

Central Unified Food Services

Jan 8, 2018 thru Jan 31, 2018

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)
Mon - 01/08/2018																
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
Grilled Cheese, WG Sandwich	1 each	75	284	32	655	2.27	1.23	467.6	524	0.0	*N/A*	18.54	30.54	10.15	5.75	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
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	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			779	53	1420	6.68	19.18	546.9	9461	35.65	*20	32.22	113.34	22.26	5.86	*0.00
% of Calories											*10.1%	16.5%	58.2%	25.7%	6.8%	*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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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)
Tue - 01/09/2018																
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
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	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
Weighted Daily Average			774	67	1593	9.07	16.59	570.2	5936	74.90	*3	36.50	100.98	25.37	7.21	*0.15
% of Calories											*1.4%	18.9%	52.2%	29.5%	8.4%	*0.2%
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)
Wed - 01/10/2018																
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
Corn Dog WG	1 EA	50	240	40	390	5.00	1.80	80.0	0	0.0	*N/A*	9.0	30.0	8.0	2.50	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
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	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			887	66	1828	8.46	17.57	489.7	9062	31.09	*9	35.19	117.54	30.50	7.20	*0.10
% of Calories											*4.1%	15.9%	53.0%	31.0%	7.3%	*0.1%
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)	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 - 01/11/2018																
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
Drumstick, Chicken WG	1 each	75	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	75	170	20	250	4.00	1.80	40.0	0	0.0	6	4.0	28.0	5.0	1.00	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			741	76	1514	7.02	14.72	540.2	4532	44.54	*25	34.38	90.80	28.29	7.33	*0.15
% of Calories											*13.3%	18.5%	49.0%	34.3%	8.9%	*0.2%
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)	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 - 01/12/2018																
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	

Mon - 01/15/2018																
Secondary Lunch Menu	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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Central Unified Food Services

Jan 8, 2018 thru Jan 31, 2018

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 - 01/16/2018																
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
Corn Dog WG	1 EA	50	240	40	390	5.00	1.80	80.0	0	0.0	*N/A*	9.0	30.0	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
Rosati Ice, American Hero	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	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, Patriotic IW	1 each	500	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			914	66	1620	8.29	16.69	536.7	5747	41.06	*28	35.45	124.06	30.78	8.69	*0.15
% of Calories											*12.1%	15.5%	54.3%	30.3%	8.6%	*0.1%
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

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 - 01/17/2018																
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
Taquito, WG Chicken 2 each	1 each	90	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	90	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	90	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	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
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	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			892	76	2108	9.68	5.36	554.0	9783	71.53	*5	39.40	111.09	32.37	8.41	*0.18
% of Calories											*2.4%	17.7%	49.8%	32.7%	8.5%	*0.2%
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

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 - 01/18/2018																
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
Macaroni & Cheese, WG	6 oz	75	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	75	170	0	270	2.00	1.08	20.0	200	6.0	2	4.0	23.0	7.0	1.50	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
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			769	77	1630	6.72	14.58	611.9	4616	26.54	*25	35.96	92.10	30.14	8.39	*0.17
% of Calories											*12.8%	18.7%	47.9%	35.3%	9.8%	*0.2%
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

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 - 01/19/2018																
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
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	60	1585	8.71	16.45	469.0	8463	25.64	*14	34.56	104.91	24.55	6.90	*0.00
% of Calories											*7.5%	17.9%	54.2%	28.6%	8.0%	*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

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 - 01/22/2018																
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
Quesadillia	Quesadillia	75	238	56	568	*0.00	*0.08	*402.6	*704	2.16	*0	12.97	3.55	18.89	10.70	*0.52
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			751	57	1402	*7.18	*19.26	*542.3	*9664	29.19	*14	31.73	104.44	23.63	6.61	*0.08
% of Calories											*7.5%	16.9%	55.6%	28.3%	7.9%	*0.1%
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

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 - 01/23/2018																
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
BBQ Rib Sandwich, Beef	1 Each	50	340	40	885	4.00	1.80	40.0	400	1.2	*N/A*	18.0	40.0	12.0	4.50	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
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	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
Weighted Daily Average			773	66	1584	9.07	16.41	564.2	5966	75.02	*2	36.10	100.88	25.27	7.41	*0.15
% of Calories											*1.2%	18.7%	52.2%	29.4%	8.6%	*0.2%
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

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 - 01/24/2018																
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
Chili Cheese Dog	1 ea	50	297	30	626	2.99	2.34	196.3	574	0.3	4	16.79	32.39	10.99	3.81	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
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	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
Weighted Daily Average			807	65	1793	7.07	17.24	498.3	9113	31.11	*9	34.55	105.31	27.48	6.69	*0.10
% of Calories											*4.7%	17.1%	52.2%	30.6%	7.5%	*0.1%
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

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)
Thu - 01/25/2018																
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
Meatballs, Beef 5 each	1 each	75	150	35	250	1.00	1.80	40.0	100	1.2	*N/A*	14.0	4.0	9.0	3.50	0.00
SPAGHETTI SAUCE,CANNED	2 oz	75	62	0	281	1.93	0.37	15.9	696	6.35	*N/A*	1.03	9.03	2.7	0.39	*N/A*
Shredded Cheddar Cheese	1 oz	75	55	15	105	0.00	0.18	100.0	200	0.0	*N/A*	3.5	0.5	4.5	3.00	0.00
Breadstick, WG Cheese & Garlic	1 each	75	173	6	240	4.00	2.40	78.6	3	0.0	*N/A*	8.0	30.5	2.67	1.00	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			753	74	1540	7.31	15.00	566.3	4667	45.67	*24	35.36	92.45	28.72	7.99	*0.15
% of Calories											*12.6%	18.8%	49.1%	34.3%	9.5%	*0.2%
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

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 - 01/26/2018																
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
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	64	1567	8.14	16.27	494.8	8488	27.06	*14	34.67	102.74	25.70	7.71	*0.12
% of Calories											*7.5%	17.9%	53.0%	29.8%	9.0%	*0.1%
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

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 - 01/29/2018																
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

Jan 8, 2018 thru Jan 31, 2018

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)
Tue - 01/30/2018																
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
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	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
Weighted Daily Average			774	67	1593	9.07	16.59	570.2	5936	74.90	*3	36.50	100.98	25.37	7.21	*0.15
% of Calories											*1.4%	18.9%	52.2%	29.5%	8.4%	*0.2%
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

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 - 01/31/2018																
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
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	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			919	76	2103	9.28	5.46	526.2	9544	35.44	*14	40.16	116.85	32.93	8.51	*0.18
% of Calories											*6.0%	17.5%	50.8%	32.2%	8.3%	*0.2%
Nutrient Guideline			750-850		1420										<10.00	

Weighted Average			802	66	1639	*8.08	*15.51	*534.1	*7590	42.58	*14	35.37	105.37	27.16	7.37	*0.11
											*15.7%	17.7%	52.6%	30.5%	8.3%	*0.1%

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Central Unified Food Services

Jan 8, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

Secondary Lunch Menu

Portion Values - Detailed

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	802		750 - 850	100%														
Cholesterol (mg)	66																	
Sodium (mg)	1639		1420						219	Correction Required - Sodium too High								
Fiber (g)	8.08					Missing												
Iron (mg)	15.51					Missing												
Calcium (mg)	534.1					Missing												
Vitamin A (IU)	7590					Missing												
Sugars (g)	14	6.97%				Missing												
Vitamin C (mg)	42.58																	
Protein (g)	35.37	17.65%																
Carbohydrate (g)	105.37	52.57%																
Total Fat (g)	27.16	30.49%																
Saturated Fat (g)	7.37	8.27%	<10.00%															
Trans Fat ¹ (g)	0.11	0.12%				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

¹ - 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.