

# Central Unified Food Services

Jan 8, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

K-6 Elementary Lunch

Portion Values - Detailed

Page 1

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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 <sup>1</sup> (g)
Mon - 01/08/2018																
K-6 Elementary Lunch	Total	500														
Grilled Cheese, WG Sandwich	1 each	500	284	32	655	2.27	1.23	467.6	524	0.0	*N/A*	18.54	30.54	10.15	5.75	0.00
VEGETABLE SOUP	1 CUP	400	58	1	369	1.79	1.08	29.0	1906	13.29	*N/A*	3.23	11.52	0.62	0.12	*N/A*
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
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
ranch dressing	pkt	200	70	5	75	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	7.0	1.00	0.00
Rosati, Happy New Year	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	250	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
Weighted Daily Average % of Calories			622	42	1199	5.56	2.90	841.7	7278	28.35	*18 *11.3%	31.54 20.3%	95.41 61.4%	14.28 20.7%	6.67 9.7%	*0.00 *0.0%
Nutrient Guideline			600-650		1230										<10.00	

Tue - 01/09/2018																
K-6 Elementary Lunch	Total	500														
Chicken Patty on a Bun	1 each	500	350	55	980	4.00	3.60	100.0	100	0.0	4	22.0	41.0	13.0	2.50	0.00
French Fries, CC McCain	1/2 Cup	250	173	0	213	1.33	0.48	0.0	0	4.8	*N/A*	2.67	28.0	6.0	0.67	0.00
PICKLES,DILL	SLICE	400	3	0	170	0.21	0.05	12.0	26	0.48	0	0.11	0.51	0.06	0.02	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
Orange, Fresh	1 each	350	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	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	200	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
Milk, Strawberry	1 each	200	120	5	120	0.00	0.00	350.0	500	1.2	19	9.0	19.0	0.0	0.00	0.00
Mayo Pkt	1	175	70	5	45	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	7.0	1.00	0.00
Ketchup Pkt.	1 each	400	10	0	85	0.00	0.00	0.0	0	0.0	2	0.0	2.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			667	66	1466	7.49	4.32	513.7	2209	51.92	*13 *8.1%	34.51 20.7%	92.94 55.8%	19.73 26.6%	3.85 5.2%	*0.00 *0.0%
Nutrient Guideline			600-650		1230										<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

<sup>1</sup> - 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

K-6 Elementary Lunch

### 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 <sup>1</sup> (g)
Wed - 01/10/2018																
K-6 Elementary Lunch	Total	500														
Orange Chicken Bowl	1 Bowl	500	196	25	175	0.60	42.67	0.0	0	0.75	*N/A*	9.29	34.19	2.48	0.31	0.00
Baby Carrots, Chili Lime	bag	175	30	0	200	2.00	0.36	20.0	5000	6.0	5	1.0	7.0	0.0	0.00	0.00
Baby Carrots, Ranch	bag	175	30	0	210	2.00	0.36	20.0	5000	4.8	5	1.0	7.0	0.0	0.00	0.00
Salad with Ranch	1 Cup	100	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	475	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	350	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	200	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	300	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	9.0	21.0	0.0	0.00	0.00
Soy Sauce Pkt.	1 each	75	0	0	430	0.00	0.00	0.0	0	0.0	2	0.0	0.0	0.0	0.00	0.00
Fortune Cookie	1 each	500	35	0	10	0.00	0.00	0.0	0	0.0	*N/A*	0.0	7.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			490	34	576	3.74	43.77	380.9	4963	14.64	*11 *9.3%	20.99 17.1%	94.73 77.3%	3.73 6.9%	0.96 1.8%	*0.00 *0.0%
Nutrient Guideline			600-650		1230											<10.00

Thu - 01/11/2018																
K-6 Elementary Lunch	Total	500														
Drumstick, Chicken WG	1 each	500	190	50	450	1.00	1.08	20.0	100	0.0	0	16.0	5.0	11.0	2.50	0.00
WG BelianWaffle Sticks 3 each	1 each	500	170	20	250	4.00	1.80	40.0	0	0.0	6	4.0	28.0	5.0	1.00	0.00
Syrup, Pancake	1 each	475	80	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	21.0	0.0	0.00	0.00
CORN: canned, yellow	1/2 CUP	300	55	0	168	1.64	0.22	2.5	38	1.48	4	1.88	11.76	1.0	0.20	0.00
Salad with Ranch	1 Cup	350	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	300	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	225	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
Milk, Vanilla	1 each	350	120	5	120	0.00	0.00	350.0	500	1.2	19	9.0	19.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			697	77	965	9.58	3.85	438.2	3957	18.07	*30 *17.3%	31.66 18.2%	106.16 60.9%	17.29 22.3%	3.87 5.0%	*0.00 *0.0%
Nutrient Guideline			600-650		1230											<10.00

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

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Jan 8, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

K-6 Elementary Lunch

Portion Values - Detailed

Page 3

Generated on: 1/5/2018 10:25:30 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 <sup>1</sup> (g)
Fri - 01/12/2018																
K-6 Elementary Lunch	Total	500														
MaxSnax, Con Queso, WG	1 each	75	260	10	600	3.00	10.00	20.0	2	0.0	2	14.0	30.0	10.0	2.50	0.00
MaxSnax, Taco 3 each	1 each	425	250	10	600	4.00	15.00	20.0	2	0.0	2	15.0	30.0	8.0	2.50	0.00
Baby Carrots	1/2 Cup	250	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	300	19	1	36	1.40	0.60	26.1	4699	16.66	*0	0.85	3.04	0.31	0.08	*0.00
Garbonzo Beans	1/2 Cup	75	143	0	140	5.30	1.62	38.0	29	4.6	*N/A*	5.94	27.14	1.37	0.14	0.00
ranch dressing	pkt	300	70	5	75	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	7.0	1.00	0.00
PEACHES: canned,light syrup	1/2 Cup	400	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	250	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	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
Weighted Daily Average			559	20	880	8.49	15.93	353.9	8381	16.05	*15	25.78	86.99	13.51	3.50	*0.00
% of Calories											*11.0%	18.4%	62.2%	21.7%	5.6%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

Mon - 01/15/2018																
K-6 Elementary Lunch	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			600-650		1230										<10.00	

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## Base Menu Spreadsheet

K-6 Elementary Lunch

### 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 <sup>1</sup> (g)
<b>Tue - 01/16/2018</b>																
K-6 Elementary Lunch	Total	500														
Corn Dog WG	1 EA	500	240	40	390	5.00	1.80	80.0	0	0.0	*N/A*	9.0	30.0	8.0	2.50	0.00
Cookie, Patriotic IW	1 each	450	120	0	75	1.00	0.36	0.0	0	0.0	8	1.0	16.0	6.0	1.50	0.00
Baby Carrots	1/2 Cup	350	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	250	19	1	36	1.40	0.60	26.1	4699	16.66	*0	0.85	3.04	0.31	0.08	*0.00
Rosati Ice, American Hero	1 each	250	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	300	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
ranch dressing	pkt	250	70	5	75	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	7.0	1.00	0.00
Mustard Pkt.	1 each	300	5	0	70	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Ketchup Pkt.	1 each	200	10	0	85	0.00	0.00	0.0	0	0.0	2	0.0	2.0	0.0	0.00	0.00
Weighted Daily Average			656	50	813	8.84	3.35	438.4	9500	17.97	*21	20.42	101.91	17.66	4.72	*0.00
% of Calories											*12.5%	12.5%	62.1%	24.2%	6.5%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

<b>Wed - 01/17/2018</b>																
K-6 Elementary Lunch	Total	500														
Taquito, WG Chicken 2 each	1 each	500	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	250	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	250	57	14	14	0.00	0.00	18.9	189	0.0	0	0.94	1.88	5.66	3.30	0.00
Salad with Ranch	1 Cup	350	19	1	36	1.40	0.60	26.1	4699	16.66	*0	0.85	3.04	0.31	0.08	*0.00
Baby Carrots, Chili Lime	bag	175	30	0	200	2.00	0.36	20.0	5000	6.0	5	1.0	7.0	0.0	0.00	0.00
Baby Carrots, Ranch	bag	175	30	0	210	2.00	0.36	20.0	5000	4.8	5	1.0	7.0	0.0	0.00	0.00
Orange, Fresh	1 each	350	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	150	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
Weighted Daily Average			477	31	851	8.68	2.40	448.9	7862	59.50	*4	21.46	75.79	11.95	3.69	*0.00
% of Calories											*3.0%	18.0%	63.6%	22.5%	7.0%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

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K-6 Elementary Lunch

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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 <sup>1</sup> (g)
Thu - 01/18/2018																
K-6 Elementary Lunch	Total	500														
Macaroni & Cheese, WG	6 oz	500	290	30	980	2.00	1.08	420.0	800	0.0	*N/A*	17.0	31.0	11.0	6.00	0.00
WG Garlic Knot	1 each	450	170	0	270	2.00	1.08	20.0	200	6.0	2	4.0	23.0	7.0	1.50	0.00
Salad with Ranch	1 Cup	250	19	1	36	1.40	0.60	26.1	4699	16.66	*0	0.85	3.04	0.31	0.08	*0.00
Jicama	1/2 Cup	250	25	0	4	1.12	0.36	9.0	0	12.0	*N/A*	0.85	5.25	0.0	0.00	*N/A*
APPLES,Fresh	1 EACH	250	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	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	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
Weighted Daily Average			667	36	1387	7.28	2.90	807.3	3867	24.57	*20	31.29	96.66	17.89	7.58	*0.00
% of Calories											*12.3%	18.8%	58.0%	24.2%	10.2%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

Fri - 01/19/2018																
K-6 Elementary Lunch	Total	500														
Pizza, 4x6 Cheese Smart	1 EA	75	300	25	440	4.00	2.70	250.0	300	0.0	10	16.0	33.0	11.0	5.00	0.00
Pizza, 4X6 Pepperoni, Smart	1 each	425	300	25	530	4.00	2.70	200.0	300	0.0	10	16.0	33.0	12.0	5.00	0.00
Baby Carrots	1/2 Cup	100	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	300	19	1	36	1.40	0.60	26.1	4699	16.66	*0	0.85	3.04	0.31	0.08	*0.00
ranch dressing	pkt	300	70	5	75	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	7.0	1.00	0.00
beans, vegetarian	1/2 cup	1	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	250	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	450	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
Weighted Daily Average			617	36	776	7.33	4.07	576.3	5742	14.33	*18	27.45	92.28	17.16	6.14	*0.00
% of Calories											*11.9%	17.8%	59.8%	25.0%	9.0%	*0.0%
Nutrient Guideline			600-650		1230										<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

<sup>1</sup> - 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

K-6 Elementary Lunch

### 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 <sup>1</sup> (g)
<b>Mon - 01/22/2018</b>																
K-6 Elementary Lunch	Total	500														
Burrito, Arizona Gold	1 each	500	380	25	550	7.00	3.60	300.0	200	3.6	3	17.0	45.0	15.0	6.00	0.00
Baby Carrots	1/2 Cup	400	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	100	19	1	36	1.40	0.60	26.1	4699	16.66	*0	0.85	3.04	0.31	0.08	*0.00
ranch dressing	pkt	100	70	5	75	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	7.0	1.00	0.00
FRUIT COCKTAIL:canned,lt syrup	1/2 cup	400	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	450	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
Taco Sauce Pkt	1 ea	200	5	0	95	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	0.0	0.00	0.00
Churro WG	1 each	450	140	0	75	1.00	1.08	20.0	0	0.0	6	3.0	23.0	4.0	1.50	0.00
Weighted Daily Average			826	34	905	12.01	6.19	692.1	9441	13.03	*22	30.90	132.64	21.03	8.06	*0.00
% of Calories											*10.6%	15.0%	64.3%	22.9%	8.8%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

<b>Tue - 01/23/2018</b>																
K-6 Elementary Lunch	Total	500														
BBQ Rib Sandwich, Beef	1 Each	500	340	40	885	4.00	1.80	40.0	400	1.2	*N/A*	18.0	40.0	12.0	4.50	0.00
French Fries, Waffle Cut	1/2 Cup	350	170	0	600	2.00	0.72	0.0	0	6.0	*N/A*	2.0	22.0	8.0	1.00	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
Orange, Fresh	1 each	300	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	100	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	400	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	100	70	5	45	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	7.0	1.00	0.00
Mustard Pkt.	1 each	100	5	0	70	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			664	48	1584	7.71	2.69	398.6	2463	48.21	*2	29.93	91.90	19.71	5.75	*0.00
% of Calories											*1.0%	18.0%	55.3%	26.7%	7.8%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

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# Central Unified Food Services

Jan 8, 2018 thru Jan 31, 2018

## Base Menu Spreadsheet

K-6 Elementary Lunch

### 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 <sup>1</sup> (g)
<b>Wed - 01/24/2018</b>																
K-6 Elementary Lunch	Total	500														
Sweet Chili Thai Bowl	1 each	500	242	45	365	0.60	42.22	0.0	0	2.4	*6	13.41	39.32	3.6	0.50	0.00
Baby Carrots, Chili Lime	bag	175	30	0	200	2.00	0.36	20.0	5000	6.0	5	1.0	7.0	0.0	0.00	0.00
Baby Carrots, Ranch	bag	175	30	0	210	2.00	0.36	20.0	5000	4.8	5	1.0	7.0	0.0	0.00	0.00
Salad with Ranch	1 Cup	100	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	475	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	350	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	200	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	300	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	9.0	21.0	0.0	0.00	0.00
Soy Sauce Pkt.	1 each	75	0	0	430	0.00	0.00	0.0	0	0.0	2	0.0	0.0	0.0	0.00	0.00
Fortune Cookie	1 each	500	35	0	10	0.00	0.00	0.0	0	0.0	*N/A*	0.0	7.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			535	54	766	3.74	43.32	380.9	4963	16.29	*17 *13.0%	25.11 18.8%	99.86 74.6%	4.86 8.2%	1.15 1.9%	*0.00 *0.0%
Nutrient Guideline			600-650		1230											<10.00

<b>Thu - 01/25/2018</b>																
K-6 Elementary Lunch	Total	500														
Meatballs, Beef 5 each	1 each	500	150	35	250	1.00	1.80	40.0	100	1.2	*N/A*	14.0	4.0	9.0	3.50	0.00
Shredded Cheddar Cheese	1 oz	475	55	15	105	0.00	0.18	100.0	200	0.0	*N/A*	3.5	0.5	4.5	3.00	0.00
SPAGHETTI SAUCE,CANNED	1 oz	450	31	0	141	0.96	0.18	7.9	348	3.18	*N/A*	0.52	4.52	1.35	0.19	*N/A*
Breadstick, WG Cheese & Garlic	1 each	450	173	6	240	4.00	2.40	78.6	3	0.0	*N/A*	8.0	30.5	2.67	1.00	0.00
Salad with Ranch	1 Cup	250	19	1	36	1.40	0.60	26.1	4699	16.66	*0	0.85	3.04	0.31	0.08	*0.00
Jicama	1/2 Cup	250	25	0	4	1.12	0.36	9.0	0	12.0	*N/A*	0.85	5.25	0.0	0.00	*N/A*
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	275	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
Milk, Vanilla	1 each	350	120	5	120	0.00	0.00	350.0	500	1.2	19	9.0	19.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			641	62	851	9.82	5.28	591.7	3507	24.63	*23 *14.6%	35.93 22.4%	89.06 55.6%	17.56 24.7%	7.66 10.8%	*0.00 *0.0%
Nutrient Guideline			600-650		1230											<10.00

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# Central Unified Food Services

Jan 8, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

K-6 Elementary Lunch

Portion Values - Detailed

Page 8

Generated on: 1/5/2018 10:25:30 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 <sup>1</sup> (g)
Fri - 01/26/2018																
K-6 Elementary Lunch	Total	500														
Stuffed Cheese Sticks, 2 each	1 each	500	300	25	490	3.00	0.00	0.0	0	0.0	4	20.0	30.0	11.0	6.00	0.00
Marinara Sauce Cup	1 each	450	15	0	120	1.00	0.36	0.0	100	1.2	2	1.0	3.0	0.0	0.00	0.00
Salad with Ranch	1 Cup	250	19	1	36	1.40	0.60	26.1	4699	16.66	*0	0.85	3.04	0.31	0.08	*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
Garbonzo Beans	1/2 Cup	1	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	150	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
ranch dressing	pkt	250	70	5	75	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	7.0	1.00	0.00
Weighted Daily Average			571	35	857	6.97	1.44	349.4	7051	14.19	*18	31.48	78.95	15.24	6.86	*0.00
% of Calories											*12.3%	22.0%	55.3%	24.0%	10.8%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

Mon - 01/29/2018																
K-6 Elementary Lunch	Total	500														
Quesadilla, Chicken & Cheese	1 each	500	300	40	560	3.00	2.70	250.0	200	0.0	2	19.0	31.0	11.0	4.50	0.00
Scooby Grahams	1 bag	375	120	0	115	1.00	0.72	100.0	500	0.0	*N/A*	2.0	21.0	3.5	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
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
FRUIT COCKTAIL:canned,lt syrup	1/2 Cup	325	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	150	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
ranch dressing	pkt	250	70	5	75	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	7.0	1.00	0.00
Taco Sauce Pkt	1 ea	400	5	0	95	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	0.0	0.00	0.00
Weighted Daily Average			647	50	978	6.32	4.21	673.8	6918	10.82	*13	30.90	92.40	17.86	6.10	*0.00
% of Calories											*8.0%	19.1%	57.1%	24.8%	8.5%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

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# Central Unified Food Services

Jan 8, 2018 thru Jan 31, 2018

## Base Menu Spreadsheet

K-6 Elementary Lunch

### 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 <sup>1</sup> (g)
Tue - 01/30/2018																
K-6 Elementary Lunch	Total	500														
Cheeseburger	1 EACH	500	432	84	877	3.00	3.33	248.1	160	0.0	3	25.57	28.68	23.35	10.06	1.16
French Fries, Waffle Cut	1/2 Cup	350	170	0	600	2.00	0.72	0.0	0	6.0	*N/A*	2.0	22.0	8.0	1.00	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
Orange, Fresh	1 each	275	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	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	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	400	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	100	70	5	45	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	7.0	1.00	0.00
Mustard Pkt.	1 each	100	5	0	70	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			742	92	1575	6.44	4.15	602.6	2211	43.91	*5	37.33	76.91	31.04	11.30	*1.16
% of Calories											*2.7%	20.1%	41.4%	37.6%	13.7%	*1.4%
Nutrient Guideline			600-650		1230										<10.00	

Wed - 01/31/2018																
K-6 Elementary Lunch	Total	500														
Teriyaki dunkers, ele	ea, 4	500	159	12	382	0.60	1.60	14.0	49	0.0	9	13.6	11.7	6.5	2.60	0.00
Rice, Brown, 1/2 Cup	1 each	500	108	0	5	1.80	0.41	10.0	0	0.0	*N/A*	2.52	22.39	0.88	0.18	0.00
Fortune Cookie	1 each	500	35	0	10	0.00	0.00	0.0	0	0.0	*N/A*	0.0	7.0	0.0	0.00	0.00
Salad with Ranch	1 Cup	250	19	1	36	1.40	0.60	26.1	4699	16.66	*0	0.85	3.04	0.31	0.08	*0.00
Baby Carrots, Chili Lime	bag	175	30	0	200	2.00	0.36	20.0	5000	6.0	5	1.0	7.0	0.0	0.00	0.00
Baby Carrots, Ranch	bag	175	30	0	210	2.00	0.36	20.0	5000	4.8	5	1.0	7.0	0.0	0.00	0.00
BANANA	1 EA	350	90	0	1	2.63	0.26	5.1	65	8.79	12	1.1	23.07	0.33	0.11	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	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
Soy Sauce Pkt.	1 each	100	0	0	430	0.00	0.00	0.0	0	0.0	2	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			535	20	820	6.55	2.85	387.4	6444	19.95	*22	27.79	87.66	8.55	3.35	*0.00
% of Calories											*16.2%	20.8%	65.5%	14.4%	5.6%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

Weighted Average			624	46	1015	7.44	9.04	522.1	5692	25.67	*16	29.09	93.66	15.83	5.37	*0.07
											*23.1%	18.6%	60.0%	22.8%	7.7%	*0.1%

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# Central Unified Food Services

Jan 8, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

K-6 Elementary Lunch

Portion Values - Detailed

Page 10

Generated on: 1/5/2018 10:25:30 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 <sup>1</sup> (g)
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	624		600 - 650	100%				
Cholesterol (mg)	46							
Sodium (mg)	1015		1230					
Fiber (g)	7.44							
Iron (mg)	9.04							
Calcium (mg)	522.1							
Vitamin A (IU)	5692							
Sugars (g)	16	10.27%			Missing			
Vitamin C (mg)	25.67							
Protein (g)	29.09	18.64%						
Carbohydrate (g)	93.66	60.01%						
Total Fat (g)	15.83	22.81%						
Saturated Fat (g)	5.37	7.73%	<10.00%					
Trans Fat <sup>1</sup> (g)	0.07	0.10%			Missing			

\*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

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.