

# Central Unified Food Services

Jun 12, 2017 thru Jun 30, 2017

## Base Menu Spreadsheet

Summer School 7-12

### 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)
Mon - 06/12/2017																
Summer School 7-12	Total	400														
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
Burrito, Arizona Gold	1 each	50	380	25	550	7.00	3.60	300.0	200	3.6	3	17.0	45.0	15.0	6.00	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
Orange Bowl - 2nd	Bowl	50	299	25	175	1.21	84.89	0.0	0	0.75	*N/A*	11.7	56.51	3.08	0.31	0.00
Wrap, Chicken Bacon	1 each	50	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	50	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	350	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	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	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
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			796	66	1562	7.25	14.98	521.9	8987	17.93	*21	34.48	105.90	26.51	6.90	*0.00
% of Calories											*10.5%	17.3%	53.2%	30.0%	7.8%	*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

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

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# Central Unified Food Services

Jun 12, 2017 thru Jun 30, 2017

Base Menu Spreadsheet

Summer School 7-12

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 <sup>1</sup> (g)
Tue - 06/13/2017																
Summer School 7-12	Total	400														
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
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	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	50	307	55	375	1.21	85.00	0.0	0	0.0	*N/A*	17.33	52.44	3.94	0.78	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	50	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, Garlic	1/2 Cup	350	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
STRAWBERRIES,FRESH	1 CUP	350	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	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	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
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			780	70	1661	8.18	14.52	523.4	3715	93.88	*12	35.65	94.88	28.99	7.58	*0.15
% of Calories											*6.3%	18.3%	48.6%	33.4%	8.7%	*0.2%
Nutrient Guideline			750-850		1420										<10.00	

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# Central Unified Food Services

Jun 12, 2017 thru Jun 30, 2017

Base Menu Spreadsheet

Summer School 7-12

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 <sup>1</sup> (g)
Wed - 06/14/2017																
Summer School 7-12	Total	400														
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	50	210	15	270	3.00	1.44	40.0	200	0.0	*N/A*	9.0	27.0	8.0	1.50	0.00
Beans, Refried	1/2 Cup	50	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	50	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	50	20	0	460	2.00	0.00	0.0	200	0.0	*N/A*	0.0	6.0	0.0	0.00	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
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
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	50	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	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
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 Cup, Peaches	1 each	350	80	0	0	1.00	0.00	0.0	0	0.0	16	1.0	19.0	0.0	0.00	0.00
Raisins, Box	1 Box	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	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
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			866	57	1947	8.80	4.82	468.7	8336	20.51	*21	35.66	116.05	28.48	6.45	*0.00
% of Calories											*9.5%	16.5%	53.6%	29.6%	6.7%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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## Base Menu Spreadsheet

Summer School 7-12

### 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)
Thu - 06/15/2017																
Summer School 7-12	Total	400														
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	50	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	50	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	50	80	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	21.0	0.0	0.00	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
Orange Bowl - 2nd	Bowl	50	299	25	175	1.21	84.89	0.0	0	0.75	*N/A*	11.7	56.51	3.08	0.31	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	50	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	350	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	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	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	150	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			775	72	1507	7.39	13.96	519.3	3765	23.24	*26	33.14	96.51	28.57	7.16	*0.15
% of Calories											*13.5%	17.1%	49.8%	33.2%	8.3%	*0.2%
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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## Base Menu Spreadsheet

Summer School 7-12

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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)
Fri - 06/16/2017																
Summer School 7-12	Total	400														
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 Dog	2 ea	50	540	50	1620	6.00	4.32	280.0	0	0.0	*N/A*	28.0	54.0	28.0	7.00	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	50	307	55	375	1.21	85.00	0.0	0	0.0	*N/A*	17.33	52.44	3.94	0.78	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	50	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	350	130	0	430	2.00	0.36	0.0	0	6.0	*N/A*	2.0	18.0	5.0	1.00	0.00
PEARS: canned,light syrup	1/2 Cup	350	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	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	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
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			838	64	1747	8.92	14.97	503.7	8409	20.27	*19	35.49	109.59	29.26	7.13	*0.00
% of Calories											*9.0%	16.9%	52.3%	31.4%	7.7%	*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

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

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# Central Unified Food Services

Jun 12, 2017 thru Jun 30, 2017

## Base Menu Spreadsheet

Summer School 7-12

### 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)
Mon - 06/19/2017																
Summer School 7-12	Total	400														
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
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, 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
Orange Bowl - 2nd	Bowl	50	299	25	175	1.21	84.89	0.0	0	0.75	*N/A*	11.7	56.51	3.08	0.31	0.00
Wrap, Chicken Bacon	1 each	50	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	50	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	350	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	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	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
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	68	1542	7.00	14.75	494.4	8962	17.48	*21	33.48	104.02	25.64	6.46	*0.00
% of Calories											*10.6%	17.2%	53.4%	29.6%	7.5%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

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

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# Central Unified Food Services

Jun 12, 2017 thru Jun 30, 2017

Base Menu Spreadsheet

Summer School 7-12

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 <sup>1</sup> (g)
Tue - 06/20/2017																
Summer School 7-12	Total	400														
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
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
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	50	307	55	375	1.21	85.00	0.0	0	0.0	*N/A*	17.33	52.44	3.94	0.78	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	50	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, Garlic	1/2 Cup	350	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
STRAWBERRIES,FRESH	1 CUP	350	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	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	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
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			789	71	1657	8.25	14.52	538.8	3725	93.88	*12	36.33	94.49	29.86	8.30	*0.17
% of Calories											*6.0%	18.4%	47.9%	34.1%	9.5%	*0.2%
Nutrient Guideline			750-850		1420										<10.00	

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

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# Central Unified Food Services

Jun 12, 2017 thru Jun 30, 2017

Base Menu Spreadsheet

Summer School 7-12

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 <sup>1</sup> (g)
Wed - 06/21/2017																
Summer School 7-12	Total	400														
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	50	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
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
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	50	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	325	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	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	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
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			782	57	1795	6.80	4.52	466.8	8283	22.43	*13	33.81	98.82	27.73	6.22	*0.00
% of Calories											*6.9%	17.3%	50.5%	31.9%	7.2%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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# Central Unified Food Services

Jun 12, 2017 thru Jun 30, 2017

Base Menu Spreadsheet

Summer School 7-12

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 <sup>1</sup> (g)
Thu - 06/22/2017																
Summer School 7-12	Total	400														
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
Burrito, Chili Cheese	1 ea	50	380	40	980	2.00	3.60	100.0	750	0.0	*N/A*	17.0	42.0	15.0	5.00	0.50
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
Orange Bowl - 2nd	Bowl	50	299	25	175	1.21	84.89	0.0	0	0.75	*N/A*	11.7	56.51	3.08	0.31	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	50	630	0	620	7.00	1.80	60.0	0	0.0	28	19.0	64.0	33.0	7.00	0.00
beans, vegetarian	1/2 cup	75	130	0	520	9.00	1.80	80.0	0	2.4	*N/A*	7.0	24.0	0.0	0.00	0.00
French Fries, Spiral	1/2 Cup	350	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	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	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	150	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			792	68	1639	8.70	14.38	539.3	3846	23.69	*25	34.08	99.51	28.44	7.34	*0.21
% of Calories											*12.8%	17.2%	50.2%	32.3%	8.3%	*0.2%
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

Jun 12, 2017 thru Jun 30, 2017

Base Menu Spreadsheet

Summer School 7-12

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 <sup>1</sup> (g)
Fri - 06/23/2017																
Summer School 7-12	Total	400														
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
MaxStix WG, 2 each	1 each	50	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	50	15	0	120	1.00	0.36	0.0	100	1.2	2	1.0	3.0	0.0	0.00	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	50	307	55	375	1.21	85.00	0.0	0	0.0	*N/A*	17.33	52.44	3.94	0.78	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	50	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	350	130	0	430	2.00	0.36	0.0	0	6.0	*N/A*	2.0	18.0	5.0	1.00	0.00
PEARS: canned,light syrup	1/2 Cup	350	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	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	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
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			813	59	1662	8.80	14.74	506.2	8447	20.42	*19	34.12	107.22	27.51	6.88	*0.00
% of Calories											*9.4%	16.8%	52.8%	30.5%	7.6%	*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

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

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# Central Unified Food Services

Jun 12, 2017 thru Jun 30, 2017

## Base Menu Spreadsheet

Summer School 7-12

### 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 - 06/26/2017</b>																
Summer School 7-12	Total	400														
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
Quesadilla, Chicken & Cheese	1 each	50	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	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
Orange Bowl - 2nd	Bowl	50	299	25	175	1.21	84.89	0.0	0	0.75	*N/A*	11.7	56.51	3.08	0.31	0.00
Wrap, Chicken Bacon	1 each	50	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	50	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	350	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	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	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
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			786	68	1563	6.75	14.86	515.7	8987	17.48	*21	34.73	104.15	26.01	6.71	*0.00
% of Calories											*10.6%	17.7%	53.0%	29.8%	7.7%	*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

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

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# Central Unified Food Services

Jun 12, 2017 thru Jun 30, 2017

Base Menu Spreadsheet

Summer School 7-12

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 <sup>1</sup> (g)
Tue - 06/27/2017																
Summer School 7-12	Total	400														
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
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
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	50	307	55	375	1.21	85.00	0.0	0	0.0	*N/A*	17.33	52.44	3.94	0.78	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	50	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, Garlic	1/2 Cup	350	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
STRAWBERRIES,FRESH	1 CUP	350	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	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	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
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	68	1649	8.18	14.30	515.9	3753	94.03	*12	35.14	94.75	28.87	7.83	*0.15
% of Calories											*6.0%	18.0%	48.6%	33.3%	9.0%	*0.2%
Nutrient Guideline			750-850		1420										<10.00	

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# Central Unified Food Services

Jun 12, 2017 thru Jun 30, 2017

Base Menu Spreadsheet

Summer School 7-12

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 <sup>1</sup> (g)
Wed - 06/28/2017																
Summer School 7-12	Total	400														
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
Sub Sandwich	1 each	50	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 Hot 104ct	1 Bag	50	120	0	220	1.00	0.72	100.0	0	0.0	*N/A*	2.0	17.0	5.0	1.00	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
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
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	50	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	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
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	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	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
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			860	58	1912	8.79	4.59	506.0	8352	26.50	*17	35.60	115.05	28.80	6.67	*0.01
% of Calories											*8.0%	16.6%	53.5%	30.1%	7.0%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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\* - 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

Jun 12, 2017 thru Jun 30, 2017

## Base Menu Spreadsheet

Summer School 7-12

### 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)
Thu - 06/29/2017																
Summer School 7-12	Total	400														
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
Fajitas, Chicken	ea, 1/2 cup	50	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	50	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	50	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	50	20	0	460	2.00	0.00	0.0	200	0.0	*N/A*	0.0	6.0	0.0	0.00	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
Orange Bowl - 2nd	Bowl	50	299	25	175	1.21	84.89	0.0	0	0.75	*N/A*	11.7	56.51	3.08	0.31	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	50	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	350	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	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	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	150	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			788	77	1717	8.36	14.31	531.0	3842	26.22	*26	35.30	97.09	28.97	7.59	*0.15
% of Calories											*13.1%	17.9%	49.3%	33.1%	8.7%	*0.2%
Nutrient Guideline			750-850		1420										<10.00	

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

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# Central Unified Food Services

Jun 12, 2017 thru Jun 30, 2017

Base Menu Spreadsheet

Summer School 7-12

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 <sup>1</sup> (g)
Fri - 06/30/2017																
Summer School 7-12	Total	400														
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	50	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	50	307	55	375	1.21	85.00	0.0	0	0.0	*N/A*	17.33	52.44	3.94	0.78	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	50	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	350	130	0	430	2.00	0.36	0.0	0	6.0	*N/A*	2.0	18.0	5.0	1.00	0.00
PEARS: canned,light syrup	1/2 Cup	350	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	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	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
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			808	61	1634	8.55	14.61	476.2	8409	20.27	*19	33.74	106.47	27.76	6.88	*0.00
% of Calories											*9.3%	16.7%	52.7%	30.9%	7.7%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	
Weighted Average			802	65	1680	8.05	12.59	508.5	6655	35.88	*19	34.72	102.97	28.09	7.07	*0.07
											*21.2%	17.3%	51.3%	31.5%	7.9%	*0.1%

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# Central Unified Food Services

Jun 12, 2017 thru Jun 30, 2017

Base Menu Spreadsheet

Summer School 7-12

Portion Values - Detailed

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Nutrient	Menu AVG	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)	
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)										
Calories	802		750 - 850	100%														
Cholesterol (mg)	65																	
Sodium (mg)	1680		1420						260	Correction Required - Sodium too High								
Fiber (g)	8.05																	
Iron (mg)	12.59																	
Calcium (mg)	508.5																	
Vitamin A (IU)	6655																	
Sugars (g)	19	9.42%				Missing												
Vitamin C (mg)	35.88																	
Protein (g)	34.72	17.31%																
Carbohydrate (g)	102.97	51.34%																
Total Fat (g)	28.09	31.52%																
Saturated Fat (g)	7.07	7.94%																
Trans Fat <sup>1</sup> (g)	0.07	0.07%																

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