

# Central Unified Food Services

Nov 1, 2021 thru Nov 30, 2021

Base Menu Spreadsheet

K-6 Elementary Lunch Menu

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)
Mon - 11/01/2021					
K-6 Elementary Lunch Menu	Total	500			
Corn Dog WG	1 EA	450	240	9.0	30.0
Mustard Pkt.	1 each	200	5	0.0	0.0
Baby Carrots	1/2 Cup	300	25	0.0	6.0
ranch dressing	pkt	200	70	0.0	1.0
FRUIT COCKTAIL:canned,lt syrup	1/2 Cup	500	69	0.48	18.07
Low Fat Milk, 1%	1 Each	150	130	11.0	16.0
Chocolate Milk, NonFat	1 Each	350	120	9.0	21.0
Quesadilla, Cheese	1 each	50	320	20.0	32.0
Weighted Daily Average			485	20.18	71.76
% of Calories				16.6%	59.2%
Nutrient Guideline			600-650		

	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)
Tue - 11/02/2021					
K-6 Elementary Lunch Menu	Total	500			
Cheeseburger	1 EACH	450	432	23.57	29.68
French Fries, Wedges	1 each	500	166	2.77	27.68
GRAPES,Fresh	1/2 Cup	450	62	0.58	15.78
Low Fat Milk, 1%	1 Each	100	130	11.0	16.0
Chocolate Milk, NonFat	1 Each	400	120	9.0	21.0
Ketchup Pkt.	1 each	400	10	0.0	2.0
Mayo Pkt	1	100	70	0.0	0.0
Mustard Pkt.	1 each	100	5	0.0	0.0
Grilled Cheese, Sourdough	1 each	50	299	20.67	32.85
Weighted Daily Average			785	35.97	93.48
% of Calories				18.3%	47.6%
Nutrient Guideline			600-650		

	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)
Wed - 11/03/2021					
K-6 Elementary Lunch Menu	Total	500			
Tortilla Chips, 2oz	bag	500	135	2.0	19.0
Cheese Cup, Jalapeno	1 Cup	475	230	7.0	3.0
Side Salad	1 each	200	179	2.27	8.8
Fruit Cup, Strawberry	1 each	100	90	1.0	22.0
Low Fat Milk, 1%	1 Each	150	130	11.0	16.0
Chocolate Milk, NonFat	1 Each	350	120	9.0	21.0
Taco Sauce Pkt	1 ea	200	5	0.0	1.0
Weighted Daily Average			568	19.36	49.67
% of Calories				13.6%	35.0%
Nutrient Guideline			600-650		

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	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)
Thu - 11/04/2021					
K-6 Elementary Lunch Menu	Total	500			
Spaghetti, JTM 8 OZ	1 each	450	227	18.28	24.73
WG Garlic Knot	1 each	500	170	4.0	23.0
Jicama	1/2 Cup	500	25	0.85	5.25
Apples, Bagged	1 each	500	34	0.0	8.0
Low Fat Milk, 1%	1 Each	150	130	11.0	16.0
Chocolate Milk, NonFat	1 Each	350	120	9.0	21.0
Ravioli, Cheese Jumbo 3 each	1 each	50	180	15.0	23.0
SPAGHETTI SAUCE,CANNED	3 oz	50	93	1.55	13.55
Weighted Daily Average			583	32.55	81.66
% of Calories				22.3%	56.0%
Nutrient Guideline			600-650		

Fri - 11/05/2021					
K-6 Elementary Lunch Menu	Total	500			
Pizza, 4x6 Cheese Smart	1 EA	75	300	16.0	33.0
Pizza, 4X6 Pepperoni, Smart	1 each	425	300	16.0	33.0
Baby Carrots	1/2 Cup	500	25	0.0	6.0
ranch dressing	pkt	300	70	0.0	1.0
PINEAPPLE CHUNKS:canned,lt syr	1/2 Cup	500	33	0.23	8.47
Low Fat Milk, 1%	1 Each	150	130	11.0	16.0
Chocolate Milk, NonFat	1 Each	350	120	9.0	21.0
Weighted Daily Average			523	25.83	67.57
% of Calories				19.8%	51.7%
Nutrient Guideline			600-650		

Mon - 11/08/2021					
K-6 Elementary Lunch Menu	Total	500			
Grilled Cheese, WG Sandwich	1 each	500	284	18.54	30.54
Baby Carrots	1/2 Cup	500	25	0.0	6.0
ranch dressing	pkt	200	70	0.0	1.0
FRUIT COCKTAIL:canned,lt syrup	1/2 Cup	500	69	0.48	18.07
Low Fat Milk, 1%	1 Each	150	130	11.0	16.0
Chocolate Milk, NonFat	1 Each	350	120	9.0	21.0
Weighted Daily Average			529	28.62	74.50
% of Calories				21.6%	56.3%
Nutrient Guideline			600-650		

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	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)
Tue - 11/09/2021					
K-6 Elementary Lunch Menu	Total	500			
Chicken Patty on a Bun	1 each	500	341	19.69	40.19
TATER TOTS,ele	serv, 8 EA	450	141	1.41	15.86
GRAPES,Fresh	1/2 Cup	400	62	0.58	15.78
Low Fat Milk, 1%	1 Each	300	130	11.0	16.0
Chocolate Milk, NonFat	1 Each	200	120	9.0	21.0
Mayo Pkt	1	175	70	0.0	0.0
Ketchup Pkt.	1 each	400	10	0.0	2.0
Veggie Burger	1 each	1	354	17.5	45.3
Weighted Daily Average			676	31.65	86.77
% of Calories				18.7%	51.4%
Nutrient Guideline			600-650		

Wed - 11/10/2021					
K-6 Elementary Lunch Menu	Total	500			
Meatballs, Beef 5 each	1 each	450	150	14.0	4.0
Shredded Cheddar Cheese	1 oz	450	55	3.5	0.5
SPAGHETTI SAUCE,CANNED	1 oz	450	31	0.52	4.52
Breadstick, WG Cheese & Garlic	1 each	450	173	8.0	30.5
Side Salad	1 each	250	179	2.27	8.8
Fruit Cup, Apricots	1 each	350	110	1.0	25.0
Low Fat Milk, 1%	1 Each	150	130	11.0	16.0
Chocolate Milk, NonFat	1 Each	350	120	9.0	21.0
Spaghetti Sauce w Shred.Cheese	1 each	50	148	5.05	14.05
Weighted Daily Average			672	35.35	78.37
% of Calories				21.0%	46.6%
Nutrient Guideline			600-650		

Thu - 11/11/2021					
K-6 Elementary Lunch Menu	Total	1			
NO SCHOOL TODAY	SERVING	1	0	0.0	0.0
Weighted Daily Average			0	0.00	0.00
% of Calories				0.0%	0.0%
Nutrient Guideline			600-650		

Fri - 11/12/2021					
K-6 Elementary Lunch Menu	Total	1			
NO SCHOOL TODAY	SERVING	1	0	0.0	0.0
Weighted Daily Average			0	0.00	0.00
% of Calories				0.0%	0.0%
Nutrient Guideline			600-650		

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	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)
Mon - 11/15/2021					
K-6 Elementary Lunch Menu	Total	500			
Pull Apart Cheese Bread	1 each	500	290	15.0	29.0
Marinara Cup 2.5	1 each	500	40	1.0	7.0
Baby Carrots	1/2 Cup	150	25	0.0	6.0
ranch dressing	pkt	200	70	0.0	1.0
FRUIT COCKTAIL:canned,lt syrup	1/2 Cup	350	69	0.48	18.07
Low Fat Milk, 1%	1 Each	125	130	11.0	16.0
Chocolate Milk, NonFat	1 Each	375	120	9.0	21.0
Weighted Daily Average			536	25.84	70.60
% of Calories				19.3%	52.7%
Nutrient Guideline			600-650		

Tue - 11/16/2021					
K-6 Elementary Lunch Menu	Total	500			
BBQ Rib Sandwich, Beef	1 Each	500	350	18.0	41.0
French Fries, CC McCain	1/2 Cup	325	173	2.67	28.0
GRAPES,Fresh	1/2 Cup	300	62	0.58	15.78
Low Fat Milk, 1%	1 Each	100	130	11.0	16.0
Chocolate Milk, NonFat	1 Each	400	120	9.0	21.0
Ketchup Pkt.	1 each	400	10	0.0	2.0
Mayo Pkt	1	100	70	0.0	0.0
Mustard Pkt.	1 each	100	5	0.0	0.0
Veggie Burger	1 each	1	354	17.5	45.3
Weighted Daily Average			645	29.52	90.36
% of Calories				18.3%	56.0%
Nutrient Guideline			600-650		

Wed - 11/17/2021					
K-6 Elementary Lunch Menu	Total	500			
Teriyaki Rice Bowl	1 Serving	450	218	18.5	23.81
Side Salad	1 each	350	179	2.27	8.8
Applesauce Cup	1 each	450	51	0.2	14.0
Low Fat Milk, 1%	1 Each	150	130	11.0	16.0
Chocolate Milk, NonFat	1 Each	350	120	9.0	21.0
Soy Sauce Pkt.	1 each	100	0	0.0	0.0
Vegetarian Oriental Bowl, Ele.	1 each	50	244	12.96	46.05
Weighted Daily Average			514	29.31	64.29
% of Calories				22.8%	50.0%
Nutrient Guideline			600-650		

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	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)
Thu - 11/18/2021					
K-6 Elementary Lunch Menu	Total	500			
Turkey & Gravy - Jennie - O	1/2 cup	450	120	15.0	2.0
Mashed Potatoes 1/2 Cup	1/2 Cup	500	110	2.0	17.0
Texas Toast	1 each	450	140	5.0	22.0
Rosati, Given Thanks Ice	1 each	450	99	0.0	25.0
Low Fat Milk, 1%	1 Each	150	130	11.0	16.0
Chocolate Milk, NonFat	1 Each	350	120	9.0	21.0
Cookie, Turkey	1 each	500	133	1.11	17.71
Cheese Bites, Wild Mikes, 4 ea	1 each	50	70	4.0	7.0
Weighted Daily Average			696	31.11	99.01
% of Calories				17.9%	56.9%
Nutrient Guideline			600-650		

Fri - 11/19/2021					
K-6 Elementary Lunch Menu	Total	500			
Stuffed Cheese Sticks, 2 each	1 each	500	300	20.0	30.0
Marinara Sauce Cup	1 each	500	15	1.0	3.0
Baby Carrots	1/2 Cup	500	25	0.0	6.0
ranch dressing	pkt	350	70	0.0	1.0
Apples, Bagged	1 each	500	34	0.0	8.0
Low Fat Milk, 1%	1 Each	100	130	11.0	16.0
Chocolate Milk, NonFat	1 Each	400	120	9.0	21.0
Weighted Daily Average			545	30.40	67.70
% of Calories				22.3%	49.7%
Nutrient Guideline			600-650		

Mon - 11/22/2021					
K-6 Elementary Lunch Menu	Total	1			
NO SCHOOL TODAY	SERVING	1	0	0.0	0.0
Weighted Daily Average			0	0.00	0.00
% of Calories				0.0%	0.0%
Nutrient Guideline			600-650		

Tue - 11/23/2021					
K-6 Elementary Lunch Menu	Total	1			
NO SCHOOL TODAY	SERVING	1	0	0.0	0.0
Weighted Daily Average			0	0.00	0.00
% of Calories				0.0%	0.0%
Nutrient Guideline			600-650		

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	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)
Wed - 11/24/2021					
K-6 Elementary Lunch Menu	Total	1			
NO SCHOOL TODAY	SERVING	1	0	0.0	0.0
Weighted Daily Average			0	0.00	0.00
% of Calories				0.0%	0.0%
Nutrient Guideline			600-650		

	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)
Thu - 11/25/2021					
K-6 Elementary Lunch Menu	Total	1			
NO SCHOOL TODAY	SERVING	1	0	0.0	0.0
Weighted Daily Average			0	0.00	0.00
% of Calories				0.0%	0.0%
Nutrient Guideline			600-650		

	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)
Fri - 11/26/2021					
K-6 Elementary Lunch Menu	Total	1			
NO SCHOOL TODAY	SERVING	1	0	0.0	0.0
Weighted Daily Average			0	0.00	0.00
% of Calories				0.0%	0.0%
Nutrient Guideline			600-650		

	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)
Mon - 11/29/2021					
K-6 Elementary Lunch Menu	Total	500			
Burrito, Arizona Gold	1 each	500	380	17.0	45.0
Baby Carrots	1/2 Cup	350	25	0.0	6.0
ranch dressing	pkt	250	70	0.0	1.0
FRUIT COCKTAIL:canned,lt syrup	1/2 cup	450	69	0.48	18.07
Low Fat Milk, 1%	1 Each	150	130	11.0	16.0
Chocolate Milk, NonFat	1 Each	350	120	9.0	21.0
Taco Sauce Pkt	1 ea	200	5	0.0	1.0
Weighted Daily Average			620	27.04	85.86
% of Calories				17.5%	55.4%
Nutrient Guideline			600-650		

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	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)
Tue - 11/30/2021					
K-6 Elementary Lunch Menu	Total	500			
Mini Twin Cheeseburgers	1	450	390	20.0	41.0
French Fries, Wedges	1 each	500	166	2.77	27.68
GRAPES, Fresh	1/2 Cup	500	62	0.58	15.78
Low Fat Milk, 1%	1 Each	150	130	11.0	16.0
Chocolate Milk, NonFat	1 Each	350	120	9.0	21.0
Mustard Pkt.	1 each	100	5	0.0	0.0
Ketchup Pkt.	1 each	400	10	0.0	2.0
Mini Twin Veggie Burgers	1 each	50	310	14.0	40.0
Weighted Daily Average			742	32.35	105.46
% of Calories				17.4%	56.9%
Nutrient Guideline			600-650		

Weighted Average			608	29.00	79.14
				19.1%	52.1%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	608		600 - 650	100%				
Protein (g)	29.00	19.08%						
Carbohydrate (g)	79.14	52.07%						

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