

# Central Unified Food Services

Oct 1, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

East & West Snack Bar

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)
Mon - 10/02/2017																
East & West Snack Bar	Total	150														
Chicken Patty on a Bun	1 each	25	350	55	980	4.00	3.60	100.0	100	0.0	4	22.0	41.0	13.0	2.50	0.00
Lettuce Pickle Cup	1 each	25	21	0	184	2.77	1.02	44.0	6572	27.2	*N/A*	1.13	3.9	0.0	0.00	0.00
Pizza, Big Daddy Cheese	1 Each	25	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	25	380	30	700	2.00	2.70	250.0	400	0.0	*N/A*	19.0	44.0	15.0	7.00	0.00
Chicken Tenders WG, 6 each	6 Each	50	420	110	1460	2.00	3.60	40.0	200	0.0	2	30.0	26.0	22.0	4.00	0.00
PBJ Grape WW Sandwich	1 Each	25	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	150	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	150	19	1	36	1.40	0.60	26.1	4699	16.66	*0	0.85	3.04	0.31	0.08	*0.00
Applesauce Cup	1 each	175	51	0	2	1.00	0.30	5.0	35	1.2	12	0.2	14.0	0.1	0.01	0.00
Raisins, Box	1 Box	75	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
Ketchup Pkt.	1 each	25	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	25	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	25	40	0	200	0.00	0.36	0.0	100	3.6	8	0.0	10.0	0.0	0.00	0.00
ranch dressing	pkt	25	70	5	75	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	7.0	1.00	0.00
Marinara Sauce Cup	1 each	25	15	0	120	1.00	0.36	0.0	100	1.2	2	1.0	3.0	0.0	0.00	0.00
Weighted Daily Average			749	67	1355	9.06	5.31	533.7	16085	27.83	*22	34.85	103.67	23.52	6.20	*0.00
% of Calories											*11.8%	18.6%	55.4%	28.3%	7.4%	*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

Oct 1, 2017 thru Oct 31, 2017

## Base Menu Spreadsheet

East & West Snack Bar

### 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)
Tue - 10/03/2017																
East & West Snack Bar	Total	150														
Chicken Patty on a Bun	1 each	25	350	55	980	4.00	3.60	100.0	100	0.0	4	22.0	41.0	13.0	2.50	0.00
Lettuce Pickle Cup	1 each	25	21	0	184	2.77	1.02	44.0	6572	27.2	*N/A*	1.13	3.9	0.0	0.00	0.00
Pizza, Big Daddy Cheese	1 Each	25	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	25	380	30	700	2.00	2.70	250.0	400	0.0	*N/A*	19.0	44.0	15.0	7.00	0.00
Chicken Tenders WG, 6 each	6 Each	50	420	110	1460	2.00	3.60	40.0	200	0.0	2	30.0	26.0	22.0	4.00	0.00
PBJ Grape WW Sandwich	1 Each	25	630	0	620	7.00	1.80	60.0	0	0.0	28	19.0	64.0	33.0	7.00	0.00
Jicama	1/2 Cup	150	25	0	4	1.12	0.36	9.0	0	12.0	*N/A*	0.85	5.25	0.0	0.00	*N/A*
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
GRAPES,Fresh	1/2 Cup	150	62	0	2	0.83	0.27	12.9	92	3.68	15	0.58	15.78	0.32	0.10	0.00
Raisins, Box	1 Box	75	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
Ketchup Pkt.	1 each	25	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	25	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	25	40	0	200	0.00	0.36	0.0	100	3.6	8	0.0	10.0	0.0	0.00	0.00
ranch dressing	pkt	25	70	5	75	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	7.0	1.00	0.00
Marinara Sauce Cup	1 each	25	15	0	120	1.00	0.36	0.0	100	1.2	2	1.0	3.0	0.0	0.00	0.00
Weighted Daily Average			751	67	1303	7.85	4.87	529.8	6636	39.71	*23	36.05	102.37	23.72	6.29	*0.00
% of Calories											*12.3%	19.2%	54.5%	28.4%	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

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Oct 1, 2017 thru Oct 31, 2017

## Base Menu Spreadsheet

East & West Snack Bar

### 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)
Wed - 10/04/2017																
East & West Snack Bar	Total	150														
Chicken Patty on a Bun	1 each	25	350	55	980	4.00	3.60	100.0	100	0.0	4	22.0	41.0	13.0	2.50	0.00
Lettuce Pickle Cup	1 each	25	21	0	184	2.77	1.02	44.0	6572	27.2	*N/A*	1.13	3.9	0.0	0.00	0.00
Pizza, Big Daddy Cheese	1 Each	25	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	25	380	30	700	2.00	2.70	250.0	400	0.0	*N/A*	19.0	44.0	15.0	7.00	0.00
Chicken Tenders WG, 6 each	6 Each	50	420	110	1460	2.00	3.60	40.0	200	0.0	2	30.0	26.0	22.0	4.00	0.00
PBJ Grape WW Sandwich	1 Each	25	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	125	25	0	55	2.00	0.72	20.0	9500	2.4	*N/A*	0.0	6.0	0.0	0.00	0.00
French Fries, Waffle Cut	1/2 Cup	140	170	0	600	2.00	0.72	0.0	0	6.0	*N/A*	2.0	22.0	8.0	1.00	0.00
Fruit Cup, Strawberry	1 each	125	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	75	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
Ketchup Pkt.	1 each	25	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	25	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	25	40	0	200	0.00	0.36	0.0	100	3.6	8	0.0	10.0	0.0	0.00	0.00
ranch dressing	pkt	25	70	5	75	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	7.0	1.00	0.00
Marinara Sauce Cup	1 each	25	15	0	120	1.00	0.36	0.0	100	1.2	2	1.0	3.0	0.0	0.00	0.00
Weighted Daily Average			900	66	1868	9.69	4.92	498.5	9762	14.97	*23	36.47	122.17	30.55	7.04	0.00
% of Calories											*10.2%	16.2%	54.3%	30.5%	7.0%	0.0%
Nutrient Guideline			750-850		1420										<10.00	

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# Central Unified Food Services

Oct 1, 2017 thru Oct 31, 2017

## Base Menu Spreadsheet

East & West Snack Bar

### 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)
Thu - 10/05/2017																
East & West Snack Bar	Total	150														
Chicken Patty on a Bun	1 each	25	350	55	980	4.00	3.60	100.0	100	0.0	4	22.0	41.0	13.0	2.50	0.00
Lettuce Pickle Cup	1 each	25	21	0	184	2.77	1.02	44.0	6572	27.2	*N/A*	1.13	3.9	0.0	0.00	0.00
Pizza, Big Daddy Cheese	1 Each	25	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	25	380	30	700	2.00	2.70	250.0	400	0.0	*N/A*	19.0	44.0	15.0	7.00	0.00
Chicken Tenders WG, 6 each	6 Each	50	420	110	1460	2.00	3.60	40.0	200	0.0	2	30.0	26.0	22.0	4.00	0.00
PBJ Grape WW Sandwich	1 Each	25	630	0	620	7.00	1.80	60.0	0	0.0	28	19.0	64.0	33.0	7.00	0.00
Jicama	1/2 Cup	150	25	0	4	1.12	0.36	9.0	0	12.0	*N/A*	0.85	5.25	0.0	0.00	*N/A*
Salad with Ranch	1 Cup	50	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	150	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	75	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
Ketchup Pkt.	1 each	25	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	25	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	25	40	0	200	0.00	0.36	0.0	100	3.6	8	0.0	10.0	0.0	0.00	0.00
ranch dressing	pkt	25	70	5	75	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	7.0	1.00	0.00
Marinara Sauce Cup	1 each	25	15	0	120	1.00	0.36	0.0	100	1.2	2	1.0	3.0	0.0	0.00	0.00
Weighted Daily Average			748	66	1279	9.39	4.37	507.8	3486	31.27	*22	35.26	103.62	23.42	6.17	*0.00
% of Calories											*12.0%	18.8%	55.4%	28.2%	7.4%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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# Central Unified Food Services

Oct 1, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

East & West Snack Bar

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 <sup>1</sup> (g)
Fri - 10/06/2017																
East & West Snack Bar	Total	150														
Chicken Patty on a Bun	1 each	25	350	55	980	4.00	3.60	100.0	100	0.0	4	22.0	41.0	13.0	2.50	0.00
Lettuce Pickle Cup	1 each	25	21	0	184	2.77	1.02	44.0	6572	27.2	*N/A*	1.13	3.9	0.0	0.00	0.00
Pizza, Big Daddy Cheese	1 Each	25	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	25	380	30	700	2.00	2.70	250.0	400	0.0	*N/A*	19.0	44.0	15.0	7.00	0.00
Chicken Tenders WG, 6 each	6 Each	50	420	110	1460	2.00	3.60	40.0	200	0.0	2	30.0	26.0	22.0	4.00	0.00
PBJ Grape WW Sandwich	1 Each	25	630	0	620	7.00	1.80	60.0	0	0.0	28	19.0	64.0	33.0	7.00	0.00
Garbonzo Beans	1/2 Cup	150	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	150	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, Peaches	1 each	150	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	75	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
Ketchup Pkt.	1 each	25	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	25	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	25	40	0	200	0.00	0.36	0.0	100	3.6	8	0.0	10.0	0.0	0.00	0.00
ranch dressing	pkt	25	70	5	75	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	7.0	1.00	0.00
Marinara Sauce Cup	1 each	25	15	0	120	1.00	0.36	0.0	100	1.2	2	1.0	3.0	0.0	0.00	0.00
Weighted Daily Average			894	66	1457	12.80	5.98	539.8	11374	14.36	*24	40.71	130.45	24.45	6.25	0.00
% of Calories											*10.7%	18.2%	58.4%	24.6%	6.3%	0.0%
Nutrient Guideline			750-850		1420										<10.00	

Mon - 10/09/2017																
East & West Snack Bar	Total	1														
NO SCHOOL TODAY	SERVING	1	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
% of Calories											0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Base Menu Spreadsheet

East & West Snack Bar

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 - 10/10/2017																
East & West Snack Bar	Total	150														
Chicken Patty on a Bun	1 each	25	350	55	980	4.00	3.60	100.0	100	0.0	4	22.0	41.0	13.0	2.50	0.00
Lettuce Pickle Cup	1 each	25	21	0	184	2.77	1.02	44.0	6572	27.2	*N/A*	1.13	3.9	0.0	0.00	0.00
Pizza, Big Daddy Cheese	1 Each	25	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	25	380	30	700	2.00	2.70	250.0	400	0.0	*N/A*	19.0	44.0	15.0	7.00	0.00
Chicken Tenders WG, 6 each	6 Each	50	420	110	1460	2.00	3.60	40.0	200	0.0	2	30.0	26.0	22.0	4.00	0.00
PBJ Grape WW Sandwich	1 Each	25	630	0	620	7.00	1.80	60.0	0	0.0	28	19.0	64.0	33.0	7.00	0.00
Jicama	1/2 Cup	150	25	0	4	1.12	0.36	9.0	0	12.0	*N/A*	0.85	5.25	0.0	0.00	*N/A*
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
GRAPES,Fresh	1/2 Cup	100	62	0	2	0.83	0.27	12.9	92	3.68	15	0.58	15.78	0.32	0.10	0.00
Raisins, Box	1 Box	25	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
Ketchup Pkt.	1 each	25	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	25	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	25	40	0	200	0.00	0.36	0.0	100	3.6	8	0.0	10.0	0.0	0.00	0.00
ranch dressing	pkt	25	70	5	75	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	7.0	1.00	0.00
Marinara Sauce Cup	1 each	25	15	0	120	1.00	0.36	0.0	100	1.2	2	1.0	3.0	0.0	0.00	0.00
Weighted Daily Average			693	67	1302	7.10	4.54	519.1	6606	38.19	*18	35.47	87.12	23.56	6.24	*0.00
% of Calories											*10.5%	20.5%	50.3%	30.6%	8.1%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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# Central Unified Food Services

Oct 1, 2017 thru Oct 31, 2017

## Base Menu Spreadsheet

East & West Snack Bar

### 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)
Wed - 10/11/2017																
East & West Snack Bar	Total	150														
Chicken Patty on a Bun	1 each	25	350	55	980	4.00	3.60	100.0	100	0.0	4	22.0	41.0	13.0	2.50	0.00
Lettuce Pickle Cup	1 each	25	21	0	184	2.77	1.02	44.0	6572	27.2	*N/A*	1.13	3.9	0.0	0.00	0.00
Pizza, Big Daddy Cheese	1 Each	25	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	25	380	30	700	2.00	2.70	250.0	400	0.0	*N/A*	19.0	44.0	15.0	7.00	0.00
Chicken Tenders WG, 6 each	6 Each	50	420	110	1460	2.00	3.60	40.0	200	0.0	2	30.0	26.0	22.0	4.00	0.00
PBJ Grape WW Sandwich	1 Each	25	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	125	25	0	55	2.00	0.72	20.0	9500	2.4	*N/A*	0.0	6.0	0.0	0.00	0.00
French Fries, Waffle Cut	1/2 Cup	140	170	0	600	2.00	0.72	0.0	0	6.0	*N/A*	2.0	22.0	8.0	1.00	0.00
Fruit Cup, Strawberry	1 each	125	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	75	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
Ketchup Pkt.	1 each	25	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	25	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	25	40	0	200	0.00	0.36	0.0	100	3.6	8	0.0	10.0	0.0	0.00	0.00
ranch dressing	pkt	25	70	5	75	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	7.0	1.00	0.00
Marinara Sauce Cup	1 each	25	15	0	120	1.00	0.36	0.0	100	1.2	2	1.0	3.0	0.0	0.00	0.00
Weighted Daily Average			900	66	1868	9.69	4.92	498.5	9762	14.97	*23	36.47	122.17	30.55	7.04	0.00
% of Calories											*10.2%	16.2%	54.3%	30.5%	7.0%	0.0%
Nutrient Guideline			750-850		1420										<10.00	

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# Central Unified Food Services

Oct 1, 2017 thru Oct 31, 2017

## Base Menu Spreadsheet

East & West Snack Bar

### 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)
Thu - 10/12/2017																
East & West Snack Bar	Total	150														
Chicken Patty on a Bun	1 each	25	350	55	980	4.00	3.60	100.0	100	0.0	4	22.0	41.0	13.0	2.50	0.00
Lettuce Pickle Cup	1 each	25	21	0	184	2.77	1.02	44.0	6572	27.2	*N/A*	1.13	3.9	0.0	0.00	0.00
Pizza, Big Daddy Cheese	1 Each	25	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	25	380	30	700	2.00	2.70	250.0	400	0.0	*N/A*	19.0	44.0	15.0	7.00	0.00
Chicken Tenders WG, 6 each	6 Each	50	420	110	1460	2.00	3.60	40.0	200	0.0	2	30.0	26.0	22.0	4.00	0.00
PBJ Grape WW Sandwich	1 Each	25	630	0	620	7.00	1.80	60.0	0	0.0	28	19.0	64.0	33.0	7.00	0.00
Jicama	1/2 Cup	150	25	0	4	1.12	0.36	9.0	0	12.0	*N/A*	0.85	5.25	0.0	0.00	*N/A*
Salad with Ranch	1 Cup	50	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	150	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	75	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
Ketchup Pkt.	1 each	25	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	25	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	25	40	0	200	0.00	0.36	0.0	100	3.6	8	0.0	10.0	0.0	0.00	0.00
ranch dressing	pkt	25	70	5	75	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	7.0	1.00	0.00
Marinara Sauce Cup	1 each	25	15	0	120	1.00	0.36	0.0	100	1.2	2	1.0	3.0	0.0	0.00	0.00
Weighted Daily Average			748	66	1279	9.39	4.37	507.8	3486	31.27	*22	35.26	103.62	23.42	6.17	*0.00
% of Calories											*12.0%	18.8%	55.4%	28.2%	7.4%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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# Central Unified Food Services

Oct 1, 2017 thru Oct 31, 2017

## Base Menu Spreadsheet

East & West Snack Bar

### 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 - 10/13/2017																
East & West Snack Bar	Total	150														
Chicken Patty on a Bun	1 each	25	350	55	980	4.00	3.60	100.0	100	0.0	4	22.0	41.0	13.0	2.50	0.00
Lettuce Pickle Cup	1 each	25	21	0	184	2.77	1.02	44.0	6572	27.2	*N/A*	1.13	3.9	0.0	0.00	0.00
Pizza, Big Daddy Cheese	1 Each	25	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	25	380	30	700	2.00	2.70	250.0	400	0.0	*N/A*	19.0	44.0	15.0	7.00	0.00
Chicken Tenders WG, 6 each	6 Each	50	420	110	1460	2.00	3.60	40.0	200	0.0	2	30.0	26.0	22.0	4.00	0.00
PBJ Grape WW Sandwich	1 Each	25	630	0	620	7.00	1.80	60.0	0	0.0	28	19.0	64.0	33.0	7.00	0.00
Garbonzo Beans	1/2 Cup	150	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	150	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, Peaches	1 each	150	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	75	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
Ketchup Pkt.	1 each	25	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	25	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	25	40	0	200	0.00	0.36	0.0	100	3.6	8	0.0	10.0	0.0	0.00	0.00
ranch dressing	pkt	25	70	5	75	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	7.0	1.00	0.00
Marinara Sauce Cup	1 each	25	15	0	120	1.00	0.36	0.0	100	1.2	2	1.0	3.0	0.0	0.00	0.00
Weighted Daily Average			894	66	1457	12.80	5.98	539.8	11374	14.36	*24	40.71	130.45	24.45	6.25	0.00
% of Calories											*10.7%	18.2%	58.4%	24.6%	6.3%	0.0%
Nutrient Guideline			750-850		1420										<10.00	

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# Central Unified Food Services

Oct 1, 2017 thru Oct 31, 2017

## Base Menu Spreadsheet

East & West Snack Bar

### 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 - 10/16/2017																
East & West Snack Bar	Total	150														
Chicken Patty on a Bun	1 each	25	350	55	980	4.00	3.60	100.0	100	0.0	4	22.0	41.0	13.0	2.50	0.00
Lettuce Pickle Cup	1 each	25	21	0	184	2.77	1.02	44.0	6572	27.2	*N/A*	1.13	3.9	0.0	0.00	0.00
Pizza, Big Daddy Cheese	1 Each	25	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	25	380	30	700	2.00	2.70	250.0	400	0.0	*N/A*	19.0	44.0	15.0	7.00	0.00
Chicken Tenders WG, 6 each	6 Each	50	420	110	1460	2.00	3.60	40.0	200	0.0	2	30.0	26.0	22.0	4.00	0.00
PBJ Grape WW Sandwich	1 Each	25	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	150	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	150	19	1	36	1.40	0.60	26.1	4699	16.66	*0	0.85	3.04	0.31	0.08	*0.00
Applesauce Cup	1 each	175	51	0	2	1.00	0.30	5.0	35	1.2	12	0.2	14.0	0.1	0.01	0.00
Raisins, Box	1 Box	75	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
Ketchup Pkt.	1 each	25	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	25	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	25	40	0	200	0.00	0.36	0.0	100	3.6	8	0.0	10.0	0.0	0.00	0.00
ranch dressing	pkt	25	70	5	75	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	7.0	1.00	0.00
Marinara Sauce Cup	1 each	25	15	0	120	1.00	0.36	0.0	100	1.2	2	1.0	3.0	0.0	0.00	0.00
Weighted Daily Average			749	67	1355	9.06	5.31	533.7	16085	27.83	*22	34.85	103.67	23.52	6.20	*0.00
% of Calories											*11.8%	18.6%	55.4%	28.3%	7.4%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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# Central Unified Food Services

Oct 1, 2017 thru Oct 31, 2017

## Base Menu Spreadsheet

East & West Snack Bar

### 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)
Tue - 10/17/2017																
East & West Snack Bar	Total	150														
Chicken Patty on a Bun	1 each	25	350	55	980	4.00	3.60	100.0	100	0.0	4	22.0	41.0	13.0	2.50	0.00
Lettuce Pickle Cup	1 each	25	21	0	184	2.77	1.02	44.0	6572	27.2	*N/A*	1.13	3.9	0.0	0.00	0.00
Pizza, Big Daddy Cheese	1 Each	25	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	25	380	30	700	2.00	2.70	250.0	400	0.0	*N/A*	19.0	44.0	15.0	7.00	0.00
Chicken Tenders WG, 6 each	6 Each	50	420	110	1460	2.00	3.60	40.0	200	0.0	2	30.0	26.0	22.0	4.00	0.00
PBJ Grape WW Sandwich	1 Each	25	630	0	620	7.00	1.80	60.0	0	0.0	28	19.0	64.0	33.0	7.00	0.00
Jicama	1/2 Cup	150	25	0	4	1.12	0.36	9.0	0	12.0	*N/A*	0.85	5.25	0.0	0.00	*N/A*
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
GRAPES,Fresh	1/2 Cup	150	62	0	2	0.83	0.27	12.9	92	3.68	15	0.58	15.78	0.32	0.10	0.00
Raisins, Box	1 Box	75	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
Ketchup Pkt.	1 each	25	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	25	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	25	40	0	200	0.00	0.36	0.0	100	3.6	8	0.0	10.0	0.0	0.00	0.00
ranch dressing	pkt	25	70	5	75	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	7.0	1.00	0.00
Marinara Sauce Cup	1 each	25	15	0	120	1.00	0.36	0.0	100	1.2	2	1.0	3.0	0.0	0.00	0.00
Weighted Daily Average			751	67	1303	7.85	4.87	529.8	6636	39.71	*23	36.05	102.37	23.72	6.29	*0.00
% of Calories											*12.3%	19.2%	54.5%	28.4%	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

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# Central Unified Food Services

Oct 1, 2017 thru Oct 31, 2017

## Base Menu Spreadsheet

East & West Snack Bar

### 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)
Wed - 10/18/2017																
East & West Snack Bar	Total	150														
Chicken Patty on a Bun	1 each	25	350	55	980	4.00	3.60	100.0	100	0.0	4	22.0	41.0	13.0	2.50	0.00
Lettuce Pickle Cup	1 each	25	21	0	184	2.77	1.02	44.0	6572	27.2	*N/A*	1.13	3.9	0.0	0.00	0.00
Pizza, Big Daddy Cheese	1 Each	25	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	25	380	30	700	2.00	2.70	250.0	400	0.0	*N/A*	19.0	44.0	15.0	7.00	0.00
Chicken Tenders WG, 6 each	6 Each	50	420	110	1460	2.00	3.60	40.0	200	0.0	2	30.0	26.0	22.0	4.00	0.00
PBJ Grape WW Sandwich	1 Each	25	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	125	25	0	55	2.00	0.72	20.0	9500	2.4	*N/A*	0.0	6.0	0.0	0.00	0.00
French Fries, Waffle Cut	1/2 Cup	140	170	0	600	2.00	0.72	0.0	0	6.0	*N/A*	2.0	22.0	8.0	1.00	0.00
Fruit Cup, Strawberry	1 each	125	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	75	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
Ketchup Pkt.	1 each	25	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	25	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	25	40	0	200	0.00	0.36	0.0	100	3.6	8	0.0	10.0	0.0	0.00	0.00
ranch dressing	pkt	25	70	5	75	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	7.0	1.00	0.00
Marinara Sauce Cup	1 each	25	15	0	120	1.00	0.36	0.0	100	1.2	2	1.0	3.0	0.0	0.00	0.00
Weighted Daily Average			900	66	1868	9.69	4.92	498.5	9762	14.97	*23	36.47	122.17	30.55	7.04	0.00
% of Calories											*10.2%	16.2%	54.3%	30.5%	7.0%	0.0%
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

Oct 1, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

East & West Snack Bar

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 - 10/19/2017																
East & West Snack Bar	Total	150														
Chicken Patty on a Bun	1 each	25	350	55	980	4.00	3.60	100.0	100	0.0	4	22.0	41.0	13.0	2.50	0.00
Lettuce Pickle Cup	1 each	25	21	0	184	2.77	1.02	44.0	6572	27.2	*N/A*	1.13	3.9	0.0	0.00	0.00
Pizza, Big Daddy Cheese	1 Each	25	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	25	380	30	700	2.00	2.70	250.0	400	0.0	*N/A*	19.0	44.0	15.0	7.00	0.00
Chicken Tenders WG, 6 each	6 Each	50	420	110	1460	2.00	3.60	40.0	200	0.0	2	30.0	26.0	22.0	4.00	0.00
PBJ Grape WW Sandwich	1 Each	25	630	0	620	7.00	1.80	60.0	0	0.0	28	19.0	64.0	33.0	7.00	0.00
Jicama	1/2 Cup	150	25	0	4	1.12	0.36	9.0	0	12.0	*N/A*	0.85	5.25	0.0	0.00	*N/A*
Salad with Ranch	1 Cup	50	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	150	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	75	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
Ketchup Pkt.	1 each	25	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	25	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	25	40	0	200	0.00	0.36	0.0	100	3.6	8	0.0	10.0	0.0	0.00	0.00
ranch dressing	pkt	25	70	5	75	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	7.0	1.00	0.00
Marinara Sauce Cup	1 each	25	15	0	120	1.00	0.36	0.0	100	1.2	2	1.0	3.0	0.0	0.00	0.00
Weighted Daily Average			748	66	1279	9.39	4.37	507.8	3486	31.27	*22	35.26	103.62	23.42	6.17	*0.00
% of Calories											*12.0%	18.8%	55.4%	28.2%	7.4%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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# Central Unified Food Services

Oct 1, 2017 thru Oct 31, 2017

## Base Menu Spreadsheet

East & West Snack Bar

### 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 - 10/20/2017																
East & West Snack Bar	Total	150														
Chicken Patty on a Bun	1 each	25	350	55	980	4.00	3.60	100.0	100	0.0	4	22.0	41.0	13.0	2.50	0.00
Lettuce Pickle Cup	1 each	25	21	0	184	2.77	1.02	44.0	6572	27.2	*N/A*	1.13	3.9	0.0	0.00	0.00
Pizza, Big Daddy Cheese	1 Each	25	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	25	380	30	700	2.00	2.70	250.0	400	0.0	*N/A*	19.0	44.0	15.0	7.00	0.00
Chicken Tenders WG, 6 each	6 Each	50	420	110	1460	2.00	3.60	40.0	200	0.0	2	30.0	26.0	22.0	4.00	0.00
PBJ Grape WW Sandwich	1 Each	25	630	0	620	7.00	1.80	60.0	0	0.0	28	19.0	64.0	33.0	7.00	0.00
Garbonzo Beans	1/2 Cup	150	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	150	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, Peaches	1 each	150	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	75	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
Ketchup Pkt.	1 each	25	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	25	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	25	40	0	200	0.00	0.36	0.0	100	3.6	8	0.0	10.0	0.0	0.00	0.00
ranch dressing	pkt	25	70	5	75	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	7.0	1.00	0.00
Marinara Sauce Cup	1 each	25	15	0	120	1.00	0.36	0.0	100	1.2	2	1.0	3.0	0.0	0.00	0.00
Weighted Daily Average			894	66	1457	12.80	5.98	539.8	11374	14.36	*24	40.71	130.45	24.45	6.25	0.00
% of Calories											*10.7%	18.2%	58.4%	24.6%	6.3%	0.0%
Nutrient Guideline			750-850		1420										<10.00	

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# Central Unified Food Services

Oct 1, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

East & West Snack Bar

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)
Mon - 10/23/2017																
East & West Snack Bar	Total	150														
Chicken Patty on a Bun	1 each	25	350	55	980	4.00	3.60	100.0	100	0.0	4	22.0	41.0	13.0	2.50	0.00
Lettuce Pickle Cup	1 each	25	21	0	184	2.77	1.02	44.0	6572	27.2	*N/A*	1.13	3.9	0.0	0.00	0.00
Pizza, Big Daddy Cheese	1 Each	25	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	25	380	30	700	2.00	2.70	250.0	400	0.0	*N/A*	19.0	44.0	15.0	7.00	0.00
Chicken Tenders WG, 6 each	6 Each	50	420	110	1460	2.00	3.60	40.0	200	0.0	2	30.0	26.0	22.0	4.00	0.00
PBJ Grape WW Sandwich	1 Each	25	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	150	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	150	19	1	36	1.40	0.60	26.1	4699	16.66	*0	0.85	3.04	0.31	0.08	*0.00
Applesauce Cup	1 each	175	51	0	2	1.00	0.30	5.0	35	1.2	12	0.2	14.0	0.1	0.01	0.00
Raisins, Box	1 Box	75	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
Ketchup Pkt.	1 each	25	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	25	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	25	40	0	200	0.00	0.36	0.0	100	3.6	8	0.0	10.0	0.0	0.00	0.00
ranch dressing	pkt	25	70	5	75	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	7.0	1.00	0.00
Marinara Sauce Cup	1 each	25	15	0	120	1.00	0.36	0.0	100	1.2	2	1.0	3.0	0.0	0.00	0.00
Weighted Daily Average			749	67	1355	9.06	5.31	533.7	16085	27.83	*22	34.85	103.67	23.52	6.20	*0.00
% of Calories											*11.8%	18.6%	55.4%	28.3%	7.4%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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# Central Unified Food Services

Oct 1, 2017 thru Oct 31, 2017

## Base Menu Spreadsheet

East & West Snack Bar

### 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)
Tue - 10/24/2017																
East & West Snack Bar	Total	150														
Chicken Patty on a Bun	1 each	25	350	55	980	4.00	3.60	100.0	100	0.0	4	22.0	41.0	13.0	2.50	0.00
Lettuce Pickle Cup	1 each	25	21	0	184	2.77	1.02	44.0	6572	27.2	*N/A*	1.13	3.9	0.0	0.00	0.00
Pizza, Big Daddy Cheese	1 Each	25	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	25	380	30	700	2.00	2.70	250.0	400	0.0	*N/A*	19.0	44.0	15.0	7.00	0.00
Chicken Tenders WG, 6 each	6 Each	50	420	110	1460	2.00	3.60	40.0	200	0.0	2	30.0	26.0	22.0	4.00	0.00
PBJ Grape WW Sandwich	1 Each	25	630	0	620	7.00	1.80	60.0	0	0.0	28	19.0	64.0	33.0	7.00	0.00
Jicama	1/2 Cup	150	25	0	4	1.12	0.36	9.0	0	12.0	*N/A*	0.85	5.25	0.0	0.00	*N/A*
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
GRAPES,Fresh	1/2 Cup	150	62	0	2	0.83	0.27	12.9	92	3.68	15	0.58	15.78	0.32	0.10	0.00
Raisins, Box	1 Box	75	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
Ketchup Pkt.	1 each	25	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	25	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	25	40	0	200	0.00	0.36	0.0	100	3.6	8	0.0	10.0	0.0	0.00	0.00
ranch dressing	pkt	25	70	5	75	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	7.0	1.00	0.00
Marinara Sauce Cup	1 each	25	15	0	120	1.00	0.36	0.0	100	1.2	2	1.0	3.0	0.0	0.00	0.00
Weighted Daily Average			751	67	1303	7.85	4.87	529.8	6636	39.71	*23	36.05	102.37	23.72	6.29	*0.00
% of Calories											*12.3%	19.2%	54.5%	28.4%	7.5%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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# Central Unified Food Services

Oct 1, 2017 thru Oct 31, 2017

## Base Menu Spreadsheet

East & West Snack Bar

### 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)
Wed - 10/25/2017																
East & West Snack Bar	Total	150														
Chicken Patty on a Bun	1 each	25	350	55	980	4.00	3.60	100.0	100	0.0	4	22.0	41.0	13.0	2.50	0.00
Lettuce Pickle Cup	1 each	25	21	0	184	2.77	1.02	44.0	6572	27.2	*N/A*	1.13	3.9	0.0	0.00	0.00
Pizza, Big Daddy Cheese	1 Each	25	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	25	380	30	700	2.00	2.70	250.0	400	0.0	*N/A*	19.0	44.0	15.0	7.00	0.00
Chicken Tenders WG, 6 each	6 Each	50	420	110	1460	2.00	3.60	40.0	200	0.0	2	30.0	26.0	22.0	4.00	0.00
PBJ Grape WW Sandwich	1 Each	25	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	125	25	0	55	2.00	0.72	20.0	9500	2.4	*N/A*	0.0	6.0	0.0	0.00	0.00
French Fries, Waffle Cut	1/2 Cup	140	170	0	600	2.00	0.72	0.0	0	6.0	*N/A*	2.0	22.0	8.0	1.00	0.00
Fruit Cup, Strawberry	1 each	125	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	75	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
Ketchup Pkt.	1 each	25	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	25	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	25	40	0	200	0.00	0.36	0.0	100	3.6	8	0.0	10.0	0.0	0.00	0.00
ranch dressing	pkt	25	70	5	75	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	7.0	1.00	0.00
Marinara Sauce Cup	1 each	25	15	0	120	1.00	0.36	0.0	100	1.2	2	1.0	3.0	0.0	0.00	0.00
Weighted Daily Average			900	66	1868	9.69	4.92	498.5	9762	14.97	*23	36.47	122.17	30.55	7.04	0.00
% of Calories											*10.2%	16.2%	54.3%	30.5%	7.0%	0.0%
Nutrient Guideline			750-850		1420										<10.00	

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# Central Unified Food Services

Oct 1, 2017 thru Oct 31, 2017

## Base Menu Spreadsheet

East & West Snack Bar

### 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 - 10/26/2017																
East & West Snack Bar	Total	150														
Chicken Patty on a Bun	1 each	25	350	55	980	4.00	3.60	100.0	100	0.0	4	22.0	41.0	13.0	2.50	0.00
Lettuce Pickle Cup	1 each	25	21	0	184	2.77	1.02	44.0	6572	27.2	*N/A*	1.13	3.9	0.0	0.00	0.00
Pizza, Big Daddy Cheese	1 Each	25	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	25	380	30	700	2.00	2.70	250.0	400	0.0	*N/A*	19.0	44.0	15.0	7.00	0.00
Chicken Tenders WG, 6 each	6 Each	50	420	110	1460	2.00	3.60	40.0	200	0.0	2	30.0	26.0	22.0	4.00	0.00
PBJ Grape WW Sandwich	1 Each	25	630	0	620	7.00	1.80	60.0	0	0.0	28	19.0	64.0	33.0	7.00	0.00
Jicama	1/2 Cup	150	25	0	4	1.12	0.36	9.0	0	12.0	*N/A*	0.85	5.25	0.0	0.00	*N/A*
Salad with Ranch	1 Cup	50	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	150	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	75	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
Ketchup Pkt.	1 each	25	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	25	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	25	40	0	200	0.00	0.36	0.0	100	3.6	8	0.0	10.0	0.0	0.00	0.00
ranch dressing	pkt	25	70	5	75	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	7.0	1.00	0.00
Marinara Sauce Cup	1 each	25	15	0	120	1.00	0.36	0.0	100	1.2	2	1.0	3.0	0.0	0.00	0.00
Weighted Daily Average			748	66	1279	9.39	4.37	507.8	3486	31.27	*22	35.26	103.62	23.42	6.17	*0.00
% of Calories											*12.0%	18.8%	55.4%	28.2%	7.4%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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# Central Unified Food Services

Oct 1, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

East & West Snack Bar

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 - 10/27/2017																
East & West Snack Bar	Total	150														
Chicken Patty on a Bun	1 each	25	350	55	980	4.00	3.60	100.0	100	0.0	4	22.0	41.0	13.0	2.50	0.00
Lettuce Pickle Cup	1 each	25	21	0	184	2.77	1.02	44.0	6572	27.2	*N/A*	1.13	3.9	0.0	0.00	0.00
Pizza, Big Daddy Cheese	1 Each	25	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	25	380	30	700	2.00	2.70	250.0	400	0.0	*N/A*	19.0	44.0	15.0	7.00	0.00
Chicken Tenders WG, 6 each	6 Each	50	420	110	1460	2.00	3.60	40.0	200	0.0	2	30.0	26.0	22.0	4.00	0.00
PBJ Grape WW Sandwich	1 Each	25	630	0	620	7.00	1.80	60.0	0	0.0	28	19.0	64.0	33.0	7.00	0.00
Garbonzo Beans	1/2 Cup	150	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	150	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, Peaches	1 each	150	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	75	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
Ketchup Pkt.	1 each	25	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	25	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	25	40	0	200	0.00	0.36	0.0	100	3.6	8	0.0	10.0	0.0	0.00	0.00
ranch dressing	pkt	25	70	5	75	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	7.0	1.00	0.00
Marinara Sauce Cup	1 each	25	15	0	120	1.00	0.36	0.0	100	1.2	2	1.0	3.0	0.0	0.00	0.00
Weighted Daily Average			894	66	1457	12.80	5.98	539.8	11374	14.36	*24	40.71	130.45	24.45	6.25	0.00
% of Calories											*10.7%	18.2%	58.4%	24.6%	6.3%	0.0%
Nutrient Guideline			750-850		1420										<10.00	

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# Central Unified Food Services

Oct 1, 2017 thru Oct 31, 2017

## Base Menu Spreadsheet

East & West Snack Bar

### 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 - 10/30/2017																
East & West Snack Bar	Total	150														
Chicken Patty on a Bun	1 each	25	350	55	980	4.00	3.60	100.0	100	0.0	4	22.0	41.0	13.0	2.50	0.00
Lettuce Pickle Cup	1 each	25	21	0	184	2.77	1.02	44.0	6572	27.2	*N/A*	1.13	3.9	0.0	0.00	0.00
Pizza, Big Daddy Cheese	1 Each	25	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	25	380	30	700	2.00	2.70	250.0	400	0.0	*N/A*	19.0	44.0	15.0	7.00	0.00
Chicken Tenders WG, 6 each	6 Each	50	420	110	1460	2.00	3.60	40.0	200	0.0	2	30.0	26.0	22.0	4.00	0.00
PBJ Grape WW Sandwich	1 Each	25	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	150	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	150	19	1	36	1.40	0.60	26.1	4699	16.66	*0	0.85	3.04	0.31	0.08	*0.00
Applesauce Cup	1 each	175	51	0	2	1.00	0.30	5.0	35	1.2	12	0.2	14.0	0.1	0.01	0.00
Raisins, Box	1 Box	75	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
Ketchup Pkt.	1 each	25	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	25	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	25	40	0	200	0.00	0.36	0.0	100	3.6	8	0.0	10.0	0.0	0.00	0.00
ranch dressing	pkt	25	70	5	75	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	7.0	1.00	0.00
Marinara Sauce Cup	1 each	25	15	0	120	1.00	0.36	0.0	100	1.2	2	1.0	3.0	0.0	0.00	0.00
Weighted Daily Average			749	67	1355	9.06	5.31	533.7	16085	27.83	*22	34.85	103.67	23.52	6.20	*0.00
% of Calories											*11.8%	18.6%	55.4%	28.3%	7.4%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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# Central Unified Food Services

Oct 1, 2017 thru Oct 31, 2017

## Base Menu Spreadsheet

East & West Snack Bar

### 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 - 10/31/2017																
East & West Snack Bar	Total	150														
Chicken Patty on a Bun	1 each	25	350	55	980	4.00	3.60	100.0	100	0.0	4	22.0	41.0	13.0	2.50	0.00
Lettuce Pickle Cup	1 each	25	21	0	184	2.77	1.02	44.0	6572	27.2	*N/A*	1.13	3.9	0.0	0.00	0.00
Pizza, Big Daddy Cheese	1 Each	25	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	25	380	30	700	2.00	2.70	250.0	400	0.0	*N/A*	19.0	44.0	15.0	7.00	0.00
Chicken Tenders WG, 6 each	6 Each	50	420	110	1460	2.00	3.60	40.0	200	0.0	2	30.0	26.0	22.0	4.00	0.00
PBJ Grape WW Sandwich	1 Each	25	630	0	620	7.00	1.80	60.0	0	0.0	28	19.0	64.0	33.0	7.00	0.00
Jicama	1/2 Cup	150	25	0	4	1.12	0.36	9.0	0	12.0	*N/A*	0.85	5.25	0.0	0.00	*N/A*
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
Rosati, Orange Chillin Bat	1 each	150	99	0	15	0.00	0.00	0.0	0	12.0	25	0.0	25.0	0.0	0.00	0.00
Raisins, Box	1 Box	75	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
Ketchup Pkt.	1 each	25	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	25	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	25	40	0	200	0.00	0.36	0.0	100	3.6	8	0.0	10.0	0.0	0.00	0.00
ranch dressing	pkt	25	70	5	75	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	7.0	1.00	0.00
Marinara Sauce Cup	1 each	25	15	0	120	1.00	0.36	0.0	100	1.2	2	1.0	3.0	0.0	0.00	0.00
Cookie, Pumpkin	1 ea	125	120	0	75	1.00	0.36	0.0	0	0.0	8	1.0	16.0	6.0	1.50	0.00
Weighted Daily Average			888	67	1379	7.85	4.90	516.9	6544	48.03	*40	36.30	124.92	28.40	7.44	*0.00
% of Calories											*17.9%	16.4%	56.3%	28.8%	7.5%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	
Weighted Average			810	66	1449	9.63	5.07	521.2	9328	26.62	*23	36.62	112.33	25.28	6.44	*0.00
											*26.1%	18.1%	55.5%	28.1%	7.2%	*0.0%

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# Central Unified Food Services

Oct 1, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

East & West Snack Bar

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	810		750 - 850	100%														
Cholesterol (mg)	66																	
Sodium (mg)	1449		1420						29	Correction Required - Sodium too High								
Fiber (g)	9.63																	
Iron (mg)	5.07																	
Calcium (mg)	521.2																	
Vitamin A (IU)	9328																	
Sugars (g)	23	11.61%				Missing												
Vitamin C (mg)	26.62																	
Protein (g)	36.62	18.10%																
Carbohydrate (g)	112.33	55.50%																
Total Fat (g)	25.28	28.11%																
Saturated Fat (g)	6.44	7.16%																
Trans Fat <sup>1</sup> (g)	0.00	0.00%																

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