

Central Unified Food Services

Nov 1, 2021 thru Nov 30, 2021

Base Menu Spreadsheet

Middle School Lunch Menu

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Fiber (g)	Protn (g)	Carb (g)
Mon - 11/01/2021						
Middle School Lunch Menu	Total	500				
Chicken Tenders WG, 6 each	6 Each	25	420	2.00	30.0	26.0
Chicken Tenders Spicy 6	1 each	25	520	6.00	30.0	34.0
Chicken Tenders 1/2 & 1/2	1 each	25	470	4.00	30.0	30.0
Corn Dog WG	1 EA	50	240	5.00	9.0	30.0
Pizza, Big Daddy Cheese	1 Each	50	370	2.00	19.0	43.0
Pizza, Big Daddy Pepperoni	1 Each	75	380	2.00	19.0	44.0
Orange Bowl - 2nd	Bowl	90	393	4.07	20.36	94.33
Salad, Oriental	1 Each	50	479	8.58	26.76	42.67
Wrap, Chicken Bacon	1 each	25	644	2.96	38.0	44.11
PBJ Grape WW Sandwich	1 Each	10	630	7.00	19.0	64.0
French Fries, Spiral	1/2 Cup	450	110	1.00	1.0	15.0
Baby Carrots	1/2 Cup	200	25	2.00	0.0	6.0
FRUIT COCKTAIL:canned,lt syrup	1/2 Cup	350	69	1.21	0.48	18.07
Low Fat Milk, 1%	1 Each	125	130	0.00	11.0	16.0
Chocolate Milk, NonFat	1 Each	375	120	0.00	9.0	21.0
Ketchup Pkt.	1 each	50	10	0.00	0.0	2.0
Mustard Pkt.	1 each	50	5	0.00	0.0	0.0
Mayo Pkt	1	50	70	0.00	0.0	0.0
BBQ Sauce Cup	1 ea	50	40	0.00	0.0	10.0
Soy Sauce Pkt.	1 each	50	0	0.00	0.0	0.0
ranch dressing	pkt	50	70	0.00	0.0	1.0
Tapatio Sauce	1 each	50	0	0.00	0.0	0.0
Weighted Daily Average			651	6.02	29.51	92.73
% of Calories					18.1%	57.0%
Nutrient Guideline			750-850			

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

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	Portion Size	Reimb Qty	Cals (kcal)	Fiber (g)	Protn (g)	Carb (g)
Tue - 11/02/2021						
Middle School Lunch Menu	Total	500				
Chicken Tenders WG, 6 each	6 Each	25	420	2.00	30.0	26.0
Chicken Tenders Spicy 6	1 each	25	520	6.00	30.0	34.0
Chicken Tenders 1/2 & 1/2	1 each	25	470	4.00	30.0	30.0
Cheeseburger	1 EACH	50	432	3.00	23.57	29.68
Jumbo B&C Burrito, Foil Wrap	1 each	50	397	13.00	26.0	56.5
Pizza, FB Pepperoni	1 EA	50	310	3.00	17.0	33.0
Pizza, FB Cheese	1 each	75	290	3.00	17.0	33.0
Teriyaki Bowl - 2nd	Bowl	75	412	4.07	29.56	87.51
Salad, Southwestern	1 each	50	434	10.64	18.67	34.6
Wrap, Spicy Chicken	1 each	50	653	4.70	24.24	40.94
PBJ Strawberry Sandwich	1 Each	25	630	6.00	19.0	64.0
French Fries, Garlic	1/2 Cup	450	130	2.00	2.0	18.0
Baby Carrots	1/2 Cup	150	25	2.00	0.0	6.0
GRAPES, Fresh	1/2 Cup	350	62	0.83	0.58	15.78
Low Fat Milk, 1%	1 Each	100	130	0.00	11.0	16.0
Chocolate Milk, NonFat	1 Each	400	120	0.00	9.0	21.0
Ketchup Pkt.	1 each	50	10	0.00	0.0	2.0
Mustard Pkt.	1 each	50	5	0.00	0.0	0.0
Mayo Pkt	1	50	70	0.00	0.0	0.0
BBQ Sauce Cup	1 ea	50	40	0.00	0.0	10.0
Soy Sauce Pkt.	1 each	50	0	0.00	0.0	0.0
ranch dressing	pkt	50	70	0.00	0.0	1.0
Tapatio Sauce	1 each	50	0	0.00	0.0	0.0
Weighted Daily Average			739	8.37	34.99	95.59
% of Calories					18.9%	51.7%
Nutrient Guideline			750-850			

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	Portion Size	Reimb Qty	Cals (kcal)	Fiber (g)	Protn (g)	Carb (g)
Wed - 11/03/2021						
Middle School Lunch Menu	Total	500				
Chicken Tenders WG, 6 each	6 Each	25	420	2.00	30.0	26.0
Chicken Tenders Spicy 6	1 each	25	520	6.00	30.0	34.0
Chicken Tenders 1/2 & 1/2	1 each	25	470	4.00	30.0	30.0
Grizzly Burger	1 each	50	570	4.20	26.7	49.7
Pizza, Big Daddy Cheese	1 Each	50	370	2.00	19.0	43.0
Pizza, Big Daddy Pepperoni	1 Each	75	380	2.00	19.0	44.0
Orange Bowl - 2nd	Bowl	75	393	4.07	20.36	94.33
Salad, Chicken BLT	1 each	50	526	5.13	31.05	25.79
Wrap, Chicken	1 each	50	603	2.70	24.24	37.94
PBJ Strawberry Sandwich	1 Each	25	630	6.00	19.0	64.0
French Fries, Waffle Cut	1/2 Cup	450	170	2.00	2.0	22.0
Side Salad	1 each	200	179	4.53	2.27	8.8
Fruit Cup, Apricots	1 each	350	110	2.00	1.0	25.0
Low Fat Milk, 1%	1 Each	100	130	0.00	11.0	16.0
Chocolate Milk, NonFat	1 Each	400	120	0.00	9.0	21.0
Ketchup Pkt.	1 each	50	10	0.00	0.0	2.0
Mustard Pkt.	1 each	50	5	0.00	0.0	0.0
Mayo Pkt	1	50	70	0.00	0.0	0.0
BBQ Sauce Cup	1 ea	50	40	0.00	0.0	10.0
Soy Sauce Pkt.	1 each	50	0	0.00	0.0	0.0
ranch dressing	pkt	50	70	0.00	0.0	1.0
Tapatio Sauce	1 each	50	0	0.00	0.0	0.0
Weighted Daily Average			868	8.23	34.26	106.21
% of Calories					15.8%	49.0%
Nutrient Guideline			750-850			

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	Portion Size	Reimb Qty	Cals (kcal)	Fiber (g)	Protn (g)	Carb (g)
Thu - 11/04/2021						
Middle School Lunch Menu	Total	500				
Chicken Tenders WG, 6 each	6 Each	25	420	2.00	30.0	26.0
Chicken Tenders Spicy 6	1 each	25	520	6.00	30.0	34.0
Chicken Tenders 1/2 & 1/2	1 each	25	470	4.00	30.0	30.0
Spaghetti, JTM 8 OZ	1 each	50	227	3.23	18.28	24.73
WG Garlic Knot	1 each	50	170	2.00	4.0	23.0
Pizza, FB Pepperoni	1 EA	75	310	3.00	17.0	33.0
Pizza, FB Cheese	1 each	75	290	3.00	17.0	33.0
Teriyaki Bowl - 2nd	Bowl	75	412	4.07	29.56	87.51
Salad, Caesar	1 each	25	390	5.13	36.3	18.28
Wrap, Spicy Chicken	1 each	50	653	4.70	24.24	40.94
PBJ Strawberry Sandwich	1 Each	25	630	6.00	19.0	64.0
French Fries, Spiral	1/2 Cup	450	110	1.00	1.0	15.0
Jicama	1/2 Cup	200	25	1.12	0.85	5.25
Apples, Bagged	1 each	350	34	2.00	0.0	8.0
Low Fat Milk, 1%	1 Each	50	130	0.00	11.0	16.0
Chocolate Milk, NonFat	1 Each	150	120	0.00	9.0	21.0
Milk, Strawberry	1 each	300	120	0.00	9.0	19.0
Ketchup Pkt.	1 each	50	10	0.00	0.0	2.0
Mustard Pkt.	1 each	50	5	0.00	0.0	0.0
Mayo Pkt	1	50	70	0.00	0.0	0.0
BBQ Sauce Cup	1 ea	50	40	0.00	0.0	10.0
Soy Sauce Pkt.	1 each	50	0	0.00	0.0	0.0
ranch dressing	pkt	50	70	0.00	0.0	1.0
Tapatio Sauce	1 each	50	0	0.00	0.0	0.0
Weighted Daily Average			651	6.41	31.89	82.31
% of Calories					19.6%	50.5%
Nutrient Guideline			750-850			

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	Portion Size	Reimb Qty	Cals (kcal)	Fiber (g)	Protn (g)	Carb (g)
Fri - 11/05/2021						
Middle School Lunch Menu	Total	500				
Chicken Tenders WG, 6 each	6 Each	25	420	2.00	30.0	26.0
Chicken Tenders Spicy 6	1 each	25	520	6.00	30.0	34.0
Chicken Tenders 1/2 & 1/2	1 each	25	470	4.00	30.0	30.0
Hot Link	1 each	75	320	2.00	11.0	31.0
Pizza, Big Daddy Cheese	1 Each	50	370	2.00	19.0	43.0
Pizza, Big Daddy Pepperoni	1 Each	50	380	2.00	19.0	44.0
Orange Bowl - 2nd	Bowl	75	393	4.07	20.36	94.33
Salad, Chicken BLT	1 each	25	526	5.13	31.05	25.79
Wrap, Spicy Chicken	1 each	50	653	4.70	24.24	40.94
PBJ Grape WW Sandwich	1 Each	10	630	7.00	19.0	64.0
Baby Carrots	1/2 Cup	200	25	2.00	0.0	6.0
French Fries, Wedges	1 each	450	166	2.77	2.77	27.68
PINEAPPLE CHUNKS:canned,lt syr	1/2 Cup	350	33	0.50	0.23	8.47
Low Fat Milk, 1%	1 Each	150	130	0.00	11.0	16.0
Chocolate Milk, NonFat	1 Each	350	120	0.00	9.0	21.0
Ketchup Pkt.	1 each	50	10	0.00	0.0	2.0
Mustard Pkt.	1 each	50	5	0.00	0.0	0.0
Mayo Pkt	1	50	70	0.00	0.0	0.0
BBQ Sauce Cup	1 ea	50	40	0.00	0.0	10.0
Soy Sauce Pkt.	1 each	50	0	0.00	0.0	0.0
ranch dressing	pkt	50	70	0.00	0.0	1.0
Tapatio Sauce	1 each	50	0	0.00	0.0	0.0
Weighted Daily Average			682	6.42	29.61	92.71
% of Calories					17.4%	54.4%
Nutrient Guideline			750-850			

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	Portion Size	Reimb Qty	Cals (kcal)	Fiber (g)	Protn (g)	Carb (g)
Mon - 11/08/2021						
Middle School Lunch Menu	Total	500				
Chicken Tenders WG, 6 each	6 Each	50	420	2.00	30.0	26.0
Chicken Tenders Spicy 6	1 each	25	520	6.00	30.0	34.0
Chicken Tenders 1/2 & 1/2	1 each	50	470	4.00	30.0	30.0
Grilled Cheese, Sourdough	1 each	75	299	3.24	20.67	32.85
Pizza, Big Daddy Cheese	1 Each	50	370	2.00	19.0	43.0
Pizza, Big Daddy Pepperoni	1 Each	75	380	2.00	19.0	44.0
Orange Bowl - 2nd	Bowl	90	393	4.07	20.36	94.33
Salad, Oriental	1 Each	50	479	8.58	26.76	42.67
Wrap, Chicken Bacon	1 each	25	644	2.96	38.0	44.11
PBJ Grape WW Sandwich	1 Each	10	630	7.00	19.0	64.0
French Fries, Spiral	1/2 Cup	450	110	1.00	1.0	15.0
Baby Carrots	1/2 Cup	200	25	2.00	0.0	6.0
FRUIT COCKTAIL:canned,lt syrup	1/2 cup	350	69	1.21	0.48	18.07
Low Fat Milk, 1%	1 Each	125	130	0.00	11.0	16.0
Chocolate Milk, NonFat	1 Each	375	120	0.00	9.0	21.0
Ketchup Pkt.	1 each	50	10	0.00	0.0	2.0
Mustard Pkt.	1 each	50	5	0.00	0.0	0.0
Mayo Pkt	1	50	70	0.00	0.0	0.0
BBQ Sauce Cup	1 ea	50	40	0.00	0.0	10.0
Soy Sauce Pkt.	1 each	50	0	0.00	0.0	0.0
ranch dressing	pkt	50	70	0.00	0.0	1.0
Tapatio Sauce	1 each	50	0	0.00	0.0	0.0
Weighted Daily Average			717	6.31	34.71	97.46
% of Calories					19.4%	54.4%
Nutrient Guideline			750-850			

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	Portion Size	Reimb Qty	Cals (kcal)	Fiber (g)	Protn (g)	Carb (g)
Tue - 11/09/2021						
Middle School Lunch Menu	Total	500				
Chicken Tenders WG, 6 each	6 Each	25	420	2.00	30.0	26.0
Chicken Tenders Spicy 6	1 each	25	520	6.00	30.0	34.0
Chicken Tenders 1/2 & 1/2	1 each	25	470	4.00	30.0	30.0
Chicken Patty on a Bun	1 each	50	341	3.81	19.69	40.19
Jumbo B&C Burrito, Foil Wrap	1 each	50	397	13.00	26.0	56.5
Pizza, FB Pepperoni	1 EA	50	310	3.00	17.0	33.0
Pizza, FB Cheese	1 each	75	290	3.00	17.0	33.0
Teriyaki Bowl - 2nd	Bowl	75	412	4.07	29.56	87.51
Salad, Southwestern	1 each	50	434	10.64	18.67	34.6
Wrap, Spicy Chicken	1 each	50	653	4.70	24.24	40.94
PBJ Strawberry Sandwich	1 Each	25	630	6.00	19.0	64.0
French Fries, Garlic	1/2 Cup	450	130	2.00	2.0	18.0
Baby Carrots	1/2 Cup	150	25	2.00	0.0	6.0
GRAPES, Fresh	1/2 Cup	350	62	0.83	0.58	15.78
Low Fat Milk, 1%	1 Each	100	130	0.00	11.0	16.0
Chocolate Milk, NonFat	1 Each	400	120	0.00	9.0	21.0
Ketchup Pkt.	1 each	50	10	0.00	0.0	2.0
Mustard Pkt.	1 each	50	5	0.00	0.0	0.0
Mayo Pkt	1	50	70	0.00	0.0	0.0
BBQ Sauce Cup	1 ea	50	40	0.00	0.0	10.0
Soy Sauce Pkt.	1 each	50	0	0.00	0.0	0.0
ranch dressing	pkt	50	70	0.00	0.0	1.0
Tapatio Sauce	1 each	50	0	0.00	0.0	0.0
Weighted Daily Average			730	8.46	34.60	96.64
% of Calories					19.0%	53.0%
Nutrient Guideline			750-850			

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	Portion Size	Reimb Qty	Cals (kcal)	Fiber (g)	Protn (g)	Carb (g)
Wed - 11/10/2021						
Middle School Lunch Menu	Total	500				
Chicken Tenders WG, 6 each	6 Each	25	420	2.00	30.0	26.0
Chicken Tenders Spicy 6	1 each	25	520	6.00	30.0	34.0
Chicken Tenders 1/2 & 1/2	1 each	25	470	4.00	30.0	30.0
Grizzly Burger	1 each	50	570	4.20	26.7	49.7
Pizza, Big Daddy Cheese	1 Each	50	370	2.00	19.0	43.0
Pizza, Big Daddy Pepperoni	1 Each	75	380	2.00	19.0	44.0
Orange Bowl - 2nd	Bowl	75	393	4.07	20.36	94.33
Salad, Chicken BLT	1 each	50	526	5.13	31.05	25.79
Wrap, Chicken	1 each	50	603	2.70	24.24	37.94
PBJ Strawberry Sandwich	1 Each	25	630	6.00	19.0	64.0
French Fries, Waffle Cut	1/2 Cup	450	170	2.00	2.0	22.0
Side Salad	1 each	200	179	4.53	2.27	8.8
Fruit Cup, Strawberry	1 each	350	90	2.00	1.0	22.0
Low Fat Milk, 1%	1 Each	100	130	0.00	11.0	16.0
Chocolate Milk, NonFat	1 Each	400	120	0.00	9.0	21.0
Ketchup Pkt.	1 each	50	10	0.00	0.0	2.0
Mustard Pkt.	1 each	50	5	0.00	0.0	0.0
Mayo Pkt	1	50	70	0.00	0.0	0.0
BBQ Sauce Cup	1 ea	50	40	0.00	0.0	10.0
Soy Sauce Pkt.	1 each	50	0	0.00	0.0	0.0
ranch dressing	pkt	50	70	0.00	0.0	1.0
Tapatio Sauce	1 each	50	0	0.00	0.0	0.0
Weighted Daily Average			854	8.23	34.26	104.11
% of Calories					16.0%	48.8%
Nutrient Guideline			750-850			

Thu - 11/11/2021						
Middle School Lunch Menu	Total	1				
NO SCHOOL TODAY	SERVING	1	0	0.00	0.0	0.0
Weighted Daily Average			0	0.00	0.00	0.00
% of Calories					0.0%	0.0%
Nutrient Guideline			750-850			

Fri - 11/12/2021						
Middle School Lunch Menu	Total	1				
NO SCHOOL TODAY	SERVING	1	0	0.00	0.0	0.0
Weighted Daily Average			0	0.00	0.00	0.00
% of Calories					0.0%	0.0%
Nutrient Guideline			750-850			

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	Portion Size	Reimb Qty	Cals (kcal)	Fiber (g)	Protn (g)	Carb (g)
Mon - 11/15/2021						
Middle School Lunch Menu	Total	500				
Chicken Tenders WG, 6 each	6 Each	25	420	2.00	30.0	26.0
Chicken Tenders Spicy 6	1 each	25	520	6.00	30.0	34.0
Chicken Tenders 1/2 & 1/2	1 each	25	470	4.00	30.0	30.0
Pull Apart Cheese Bread	1 each	50	290	0.00	15.0	29.0
Pizza, Big Daddy Cheese	1 Each	50	370	2.00	19.0	43.0
Pizza, Big Daddy Pepperoni	1 Each	75	380	2.00	19.0	44.0
Orange Bowl - 2nd	Bowl	90	393	4.07	20.36	94.33
Salad, Oriental	1 Each	50	479	8.58	26.76	42.67
Wrap, Chicken Bacon	1 each	25	644	2.96	38.0	44.11
PBJ Grape WW Sandwich	1 Each	10	630	7.00	19.0	64.0
French Fries, Spiral	1/2 Cup	450	110	1.00	1.0	15.0
Baby Carrots	1/2 Cup	200	25	2.00	0.0	6.0
FRUIT COCKTAIL:canned,lt syrup	1/2 cup	350	69	1.21	0.48	18.07
Low Fat Milk, 1%	1 Each	125	130	0.00	11.0	16.0
Chocolate Milk, NonFat	1 Each	375	120	0.00	9.0	21.0
Ketchup Pkt.	1 each	50	10	0.00	0.0	2.0
Mustard Pkt.	1 each	50	5	0.00	0.0	0.0
Mayo Pkt	1	50	70	0.00	0.0	0.0
BBQ Sauce Cup	1 ea	50	40	0.00	0.0	10.0
Soy Sauce Pkt.	1 each	50	0	0.00	0.0	0.0
ranch dressing	pkt	50	70	0.00	0.0	1.0
Tapatio Sauce	1 each	50	0	0.00	0.0	0.0
Weighted Daily Average			656	5.52	30.11	92.63
% of Calories					18.4%	56.5%
Nutrient Guideline			750-850			

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Central Unified Food Services

Nov 1, 2021 thru Nov 30, 2021

Base Menu Spreadsheet

Middle School Lunch Menu

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Fiber (g)	Protn (g)	Carb (g)
Tue - 11/16/2021						
Middle School Lunch Menu	Total	500				
Chicken Tenders WG, 6 each	6 Each	25	420	2.00	30.0	26.0
Chicken Tenders Spicy 6	1 each	25	520	6.00	30.0	34.0
Chicken Tenders 1/2 & 1/2	1 each	25	470	4.00	30.0	30.0
BBQ Rib Sandwich, Beef	1 Each	50	350	4.00	18.0	41.0
Jumbo B&C Burrito, Foil Wrap	1 each	50	397	13.00	26.0	56.5
Pizza, FB Pepperoni	1 EA	50	310	3.00	17.0	33.0
Pizza, FB Cheese	1 each	75	290	3.00	17.0	33.0
Teriyaki Bowl - 2nd	Bowl	75	412	4.07	29.56	87.51
Salad, Southwestern	1 each	50	434	10.64	18.67	34.6
Wrap, Spicy Chicken	1 each	50	653	4.70	24.24	40.94
PBJ Strawberry Sandwich	1 Each	25	630	6.00	19.0	64.0
French Fries, Garlic	1/2 Cup	450	130	2.00	2.0	18.0
Baby Carrots	1/2 Cup	150	25	2.00	0.0	6.0
GRAPES, Fresh	1/2 Cup	350	62	0.83	0.58	15.78
Low Fat Milk, 1%	1 Each	100	130	0.00	11.0	16.0
Chocolate Milk, NonFat	1 Each	400	120	0.00	9.0	21.0
Ketchup Pkt.	1 each	50	10	0.00	0.0	2.0
Mustard Pkt.	1 each	50	5	0.00	0.0	0.0
Mayo Pkt	1	50	70	0.00	0.0	0.0
BBQ Sauce Cup	1 ea	50	40	0.00	0.0	10.0
Soy Sauce Pkt.	1 each	50	0	0.00	0.0	0.0
ranch dressing	pkt	50	70	0.00	0.0	1.0
Tapatio Sauce	1 each	50	0	0.00	0.0	0.0
Weighted Daily Average			731	8.47	34.43	96.72
% of Calories					18.8%	52.9%
Nutrient Guideline			750-850			

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Central Unified Food Services

Nov 1, 2021 thru Nov 30, 2021

Base Menu Spreadsheet

Middle School Lunch Menu

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	Portion Size	Reimb Qty	Cals (kcal)	Fiber (g)	Protn (g)	Carb (g)
Wed - 11/17/2021						
Middle School Lunch Menu	Total	500				
Chicken Tenders WG, 6 each	6 Each	25	420	2.00	30.0	26.0
Chicken Tenders Spicy 6	1 each	25	520	6.00	30.0	34.0
Chicken Tenders 1/2 & 1/2	1 each	25	470	4.00	30.0	30.0
Grizzly Burger	1 each	50	570	4.20	26.7	49.7
Pizza, Big Daddy Cheese	1 Each	50	370	2.00	19.0	43.0
Pizza, Big Daddy Pepperoni	1 Each	75	380	2.00	19.0	44.0
Orange Bowl - 2nd	Bowl	75	393	4.07	20.36	94.33
Salad, Chicken BLT	1 each	50	526	5.13	31.05	25.79
Wrap, Chicken	1 each	50	603	2.70	24.24	37.94
PBJ Strawberry Sandwich	1 Each	25	630	6.00	19.0	64.0
French Fries, Waffle Cut	1/2 Cup	450	170	2.00	2.0	22.0
Side Salad	1 each	200	179	4.53	2.27	8.8
Applesauce Cup	1 each	350	51	1.00	0.2	14.0
Low Fat Milk, 1%	1 Each	100	130	0.00	11.0	16.0
Chocolate Milk, NonFat	1 Each	400	120	0.00	9.0	21.0
Ketchup Pkt.	1 each	50	10	0.00	0.0	2.0
Mustard Pkt.	1 each	50	5	0.00	0.0	0.0
Mayo Pkt	1	50	70	0.00	0.0	0.0
BBQ Sauce Cup	1 ea	50	40	0.00	0.0	10.0
Soy Sauce Pkt.	1 each	50	0	0.00	0.0	0.0
ranch dressing	pkt	50	70	0.00	0.0	1.0
Tapatio Sauce	1 each	50	0	0.00	0.0	0.0
Weighted Daily Average			827	7.53	33.70	98.51
% of Calories					16.3%	47.7%
Nutrient Guideline			750-850			

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Central Unified Food Services

Nov 1, 2021 thru Nov 30, 2021

Base Menu Spreadsheet

Middle School Lunch Menu

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Fiber (g)	Protn (g)	Carb (g)
Thu - 11/18/2021						
Middle School Lunch Menu	Total	500				
Chicken Tenders WG, 6 each	6 Each	25	420	2.00	30.0	26.0
Chicken Tenders Spicy 6	1 each	25	520	6.00	30.0	34.0
Chicken Tenders 1/2 & 1/2	1 each	25	470	4.00	30.0	30.0
Turkey & Gravy - Jennie - O	1/2 cup	50	120	0.00	15.0	2.0
Mashed Potatoes 1/2 Cup	1/2 Cup	50	110	2.00	2.0	17.0
Texas Toast	1 each	50	140	2.00	5.0	22.0
Pizza, FB Pepperoni	1 EA	75	310	3.00	17.0	33.0
Pizza, FB Cheese	1 each	75	290	3.00	17.0	33.0
Teriyaki Bowl - 2nd	Bowl	75	412	4.07	29.56	87.51
Salad, Caesar	1 each	25	390	5.13	36.3	18.28
Wrap, Spicy Chicken	1 each	50	653	4.70	24.24	40.94
PBJ Strawberry Sandwich	1 Each	25	630	6.00	19.0	64.0
French Fries, Spiral	1/2 Cup	450	110	1.00	1.0	15.0
Jicama	1/2 Cup	200	25	1.12	0.85	5.25
Rosati, Given Thanks Ice	1 each	350	99	0.00	0.0	25.0
Low Fat Milk, 1%	1 Each	50	130	0.00	11.0	16.0
Chocolate Milk, NonFat	1 Each	150	120	0.00	9.0	21.0
Milk, Strawberry	1 each	300	120	0.00	9.0	19.0
Ketchup Pkt.	1 each	50	10	0.00	0.0	2.0
Mustard Pkt.	1 each	50	5	0.00	0.0	0.0
Mayo Pkt	1	50	70	0.00	0.0	0.0
BBQ Sauce Cup	1 ea	50	40	0.00	0.0	10.0
Soy Sauce Pkt.	1 each	50	0	0.00	0.0	0.0
ranch dressing	pkt	50	70	0.00	0.0	1.0
Tapatio Sauce	1 each	50	0	0.00	0.0	0.0
Cookie, Turkey	1 each	500	133	1.11	1.11	17.71
Weighted Daily Average			827	5.99	32.97	111.25
% of Calories					15.9%	53.8%
Nutrient Guideline			750-850			

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Central Unified Food Services

Nov 1, 2021 thru Nov 30, 2021

Base Menu Spreadsheet

Middle School Lunch Menu

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Fiber (g)	Protn (g)	Carb (g)
Fri - 11/19/2021						
Middle School Lunch Menu	Total	500				
Chicken Tenders WG, 6 each	6 Each	25	420	2.00	30.0	26.0
Chicken Tenders Spicy 6	1 each	25	520	6.00	30.0	34.0
Chicken Tenders 1/2 & 1/2	1 each	25	470	4.00	30.0	30.0
Hot Link	1 each	75	320	2.00	11.0	31.0
Pizza, Big Daddy Cheese	1 Each	50	370	2.00	19.0	43.0
Pizza, Big Daddy Pepperoni	1 Each	50	380	2.00	19.0	44.0
Orange Bowl - 2nd	Bowl	75	393	4.07	20.36	94.33
Salad, Chicken BLT	1 each	25	526	5.13	31.05	25.79
Wrap, Spicy Chicken	1 each	50	653	4.70	24.24	40.94
PBJ Grape WW Sandwich	1 Each	10	630	7.00	19.0	64.0
Baby Carrots	1/2 Cup	200	25	2.00	0.0	6.0
French Fries, Wedges	1 each	450	166	2.77	2.77	27.68
Apples, Bagged	1 each	350	34	2.00	0.0	8.0
Low Fat Milk, 1%	1 Each	150	130	0.00	11.0	16.0
Chocolate Milk, NonFat	1 Each	350	120	0.00	9.0	21.0
Ketchup Pkt.	1 each	50	10	0.00	0.0	2.0
Mustard Pkt.	1 each	50	5	0.00	0.0	0.0
Mayo Pkt	1	50	70	0.00	0.0	0.0
BBQ Sauce Cup	1 ea	50	40	0.00	0.0	10.0
Soy Sauce Pkt.	1 each	50	0	0.00	0.0	0.0
ranch dressing	pkt	50	70	0.00	0.0	1.0
Tapatio Sauce	1 each	50	0	0.00	0.0	0.0
Weighted Daily Average			682	7.47	29.45	92.38
% of Calories					17.3%	54.1%
Nutrient Guideline			750-850			

Mon - 11/22/2021						
Middle School Lunch Menu	Total	1				
NO SCHOOL TODAY	SERVING	1	0	0.00	0.0	0.0
Weighted Daily Average			0	0.00	0.00	0.00
% of Calories					0.0%	0.0%
Nutrient Guideline			750-850			

Tue - 11/23/2021						
Middle School Lunch Menu	Total	1				
NO SCHOOL TODAY	SERVING	1	0	0.00	0.0	0.0
Weighted Daily Average			0	0.00	0.00	0.00
% of Calories					0.0%	0.0%
Nutrient Guideline			750-850			

Wed - 11/24/2021						
Middle School Lunch Menu	Total	1				
NO SCHOOL TODAY	SERVING	1	0	0.00	0.0	0.0

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Central Unified Food Services

Nov 1, 2021 thru Nov 30, 2021

Base Menu Spreadsheet

Middle School Lunch Menu

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Fiber (g)	Protn (g)	Carb (g)
Weighted Daily Average			0	0.00	0.00	0.00
% of Calories					0.0%	0.0%
Nutrient Guideline			750-850			

Thu - 11/25/2021						
Middle School Lunch Menu	Total	1				
NO SCHOOL TODAY	SERVING	1	0	0.00	0.0	0.0
Weighted Daily Average			0	0.00	0.00	0.00
% of Calories					0.0%	0.0%
Nutrient Guideline			750-850			

Fri - 11/26/2021						
Middle School Lunch Menu	Total	1				
NO SCHOOL TODAY	SERVING	1	0	0.00	0.0	0.0
Weighted Daily Average			0	0.00	0.00	0.00
% of Calories					0.0%	0.0%
Nutrient Guideline			750-850			

Mon - 11/29/2021						
Middle School Lunch Menu	Total	500				
Chicken Tenders WG, 6 each	6 Each	25	420	2.00	30.0	26.0
Chicken Tenders Spicy 6	1 each	25	520	6.00	30.0	34.0
Chicken Tenders 1/2 & 1/2	1 each	25	470	4.00	30.0	30.0
Bean & Cheese Burrito WG	1 each	50	310	8.00	12.0	48.0
Cheeseburger, HS	1 ea	75	417	4.50	27.47	37.88
Pizza, Big Daddy Cheese	1 Each	50	370	2.00	19.0	43.0
Pizza, Big Daddy Pepperoni	1 Each	75	380	2.00	19.0	44.0
Orange Bowl - 2nd	Bowl	90	393	4.07	20.36	94.33
Salad, Oriental	1 Each	50	479	8.58	26.76	42.67
Wrap, Chicken Bacon	1 each	25	644	2.96	38.0	44.11
PBJ Grape WW Sandwich	1 Each	10	630	7.00	19.0	64.0
French Fries, Spiral	1/2 Cup	450	110	1.00	1.0	15.0
Baby Carrots	1/2 Cup	200	25	2.00	0.0	6.0
FRUIT COCKTAIL:canned,lt syrup	1/2 Cup	350	69	1.21	0.48	18.07
Low Fat Milk, 1%	1 Each	125	130	0.00	11.0	16.0
Chocolate Milk, NonFat	1 Each	375	120	0.00	9.0	21.0
Ketchup Pkt.	1 each	50	10	0.00	0.0	2.0
Mustard Pkt.	1 each	50	5	0.00	0.0	0.0
Mayo Pkt	1	50	70	0.00	0.0	0.0
BBQ Sauce Cup	1 ea	50	40	0.00	0.0	10.0
Soy Sauce Pkt.	1 each	50	0	0.00	0.0	0.0
ranch dressing	pkt	50	70	0.00	0.0	1.0
Tapatio Sauce	1 each	50	0	0.00	0.0	0.0

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Central Unified Food Services

Nov 1, 2021 thru Nov 30, 2021

Base Menu Spreadsheet

Middle School Lunch Menu

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Fiber (g)	Protn (g)	Carb (g)
Weighted Daily Average			721	7.00	33.93	100.21
% of Calories					18.8%	55.6%
Nutrient Guideline			750-850			

Tue - 11/30/2021						
Middle School Lunch Menu	Total	500				
Chicken Tenders WG, 6 each	6 Each	25	420	2.00	30.0	26.0
Chicken Tenders Spicy 6	1 each	25	520	6.00	30.0	34.0
Chicken Tenders 1/2 & 1/2	1 each	25	470	4.00	30.0	30.0
Mini Twin Cheeseburgers	1	50	390	4.00	20.0	41.0
Jumbo B&C Burrito, Foil Wrap	1 each	50	397	13.00	26.0	56.5
Pizza, FB Pepperoni	1 EA	50	310	3.00	17.0	33.0
Pizza, FB Cheese	1 each	75	290	3.00	17.0	33.0
Teriyaki Bowl - 2nd	Bowl	75	412	4.07	29.56	87.51
Salad, Southwestern	1 each	50	434	10.64	18.67	34.6
Wrap, Spicy Chicken	1 each	50	653	4.70	24.24	40.94
PBJ Strawberry Sandwich	1 Each	25	630	6.00	19.0	64.0
French Fries, Garlic	1/2 Cup	450	130	2.00	2.0	18.0
Baby Carrots	1/2 Cup	150	25	2.00	0.0	6.0
GRAPES,Fresh	1/2 Cup	350	62	0.83	0.58	15.78
Low Fat Milk, 1%	1 Each	100	130	0.00	11.0	16.0
Chocolate Milk, NonFat	1 Each	400	120	0.00	9.0	21.0
Ketchup Pkt.	1 each	50	10	0.00	0.0	2.0
Mustard Pkt.	1 each	50	5	0.00	0.0	0.0
Mayo Pkt	1	50	70	0.00	0.0	0.0
BBQ Sauce Cup	1 ea	50	40	0.00	0.0	10.0
Soy Sauce Pkt.	1 each	50	0	0.00	0.0	0.0
ranch dressing	pkt	50	70	0.00	0.0	1.0
Tapatio Sauce	1 each	50	0	0.00	0.0	0.0
Weighted Daily Average			735	8.47	34.63	96.72
% of Calories					18.8%	52.6%
Nutrient Guideline			750-850			

Weighted Average			738	7.26	32.87	97.08
					17.8%	52.6%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	738		750 - 850	98%		12		Correction Required - Calories are Low
Fiber (g)	7.26							
Protein (g)	32.87	17.81%						
Carbohydrate (g)	97.08	52.61%						

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