

Central Unified Food Services

Jan 8, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

East & West Snack Bar

Portion Values - Detailed

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Generated on: 1/5/2018 10:38:10 AM

	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)
Mon - 01/08/2018																
East & West Snack Bar	Total	150														
Chicken Patty on a Bun	1 each	25	350	55	980	4.00	3.60	100.0	100	0.0	4	22.0	41.0	13.0	2.50	0.00
Lettuce Pickle Cup	1 each	25	21	0	184	2.77	1.02	44.0	6572	27.2	*N/A*	1.13	3.9	0.0	0.00	0.00
Pizza, Big Daddy Cheese	1 Each	25	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	25	380	30	700	2.00	2.70	250.0	400	0.0	*N/A*	19.0	44.0	15.0	7.00	0.00
Chicken Tenders WG, 6 each	6 Each	50	420	110	1460	2.00	3.60	40.0	200	0.0	2	30.0	26.0	22.0	4.00	0.00
PBJ Grape WW Sandwich	1 Each	25	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	150	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	150	19	1	36	1.40	0.60	26.1	4699	16.66	*0	0.85	3.04	0.31	0.08	*0.00
Applesauce Cup	1 each	175	51	0	2	1.00	0.30	5.0	35	1.2	12	0.2	14.0	0.1	0.01	0.00
Raisins, Box	1 Box	75	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	100	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	25	10	0	85	0.00	0.00	0.0	0	0.0	2	0.0	2.0	0.0	0.00	0.00
Mayo Pkt	1	25	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	25	40	0	200	0.00	0.36	0.0	100	3.6	8	0.0	10.0	0.0	0.00	0.00
ranch dressing	pkt	25	70	5	75	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	7.0	1.00	0.00
Marinara Sauce Cup	1 each	25	15	0	120	1.00	0.36	0.0	100	1.2	2	1.0	3.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			749	67	1355	9.06	5.31	533.7	16085	27.83	*22 *11.8%	34.85 18.6%	103.67 55.4%	23.52 28.3%	6.20 7.4%	*0.00 *0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Central Unified Food Services

Jan 8, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

East & West Snack Bar

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 - 01/09/2018																
East & West Snack Bar	Total	150														
Chicken Patty on a Bun	1 each	25	350	55	980	4.00	3.60	100.0	100	0.0	4	22.0	41.0	13.0	2.50	0.00
Lettuce Pickle Cup	1 each	25	21	0	184	2.77	1.02	44.0	6572	27.2	*N/A*	1.13	3.9	0.0	0.00	0.00
Pizza, Big Daddy Cheese	1 Each	25	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	25	380	30	700	2.00	2.70	250.0	400	0.0	*N/A*	19.0	44.0	15.0	7.00	0.00
Chicken Tenders WG, 6 each	6 Each	50	420	110	1460	2.00	3.60	40.0	200	0.0	2	30.0	26.0	22.0	4.00	0.00
PBJ Grape WW Sandwich	1 Each	25	630	0	620	7.00	1.80	60.0	0	0.0	28	19.0	64.0	33.0	7.00	0.00
Jicama	1/2 Cup	150	25	0	4	1.12	0.36	9.0	0	12.0	*N/A*	0.85	5.25	0.0	0.00	*N/A*
Salad with Ranch	1 Cup	150	19	1	36	1.40	0.60	26.1	4699	16.66	*0	0.85	3.04	0.31	0.08	*0.00
Orange, Fresh	1 each	150	54	0	0	2.69	0.11	45.0	255	60.34	*N/A*	1.07	13.32	0.14	0.02	0.00
Raisins, Box	1 Box	75	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	100	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	25	10	0	85	0.00	0.00	0.0	0	0.0	2	0.0	2.0	0.0	0.00	0.00
Mayo Pkt	1	25	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	25	40	0	200	0.00	0.36	0.0	100	3.6	8	0.0	10.0	0.0	0.00	0.00
ranch dressing	pkt	25	70	5	75	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	7.0	1.00	0.00
Marinara Sauce Cup	1 each	25	15	0	120	1.00	0.36	0.0	100	1.2	2	1.0	3.0	0.0	0.00	0.00
Weighted Daily Average			743	67	1302	9.70	4.71	561.9	6800	96.37	*8	36.53	99.92	23.54	6.21	*0.00
% of Calories											*4.4%	19.7%	53.8%	28.5%	7.5%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Base Menu Spreadsheet

East & West Snack Bar

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)
Wed - 01/10/2018																
East & West Snack Bar	Total	150														
Chicken Patty on a Bun	1 each	25	350	55	980	4.00	3.60	100.0	100	0.0	4	22.0	41.0	13.0	2.50	0.00
Lettuce Pickle Cup	1 each	25	21	0	184	2.77	1.02	44.0	6572	27.2	*N/A*	1.13	3.9	0.0	0.00	0.00
Pizza, Big Daddy Cheese	1 Each	25	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	25	380	30	700	2.00	2.70	250.0	400	0.0	*N/A*	19.0	44.0	15.0	7.00	0.00
Chicken Tenders WG, 6 each	6 Each	50	420	110	1460	2.00	3.60	40.0	200	0.0	2	30.0	26.0	22.0	4.00	0.00
PBJ Grape WW Sandwich	1 Each	25	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	125	25	0	55	2.00	0.72	20.0	9500	2.4	*N/A*	0.0	6.0	0.0	0.00	0.00
French Fries, Waffle Cut	1/2 Cup	140	170	0	600	2.00	0.72	0.0	0	6.0	*N/A*	2.0	22.0	8.0	1.00	0.00
Fruit Cup, Peaches	1 each	125	80	0	0	1.00	0.00	0.0	0	0.0	16	1.0	19.0	0.0	0.00	0.00
Raisins, Box	1 Box	75	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	100	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	25	10	0	85	0.00	0.00	0.0	0	0.0	2	0.0	2.0	0.0	0.00	0.00
Mayo Pkt	1	25	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	25	40	0	200	0.00	0.36	0.0	100	3.6	8	0.0	10.0	0.0	0.00	0.00
ranch dressing	pkt	25	70	5	75	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	7.0	1.00	0.00
Marinara Sauce Cup	1 each	25	15	0	120	1.00	0.36	0.0	100	1.2	2	1.0	3.0	0.0	0.00	0.00
Weighted Daily Average			892	66	1868	8.86	4.92	498.5	9762	14.97	*21	36.47	119.67	30.55	7.04	0.00
% of Calories											*9.6%	16.4%	53.7%	30.8%	7.1%	0.0%
Nutrient Guideline			750-850		1420										<10.00	

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East & West Snack Bar

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)
Thu - 01/11/2018																
East & West Snack Bar	Total	150														
Chicken Patty on a Bun	1 each	25	350	55	980	4.00	3.60	100.0	100	0.0	4	22.0	41.0	13.0	2.50	0.00
Lettuce Pickle Cup	1 each	25	21	0	184	2.77	1.02	44.0	6572	27.2	*N/A*	1.13	3.9	0.0	0.00	0.00
Pizza, Big Daddy Cheese	1 Each	25	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	25	380	30	700	2.00	2.70	250.0	400	0.0	*N/A*	19.0	44.0	15.0	7.00	0.00
Chicken Tenders WG, 6 each	6 Each	50	420	110	1460	2.00	3.60	40.0	200	0.0	2	30.0	26.0	22.0	4.00	0.00
PBJ Grape WW Sandwich	1 Each	25	630	0	620	7.00	1.80	60.0	0	0.0	28	19.0	64.0	33.0	7.00	0.00
Jicama	1/2 Cup	150	25	0	4	1.12	0.36	9.0	0	12.0	*N/A*	0.85	5.25	0.0	0.00	*N/A*
Salad with Ranch	1 Cup	50	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	150	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	75	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	100	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	25	10	0	85	0.00	0.00	0.0	0	0.0	2	0.0	2.0	0.0	0.00	0.00
Mayo Pkt	1	25	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	25	40	0	200	0.00	0.36	0.0	100	3.6	8	0.0	10.0	0.0	0.00	0.00
ranch dressing	pkt	25	70	5	75	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	7.0	1.00	0.00
Marinara Sauce Cup	1 each	25	15	0	120	1.00	0.36	0.0	100	1.2	2	1.0	3.0	0.0	0.00	0.00
Weighted Daily Average			748	66	1279	9.39	4.37	507.8	3486	31.27	*22	35.26	103.62	23.42	6.17	*0.00
% of Calories											*12.0%	18.8%	55.4%	28.2%	7.4%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Fri - 01/12/2018																
East & West Snack Bar	Total	150														
Chicken Patty on a Bun	1 each	25	350	55	980	4.00	3.60	100.0	100	0.0	4	22.0	41.0	13.0	2.50	0.00
Lettuce Pickle Cup	1 each	25	21	0	184	2.77	1.02	44.0	6572	27.2	*N/A*	1.13	3.9	0.0	0.00	0.00
Pizza, Big Daddy Cheese	1 Each	25	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	25	380	30	700	2.00	2.70	250.0	400	0.0	*N/A*	19.0	44.0	15.0	7.00	0.00
Chicken Tenders WG, 6 each	6 Each	50	420	110	1460	2.00	3.60	40.0	200	0.0	2	30.0	26.0	22.0	4.00	0.00
PBJ Grape WW Sandwich	1 Each	25	630	0	620	7.00	1.80	60.0	0	0.0	28	19.0	64.0	33.0	7.00	0.00
Garbonzo Beans	1/2 Cup	150	143	0	140	5.30	1.62	38.0	29	4.6	*N/A*	5.94	27.14	1.37	0.14	0.00
Baby Carrots	1/2 Cup	150	25	0	55	2.00	0.72	20.0	9500	2.4	*N/A*	0.0	6.0	0.0	0.00	0.00
Applesauce Cup	1 each	150	51	0	2	1.00	0.30	5.0	35	1.2	12	0.2	14.0	0.1	0.01	0.00
Raisins, Box	1 Box	75	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	100	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	25	10	0	85	0.00	0.00	0.0	0	0.0	2	0.0	2.0	0.0	0.00	0.00
Mayo Pkt	1	25	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	25	40	0	200	0.00	0.36	0.0	100	3.6	8	0.0	10.0	0.0	0.00	0.00
ranch dressing	pkt	25	70	5	75	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	7.0	1.00	0.00
Marinara Sauce Cup	1 each	25	15	0	120	1.00	0.36	0.0	100	1.2	2	1.0	3.0	0.0	0.00	0.00
Weighted Daily Average			865	66	1459	12.80	6.29	544.8	11409	15.56	*20	39.91	125.45	24.55	6.26	0.00
% of Calories											*9.2%	18.5%	58.0%	25.5%	6.5%	0.0%
Nutrient Guideline			750-850		1420										<10.00	

Mon - 01/15/2018																
East & West Snack Bar	Total	1														
NO SCHOOL TODAY	SERVING	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
% of Calories											0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline			750-850		1420										<10.00	

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	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 - 01/16/2018																
East & West Snack Bar	Total	150														
Chicken Patty on a Bun	1 each	25	350	55	980	4.00	3.60	100.0	100	0.0	4	22.0	41.0	13.0	2.50	0.00
Lettuce Pickle Cup	1 each	25	21	0	184	2.77	1.02	44.0	6572	27.2	*N/A*	1.13	3.9	0.0	0.00	0.00
Pizza, Big Daddy Cheese	1 Each	25	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	25	380	30	700	2.00	2.70	250.0	400	0.0	*N/A*	19.0	44.0	15.0	7.00	0.00
Chicken Tenders WG, 6 each	6 Each	50	420	110	1460	2.00	3.60	40.0	200	0.0	2	30.0	26.0	22.0	4.00	0.00
PBJ Grape WW Sandwich	1 Each	25	630	0	620	7.00	1.80	60.0	0	0.0	28	19.0	64.0	33.0	7.00	0.00
Jicama	1/2 Cup	150	25	0	4	1.12	0.36	9.0	0	12.0	*N/A*	0.85	5.25	0.0	0.00	*N/A*
Salad with Ranch	1 Cup	150	19	1	36	1.40	0.60	26.1	4699	16.66	*0	0.85	3.04	0.31	0.08	*0.00
Orange, Fresh	1 each	150	54	0	0	2.69	0.11	45.0	255	60.34	*N/A*	1.07	13.32	0.14	0.02	0.00
Raisins, Box	1 Box	75	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	100	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	25	10	0	85	0.00	0.00	0.0	0	0.0	2	0.0	2.0	0.0	0.00	0.00
Mayo Pkt	1	25	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	25	40	0	200	0.00	0.36	0.0	100	3.6	8	0.0	10.0	0.0	0.00	0.00
ranch dressing	pkt	25	70	5	75	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	7.0	1.00	0.00
Marinara Sauce Cup	1 each	25	15	0	120	1.00	0.36	0.0	100	1.2	2	1.0	3.0	0.0	0.00	0.00
Weighted Daily Average			743	67	1302	9.70	4.71	561.9	6800	96.37	*8	36.53	99.92	23.54	6.21	*0.00
% of Calories											*4.4%	19.7%	53.8%	28.5%	7.5%	*0.0%
Nutrient Guideline			750-850		1420										<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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Central Unified Food Services

Jan 8, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

East & West Snack Bar

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)
Wed - 01/17/2018																
East & West Snack Bar	Total	150														
Chicken Patty on a Bun	1 each	25	350	55	980	4.00	3.60	100.0	100	0.0	4	22.0	41.0	13.0	2.50	0.00
Lettuce Pickle Cup	1 each	25	21	0	184	2.77	1.02	44.0	6572	27.2	*N/A*	1.13	3.9	0.0	0.00	0.00
Pizza, Big Daddy Cheese	1 Each	25	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	25	380	30	700	2.00	2.70	250.0	400	0.0	*N/A*	19.0	44.0	15.0	7.00	0.00
Chicken Tenders WG, 6 each	6 Each	50	420	110	1460	2.00	3.60	40.0	200	0.0	2	30.0	26.0	22.0	4.00	0.00
PBJ Grape WW Sandwich	1 Each	25	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	125	25	0	55	2.00	0.72	20.0	9500	2.4	*N/A*	0.0	6.0	0.0	0.00	0.00
French Fries, Waffle Cut	1/2 Cup	140	170	0	600	2.00	0.72	0.0	0	6.0	*N/A*	2.0	22.0	8.0	1.00	0.00
Fruit Cup, Peaches	1 each	125	80	0	0	1.00	0.00	0.0	0	0.0	16	1.0	19.0	0.0	0.00	0.00
Raisins, Box	1 Box	75	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	100	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	25	10	0	85	0.00	0.00	0.0	0	0.0	2	0.0	2.0	0.0	0.00	0.00
Mayo Pkt	1	25	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	25	40	0	200	0.00	0.36	0.0	100	3.6	8	0.0	10.0	0.0	0.00	0.00
ranch dressing	pkt	25	70	5	75	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	7.0	1.00	0.00
Marinara Sauce Cup	1 each	25	15	0	120	1.00	0.36	0.0	100	1.2	2	1.0	3.0	0.0	0.00	0.00
Weighted Daily Average			892	66	1868	8.86	4.92	498.5	9762	14.97	*21	36.47	119.67	30.55	7.04	0.00
% of Calories											*9.6%	16.4%	53.7%	30.8%	7.1%	0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Central Unified Food Services

Jan 8, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

East & West Snack Bar

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)
Thu - 01/18/2018																
East & West Snack Bar	Total	150														
Chicken Patty on a Bun	1 each	25	350	55	980	4.00	3.60	100.0	100	0.0	4	22.0	41.0	13.0	2.50	0.00
Lettuce Pickle Cup	1 each	25	21	0	184	2.77	1.02	44.0	6572	27.2	*N/A*	1.13	3.9	0.0	0.00	0.00
Pizza, Big Daddy Cheese	1 Each	25	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	25	380	30	700	2.00	2.70	250.0	400	0.0	*N/A*	19.0	44.0	15.0	7.00	0.00
Chicken Tenders WG, 6 each	6 Each	50	420	110	1460	2.00	3.60	40.0	200	0.0	2	30.0	26.0	22.0	4.00	0.00
PBJ Grape WW Sandwich	1 Each	25	630	0	620	7.00	1.80	60.0	0	0.0	28	19.0	64.0	33.0	7.00	0.00
Jicama	1/2 Cup	150	25	0	4	1.12	0.36	9.0	0	12.0	*N/A*	0.85	5.25	0.0	0.00	*N/A*
Salad with Ranch	1 Cup	50	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	150	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	75	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	100	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	25	10	0	85	0.00	0.00	0.0	0	0.0	2	0.0	2.0	0.0	0.00	0.00
Mayo Pkt	1	25	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	25	40	0	200	0.00	0.36	0.0	100	3.6	8	0.0	10.0	0.0	0.00	0.00
ranch dressing	pkt	25	70	5	75	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	7.0	1.00	0.00
Marinara Sauce Cup	1 each	25	15	0	120	1.00	0.36	0.0	100	1.2	2	1.0	3.0	0.0	0.00	0.00
Weighted Daily Average			748	66	1279	9.39	4.37	507.8	3486	31.27	*22	35.26	103.62	23.42	6.17	*0.00
% of Calories											*12.0%	18.8%	55.4%	28.2%	7.4%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Central Unified Food Services

Jan 8, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

East & West Snack Bar

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 - 01/19/2018																
East & West Snack Bar	Total	150														
Chicken Patty on a Bun	1 each	25	350	55	980	4.00	3.60	100.0	100	0.0	4	22.0	41.0	13.0	2.50	0.00
Lettuce Pickle Cup	1 each	25	21	0	184	2.77	1.02	44.0	6572	27.2	*N/A*	1.13	3.9	0.0	0.00	0.00
Pizza, Big Daddy Cheese	1 Each	25	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	25	380	30	700	2.00	2.70	250.0	400	0.0	*N/A*	19.0	44.0	15.0	7.00	0.00
Chicken Tenders WG, 6 each	6 Each	50	420	110	1460	2.00	3.60	40.0	200	0.0	2	30.0	26.0	22.0	4.00	0.00
PBJ Grape WW Sandwich	1 Each	25	630	0	620	7.00	1.80	60.0	0	0.0	28	19.0	64.0	33.0	7.00	0.00
beans, vegetarian	1/2 cup	150	130	0	520	9.00	1.80	80.0	0	2.4	*N/A*	7.0	24.0	0.0	0.00	0.00
Baby Carrots	1/2 Cup	150	25	0	55	2.00	0.72	20.0	9500	2.4	*N/A*	0.0	6.0	0.0	0.00	0.00
Applesauce Cup	1 each	150	51	0	2	1.00	0.30	5.0	35	1.2	12	0.2	14.0	0.1	0.01	0.00
Raisins, Box	1 Box	75	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	100	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	25	10	0	85	0.00	0.00	0.0	0	0.0	2	0.0	2.0	0.0	0.00	0.00
Mayo Pkt	1	25	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	25	40	0	200	0.00	0.36	0.0	100	3.6	8	0.0	10.0	0.0	0.00	0.00
ranch dressing	pkt	25	70	5	75	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	7.0	1.00	0.00
Marinara Sauce Cup	1 each	25	15	0	120	1.00	0.36	0.0	100	1.2	2	1.0	3.0	0.0	0.00	0.00
Weighted Daily Average			852	66	1839	16.49	6.47	586.8	11380	13.37	*20	40.97	122.31	23.18	6.11	0.00
% of Calories											*9.4%	19.2%	57.4%	24.5%	6.5%	0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Central Unified Food Services

Jan 8, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

East & West Snack Bar

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)
Mon - 01/22/2018																
East & West Snack Bar	Total	150														
Chicken Patty on a Bun	1 each	25	350	55	980	4.00	3.60	100.0	100	0.0	4	22.0	41.0	13.0	2.50	0.00
Lettuce Pickle Cup	1 each	25	21	0	184	2.77	1.02	44.0	6572	27.2	*N/A*	1.13	3.9	0.0	0.00	0.00
Pizza, Big Daddy Cheese	1 Each	25	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	25	380	30	700	2.00	2.70	250.0	400	0.0	*N/A*	19.0	44.0	15.0	7.00	0.00
Chicken Tenders WG, 6 each	6 Each	50	420	110	1460	2.00	3.60	40.0	200	0.0	2	30.0	26.0	22.0	4.00	0.00
PBJ Grape WW Sandwich	1 Each	25	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	150	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	150	19	1	36	1.40	0.60	26.1	4699	16.66	*0	0.85	3.04	0.31	0.08	*0.00
Applesauce Cup	1 each	175	51	0	2	1.00	0.30	5.0	35	1.2	12	0.2	14.0	0.1	0.01	0.00
Raisins, Box	1 Box	75	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	100	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	25	10	0	85	0.00	0.00	0.0	0	0.0	2	0.0	2.0	0.0	0.00	0.00
Mayo Pkt	1	25	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	25	40	0	200	0.00	0.36	0.0	100	3.6	8	0.0	10.0	0.0	0.00	0.00
ranch dressing	pkt	25	70	5	75	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	7.0	1.00	0.00
Marinara Sauce Cup	1 each	25	15	0	120	1.00	0.36	0.0	100	1.2	2	1.0	3.0	0.0	0.00	0.00
Weighted Daily Average			749	67	1355	9.06	5.31	533.7	16085	27.83	*22	34.85	103.67	23.52	6.20	*0.00
% of Calories											*11.8%	18.6%	55.4%	28.3%	7.4%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Central Unified Food Services

Jan 8, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

East & West Snack Bar

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 - 01/23/2018																
East & West Snack Bar	Total	150														
Chicken Patty on a Bun	1 each	25	350	55	980	4.00	3.60	100.0	100	0.0	4	22.0	41.0	13.0	2.50	0.00
Lettuce Pickle Cup	1 each	25	21	0	184	2.77	1.02	44.0	6572	27.2	*N/A*	1.13	3.9	0.0	0.00	0.00
Pizza, Big Daddy Cheese	1 Each	25	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	25	380	30	700	2.00	2.70	250.0	400	0.0	*N/A*	19.0	44.0	15.0	7.00	0.00
Chicken Tenders WG, 6 each	6 Each	50	420	110	1460	2.00	3.60	40.0	200	0.0	2	30.0	26.0	22.0	4.00	0.00
PBJ Grape WW Sandwich	1 Each	25	630	0	620	7.00	1.80	60.0	0	0.0	28	19.0	64.0	33.0	7.00	0.00
Jicama	1/2 Cup	150	25	0	4	1.12	0.36	9.0	0	12.0	*N/A*	0.85	5.25	0.0	0.00	*N/A*
Salad with Ranch	1 Cup	150	19	1	36	1.40	0.60	26.1	4699	16.66	*0	0.85	3.04	0.31	0.08	*0.00
Orange, Fresh	1 each	150	54	0	0	2.69	0.11	45.0	255	60.34	*N/A*	1.07	13.32	0.14	0.02	0.00
Raisins, Box	1 Box	75	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	100	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	25	10	0	85	0.00	0.00	0.0	0	0.0	2	0.0	2.0	0.0	0.00	0.00
Mayo Pkt	1	25	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	25	40	0	200	0.00	0.36	0.0	100	3.6	8	0.0	10.0	0.0	0.00	0.00
ranch dressing	pkt	25	70	5	75	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	7.0	1.00	0.00
Marinara Sauce Cup	1 each	25	15	0	120	1.00	0.36	0.0	100	1.2	2	1.0	3.0	0.0	0.00	0.00
Weighted Daily Average			743	67	1302	9.70	4.71	561.9	6800	96.37	*8	36.53	99.92	23.54	6.21	*0.00
% of Calories											*4.4%	19.7%	53.8%	28.5%	7.5%	*0.0%
Nutrient Guideline			750-850		1420										<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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Central Unified Food Services

Jan 8, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

East & West Snack Bar

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)
Wed - 01/24/2018																
East & West Snack Bar	Total	150														
Chicken Patty on a Bun	1 each	25	350	55	980	4.00	3.60	100.0	100	0.0	4	22.0	41.0	13.0	2.50	0.00
Lettuce Pickle Cup	1 each	25	21	0	184	2.77	1.02	44.0	6572	27.2	*N/A*	1.13	3.9	0.0	0.00	0.00
Pizza, Big Daddy Cheese	1 Each	25	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	25	380	30	700	2.00	2.70	250.0	400	0.0	*N/A*	19.0	44.0	15.0	7.00	0.00
Chicken Tenders WG, 6 each	6 Each	50	420	110	1460	2.00	3.60	40.0	200	0.0	2	30.0	26.0	22.0	4.00	0.00
PBJ Grape WW Sandwich	1 Each	25	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	125	25	0	55	2.00	0.72	20.0	9500	2.4	*N/A*	0.0	6.0	0.0	0.00	0.00
French Fries, Waffle Cut	1/2 Cup	140	170	0	600	2.00	0.72	0.0	0	6.0	*N/A*	2.0	22.0	8.0	1.00	0.00
Fruit Cup, Peaches	1 each	125	80	0	0	1.00	0.00	0.0	0	0.0	16	1.0	19.0	0.0	0.00	0.00
Raisins, Box	1 Box	75	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	100	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	25	10	0	85	0.00	0.00	0.0	0	0.0	2	0.0	2.0	0.0	0.00	0.00
Mayo Pkt	1	25	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	25	40	0	200	0.00	0.36	0.0	100	3.6	8	0.0	10.0	0.0	0.00	0.00
ranch dressing	pkt	25	70	5	75	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	7.0	1.00	0.00
Marinara Sauce Cup	1 each	25	15	0	120	1.00	0.36	0.0	100	1.2	2	1.0	3.0	0.0	0.00	0.00
Weighted Daily Average			892	66	1868	8.86	4.92	498.5	9762	14.97	*21	36.47	119.67	30.55	7.04	0.00
% of Calories											*9.6%	16.4%	53.7%	30.8%	7.1%	0.0%
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

Jan 8, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

East & West Snack Bar

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)
Thu - 01/25/2018																
East & West Snack Bar	Total	150														
Chicken Patty on a Bun	1 each	25	350	55	980	4.00	3.60	100.0	100	0.0	4	22.0	41.0	13.0	2.50	0.00
Lettuce Pickle Cup	1 each	25	21	0	184	2.77	1.02	44.0	6572	27.2	*N/A*	1.13	3.9	0.0	0.00	0.00
Pizza, Big Daddy Cheese	1 Each	25	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	25	380	30	700	2.00	2.70	250.0	400	0.0	*N/A*	19.0	44.0	15.0	7.00	0.00
Chicken Tenders WG, 6 each	6 Each	50	420	110	1460	2.00	3.60	40.0	200	0.0	2	30.0	26.0	22.0	4.00	0.00
PBJ Grape WW Sandwich	1 Each	25	630	0	620	7.00	1.80	60.0	0	0.0	28	19.0	64.0	33.0	7.00	0.00
Jicama	1/2 Cup	150	25	0	4	1.12	0.36	9.0	0	12.0	*N/A*	0.85	5.25	0.0	0.00	*N/A*
Salad with Ranch	1 Cup	50	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	150	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	75	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	100	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	25	10	0	85	0.00	0.00	0.0	0	0.0	2	0.0	2.0	0.0	0.00	0.00
Mayo Pkt	1	25	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	25	40	0	200	0.00	0.36	0.0	100	3.6	8	0.0	10.0	0.0	0.00	0.00
ranch dressing	pkt	25	70	5	75	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	7.0	1.00	0.00
Marinara Sauce Cup	1 each	25	15	0	120	1.00	0.36	0.0	100	1.2	2	1.0	3.0	0.0	0.00	0.00
Weighted Daily Average			748	66	1279	9.39	4.37	507.8	3486	31.27	*22	35.26	103.62	23.42	6.17	*0.00
% of Calories											*12.0%	18.8%	55.4%	28.2%	7.4%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Central Unified Food Services

Jan 8, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

East & West Snack Bar

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 - 01/26/2018																
East & West Snack Bar	Total	150														
Chicken Patty on a Bun	1 each	25	350	55	980	4.00	3.60	100.0	100	0.0	4	22.0	41.0	13.0	2.50	0.00
Lettuce Pickle Cup	1 each	25	21	0	184	2.77	1.02	44.0	6572	27.2	*N/A*	1.13	3.9	0.0	0.00	0.00
Pizza, Big Daddy Cheese	1 Each	25	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	25	380	30	700	2.00	2.70	250.0	400	0.0	*N/A*	19.0	44.0	15.0	7.00	0.00
Chicken Tenders WG, 6 each	6 Each	50	420	110	1460	2.00	3.60	40.0	200	0.0	2	30.0	26.0	22.0	4.00	0.00
PBJ Grape WW Sandwich	1 Each	25	630	0	620	7.00	1.80	60.0	0	0.0	28	19.0	64.0	33.0	7.00	0.00
Garbonzo Beans	1/2 Cup	150	143	0	140	5.30	1.62	38.0	29	4.6	*N/A*	5.94	27.14	1.37	0.14	0.00
Baby Carrots	1/2 Cup	150	25	0	55	2.00	0.72	20.0	9500	2.4	*N/A*	0.0	6.0	0.0	0.00	0.00
Applesauce Cup	1 each	150	51	0	2	1.00	0.30	5.0	35	1.2	12	0.2	14.0	0.1	0.01	0.00
Raisins, Box	1 Box	75	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	100	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	25	10	0	85	0.00	0.00	0.0	0	0.0	2	0.0	2.0	0.0	0.00	0.00
Mayo Pkt	1	25	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	25	40	0	200	0.00	0.36	0.0	100	3.6	8	0.0	10.0	0.0	0.00	0.00
ranch dressing	pkt	25	70	5	75	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	7.0	1.00	0.00
Marinara Sauce Cup	1 each	25	15	0	120	1.00	0.36	0.0	100	1.2	2	1.0	3.0	0.0	0.00	0.00
Weighted Daily Average			865	66	1459	12.80	6.29	544.8	11409	15.56	*20	39.91	125.45	24.55	6.26	0.00
% of Calories											*9.2%	18.5%	58.0%	25.5%	6.5%	0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Central Unified Food Services

Jan 8, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

East & West Snack Bar

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)
Mon - 01/29/2018																
East & West Snack Bar	Total	150														
Chicken Patty on a Bun	1 each	25	350	55	980	4.00	3.60	100.0	100	0.0	4	22.0	41.0	13.0	2.50	0.00
Lettuce Pickle Cup	1 each	25	21	0	184	2.77	1.02	44.0	6572	27.2	*N/A*	1.13	3.9	0.0	0.00	0.00
Pizza, Big Daddy Cheese	1 Each	25	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	25	380	30	700	2.00	2.70	250.0	400	0.0	*N/A*	19.0	44.0	15.0	7.00	0.00
Chicken Tenders WG, 6 each	6 Each	50	420	110	1460	2.00	3.60	40.0	200	0.0	2	30.0	26.0	22.0	4.00	0.00
PBJ Grape WW Sandwich	1 Each	25	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	150	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	150	19	1	36	1.40	0.60	26.1	4699	16.66	*0	0.85	3.04	0.31	0.08	*0.00
Applesauce Cup	1 each	175	51	0	2	1.00	0.30	5.0	35	1.2	12	0.2	14.0	0.1	0.01	0.00
Raisins, Box	1 Box	75	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	100	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	25	10	0	85	0.00	0.00	0.0	0	0.0	2	0.0	2.0	0.0	0.00	0.00
Mayo Pkt	1	25	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	25	40	0	200	0.00	0.36	0.0	100	3.6	8	0.0	10.0	0.0	0.00	0.00
ranch dressing	pkt	25	70	5	75	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	7.0	1.00	0.00
Marinara Sauce Cup	1 each	25	15	0	120	1.00	0.36	0.0	100	1.2	2	1.0	3.0	0.0	0.00	0.00
Weighted Daily Average			749	67	1355	9.06	5.31	533.7	16085	27.83	*22	34.85	103.67	23.52	6.20	*0.00
% of Calories											*11.8%	18.6%	55.4%	28.3%	7.4%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Central Unified Food Services

Jan 8, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

East & West Snack Bar

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 - 01/30/2018																
East & West Snack Bar	Total	150														
Chicken Patty on a Bun	1 each	25	350	55	980	4.00	3.60	100.0	100	0.0	4	22.0	41.0	13.0	2.50	0.00
Lettuce Pickle Cup	1 each	25	21	0	184	2.77	1.02	44.0	6572	27.2	*N/A*	1.13	3.9	0.0	0.00	0.00
Pizza, Big Daddy Cheese	1 Each	25	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	25	380	30	700	2.00	2.70	250.0	400	0.0	*N/A*	19.0	44.0	15.0	7.00	0.00
Chicken Tenders WG, 6 each	6 Each	50	420	110	1460	2.00	3.60	40.0	200	0.0	2	30.0	26.0	22.0	4.00	0.00
PBJ Grape WW Sandwich	1 Each	25	630	0	620	7.00	1.80	60.0	0	0.0	28	19.0	64.0	33.0	7.00	0.00
Jicama	1/2 Cup	150	25	0	4	1.12	0.36	9.0	0	12.0	*N/A*	0.85	5.25	0.0	0.00	*N/A*
Salad with Ranch	1 Cup	150	19	1	36	1.40	0.60	26.1	4699	16.66	*0	0.85	3.04	0.31	0.08	*0.00
Orange, Fresh	1 each	150	54	0	0	2.69	0.11	45.0	255	60.34	*N/A*	1.07	13.32	0.14	0.02	0.00
Raisins, Box	1 Box	75	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	100	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	25	10	0	85	0.00	0.00	0.0	0	0.0	2	0.0	2.0	0.0	0.00	0.00
Mayo Pkt	1	25	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	25	40	0	200	0.00	0.36	0.0	100	3.6	8	0.0	10.0	0.0	0.00	0.00
ranch dressing	pkt	25	70	5	75	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	7.0	1.00	0.00
Marinara Sauce Cup	1 each	25	15	0	120	1.00	0.36	0.0	100	1.2	2	1.0	3.0	0.0	0.00	0.00
Weighted Daily Average			743	67	1302	9.70	4.71	561.9	6800	96.37	*8	36.53	99.92	23.54	6.21	*0.00
% of Calories											*4.4%	19.7%	53.8%	28.5%	7.5%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Central Unified Food Services

Jan 8, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

East & West Snack Bar

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)
Wed - 01/31/2018																
East & West Snack Bar	Total	150														
Chicken Patty on a Bun	1 each	25	350	55	980	4.00	3.60	100.0	100	0.0	4	22.0	41.0	13.0	2.50	0.00
Lettuce Pickle Cup	1 each	25	21	0	184	2.77	1.02	44.0	6572	27.2	*N/A*	1.13	3.9	0.0	0.00	0.00
Pizza, Big Daddy Cheese	1 Each	25	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	25	380	30	700	2.00	2.70	250.0	400	0.0	*N/A*	19.0	44.0	15.0	7.00	0.00
Chicken Tenders WG, 6 each	6 Each	50	420	110	1460	2.00	3.60	40.0	200	0.0	2	30.0	26.0	22.0	4.00	0.00
PBJ Grape WW Sandwich	1 Each	25	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	125	25	0	55	2.00	0.72	20.0	9500	2.4	*N/A*	0.0	6.0	0.0	0.00	0.00
French Fries, Waffle Cut	1/2 Cup	140	170	0	600	2.00	0.72	0.0	0	6.0	*N/A*	2.0	22.0	8.0	1.00	0.00
Fruit Cup, Peaches	1 each	125	80	0	0	1.00	0.00	0.0	0	0.0	16	1.0	19.0	0.0	0.00	0.00
Raisins, Box	1 Box	75	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	100	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	25	10	0	85	0.00	0.00	0.0	0	0.0	2	0.0	2.0	0.0	0.00	0.00
Mayo Pkt	1	25	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	25	40	0	200	0.00	0.36	0.0	100	3.6	8	0.0	10.0	0.0	0.00	0.00
ranch dressing	pkt	25	70	5	75	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	7.0	1.00	0.00
Marinara Sauce Cup	1 each	25	15	0	120	1.00	0.36	0.0	100	1.2	2	1.0	3.0	0.0	0.00	0.00
Weighted Daily Average			892	66	1868	8.86	4.92	498.5	9762	14.97	*21	36.47	119.67	30.55	7.04	0.00
% of Calories											*9.6%	16.4%	53.7%	30.8%	7.1%	0.0%
Nutrient Guideline			750-850		1420										<10.00	
Weighted Average			801	66	1490	10.10	5.09	531.9	9362	39.24	*18	36.65	110.20	25.26	6.40	*0.00
											*20.6%	18.3%	55.0%	28.4%	7.2%	*0.0%

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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Central Unified Food Services

Jan 8, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

East & West Snack Bar

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	801		750 - 850	100%													
Cholesterol (mg)	66																
Sodium (mg)	1490		1420						70	Correction Required - Sodium too High							
Fiber (g)	10.10																
Iron (mg)	5.09																
Calcium (mg)	531.9																
Vitamin A (IU)	9362																
Sugars (g)	18	9.15%				Missing											
Vitamin C (mg)	39.24																
Protein (g)	36.65	18.31%															
Carbohydrate (g)	110.20	55.05%															
Total Fat (g)	25.26	28.39%															
Saturated Fat (g)	6.40	7.19%															
Trans Fat ¹ (g)	0.00	0.00%															
			<10.00%			Missing											

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