

# Central Unified Food Services

Oct 1, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

West Cage

Portion Values - Detailed

Page 1

Generated on: 9/29/2017 12:25:58 PM

	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																
West Cage	Total	200														
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
Lettuce Pickle Cup	1 each	50	21	0	184	2.77	1.02	44.0	6572	27.2	*N/A*	1.13	3.9	0.0	0.00	0.00
Fiesta Bean & Cheese Burrito	1 each	50	290	15	390	6.00	1.80	100.0	500	18.0	3	15.0	42.0	7.0	4.00	0.00
Nacho Supreme	1 Each	50	375	65	895	2.00	1.80	320.0	200	0.0	*0	21.0	26.0	21.0	9.50	0.00
Jalapeno Peppers	1 each	40	2	0	170	0.33	0.24	140.0	100	0.8	*N/A*	0.0	0.33	0.0	0.00	0.00
Sour Cream	1 each	40	57	14	14	0.00	0.00	18.9	189	0.0	0	0.94	1.88	5.66	3.30	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
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
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
Applesauce Cup	1 each	200	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	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
Ketchup Pkt.	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
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
Tapatio Sauce	1 each	25	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	46	1206	11.56	5.10	607.8	16647	34.54	*22	31.93	123.56	23.84	7.42	*0.00
% of Calories											*11.0%	15.7%	60.8%	26.4%	8.2%	*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

West Cage

Portion Values - Detailed

Page 2

Generated on: 9/29/2017 12:25:58 PM

	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 - 10/03/2017																
West Cage	Total	200														
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
Lettuce Pickle Cup	1 each	50	21	0	184	2.77	1.02	44.0	6572	27.2	*N/A*	1.13	3.9	0.0	0.00	0.00
Fiesta Bean & Cheese Burrito	1 each	50	290	15	390	6.00	1.80	100.0	500	18.0	3	15.0	42.0	7.0	4.00	0.00
Nacho Supreme	1 Each	50	375	65	895	2.00	1.80	320.0	200	0.0	*0	21.0	26.0	21.0	9.50	0.00
Jalapeno Peppers	1 each	40	2	0	170	0.33	0.24	140.0	100	0.8	*N/A*	0.0	0.33	0.0	0.00	0.00
Sour Cream	1 each	40	57	14	14	0.00	0.00	18.9	189	0.0	0	0.94	1.88	5.66	3.30	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
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
Salad with Ranch	1 Cup	75	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	200	25	0	4	1.12	0.36	9.0	0	12.0	*N/A*	0.85	5.25	0.0	0.00	*N/A*
GRAPES,Fresh	1/2 Cup	200	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	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
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
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
Tapatio Sauce	1 each	25	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			812	46	1135	9.38	4.34	588.4	4267	36.21	*25	32.63	122.69	23.87	7.46	*0.00
% of Calories											*12.4%	16.1%	60.4%	26.5%	8.3%	*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

West Cage

Portion Values - Detailed

Page 3

Generated on: 9/29/2017 12:25:58 PM

	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																
West Cage	Total	200														
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
Lettuce Pickle Cup	1 each	50	21	0	184	2.77	1.02	44.0	6572	27.2	*N/A*	1.13	3.9	0.0	0.00	0.00
Fiesta Bean & Cheese Burrito	1 each	50	290	15	390	6.00	1.80	100.0	500	18.0	3	15.0	42.0	7.0	4.00	0.00
Nacho Supreme	1 Each	50	375	65	895	2.00	1.80	320.0	200	0.0	*0	21.0	26.0	21.0	9.50	0.00
Jalapeno Peppers	1 each	40	2	0	170	0.33	0.24	140.0	100	0.8	*N/A*	0.0	0.33	0.0	0.00	0.00
Sour Cream	1 each	40	57	14	14	0.00	0.00	18.9	189	0.0	0	0.94	1.88	5.66	3.30	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
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
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
French Fries, Waffle Cut	1/2 Cup	100	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	150	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	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	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
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
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
Tapatio Sauce	1 each	25	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			833	45	1452	10.46	4.03	562.3	9538	18.64	*24	32.05	117.53	27.34	7.80	0.00
% of Calories											*11.4%	15.4%	56.4%	29.5%	8.4%	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

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# Central Unified Food Services

Oct 1, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

West Cage

Portion Values - Detailed

Page 4

Generated on: 9/29/2017 12:25:59 PM

	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 - 10/05/2017																
West Cage	Total	200														
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
Lettuce Pickle Cup	1 each	50	21	0	184	2.77	1.02	44.0	6572	27.2	*N/A*	1.13	3.9	0.0	0.00	0.00
Fiesta Bean & Cheese Burrito	1 each	50	290	15	390	6.00	1.80	100.0	500	18.0	3	15.0	42.0	7.0	4.00	0.00
Nacho Supreme	1 Each	50	375	65	895	2.00	1.80	320.0	200	0.0	*0	21.0	26.0	21.0	9.50	0.00
Jalapeno Peppers	1 each	40	2	0	170	0.33	0.24	140.0	100	0.8	*N/A*	0.0	0.33	0.0	0.00	0.00
Sour Cream	1 each	40	57	14	14	0.00	0.00	18.9	189	0.0	0	0.94	1.88	5.66	3.30	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
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
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
Jicama	1/2 Cup	200	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	EACH	200	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	75	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	75	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
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
Tapatio Sauce	1 each	25	0	0	110	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.00	0.00	0.00
Weighted Daily Average			834	46	1134	12.74	4.61	618.9	7187	49.29	*32	32.94	127.12	23.98	7.45	*0.00
% of Calories											*15.3%	15.8%	61.0%	25.9%	8.0%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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

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

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Base Menu Spreadsheet

West Cage

Portion Values - Detailed

Page 5

Generated on: 9/29/2017 12:25:59 PM

	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																
West Cage	Total	200														
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
Lettuce Pickle Cup	1 each	50	21	0	184	2.77	1.02	44.0	6572	27.2	*N/A*	1.13	3.9	0.0	0.00	0.00
Fiesta Bean & Cheese Burrito	1 each	50	290	15	390	6.00	1.80	100.0	500	18.0	3	15.0	42.0	7.0	4.00	0.00
Nacho Supreme	1 Each	50	375	65	895	2.00	1.80	320.0	200	0.0	*0	21.0	26.0	21.0	9.50	0.00
Jalapeno Peppers	1 each	40	2	0	170	0.33	0.24	140.0	100	0.8	*N/A*	0.0	0.33	0.0	0.00	0.00
Sour Cream	1 each	40	57	14	14	0.00	0.00	18.9	189	0.0	0	0.94	1.88	5.66	3.30	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
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
beans, vegetarian	1/2 cup	100	130	0	520	9.00	1.80	80.0	0	2.4	*N/A*	7.0	24.0	0.0	0.00	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
Fruit Cup, Peaches	1 each	200	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	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
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
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
Tapatio Sauce	1 each	25	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			889	45	1428	14.66	5.11	616.8	11913	17.88	*26	35.38	137.52	23.43	7.32	0.00
% of Calories											*11.8%	15.9%	61.9%	23.7%	7.4%	0.0%
Nutrient Guideline			750-850		1420										<10.00	

Mon - 10/09/2017																
West Cage	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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# Central Unified Food Services

Oct 1, 2017 thru Oct 31, 2017

## Base Menu Spreadsheet

West Cage

### 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 - 10/10/2017																
West Cage	Total	200														
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
Lettuce Pickle Cup	1 each	50	21	0	184	2.77	1.02	44.0	6572	27.2	*N/A*	1.13	3.9	0.0	0.00	0.00
Fiesta Bean & Cheese Burrito	1 each	50	290	15	390	6.00	1.80	100.0	500	18.0	3	15.0	42.0	7.0	4.00	0.00
Nacho Supreme	1 Each	50	375	65	895	2.00	1.80	320.0	200	0.0	*0	21.0	26.0	21.0	9.50	0.00
Jalapeno Peppers	1 each	40	2	0	170	0.33	0.24	140.0	100	0.8	*N/A*	0.0	0.33	0.0	0.00	0.00
Sour Cream	1 each	40	57	14	14	0.00	0.00	18.9	189	0.0	0	0.94	1.88	5.66	3.30	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
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
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
GRAPES,Fresh	1/2 Cup	200	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	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
Ketchup Pkt.	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
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
Tapatio Sauce	1 each	25	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			824	46	1206	11.39	5.07	615.7	16704	37.02	*25	32.31	125.34	24.06	7.51	*0.00
% of Calories											*12.3%	15.7%	60.8%	26.3%	8.2%	*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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# Central Unified Food Services

Oct 1, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

West Cage

Portion Values - Detailed

Page 7

Generated on: 9/29/2017 12:25:59 PM

	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																
West Cage	Total	200														
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
Lettuce Pickle Cup	1 each	50	21	0	184	2.77	1.02	44.0	6572	27.2	*N/A*	1.13	3.9	0.0	0.00	0.00
Fiesta Bean & Cheese Burrito	1 each	50	290	15	390	6.00	1.80	100.0	500	18.0	3	15.0	42.0	7.0	4.00	0.00
Nacho Supreme	1 Each	50	375	65	895	2.00	1.80	320.0	200	0.0	*0	21.0	26.0	21.0	9.50	0.00
Jalapeno Peppers	1 each	40	2	0	170	0.33	0.24	140.0	100	0.8	*N/A*	0.0	0.33	0.0	0.00	0.00
Sour Cream	1 each	40	57	14	14	0.00	0.00	18.9	189	0.0	0	0.94	1.88	5.66	3.30	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
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
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
French Fries, Waffle Cut	1/2 Cup	100	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	150	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	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	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
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
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
Tapatio Sauce	1 each	25	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			833	45	1452	10.46	4.03	562.3	9538	18.64	*24	32.05	117.53	27.34	7.80	0.00
% of Calories											*11.4%	15.4%	56.4%	29.5%	8.4%	0.0%
Nutrient Guideline			750-850		1420										<10.00	

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

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# Central Unified Food Services

Oct 1, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

West Cage

Portion Values - Detailed

Page 8

Generated on: 9/29/2017 12:25:59 PM

	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 - 10/12/2017																
West Cage	Total	200														
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
Lettuce Pickle Cup	1 each	50	21	0	184	2.77	1.02	44.0	6572	27.2	*N/A*	1.13	3.9	0.0	0.00	0.00
Fiesta Bean & Cheese Burrito	1 each	50	290	15	390	6.00	1.80	100.0	500	18.0	3	15.0	42.0	7.0	4.00	0.00
Nacho Supreme	1 Each	50	375	65	895	2.00	1.80	320.0	200	0.0	*0	21.0	26.0	21.0	9.50	0.00
Jalapeno Peppers	1 each	40	2	0	170	0.33	0.24	140.0	100	0.8	*N/A*	0.0	0.33	0.0	0.00	0.00
Sour Cream	1 each	40	57	14	14	0.00	0.00	18.9	189	0.0	0	0.94	1.88	5.66	3.30	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
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
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
Jicama	1/2 Cup	200	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	EACH	200	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	75	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	75	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
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
Tapatio Sauce	1 each	25	0	0	110	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.00	0.00	0.00
Weighted Daily Average			834	46	1134	12.74	4.61	618.9	7187	49.29	*32	32.94	127.12	23.98	7.45	*0.00
% of Calories											*15.3%	15.8%	61.0%	25.9%	8.0%	*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

West Cage

Portion Values - Detailed

Page 9

Generated on: 9/29/2017 12:25:59 PM

	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																
West Cage	Total	200														
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
Lettuce Pickle Cup	1 each	50	21	0	184	2.77	1.02	44.0	6572	27.2	*N/A*	1.13	3.9	0.0	0.00	0.00
Fiesta Bean & Cheese Burrito	1 each	50	290	15	390	6.00	1.80	100.0	500	18.0	3	15.0	42.0	7.0	4.00	0.00
Nacho Supreme	1 Each	50	375	65	895	2.00	1.80	320.0	200	0.0	*0	21.0	26.0	21.0	9.50	0.00
Jalapeno Peppers	1 each	40	2	0	170	0.33	0.24	140.0	100	0.8	*N/A*	0.0	0.33	0.0	0.00	0.00
Sour Cream	1 each	40	57	14	14	0.00	0.00	18.9	189	0.0	0	0.94	1.88	5.66	3.30	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
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
Garbonzo Beans	1/2 Cup	100	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	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 Cup, Peaches	1 each	200	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	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
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
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
Tapatio Sauce	1 each	25	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			895	45	1238	12.81	5.02	595.8	11928	18.98	*26	34.85	139.09	24.11	7.40	0.00
% of Calories											*11.7%	15.6%	62.1%	24.2%	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

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# Central Unified Food Services

Oct 1, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

West Cage

Portion Values - Detailed

Page 10

Generated on: 9/29/2017 12:25:59 PM

	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																
West Cage	Total	200														
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
Lettuce Pickle Cup	1 each	50	21	0	184	2.77	1.02	44.0	6572	27.2	*N/A*	1.13	3.9	0.0	0.00	0.00
Fiesta Bean & Cheese Burrito	1 each	50	290	15	390	6.00	1.80	100.0	500	18.0	3	15.0	42.0	7.0	4.00	0.00
Nacho Supreme	1 Each	50	375	65	895	2.00	1.80	320.0	200	0.0	*0	21.0	26.0	21.0	9.50	0.00
Jalapeno Peppers	1 each	40	2	0	170	0.33	0.24	140.0	100	0.8	*N/A*	0.0	0.33	0.0	0.00	0.00
Sour Cream	1 each	40	57	14	14	0.00	0.00	18.9	189	0.0	0	0.94	1.88	5.66	3.30	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
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
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
Applesauce Cup	1 each	200	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	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
Ketchup Pkt.	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
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
Tapatio Sauce	1 each	25	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	46	1206	11.56	5.10	607.8	16647	34.54	*22	31.93	123.56	23.84	7.42	*0.00
% of Calories											*11.0%	15.7%	60.8%	26.4%	8.2%	*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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# Central Unified Food Services

Oct 1, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

West Cage

Portion Values - Detailed

Page 11

Generated on: 9/29/2017 12:25:59 PM

	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 - 10/17/2017																
West Cage	Total	200														
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
Lettuce Pickle Cup	1 each	50	21	0	184	2.77	1.02	44.0	6572	27.2	*N/A*	1.13	3.9	0.0	0.00	0.00
Fiesta Bean & Cheese Burrito	1 each	50	290	15	390	6.00	1.80	100.0	500	18.0	3	15.0	42.0	7.0	4.00	0.00
Nacho Supreme	1 Each	50	375	65	895	2.00	1.80	320.0	200	0.0	*0	21.0	26.0	21.0	9.50	0.00
Jalapeno Peppers	1 each	40	2	0	170	0.33	0.24	140.0	100	0.8	*N/A*	0.0	0.33	0.0	0.00	0.00
Sour Cream	1 each	40	57	14	14	0.00	0.00	18.9	189	0.0	0	0.94	1.88	5.66	3.30	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
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
Salad with Ranch	1 Cup	75	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	200	25	0	4	1.12	0.36	9.0	0	12.0	*N/A*	0.85	5.25	0.0	0.00	*N/A*
GRAPES,Fresh	1/2 Cup	200	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	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
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
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
Tapatio Sauce	1 each	25	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			812	46	1135	9.38	4.34	588.4	4267	36.21	*25	32.63	122.69	23.87	7.46	*0.00
% of Calories											*12.4%	16.1%	60.4%	26.5%	8.3%	*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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# Central Unified Food Services

Oct 1, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

West Cage

Portion Values - Detailed

Page 12

Generated on: 9/29/2017 12:25:59 PM

	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																
West Cage	Total	200														
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
Lettuce Pickle Cup	1 each	50	21	0	184	2.77	1.02	44.0	6572	27.2	*N/A*	1.13	3.9	0.0	0.00	0.00
Fiesta Bean & Cheese Burrito	1 each	50	290	15	390	6.00	1.80	100.0	500	18.0	3	15.0	42.0	7.0	4.00	0.00
Nacho Supreme	1 Each	50	375	65	895	2.00	1.80	320.0	200	0.0	*0	21.0	26.0	21.0	9.50	0.00
Jalapeno Peppers	1 each	40	2	0	170	0.33	0.24	140.0	100	0.8	*N/A*	0.0	0.33	0.0	0.00	0.00
Sour Cream	1 each	40	57	14	14	0.00	0.00	18.9	189	0.0	0	0.94	1.88	5.66	3.30	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
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
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
French Fries, Waffle Cut	1/2 Cup	100	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	150	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	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	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
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
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
Tapatio Sauce	1 each	25	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			833	45	1452	10.46	4.03	562.3	9538	18.64	*24	32.05	117.53	27.34	7.80	0.00
% of Calories											*11.4%	15.4%	56.4%	29.5%	8.4%	0.0%
Nutrient Guideline			750-850		1420										<10.00	

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

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# Central Unified Food Services

Oct 1, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

West Cage

Portion Values - Detailed

Page 13

Generated on: 9/29/2017 12:25:59 PM

	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																
West Cage	Total	200														
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
Lettuce Pickle Cup	1 each	50	21	0	184	2.77	1.02	44.0	6572	27.2	*N/A*	1.13	3.9	0.0	0.00	0.00
Fiesta Bean & Cheese Burrito	1 each	50	290	15	390	6.00	1.80	100.0	500	18.0	3	15.0	42.0	7.0	4.00	0.00
Nacho Supreme	1 Each	50	375	65	895	2.00	1.80	320.0	200	0.0	*0	21.0	26.0	21.0	9.50	0.00
Jalapeno Peppers	1 each	40	2	0	170	0.33	0.24	140.0	100	0.8	*N/A*	0.0	0.33	0.0	0.00	0.00
Sour Cream	1 each	40	57	14	14	0.00	0.00	18.9	189	0.0	0	0.94	1.88	5.66	3.30	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
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
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
Jicama	1/2 Cup	200	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	EACH	200	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	75	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	75	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
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
Tapatio Sauce	1 each	25	0	0	110	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.00	0.00	0.00
Weighted Daily Average			834	46	1134	12.74	4.61	618.9	7187	49.29	*32	32.94	127.12	23.98	7.45	*0.00
% of Calories											*15.3%	15.8%	61.0%	25.9%	8.0%	*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

West Cage

Portion Values - Detailed

Page 14

Generated on: 9/29/2017 12:25:59 PM

	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																
West Cage	Total	200														
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
Lettuce Pickle Cup	1 each	50	21	0	184	2.77	1.02	44.0	6572	27.2	*N/A*	1.13	3.9	0.0	0.00	0.00
Fiesta Bean & Cheese Burrito	1 each	50	290	15	390	6.00	1.80	100.0	500	18.0	3	15.0	42.0	7.0	4.00	0.00
Nacho Supreme	1 Each	50	375	65	895	2.00	1.80	320.0	200	0.0	*0	21.0	26.0	21.0	9.50	0.00
Jalapeno Peppers	1 each	40	2	0	170	0.33	0.24	140.0	100	0.8	*N/A*	0.0	0.33	0.0	0.00	0.00
Sour Cream	1 each	40	57	14	14	0.00	0.00	18.9	189	0.0	0	0.94	1.88	5.66	3.30	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
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
beans, vegetarian	1/2 cup	100	130	0	520	9.00	1.80	80.0	0	2.4	*N/A*	7.0	24.0	0.0	0.00	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
Fruit Cup, Peaches	1 each	200	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	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
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
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
Tapatio Sauce	1 each	25	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			889	45	1428	14.66	5.11	616.8	11913	17.88	*26	35.38	137.52	23.43	7.32	0.00
% of Calories											*11.8%	15.9%	61.9%	23.7%	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

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# Central Unified Food Services

Oct 1, 2017 thru Oct 31, 2017

## Base Menu Spreadsheet

West Cage

### 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 - 10/23/2017																
West Cage	Total	200														
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
Lettuce Pickle Cup	1 each	50	21	0	184	2.77	1.02	44.0	6572	27.2	*N/A*	1.13	3.9	0.0	0.00	0.00
Fiesta Bean & Cheese Burrito	1 each	50	290	15	390	6.00	1.80	100.0	500	18.0	3	15.0	42.0	7.0	4.00	0.00
Nacho Supreme	1 Each	50	375	65	895	2.00	1.80	320.0	200	0.0	*0	21.0	26.0	21.0	9.50	0.00
Jalapeno Peppers	1 each	40	2	0	170	0.33	0.24	140.0	100	0.8	*N/A*	0.0	0.33	0.0	0.00	0.00
Sour Cream	1 each	40	57	14	14	0.00	0.00	18.9	189	0.0	0	0.94	1.88	5.66	3.30	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
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
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
Applesauce Cup	1 each	200	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	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
Ketchup Pkt.	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
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
Tapatio Sauce	1 each	25	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	46	1206	11.56	5.10	607.8	16647	34.54	*22	31.93	123.56	23.84	7.42	*0.00
% of Calories											*11.0%	15.7%	60.8%	26.4%	8.2%	*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

West Cage

### 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 - 10/24/2017																
West Cage	Total	200														
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
Lettuce Pickle Cup	1 each	50	21	0	184	2.77	1.02	44.0	6572	27.2	*N/A*	1.13	3.9	0.0	0.00	0.00
Fiesta Bean & Cheese Burrito	1 each	50	290	15	390	6.00	1.80	100.0	500	18.0	3	15.0	42.0	7.0	4.00	0.00
Nacho Supreme	1 Each	50	375	65	895	2.00	1.80	320.0	200	0.0	*0	21.0	26.0	21.0	9.50	0.00
Jalapeno Peppers	1 each	40	2	0	170	0.33	0.24	140.0	100	0.8	*N/A*	0.0	0.33	0.0	0.00	0.00
Sour Cream	1 each	40	57	14	14	0.00	0.00	18.9	189	0.0	0	0.94	1.88	5.66	3.30	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
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
Salad with Ranch	1 Cup	75	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
GRAPES,Fresh	1/2 Cup	200	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	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
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
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
Tapatio Sauce	1 each	25	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			812	46	1186	10.26	4.70	599.4	13768	26.61	*25	31.78	123.44	23.87	7.46	*0.00
% of Calories											*12.4%	15.6%	60.8%	26.4%	8.3%	*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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# Central Unified Food Services

Oct 1, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

West Cage

Portion Values - Detailed

Page 17

Generated on: 9/29/2017 12:25:59 PM

	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																
West Cage	Total	200														
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
Lettuce Pickle Cup	1 each	50	21	0	184	2.77	1.02	44.0	6572	27.2	*N/A*	1.13	3.9	0.0	0.00	0.00
Fiesta Bean & Cheese Burrito	1 each	50	290	15	390	6.00	1.80	100.0	500	18.0	3	15.0	42.0	7.0	4.00	0.00
Nacho Supreme	1 Each	50	375	65	895	2.00	1.80	320.0	200	0.0	*0	21.0	26.0	21.0	9.50	0.00
Jalapeno Peppers	1 each	40	2	0	170	0.33	0.24	140.0	100	0.8	*N/A*	0.0	0.33	0.0	0.00	0.00
Sour Cream	1 each	40	57	14	14	0.00	0.00	18.9	189	0.0	0	0.94	1.88	5.66	3.30	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
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
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
French Fries, Waffle Cut	1/2 Cup	100	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	150	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	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	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
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
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
Tapatio Sauce	1 each	25	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			833	45	1452	10.46	4.03	562.3	9538	18.64	*24	32.05	117.53	27.34	7.80	0.00
% of Calories											*11.4%	15.4%	56.4%	29.5%	8.4%	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

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# Central Unified Food Services

Oct 1, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

West Cage

Portion Values - Detailed

Page 18

Generated on: 9/29/2017 12:25:59 PM

	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																
West Cage	Total	200														
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
Lettuce Pickle Cup	1 each	50	21	0	184	2.77	1.02	44.0	6572	27.2	*N/A*	1.13	3.9	0.0	0.00	0.00
Fiesta Bean & Cheese Burrito	1 each	50	290	15	390	6.00	1.80	100.0	500	18.0	3	15.0	42.0	7.0	4.00	0.00
Nacho Supreme	1 Each	50	375	65	895	2.00	1.80	320.0	200	0.0	*0	21.0	26.0	21.0	9.50	0.00
Jalapeno Peppers	1 each	40	2	0	170	0.33	0.24	140.0	100	0.8	*N/A*	0.0	0.33	0.0	0.00	0.00
Sour Cream	1 each	40	57	14	14	0.00	0.00	18.9	189	0.0	0	0.94	1.88	5.66	3.30	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
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
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
Jicama	1/2 Cup	200	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	EACH	200	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	75	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	75	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
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
Tapatio Sauce	1 each	25	0	0	110	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.00	0.00	0.00
Weighted Daily Average			834	46	1134	12.74	4.61	618.9	7187	49.29	*32	32.94	127.12	23.98	7.45	*0.00
% of Calories											*15.3%	15.8%	61.0%	25.9%	8.0%	*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

West Cage

Portion Values - Detailed

Page 19

Generated on: 9/29/2017 12:25:59 PM

	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																
West Cage	Total	200														
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
Lettuce Pickle Cup	1 each	50	21	0	184	2.77	1.02	44.0	6572	27.2	*N/A*	1.13	3.9	0.0	0.00	0.00
Fiesta Bean & Cheese Burrito	1 each	50	290	15	390	6.00	1.80	100.0	500	18.0	3	15.0	42.0	7.0	4.00	0.00
Nacho Supreme	1 Each	50	375	65	895	2.00	1.80	320.0	200	0.0	*0	21.0	26.0	21.0	9.50	0.00
Jalapeno Peppers	1 each	40	2	0	170	0.33	0.24	140.0	100	0.8	*N/A*	0.0	0.33	0.0	0.00	0.00
Sour Cream	1 each	40	57	14	14	0.00	0.00	18.9	189	0.0	0	0.94	1.88	5.66	3.30	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
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
beans, vegetarian	1/2 cup	100	130	0	520	9.00	1.80	80.0	0	2.4	*N/A*	7.0	24.0	0.0	0.00	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
Fruit Cup, Peaches	1 each	200	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	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
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
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
Tapatio Sauce	1 each	25	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			889	45	1428	14.66	5.11	616.8	11913	17.88	*26	35.38	137.52	23.43	7.32	0.00
% of Calories											*11.8%	15.9%	61.9%	23.7%	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

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# Central Unified Food Services

Oct 1, 2017 thru Oct 31, 2017

## Base Menu Spreadsheet

West Cage

### 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																
West Cage	Total	200														
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
Lettuce Pickle Cup	1 each	50	21	0	184	2.77	1.02	44.0	6572	27.2	*N/A*	1.13	3.9	0.0	0.00	0.00
Fiesta Bean & Cheese Burrito	1 each	50	290	15	390	6.00	1.80	100.0	500	18.0	3	15.0	42.0	7.0	4.00	0.00
Nacho Supreme	1 Each	50	375	65	895	2.00	1.80	320.0	200	0.0	*0	21.0	26.0	21.0	9.50	0.00
Jalapeno Peppers	1 each	40	2	0	170	0.33	0.24	140.0	100	0.8	*N/A*	0.0	0.33	0.0	0.00	0.00
Sour Cream	1 each	40	57	14	14	0.00	0.00	18.9	189	0.0	0	0.94	1.88	5.66	3.30	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
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
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
Applesauce Cup	1 each	200	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	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
Ketchup Pkt.	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
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
Tapatio Sauce	1 each	25	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	46	1206	11.56	5.10	607.8	16647	34.54	*22	31.93	123.56	23.84	7.42	*0.00
% of Calories											*11.0%	15.7%	60.8%	26.4%	8.2%	*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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# Central Unified Food Services

Oct 1, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

West Cage

Portion Values - Detailed

Page 21

Generated on: 9/29/2017 12:25:59 PM

	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 - 10/31/2017																
West Cage	Total	200														
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
Lettuce Pickle Cup	1 each	50	21	0	184	2.77	1.02	44.0	6572	27.2	*N/A*	1.13	3.9	0.0	0.00	0.00
Fiesta Bean & Cheese Burrito	1 each	50	290	15	390	6.00	1.80	100.0	500	18.0	3	15.0	42.0	7.0	4.00	0.00
Nacho Supreme	1 Each	50	375	65	895	2.00	1.80	320.0	200	0.0	*0	21.0	26.0	21.0	9.50	0.00
Jalapeno Peppers	1 each	40	2	0	170	0.33	0.24	140.0	100	0.8	*N/A*	0.0	0.33	0.0	0.00	0.00
Sour Cream	1 each	40	57	14	14	0.00	0.00	18.9	189	0.0	0	0.94	1.88	5.66	3.30	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
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
Salad with Ranch	1 Cup	75	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	200	25	0	4	1.12	0.36	9.0	0	12.0	*N/A*	0.85	5.25	0.0	0.00	*N/A*
Rosati, Orange Chillin Bat	1 each	200	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	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
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
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
Tapatio Sauce	1 each	25	0	0	110	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Cookie, Pumpkin	1 ea	175	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			954	46	1213	9.43	4.39	575.5	4175	44.53	*42	32.92	145.91	28.80	8.67	*0.00
% of Calories											*17.7%	13.8%	61.2%	27.2%	8.2%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

Weighted Average			843	46	1265	11.70	4.67	598.5	10683	31.57	*27	32.90	126.88	24.74	7.55	*0.00
											*28.5%	15.6%	60.2%	26.4%	8.1%	*0.0%

\*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.

**NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.**

# Central Unified Food Services

Oct 1, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

West Cage

Portion Values - Detailed

Page 22

Generated on: 9/29/2017 12:25:59 PM

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	843		750 - 850	100%													
Cholesterol (mg)	46																
Sodium (mg)	1265		1420														
Fiber (g)	11.70																
Iron (mg)	4.67																
Calcium (mg)	598.5																
Vitamin A (IU)	10683																
Sugars (g)	27	12.66%			Missing												
Vitamin C (mg)	31.57																
Protein (g)	32.90	15.62%															
Carbohydrate (g)	126.88	60.22%															
Total Fat (g)	24.74	26.42%															
Saturated Fat (g)	7.55	8.07%	<10.00%														
Trans Fat <sup>1</sup> (g)	0.00	0.00%			Missing												

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

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