

# Central Unified Food Services

Jun 1, 2018 thru Jun 7, 2018

## Base Menu Spreadsheet

K-6 Elementary Lunch

### Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 06/01/2018																
K-6 Elementary Lunch	Total	500														
Pizza, 4x6 Cheese Smart	1 EA	75	300	25	440	4.00	2.70	250.0	300	0.0	10	16.0	33.0	11.0	5.00	0.00
Pizza, 4X6 Pepperoni, Smart	1 each	425	300	25	530	4.00	2.70	200.0	300	0.0	10	16.0	33.0	12.0	5.00	0.00
Baby Carrots	1/2 Cup	100	25	0	55	2.00	0.72	20.0	9500	2.4	*N/A*	0.0	6.0	0.0	0.00	0.00
Salad with Ranch	1 Cup	300	19	1	36	1.40	0.60	26.1	4699	16.66	*0	0.85	3.04	0.31	0.08	*0.00
ranch dressing	pkt	300	70	5	75	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	7.0	1.00	0.00
PEACHES: canned,light syrup	1/2 Cup	250	68	0	6	1.63	0.45	3.8	444	3.01	17	0.56	18.26	0.04	0.00	0.00
Raisins, Box	1 Box	150	113	0	4	1.40	0.71	19.0	0	0.87	*N/A*	1.16	29.98	0.17	0.04	0.00
Low Fat Milk, 1%	1 Each	150	130	15	160	0.00	0.00	400.0	500	2.4	*N/A*	11.0	16.0	2.5	1.50	0.00
Chocolate Milk, NonFat	1 Each	350	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	9.0	21.0	0.0	0.00	0.00
Weighted Daily Average			549	36	773	6.48	3.64	564.7	5742	13.80	*18	26.74	74.24	17.06	6.11	*0.00
% of Calories											*13.4%	19.5%	54.1%	28.0%	10.0%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

Mon - 06/04/2018																
K-6 Elementary Lunch	Total	500														
Quesadilla, Chicken & Cheese	1 each	500	300	40	560	3.00	2.70	250.0	200	0.0	2	19.0	31.0	11.0	4.50	0.00
Cookie, English & Spanish	1 each	450	130	0	95	1.00	1.80	0.0	0	0.0	8	2.0	22.0	4.0	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
Baby Carrots	1/2 Cup	200	25	0	55	2.00	0.72	20.0	9500	2.4	*N/A*	0.0	6.0	0.0	0.00	0.00
FRUIT COCKTAIL:canned,lt syrup	1/2 Cup	325	69	0	7	1.21	0.35	7.3	252	2.3	17	0.48	18.07	0.08	0.01	0.00
Raisins, Box	1 Box	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
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			685	50	978	6.61	5.36	600.7	6543	10.91	*20	31.32	99.45	18.85	6.26	*0.00
% of Calories											*11.8%	18.3%	58.0%	24.7%	8.2%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

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

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K-6 Elementary Lunch

### Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 06/05/2018																
K-6 Elementary Lunch	Total	500														
Chicken Patty on a Bun	1 each	500	350	55	980	4.00	3.60	100.0	100	0.0	4	22.0	41.0	13.0	2.50	0.00
French Fries, CC McCain	1/2 Cup	250	173	0	213	1.33	0.48	0.0	0	4.8	*N/A*	2.67	28.0	6.0	0.67	0.00
PICKLES,DILL	SLICE	400	3	0	170	0.21	0.05	12.0	26	0.48	0	0.11	0.51	0.06	0.02	0.00
Salad with Ranch	1 Cup	150	19	1	36	1.40	0.60	26.1	4699	16.66	*0	0.85	3.04	0.31	0.08	*0.00
STRAWBERRIES,FRESH	1/2 CUP	350	23	0	1	1.44	0.30	11.5	9	42.34	4	0.48	5.53	0.22	0.01	0.00
Raisins, Box	1 Box	125	113	0	4	1.40	0.71	19.0	0	0.87	*N/A*	1.16	29.98	0.17	0.04	0.00
Low Fat Milk, 1%	1 Each	200	130	15	160	0.00	0.00	400.0	500	2.4	*N/A*	11.0	16.0	2.5	1.50	0.00
Chocolate Milk, NonFat	1 Each	100	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	9.0	21.0	0.0	0.00	0.00
Milk, Strawberry	1 each	200	120	5	120	0.00	0.00	350.0	500	1.2	19	9.0	19.0	0.0	0.00	0.00
Mayo Pkt	1	175	70	5	45	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	7.0	1.00	0.00
Ketchup Pkt.	1 each	400	10	0	85	0.00	0.00	0.0	0	0.0	2	0.0	2.0	0.0	0.00	0.00
Weighted Daily Average			645	66	1467	6.61	4.45	490.2	2037	39.32	*16	34.10	87.48	19.79	3.84	*0.00
% of Calories											*9.8%	21.1%	54.2%	27.6%	5.4%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

Wed - 06/06/2018																
K-6 Elementary Lunch	Total	500														
Taquito, WG Chicken 2 each	1 each	500	210	15	270	3.00	1.44	40.0	200	0.0	*N/A*	9.0	27.0	8.0	1.50	0.00
Salsa, Pace	2 oz	250	20	0	460	2.00	0.00	0.0	200	0.0	*N/A*	0.0	6.0	0.0	0.00	0.00
Sour Cream	1 each	250	57	14	14	0.00	0.00	18.9	189	0.0	0	0.94	1.88	5.66	3.30	0.00
Salad with Ranch	1 Cup	350	19	1	36	1.40	0.60	26.1	4699	16.66	*0	0.85	3.04	0.31	0.08	*0.00
Baby Carrots, Chili Lime	bag	175	30	0	200	2.00	0.36	20.0	5000	6.0	5	1.0	7.0	0.0	0.00	0.00
Baby Carrots, Ranch	bag	175	30	0	210	2.00	0.36	20.0	5000	4.8	5	1.0	7.0	0.0	0.00	0.00
CANTALOUPE	1/2 CUP	350	27	0	13	0.72	0.17	7.2	2706	29.36	6	0.67	6.53	0.15	0.04	0.00
Raisins, Box	1 Box	150	113	0	4	1.40	0.71	19.0	0	0.87	*N/A*	1.16	29.98	0.17	0.04	0.00
Low Fat Milk, 1%	1 Each	150	130	15	160	0.00	0.00	400.0	500	2.4	*N/A*	11.0	16.0	2.5	1.50	0.00
Chocolate Milk, NonFat	1 Each	350	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	9.0	21.0	0.0	0.00	0.00
Weighted Daily Average			458	31	860	7.30	2.44	422.4	9578	37.81	*8	21.19	71.03	11.96	3.70	*0.00
% of Calories											*7.0%	18.5%	62.0%	23.5%	7.3%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

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Base Menu Spreadsheet

K-6 Elementary Lunch

Portion Values - Detailed

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Generated on: 5/30/2018 10:00:55 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 06/07/2018																
K-6 Elementary Lunch	Total	500														
Macaroni & Cheese, WG	6 oz	500	290	30	980	2.00	1.08	420.0	800	0.0	*N/A*	17.0	31.0	11.0	6.00	0.00
Texas Toast	1 each	450	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	250	19	1	36	1.40	0.60	26.1	4699	16.66	*0	0.85	3.04	0.31	0.08	*0.00
Jicama	1/2 Cup	250	25	0	4	1.12	0.36	9.0	0	12.0	*N/A*	0.85	5.25	0.0	0.00	*N/A*
APPLES,Fresh	1 EACH	250	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	0.00
Raisins, Box	1 Box	200	113	0	4	1.40	0.71	19.0	0	0.87	*N/A*	1.16	29.98	0.17	0.04	0.00
Low Fat Milk, 1%	1 Each	50	130	15	160	0.00	0.00	400.0	500	2.4	*N/A*	11.0	16.0	2.5	1.50	0.00
Chocolate Milk, NonFat	1 Each	150	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	9.0	21.0	0.0	0.00	0.00
Milk, Vanilla	1 each	300	120	5	120	0.00	0.00	350.0	500	1.2	19	9.0	19.0	0.0	0.00	0.00
Weighted Daily Average			604	36	1261	7.28	2.57	807.3	3957	20.25	*19	30.39	89.46	14.29	6.23	*0.00
% of Calories											*12.3%	20.1%	59.3%	21.3%	9.3%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

Weighted Average			588	44	1068	6.86	3.69	577.1	5571	24.42	*16	28.75	84.33	16.39	5.23	*0.00
											*24.8%	19.5%	57.3%	25.1%	8.0%	*0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	588		600 - 650	98%		12		Correction Required - Calories are Low
Cholesterol (mg)	44							
Sodium (mg)	1068		1230					
Fiber (g)	6.86							
Iron (mg)	3.69							
Calcium (mg)	577.1							
Vitamin A (IU)	5571							
Sugars (g)	16	11.03%			Missing			
Vitamin C (mg)	24.42							
Protein (g)	28.75	19.55%						
Carbohydrate (g)	84.33	57.34%						
Total Fat (g)	16.39	25.07%						
Saturated Fat (g)	5.23	8.00%	<10.00%					
Trans Fat <sup>1</sup> (g)	0.00	0.00%			Missing			

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