

Central Unified Food Services

Jul 3, 2017 thru Jul 31, 2017

Base Menu Spreadsheet

Summer School

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 07/05/2017																
Summer School	Total	500														
Cheeseburger, Minis WG	1 PKG	500	390	50	870	4.00	3.60	150.0	500	126.0	*N/A*	20.0	41.0	16.0	7.00	0.00
French Fries, Spiral	1/2 Cup	500	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	450	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	450	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 Cup, Strawberry	1 each	450	90	0	0	2.00	0.00	0.0	0	0.0	18	1.0	22.0	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
Milk, Fat Free	1 Each	50	90	5	135	0.00	0.00	350.0	500	2.4	*N/A*	9.0	14.0	0.0	0.00	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
Mayo Pkt	1	200	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	200	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 % of Calories			814	60	1471	10.42	5.43	524.1	13779	148.66	*16 *8.0%	32.53 16.0%	115.22 56.6%	24.65 27.2%	8.29 9.2%	*0.00 *0.0%
Nutrient Guideline			750-850		1420											<10.00

Thu - 07/06/2017																
Summer School	Total	500														
Tortilla Chips, 2oz	bag	500	135	0	55	2.00	0.36	20.0	0	0.0	0	2.0	19.0	5.0	1.00	0.00
Cheese Cup, Jalapeno	1 Cup	500	130	30	570	0.00	0.00	300.0	200	0.0	*N/A*	8.0	5.0	9.0	6.00	0.00
Taco Meat	1	450	110	35	270	0.00	1.44	0.0	0	0.0	*N/A*	11.0	2.0	7.0	2.50	0.00
Salad with Ranch	1 Cup	450	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	450	23	0	2	2.90	0.36	10.0	50	12.0	1	0.43	5.3	0.05	0.00	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
APPLES,Fresh	1 EACH	450	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	400	113	0	4	1.40	0.71	19.0	0	0.87	*N/A*	1.16	29.98	0.17	0.04	0.00
Milk, Fat Free	1 Each	50	90	5	135	0.00	0.00	350.0	500	2.4	*N/A*	9.0	14.0	0.0	0.00	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
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
Weighted Daily Average % of Calories			691	70	1131	9.97	3.23	700.1	5041	33.76	*14 *8.1%	31.71 18.3%	94.34 54.6%	22.87 29.8%	9.89 12.9%	*0.00 *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

Jul 3, 2017 thru Jul 31, 2017

Base Menu Spreadsheet

Summer School

Portion Values - Detailed

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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)
Fri - 07/07/2017																
Summer School	Total	500														
Pizza, 4x6 Cheese Smart	1 EA	75	300	25	580	4.00	1.80	250.0	300	0.0	*N/A*	16.0	35.0	11.0	5.00	0.00
Pizza, 4X6 Pepperoni, Smart	1 each	425	300	25	660	4.00	2.70	200.0	300	0.0	*N/A*	16.0	35.0	12.0	5.00	0.00
Baby Carrots	1/2 Cup	450	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	450	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	300	130	0	520	9.00	1.80	80.0	0	2.4	*N/A*	7.0	24.0	0.0	0.00	0.00
PEARS: canned,light syrup	1/2 Cup	450	72	0	6	2.01	0.35	6.3	0	0.88	15	0.24	19.04	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 % of Calories			748	37	1270	15.53	5.79	649.7	13579	21.73	*14 *7.4%	31.83 17.0%	121.75 65.1%	17.27 20.8%	6.16 7.4%	*0.00 *0.0%
Nutrient Guideline			750-850		1420										<10.00	

Mon - 07/10/2017																
Summer School	Total	500														
Ham & Cheese on a Bun	1 each	500	299	44	779	3.00	*1.98	*80.0	*0	*0.0	5	17.14	32.06	13.15	6.58	0.00
Scooby Grahams	1 bag	500	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	450	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	450	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
FRUIT COCKTAIL:canned,lt syrup	.50 cup	500	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	425	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			774	54	1192	9.46	*4.84	*569.9	*14031	*21.69	*22 *11.4%	30.88 16.0%	124.89 64.6%	20.58 23.9%	8.48 9.9%	*0.00 *0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Base Menu Spreadsheet

Summer School

Portion Values - Detailed

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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 - 07/11/2017																
Summer School	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	500	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
Shredded Lettuce	1/2 Cup	200	2	0	1	0.25	0.09	5.0	675	2.7	0	0.15	0.38	0.04	0.00	0.00
Salad with Ranch	1 Cup	450	19	1	36	1.40	0.60	26.1	4699	16.66	*0	0.85	3.04	0.31	0.08	*0.00
STRAWBERRIES,FRESH	1 CUP	500	46	0	1	2.88	0.59	23.0	17	84.67	7	0.96	11.06	0.43	0.02	0.00
Raisins, Box	1 Box	425	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
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			841	65	1625	10.93	5.89	504.2	5137	108.23	*13	37.13	129.93	23.12	4.11	*0.00
% of Calories											*6.2%	17.7%	61.8%	24.8%	4.4%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

Wed - 07/12/2017																
Summer School	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	450	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	450	25	0	55	2.00	0.72	20.0	9500	2.4	*N/A*	0.0	6.0	0.0	0.00	0.00
PINEAPPLE CHUNKS:canned,lt syr	1/2 Cup	500	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	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
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
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			641	23	788	7.23	4.08	421.4	13352	24.22	*18	27.76	104.78	12.84	3.94	*0.00
% of Calories											*11.0%	17.3%	65.4%	18.0%	5.5%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Base Menu Spreadsheet

Summer School

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 - 07/13/2017																
Summer School	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	500	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	500	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	500	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	450	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	450	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	500	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	425	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			737	63	912	12.74	6.19	627.5	5454	38.58	*28	38.09	110.61	18.43	7.99	*0.00
% of Calories											*15.1%	20.7%	60.1%	22.5%	9.8%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

Fri - 07/14/2017																
Summer School	Total	500														
Pizza, Galaxy WG Cheese	1 each	75	290	15	530	3.00	2.70	300.0	500	0.0	*N/A*	14.0	33.0	11.0	3.50	0.00
Pizza, Galaxy WG Pepperoni	1 each	425	300	15	650	3.00	2.70	250.0	500	1.2	*N/A*	15.0	33.0	12.0	4.00	0.00
Garbonzo Beans	1/2 Cup	300	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	450	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	450	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
PEARS: canned,light syrup	1/2 Cup	500	72	0	6	2.01	0.35	6.3	0	0.88	15	0.24	19.04	0.04	0.00	0.00
Raisins, Box	1 Box	425	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			743	25	1011	12.44	5.81	634.2	13747	23.87	*15	28.91	120.44	17.84	5.02	*0.00
% of Calories											*8.2%	15.6%	64.8%	21.6%	6.1%	*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)
Mon - 07/17/2017																
Summer School	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
Bug Bite Grahams	1 each	500	120	0	115	1.00	0.72	100.0	500	0.0	*N/A*	2.0	21.0	3.5	1.00	0.00
Baby Carrots	1/2 Cup	500	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	400	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	500	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	500	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			746	50	890	11.73	4.78	567.1	14511	20.34	*18	22.73	128.77	16.01	4.42	*0.00
% of Calories											*9.5%	12.2%	69.1%	19.3%	5.3%	*0.0%
Nutrient Guideline			750-850		1420											<10.00

Tue - 07/18/2017																
Summer School	Total	500														
Cheeseburger	1 EACH	500	363	57	806	3.40	3.39	241.8	176	0.0	*3	23.37	29.78	17.55	7.56	0.16
French Fries, Waffle Cut	1/2 Cup	500	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	450	19	1	36	1.40	0.60	26.1	4699	16.66	*0	0.85	3.04	0.31	0.08	*0.00
STRAWBERRIES,FRESH	1 CUP	500	46	0	1	2.88	0.59	23.0	17	84.67	7	0.96	11.06	0.43	0.02	0.00
Raisins, Box	1 Box	500	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			854	66	1711	10.94	5.95	627.3	4923	107.97	*12	37.66	117.15	28.34	9.20	*0.16
% of Calories											*5.7%	17.6%	54.9%	29.9%	9.7%	*0.2%
Nutrient Guideline			750-850		1420											<10.00

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Central Unified Food Services

Jul 3, 2017 thru Jul 31, 2017

Base Menu Spreadsheet

Summer School

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 - 07/19/2017																
Summer School	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	1/2 Cup	500	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	500	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	400	70	5	75	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	7.0	1.00	0.00
PINEAPPLE CHUNKS:canned,lt syr	1/2 Cup	500	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	500	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			601	39	577	5.91	44.94	413.9	14723	27.08	*8 *5.6%	21.33 14.2%	108.48 72.2%	9.64 14.4%	1.84 2.8%	*0.00 *0.0%
Nutrient Guideline			750-850		1420											<10.00

Thu - 07/20/2017																
Summer School	Total	500														
Chicken Tenders WG, 3 each	ea, 3 ea	500	210	55	730	1.00	1.80	20.0	100	0.0	1	15.0	13.0	11.0	2.00	0.00
BAKED BEANS - CUSD	1/2 CUP	500	151	0	452	5.69	1.90	58.9	221	2.26	*16	6.62	34.45	0.52	0.10	*0.00
Texas Toast	1 each	500	100	0	130	2.00	0.72	20.0	300	1.2	0	3.0	15.0	3.0	0.00	0.00
Salad with Ranch	1 Cup	500	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	500	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	500	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	500	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
BBQ Sauce Cup	1 ea	450	40	0	200	0.00	0.36	0.0	100	3.6	8	0.0	10.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			849	65	1709	15.92	6.58	501.3	5984	44.26	*39 *18.3%	37.63 17.7%	147.78 69.6%	16.24 17.2%	2.86 3.0%	*0.00 *0.0%
Nutrient Guideline			750-850		1420											<10.00

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Central Unified Food Services

Jul 3, 2017 thru Jul 31, 2017

Base Menu Spreadsheet

Summer School

Portion Values - Detailed

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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)
Fri - 07/21/2017																
Summer School	Total	500														
MaxStix WG, 2 each	1 each	500	320	10	820	4.00	2.16	300.0	200	0.0	*N/A*	16.0	32.0	14.0	5.00	0.00
Marinara Sauce Cup	1 each	500	15	0	120	1.00	0.36	0.0	100	1.2	2	1.0	3.0	0.0	0.00	0.00
Salad, Romain	1 Cup	500	8	0	4	0.99	0.46	15.5	4094	1.88	1	0.58	1.55	0.14	0.02	0.00
Baby Carrots	1/2 Cup	450	25	0	55	2.00	0.72	20.0	9500	2.4	*N/A*	0.0	6.0	0.0	0.00	0.00
PEARS: canned,light syrup	1/2 Cup	500	72	0	6	2.01	0.35	6.3	0	0.88	15	0.24	19.04	0.04	0.00	0.00
Raisins, Box	1 Box	500	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			707	20	1217	11.19	4.69	678.8	13444	8.43	*18	28.38	111.46	18.35	5.86	0.00
% of Calories											*10.0%	16.1%	63.1%	23.4%	7.5%	0.0%
Nutrient Guideline			750-850		1420											<10.00

Mon - 07/24/2017																
Summer School	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
Chips, Nacho Doritos	1 each	500	130	0	200	2.00	0.36	0.0	100	0.0	0	2.0	20.0	5.0	0.50	0.00
Salad with Ranch	1 Cup	450	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	450	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	500	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	500	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			812	50	1143	10.67	5.31	637.7	13831	21.76	*19	32.81	128.48	20.54	5.93	*0.00
% of Calories											*9.3%	16.2%	63.3%	22.8%	6.6%	*0.0%
Nutrient Guideline			750-850		1420											<10.00

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Central Unified Food Services

Jul 3, 2017 thru Jul 31, 2017

Base Menu Spreadsheet

Summer School

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 - 07/25/2017																
Summer School	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
Fries, Tater Tots	serv, 8 ea	500	141	0	283	1.68	0.43	7.1	10	4.05	*N/A*	1.41	15.86	8.0	0.96	0.00
Salad with Ranch	1 Cup	450	19	1	36	1.40	0.60	26.1	4699	16.66	*0	0.85	3.04	0.31	0.08	*0.00
STRAWBERRIES,FRESH	1 CUP	500	46	0	1	2.88	0.59	23.0	17	84.67	7	0.96	11.06	0.43	0.02	0.00
Raisins, Box	1 Box	500	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
BBQ Sauce Cup	1 ea	100	40	0	200	0.00	0.36	0.0	100	3.6	8	0.0	10.0	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
Weighted Daily Average			795	48	1490	11.22	4.14	432.6	5176	107.95	*10	31.70	123.23	21.39	5.90	*0.00
% of Calories											*5.2%	16.0%	62.0%	24.2%	6.7%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

Wed - 07/26/2017																
Summer School	Total	500														
Sub Sandwich	1 each	500	315	38	1117	2.00	0.81	300.3	268	1.13	*N/A*	19.18	28.63	13.77	6.28	0.06
Cheetos, Baked, 104 ct	1 ea	500	120	0	210	0.00	0.72	100.0	0	0.0	*N/A*	2.0	17.0	4.5	1.00	0.00
Salad with Ranch	1 Cup	450	19	1	36	1.40	0.60	26.1	4699	16.66	*0	0.85	3.04	0.31	0.08	*0.00
LETTUCE &TOMATO:1 leaf,2 slice	1 lf,2 slc	450	7	0	3	0.54	0.15	6.1	305	3.93	1	0.4	1.55	0.08	0.01	0.00
BANANA	1 EA	500	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	500	113	0	4	1.40	0.71	19.0	0	0.87	*N/A*	1.16	29.98	0.17	0.04	0.00
Milk, Fat Free	1 Each	50	90	5	135	0.00	0.00	350.0	500	2.4	*N/A*	9.0	14.0	0.0	0.00	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
Mayo Pkt	1	200	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	200	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			810	47	1585	7.77	3.17	778.2	5337	30.88	*13	33.97	122.10	22.42	8.22	*0.06
% of Calories											*6.6%	16.8%	60.3%	24.9%	9.1%	*0.1%
Nutrient Guideline			750-850		1420										<10.00	

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Central Unified Food Services

Jul 3, 2017 thru Jul 31, 2017

Base Menu Spreadsheet

Summer School

Portion Values - Detailed

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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)
Thu - 07/27/2017																
Summer School	Total	500														
Fajitas, Chicken	ea, 1/2 cup	500	250	100	1026	1.95	2.25	65.4	329	9.61	*2	24.46	18.51	8.79	2.15	*0.00
Beans, Refried	1/2 Cup	500	214	0	881	8.81	3.43	69.0	0	14.28	1	11.85	32.25	4.78	1.50	0.04
Sour Cream	1 each	300	57	14	14	0.00	0.00	18.9	189	0.0	0	0.94	1.88	5.66	3.30	0.00
Salsa, Pace	2 oz	300	20	0	460	2.00	0.00	0.0	200	0.0	*N/A*	0.0	6.0	0.0	0.00	0.00
Shredded Cheese	2 oz	300	45	17	108	0.00	0.20	113.4	170	0.0	0	3.97	0.0	5.1	3.40	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	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	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
Taco Sauce Pkt	1 ea	250	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			763	125	2463	15.13	6.45	577.7	3089	36.07	*23	49.54	101.43	20.62	7.90	*0.04
% of Calories											*12.1%	26.0%	53.2%	24.3%	9.3%	*0.0%
Nutrient Guideline			750-850		1420											<10.00

Fri - 07/28/2017																
Summer School	Total	500														
Pizza, Galaxy WG Cheese	1 each	75	290	15	530	3.00	2.70	300.0	500	0.0	*N/A*	14.0	33.0	11.0	3.50	0.00
Pizza, Galaxy WG Pepperoni	1 each	425	300	15	650	3.00	2.70	250.0	500	1.2	*N/A*	15.0	33.0	12.0	4.00	0.00
Baby Carrots	1/2 Cup	450	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	450	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
PEARS: canned,light syrup	1/2 Cup	500	72	0	6	2.01	0.35	6.3	0	0.88	15	0.24	19.04	0.04	0.00	0.00
Raisins, Box	1 Box	500	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			674	25	927	9.47	4.95	614.2	13729	21.24	*15	25.52	108.65	17.04	4.94	*0.00
% of Calories											*9.1%	15.1%	64.5%	22.7%	6.6%	*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

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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Central Unified Food Services

Jul 3, 2017 thru Jul 31, 2017

Base Menu Spreadsheet

Summer School

Portion Values - Detailed

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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)
Weighted Average			756	52	1284	11.04	*7.35	*581.1	*9937	*47.04	*18 *20.9%	32.23 17.1%	117.75 62.3%	19.34 23.0%	6.16 7.3%	*0.01 *0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	756		750 - 850	100%				
Cholesterol (mg)	52							
Sodium (mg)	1284		1420					
Fiber (g)	11.04							
Iron (mg)	7.35				Missing			
Calcium (mg)	581.1				Missing			
Vitamin A (IU)	9937				Missing			
Sugars (g)	18	9.28%			Missing			
Vitamin C (mg)	47.04				Missing			
Protein (g)	32.23	17.06%						
Carbohydrate (g)	117.75	62.34%						
Total Fat (g)	19.34	23.04%						
Saturated Fat (g)	6.16	7.34%	<10.00%					
Trans Fat ¹ (g)	0.01	0.02%			Missing			

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