				
NO SCHOOL TODAY	SERVING	1	0	0.00	0.0	0.0
Weighted Daily Average			0	0.00	0.00	0.00
% of Calories					0.0%	0.0%
Nutrient Guideline			750-850			

Tue - 12/21/2021						
Middle School Lunch Menu	Total	1				
NO SCHOOL TODAY	SERVING	1	0	0.00	0.0	0.0
Weighted Daily Average			0	0.00	0.00	0.00
% of Calories					0.0%	0.0%
Nutrient Guideline			750-850			

Wed - 12/22/2021						
Middle School Lunch Menu	Total	1				
NO SCHOOL TODAY	SERVING	1	0	0.00	0.0	0.0

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# Central Unified Food Services

Dec 1, 2021 thru Dec 31, 2021

Base Menu Spreadsheet

Middle School Lunch Menu

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Fiber (g)	Protn (g)	Carb (g)
Weighted Daily Average			0	0.00	0.00	0.00
% of Calories					0.0%	0.0%
Nutrient Guideline			750-850			

Thu - 12/23/2021						
Middle School Lunch Menu	Total	1				
NO SCHOOL TODAY	SERVING	1	0	0.00	0.0	0.0
Weighted Daily Average			0	0.00	0.00	0.00
% of Calories					0.0%	0.0%
Nutrient Guideline			750-850			

Fri - 12/24/2021						
Middle School Lunch Menu	Total	1				
NO SCHOOL TODAY	SERVING	1	0	0.00	0.0	0.0
Weighted Daily Average			0	0.00	0.00	0.00
% of Calories					0.0%	0.0%
Nutrient Guideline			750-850			

Mon - 12/27/2021						
Middle School Lunch Menu	Total	1				
NO SCHOOL TODAY	SERVING	1	0	0.00	0.0	0.0
Weighted Daily Average			0	0.00	0.00	0.00
% of Calories					0.0%	0.0%
Nutrient Guideline			750-850			

Tue - 12/28/2021						
Middle School Lunch Menu	Total	1				
NO SCHOOL TODAY	SERVING	1	0	0.00	0.0	0.0
Weighted Daily Average			0	0.00	0.00	0.00
% of Calories					0.0%	0.0%
Nutrient Guideline			750-850			

Wed - 12/29/2021						
Middle School Lunch Menu	Total	1				
NO SCHOOL TODAY	SERVING	1	0	0.00	0.0	0.0
Weighted Daily Average			0	0.00	0.00	0.00
% of Calories					0.0%	0.0%
Nutrient Guideline			750-850			

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# Central Unified Food Services

Dec 1, 2021 thru Dec 31, 2021

Base Menu Spreadsheet

Middle School Lunch Menu

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Fiber (g)	Protn (g)	Carb (g)
Thu - 12/30/2021						
Middle School Lunch Menu	Total	1				
NO SCHOOL TODAY	SERVING	1	0	0.00	0.0	0.0
Weighted Daily Average			0	0.00	0.00	0.00
% of Calories					0.0%	0.0%
Nutrient Guideline			750-850			

Fri - 12/31/2021						
Middle School Lunch Menu	Total	1				
NO SCHOOL TODAY	SERVING	1	0	0.00	0.0	0.0
Weighted Daily Average			0	0.00	0.00	0.00
% of Calories					0.0%	0.0%
Nutrient Guideline			750-850			

Weighted Average			740	7.22	32.61 17.6%	96.62 52.2%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	740		750 - 850	99%		10		Correction Required - Calories are Low
Fiber (g)	7.22							
Protein (g)	32.61	17.62%						
Carbohydrate (g)	96.62	52.20%						

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