

Central Unified Food Services

Oct 1, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

K-6 Elementary Lunch

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 ¹ (g)
Mon - 10/02/2017																
K-6 Elementary Lunch	Total	500														
Burrito, Arizona Gold	1 each	500	380	25	550	7.00	3.60	300.0	200	3.6	3	17.0	45.0	15.0	6.00	0.00
Baby Carrots	1/2 Cup	400	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	100	19	1	36	1.40	0.60	26.1	4699	16.66	*0	0.85	3.04	0.31	0.08	*0.00
ranch dressing	pkt	100	70	5	75	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	7.0	1.00	0.00
FRUIT COCKTAIL:canned,lt syrup	1/2 cup	400	69	0	7	1.21	0.35	7.3	252	2.3	17	0.48	18.07	0.08	0.01	0.00
Raisins, Box	1 Box	450	113	0	4	1.40	0.71	19.0	0	0.87	*N/A*	1.16	29.98	0.17	0.04	0.00
Low Fat Milk, 1%	1 Each	150	130	15	160	0.00	0.00	400.0	500	2.4	*N/A*	11.0	16.0	2.5	1.50	0.00
Chocolate Milk, NonFat	1 Each	350	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	9.0	21.0	0.0	0.00	0.00
Taco Sauce Pkt	1 ea	200	5	0	95	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	0.0	0.00	0.00
Churro WG	1 each	450	140	0	75	1.00	1.08	20.0	0	0.0	6	3.0	23.0	4.0	1.50	0.00
Weighted Daily Average			826	34	905	12.01	6.19	692.1	9441	13.03	*22	30.90	132.64	21.03	8.06	*0.00
% of Calories											*10.6%	15.0%	64.3%	22.9%	8.8%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

Tue - 10/03/2017																
K-6 Elementary Lunch	Total	500														
Chicken Patty on a Bun	1 each	500	350	55	980	4.00	3.60	100.0	100	0.0	4	22.0	41.0	13.0	2.50	0.00
French Fries, CC McCain	1/2 Cup	250	173	0	213	1.33	0.48	0.0	0	4.8	*N/A*	2.67	28.0	6.0	0.67	0.00
PICKLES,DILL	SLICE	400	3	0	170	0.21	0.05	12.0	26	0.48	0	0.11	0.51	0.06	0.02	0.00
Salad with Ranch	1 Cup	150	19	1	36	1.40	0.60	26.1	4699	16.66	*0	0.85	3.04	0.31	0.08	*0.00
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	150	130	15	160	0.00	0.00	400.0	500	2.4	*N/A*	11.0	16.0	2.5	1.50	0.00
Chocolate Milk, NonFat	1 Each	350	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	9.0	21.0	0.0	0.00	0.00
Mayo Pkt	1	175	70	5	45	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	7.0	1.00	0.00
Ketchup Pkt.	1 each	400	10	0	85	0.00	0.00	0.0	0	0.0	2	0.0	2.0	0.0	0.00	0.00
Weighted Daily Average			635	65	1492	5.71	4.25	454.1	2058	10.58	*10	33.62	86.65	19.47	3.71	*0.00
% of Calories											*6.5%	21.2%	54.6%	27.6%	5.3%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

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

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Central Unified Food Services

Oct 1, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

K-6 Elementary Lunch

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 10/04/2017																
K-6 Elementary Lunch	Total	500														
Orange Chicken Bowl	1 Bowl	500	196	25	175	0.60	42.67	0.0	0	0.75	*N/A*	9.29	34.19	2.48	0.31	0.00
Broc & Carrot	1 Bag	400	40	0	63	3.09	1.00	42.8	8048	52.52	*1	1.6	8.62	0.21	0.02	0.00
Salad with Ranch	1 Cup	100	19	1	36	1.40	0.60	26.1	4699	16.66	*0	0.85	3.04	0.31	0.08	*0.00
ranch dressing	pkt	400	70	5	75	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	7.0	1.00	0.00
PINEAPPLE CHUNKS:canned,lt syr	1/2 Cup	475	33	0	1	0.50	0.25	8.8	24	4.72	8	0.23	8.47	0.08	0.01	0.00
Raisins, Box	1 Box	350	113	0	4	1.40	0.71	19.0	0	0.87	*N/A*	1.16	29.98	0.17	0.04	0.00
Low Fat Milk, 1%	1 Each	200	130	15	160	0.00	0.00	400.0	500	2.4	*N/A*	11.0	16.0	2.5	1.50	0.00
Chocolate Milk, NonFat	1 Each	300	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	9.0	21.0	0.0	0.00	0.00
Soy Sauce Pkt.	1 each	75	0	0	430	0.00	0.00	0.0	0	0.0	2	0.0	0.0	0.0	0.00	0.00
Fortune Cookie	1 each	500	35	0	10	0.00	0.00	0.0	0	0.0	*N/A*	0.0	7.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			557	38	543	4.82	44.32	401.2	7901	52.87	*9 *6.2%	21.56 15.5%	97.53 70.1%	9.50 15.4%	1.78 2.9%	*0.00 *0.0%
Nutrient Guideline			600-650		1230											<10.00

Thu - 10/05/2017																
K-6 Elementary Lunch	Total	500														
Spaghetti, JTM 8 OZ	1 each	500	227	58	466	3.23	3.23	54.8	646	24.73	8	18.28	24.73	17.2	6.67	1.08
Texas Toast	1 each	450	100	0	130	2.00	0.72	20.0	300	1.2	0	3.0	15.0	3.0	0.00	0.00
Salad with Ranch	1 Cup	250	19	1	36	1.40	0.60	26.1	4699	16.66	*0	0.85	3.04	0.31	0.08	*0.00
Sugar Snap Peas	1 each	250	20	0	7	2.47	0.67	24.7	5485	20.71	*N/A*	1.23	3.7	0.0	0.00	0.00
APPLES,Fresh	1 EACH	350	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	275	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
Milk, Vanilla	1 each	350	120	5	120	0.00	0.00	350.0	500	1.2	19	9.0	19.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			569	64	744	10.05	5.01	459.4	6560	50.74	*31 *21.7%	32.11 22.6%	90.53 63.6%	20.57 32.5%	6.91 10.9%	*1.08 *1.7%
Nutrient Guideline			600-650		1230											<10.00

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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 ¹ (g)
Fri - 10/06/2017																
K-6 Elementary Lunch	Total	500														
Bosco Cheese Stick WG	1 each	75	220	10	300	2.00	2.16	200.0	200	0.0	*N/A*	12.0	30.0	6.0	3.00	0.00
Bosco Pepperoni Stick	1 each	425	260	20	500	2.00	2.16	160.0	200	0.0	*N/A*	12.0	30.0	9.0	4.00	0.00
Marinara Sauce Cup	1 each	450	15	0	120	1.00	0.36	0.0	100	1.2	2	1.0	3.0	0.0	0.00	0.00
Salad with Ranch	1 Cup	400	19	1	36	1.40	0.60	26.1	4699	16.66	*0	0.85	3.04	0.31	0.08	*0.00
beans, vegetarian	1/2 cup	50	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
ranch dressing	pkt	100	70	5	75	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	7.0	1.00	0.00
PEARS: canned,light syrup	1/2 Cup	350	72	0	6	2.01	0.35	6.3	0	0.88	15	0.24	19.04	0.04	0.00	0.00
Raisins, Box	1 Box	500	113	0	4	1.40	0.71	19.0	0	0.87	*N/A*	1.16	29.98	0.17	0.04	0.00
Low Fat Milk, 1%	1 Each	150	130	15	160	0.00	0.00	400.0	500	2.4	*N/A*	11.0	16.0	2.5	1.50	0.00
Chocolate Milk, NonFat	1 Each	350	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	9.0	21.0	0.0	0.00	0.00
Weighted Daily Average			605	28	878	8.53	4.39	556.2	8349	18.65	*13	25.21	102.94	11.15	4.61	*0.00
% of Calories											*8.3%	16.7%	68.0%	16.6%	6.9%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

Mon - 10/09/2017																
K-6 Elementary Lunch	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			600-650		1230										<10.00	

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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 ¹ (g)
Tue - 10/10/2017																
K-6 Elementary Lunch	Total	500														
Corn Dog WG	1 EA	500	240	40	390	5.00	1.80	80.0	0	0.0	*N/A*	9.0	30.0	8.0	2.50	0.00
French Fries, Spiral	1/2 Cup	450	110	0	300	1.00	0.36	0.0	0	3.6	*N/A*	1.0	15.0	5.0	0.50	0.00
Baby Carrots	1/2 Cup	350	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	250	19	1	36	1.40	0.60	26.1	4699	16.66	*0	0.85	3.04	0.31	0.08	*0.00
FRUIT COCKTAIL:canned,lt syrup	1/2 cup	250	69	0	7	1.21	0.35	7.3	252	2.3	17	0.48	18.07	0.08	0.01	0.00
Raisins, Box	1 Box	300	113	0	4	1.40	0.71	19.0	0	0.87	*N/A*	1.16	29.98	0.17	0.04	0.00
Low Fat Milk, 1%	1 Each	100	130	15	160	0.00	0.00	400.0	500	2.4	*N/A*	11.0	16.0	2.5	1.50	0.00
Chocolate Milk, NonFat	1 Each	400	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	9.0	21.0	0.0	0.00	0.00
ranch dressing	pkt	250	70	5	75	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	7.0	1.00	0.00
Mustard Pkt.	1 each	300	5	0	70	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Ketchup Pkt.	1 each	200	10	0	85	0.00	0.00	0.0	0	0.0	2	0.0	2.0	0.0	0.00	0.00
Weighted Daily Average			632	50	1012	9.45	3.53	442.1	9625	16.36	*9	20.66	97.54	16.80	3.82	*0.00
% of Calories											*5.9%	13.1%	61.7%	23.9%	5.4%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

Wed - 10/11/2017																
K-6 Elementary Lunch	Total	500														
Teriyaki dunkers, ele	ea, 4	500	159	12	382	0.60	1.60	14.0	49	0.0	9	13.6	11.7	6.5	2.60	0.00
Rice, Brown, 1/2 Cup	1 each	500	108	0	5	1.80	0.41	10.0	0	0.0	*N/A*	2.52	22.39	0.88	0.18	0.00
Fortune Cookie	1 each	500	35	0	10	0.00	0.00	0.0	0	0.0	*N/A*	0.0	7.0	0.0	0.00	0.00
Salad with Ranch	1 Cup	300	19	1	36	1.40	0.60	26.1	4699	16.66	*0	0.85	3.04	0.31	0.08	*0.00
Baby Carrots	1/2 Cup	250	25	0	55	2.00	0.72	20.0	9500	2.4	*N/A*	0.0	6.0	0.0	0.00	0.00
MELONS,HONEYDEW,RAW	1/2 CUP	350	30	0	9	0.51	0.06	5.1	34	21.08	*N/A*	0.39	7.8	0.09	0.02	*N/A*
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	150	130	15	160	0.00	0.00	400.0	500	2.4	*N/A*	11.0	16.0	2.5	1.50	0.00
Chocolate Milk, NonFat	1 Each	350	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	9.0	21.0	0.0	0.00	0.00
ranch dressing	pkt	300	70	5	75	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	7.0	1.00	0.00
Soy Sauce Pkt.	1 each	100	0	0	430	0.00	0.00	0.0	0	0.0	2	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			557	23	759	5.16	3.06	390.8	8142	27.86	*10	26.97	83.47	12.65	3.91	*0.00
% of Calories											*6.9%	19.4%	60.0%	20.4%	6.3%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

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Thu - 10/12/2017																
K-6 Elementary Lunch	Total	500														
CHICKEN FAJITAS, new elem	1 each	500	237	100	848	1.15	2.09	54.7	179	0.83	*0	23.89	15.52	8.72	2.13	*0.00
Beans, Refried	1/2 Cup	250	214	0	881	8.81	3.43	69.0	0	14.28	1	11.85	32.25	4.78	1.50	0.04
Sour Cream	1 each	300	57	14	14	0.00	0.00	18.9	189	0.0	0	0.94	1.88	5.66	3.30	0.00
Salsa, Pace	2 oz	300	20	0	460	2.00	0.00	0.0	200	0.0	*N/A*	0.0	6.0	0.0	0.00	0.00
Shredded Cheese	2 oz	300	45	17	108	0.00	0.20	113.4	170	0.0	0	3.97	0.0	5.1	3.40	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
APPLES,Fresh	1 EACH	300	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	225	113	0	4	1.40	0.71	19.0	0	0.87	*N/A*	1.16	29.98	0.17	0.04	0.00
Low Fat Milk, 1%	1 Each	50	130	15	160	0.00	0.00	400.0	500	2.4	*N/A*	11.0	16.0	2.5	1.50	0.00
Chocolate Milk, NonFat	1 Each	150	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	9.0	21.0	0.0	0.00	0.00
Milk, Vanilla	1 each	300	120	5	120	0.00	0.00	350.0	500	1.2	19	9.0	19.0	0.0	0.00	0.00
Taco Sauce Pkt	1 ea	250	5	0	95	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	0.0	0.00	0.00
Weighted Daily Average			643	125	1844	9.93	4.58	532.5	2938	20.16	*21	43.04	82.32	18.16	7.13	*0.02
% of Calories											*12.9%	26.8%	51.2%	25.4%	10.0%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

Fri - 10/13/2017																
K-6 Elementary Lunch	Total	500														
Pizza, 4x6 Cheese Smart	1 EA	75	300	25	440	4.00	2.70	250.0	300	0.0	10	16.0	33.0	11.0	5.00	0.00
Pizza, 4X6 Pepperoni, Smart	1 each	425	300	25	530	4.00	2.70	200.0	300	0.0	10	16.0	33.0	12.0	5.00	0.00
Baby Carrots	1/2 Cup	100	25	0	55	2.00	0.72	20.0	9500	2.4	*N/A*	0.0	6.0	0.0	0.00	0.00
Salad with Ranch	1 Cup	300	19	1	36	1.40	0.60	26.1	4699	16.66	*0	0.85	3.04	0.31	0.08	*0.00
ranch dressing	pkt	300	70	5	75	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	7.0	1.00	0.00
PEARS: canned,light syrup	1/2 Cup	250	72	0	6	2.01	0.35	6.3	0	0.88	15	0.24	19.04	0.04	0.00	0.00
Raisins, Box	1 Box	450	113	0	4	1.40	0.71	19.0	0	0.87	*N/A*	1.16	29.98	0.17	0.04	0.00
Low Fat Milk, 1%	1 Each	150	130	15	160	0.00	0.00	400.0	500	2.4	*N/A*	11.0	16.0	2.5	1.50	0.00
Chocolate Milk, NonFat	1 Each	350	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	9.0	21.0	0.0	0.00	0.00
Weighted Daily Average			619	36	775	7.51	4.02	577.4	5519	13.26	*18	27.27	92.62	17.16	6.14	*0.00
% of Calories											*11.4%	17.6%	59.9%	25.0%	8.9%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

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Central Unified Food Services

Oct 1, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

K-6 Elementary Lunch

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 ¹ (g)
Mon - 10/16/2017																
K-6 Elementary Lunch	Total	500														
Quesadilla, Chicken & Cheese	1 each	500	300	40	560	3.00	2.70	250.0	200	0.0	2	19.0	31.0	11.0	4.50	0.00
Scooby Grahams	1 bag	400	120	0	115	1.00	0.72	100.0	500	0.0	*N/A*	2.0	21.0	3.5	1.00	0.00
Salad with Ranch	1 Cup	250	19	1	36	1.40	0.60	26.1	4699	16.66	*0	0.85	3.04	0.31	0.08	*0.00
Baby Carrots	1/2 Cup	200	25	0	55	2.00	0.72	20.0	9500	2.4	*N/A*	0.0	6.0	0.0	0.00	0.00
FRUIT COCKTAIL:canned,lt syrup	1/2 Cup	350	69	0	7	1.21	0.35	7.3	252	2.3	17	0.48	18.07	0.08	0.01	0.00
Raisins, Box	1 Box	150	113	0	4	1.40	0.71	19.0	0	0.87	*N/A*	1.16	29.98	0.17	0.04	0.00
Low Fat Milk, 1%	1 Each	100	130	15	160	0.00	0.00	400.0	500	2.4	*N/A*	11.0	16.0	2.5	1.50	0.00
Chocolate Milk, NonFat	1 Each	400	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	9.0	21.0	0.0	0.00	0.00
ranch dressing	pkt	250	70	5	75	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	7.0	1.00	0.00
Taco Sauce Pkt	1 ea	400	5	0	95	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	0.0	0.00	0.00
Weighted Daily Average			658	50	988	6.57	4.32	681.8	7426	12.60	*14	31.11	94.66	18.07	6.16	*0.00
% of Calories											*8.4%	18.9%	57.5%	24.7%	8.4%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

Tue - 10/17/2017																
K-6 Elementary Lunch	Total	500														
BBQ Rib Sandwich, Beef	1 Each	500	340	40	885	4.00	1.80	40.0	400	1.2	*N/A*	18.0	40.0	12.0	4.50	0.00
French Fries, Waffle Cut	1/2 Cup	350	170	0	600	2.00	0.72	0.0	0	6.0	*N/A*	2.0	22.0	8.0	1.00	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
GRAPES,Fresh	1/2 Cup	300	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	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	100	130	15	160	0.00	0.00	400.0	500	2.4	*N/A*	11.0	16.0	2.5	1.50	0.00
Chocolate Milk, NonFat	1 Each	400	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	9.0	21.0	0.0	0.00	0.00
Ketchup Pkt.	1 each	400	10	0	85	0.00	0.00	0.0	0	0.0	2	0.0	2.0	0.0	0.00	0.00
Mayo Pkt	1	100	70	5	45	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	7.0	1.00	0.00
Mustard Pkt.	1 each	100	5	0	70	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			669	48	1585	6.60	2.79	379.3	2365	14.22	*11	29.63	93.37	19.82	5.80	*0.00
% of Calories											*6.3%	17.7%	55.8%	26.7%	7.8%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

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Central Unified Food Services

Oct 1, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

K-6 Elementary Lunch

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 10/18/2017																
K-6 Elementary Lunch	Total	225														
Taquito, WG Chicken 2 each	1 each	225	210	15	270	3.00	1.44	40.0	200	0.0	*N/A*	9.0	27.0	8.0	1.50	0.00
Salsa, Pace	2 oz	175	20	0	460	2.00	0.00	0.0	200	0.0	*N/A*	0.0	6.0	0.0	0.00	0.00
Sour Cream	1 each	150	57	14	14	0.00	0.00	18.9	189	0.0	0	0.94	1.88	5.66	3.30	0.00
Salad with Ranch	1 Cup	200	19	1	36	1.40	0.60	26.1	4699	16.66	*0	0.85	3.04	0.31	0.08	*0.00
Baby Carrots	1/2 Cup	100	25	0	55	2.00	0.72	20.0	9500	2.4	*N/A*	0.0	6.0	0.0	0.00	0.00
ranch dressing	pkt	50	70	5	75	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	7.0	1.00	0.00
MELONS,HONEYDEW,RAW	1/2 CUP	200	30	0	9	0.51	0.06	5.1	34	21.08	*N/A*	0.39	7.8	0.09	0.02	*N/A*
Raisins, Box	1 Box	50	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	75	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
Weighted Daily Average			481	35	892	7.45	2.50	426.7	9411	36.41	*0	20.66	71.44	14.55	4.53	*0.00
% of Calories											*0.1%	17.2%	59.4%	27.2%	8.5%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

Thu - 10/19/2017																
K-6 Elementary Lunch	Total	500														
Pancakes, WG	2 cakes	500	150	7	400	4.00	1.44	40.0	100	0.0	5	3.0	31.0	2.0	0.50	0.00
Syrup, Pancake	1 each	500	80	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	21.0	0.0	0.00	0.00
Sausage Link, Pork (2 links)	1 each	500	128	46	260	0.40	0.80	24.0	46	0.0	0	13.4	1.0	7.4	2.60	0.00
Sugar Snap Peas	1 each	250	20	0	7	2.47	0.67	24.7	5485	20.71	*N/A*	1.23	3.7	0.0	0.00	0.00
Salad with Ranch	1 Cup	300	19	1	36	1.40	0.60	26.1	4699	16.66	*0	0.85	3.04	0.31	0.08	*0.00
Fruit Cup, Strawberry	1 each	300	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	150	113	0	4	1.40	0.71	19.0	0	0.87	*N/A*	1.16	29.98	0.17	0.04	0.00
Low Fat Milk, 1%	1 Each	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
Milk, Vanilla	1 each	350	120	5	120	0.00	0.00	350.0	500	1.2	19	9.0	19.0	0.0	0.00	0.00
Weighted Daily Average			588	59	823	8.09	3.14	442.7	6208	21.93	*30	27.68	97.97	9.89	3.31	*0.00
% of Calories											*20.1%	18.8%	66.7%	15.1%	5.1%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

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Central Unified Food Services

Oct 1, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

K-6 Elementary Lunch

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 10/20/2017																
K-6 Elementary Lunch	Total	500														
Stuffed Cheese Sticks, 2 each	1 each	500	300	25	490	3.00	0.00	0.0	0	0.0	4	20.0	30.0	11.0	6.00	0.00
Marinara Sauce Cup	1 each	450	15	0	120	1.00	0.36	0.0	100	1.2	2	1.0	3.0	0.0	0.00	0.00
Salad with Ranch	1 Cup	250	19	1	36	1.40	0.60	26.1	4699	16.66	*0	0.85	3.04	0.31	0.08	*0.00
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
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
PEARS: canned,light syrup	1/2 Cup	350	72	0	6	2.01	0.35	6.3	0	0.88	15	0.24	19.04	0.04	0.00	0.00
Raisins, Box	1 Box	150	113	0	4	1.40	0.71	19.0	0	0.87	*N/A*	1.16	29.98	0.17	0.04	0.00
Low Fat Milk, 1%	1 Each	100	130	15	160	0.00	0.00	400.0	500	2.4	*N/A*	11.0	16.0	2.5	1.50	0.00
Chocolate Milk, NonFat	1 Each	400	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	9.0	21.0	0.0	0.00	0.00
ranch dressing	pkt	250	70	5	75	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	7.0	1.00	0.00
Weighted Daily Average			600	35	961	9.03	1.73	367.1	6740	13.17	*16	32.64	84.24	15.23	6.86	*0.00
% of Calories											*11.0%	21.8%	56.2%	22.9%	10.3%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

Mon - 10/23/2017																
K-6 Elementary Lunch	Total	500														
Grilled Cheese, WG Sandwich	1 each	500	284	32	655	2.27	1.23	467.6	524	0.0	*N/A*	18.54	30.54	10.15	5.75	0.00
Elf Graham, Cinnamon	1 ea	400	120	0	105	1.00	0.72	100.0	500	0.0	8	2.0	21.0	4.0	1.00	0.00
Salad with Ranch	1 Cup	200	19	1	36	1.40	0.60	26.1	4699	16.66	*0	0.85	3.04	0.31	0.08	*0.00
Baby Carrots	1/2 Cup	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
ranch dressing	pkt	200	70	5	75	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	7.0	1.00	0.00
FRUIT COCKTAIL:canned,lt syrup	.50 cup	350	69	0	7	1.21	0.35	7.3	252	2.3	17	0.48	18.07	0.08	0.01	0.00
Raisins, Box	1 Box	250	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	125	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	375	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	9.0	21.0	0.0	0.00	0.00
Weighted Daily Average			651	42	982	5.78	2.86	903.6	6330	10.93	*18	30.90	98.14	17.05	7.39	*0.00
% of Calories											*11.2%	19.0%	60.3%	23.6%	10.2%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

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Central Unified Food Services

Oct 1, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

K-6 Elementary Lunch

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 ¹ (g)
Tue - 10/24/2017																
K-6 Elementary Lunch	Total	500														
Mini Twin Cheeseburgers	1	500	390	50	870	4.00	3.60	150.0	500	126.0	*N/A*	20.0	41.0	16.0	7.00	0.00
Fries, Tater Tots	serv, 8 ea	250	141	0	283	1.68	0.43	7.1	10	4.05	*N/A*	1.41	15.86	8.0	0.96	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
GRAPES,Fresh	1/2 Cup	300	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	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	100	130	15	160	0.00	0.00	400.0	500	2.4	*N/A*	11.0	16.0	2.5	1.50	0.00
Chocolate Milk, NonFat	1 Each	400	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	9.0	21.0	0.0	0.00	0.00
BBQ Sauce Cup	1 ea	100	40	0	200	0.00	0.36	0.0	100	3.6	8	0.0	10.0	0.0	0.00	0.00
Ketchup Pkt.	1 each	400	10	0	85	0.00	0.00	0.0	0	0.0	2	0.0	2.0	0.0	0.00	0.00
Weighted Daily Average			664	57	1308	6.04	4.37	492.9	2490	137.57	*12	30.94	88.90	20.82	7.87	*0.00
% of Calories											*7.4%	18.7%	53.6%	28.2%	10.7%	*0.0%
Nutrient Guideline			600-650		1230											<10.00

Wed - 10/25/2017																
K-6 Elementary Lunch	Total	500														
Sweet Chili Thai Bowl	1 each	500	242	45	365	0.60	42.22	0.0	0	2.4	*6	13.41	39.32	3.6	0.50	0.00
Fortune Cookie	1 each	500	35	0	10	0.00	0.00	0.0	0	0.0	*N/A*	0.0	7.0	0.0	0.00	0.00
Salad with Ranch	1 Cup	300	19	1	36	1.40	0.60	26.1	4699	16.66	*0	0.85	3.04	0.31	0.08	*0.00
Baby Carrots	1/2 Cup	250	25	0	55	2.00	0.72	20.0	9500	2.4	*N/A*	0.0	6.0	0.0	0.00	0.00
PINEAPPLE CHUNKS:canned,lt syr	1/2 Cup	350	33	0	1	0.50	0.25	8.8	24	4.72	8	0.23	8.47	0.08	0.01	0.00
Raisins, Box	1 Box	200	113	0	4	1.40	0.71	19.0	0	0.87	*N/A*	1.16	29.98	0.17	0.04	0.00
Low Fat Milk, 1%	1 Each	150	130	15	160	0.00	0.00	400.0	500	2.4	*N/A*	11.0	16.0	2.5	1.50	0.00
Chocolate Milk, NonFat	1 Each	350	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	9.0	21.0	0.0	0.00	0.00
ranch dressing	pkt	300	70	5	75	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	7.0	1.00	0.00
Soy Sauce Pkt.	1 each	100	0	0	430	0.00	0.00	0.0	0	0.0	2	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average			533	56	731	3.36	43.39	369.4	8086	18.81	*12	24.15	89.16	8.86	1.62	*0.00
% of Calories											*9.0%	18.1%	66.9%	15.0%	2.7%	*0.0%
Nutrient Guideline			600-650		1230											<10.00

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Central Unified Food Services

Oct 1, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

K-6 Elementary Lunch

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 ¹ (g)
Thu - 10/26/2017																
K-6 Elementary Lunch	Total	500														
Drumstick, Chicken WG	1 each	500	190	50	450	1.00	1.08	20.0	100	0.0	0	16.0	5.0	11.0	2.50	0.00
Mashed Potatoes 1/2 Cup	1/2 Cup	350	110	0	350	2.00	0.72	20.0	0	6.0	1	2.0	17.0	3.5	0.00	0.00
Gravy, Chicken	2 oz	350	20	0	270	0.00	0.00	0.0	0	0.0	*N/A*	0.0	4.0	1.0	0.50	0.00
Texas Toast	1 each	350	100	0	130	2.00	0.72	20.0	300	1.2	0	3.0	15.0	3.0	0.00	0.00
Salad with Ranch	1 Cup	350	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	300	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	225	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
Milk, Vanilla	1 each	350	120	5	120	0.00	0.00	350.0	500	1.2	19	9.0	19.0	0.0	0.00	0.00
Weighted Daily Average			579	57	1139	7.40	2.92	424.8	4144	22.22	*23	30.03	76.35	16.94	3.10	*0.00
% of Calories											*15.7%	20.8%	52.8%	26.3%	4.8%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

Fri - 10/27/2017																
K-6 Elementary Lunch	Total	500														
MaxSnax, Con Queso, WG	1 each	75	260	10	600	3.00	10.00	20.0	2	0.0	2	14.0	30.0	10.0	2.50	0.00
MaxSnax, Taco 3 each	1 each	425	250	10	600	4.00	15.00	20.0	2	0.0	2	15.0	30.0	8.0	2.50	0.00
Baby Carrots	1/2 Cup	250	25	0	55	2.00	0.72	20.0	9500	2.4	*N/A*	0.0	6.0	0.0	0.00	0.00
Salad with Ranch	1 Cup	300	19	1	36	1.40	0.60	26.1	4699	16.66	*0	0.85	3.04	0.31	0.08	*0.00
Garbonzo Beans	1/2 Cup	75	143	0	140	5.30	1.62	38.0	29	4.6	*N/A*	5.94	27.14	1.37	0.14	0.00
ranch dressing	pkt	300	70	5	75	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	7.0	1.00	0.00
PEARS: canned,light syrup	1/2 Cup	400	72	0	6	2.01	0.35	6.3	0	0.88	15	0.24	19.04	0.04	0.00	0.00
Raisins, Box	1 Box	250	113	0	4	1.40	0.71	19.0	0	0.87	*N/A*	1.16	29.98	0.17	0.04	0.00
Low Fat Milk, 1%	1 Each	100	130	15	160	0.00	0.00	400.0	500	2.4	*N/A*	11.0	16.0	2.5	1.50	0.00
Chocolate Milk, NonFat	1 Each	350	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	9.0	21.0	0.0	0.00	0.00
Weighted Daily Average			562	20	880	8.79	15.85	355.9	8026	14.34	*14	25.52	87.61	13.51	3.49	*0.00
% of Calories											*10.1%	18.2%	62.3%	21.6%	5.6%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

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Central Unified Food Services

Oct 1, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

K-6 Elementary Lunch

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 ¹ (g)
Mon - 10/30/2017																
K-6 Elementary Lunch	Total	500														
Burrito, Arizona Gold	1 each	500	380	25	550	7.00	3.60	300.0	200	3.6	3	17.0	45.0	15.0	6.00	0.00
Baby Carrots	1/2 Cup	400	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	100	19	1	36	1.40	0.60	26.1	4699	16.66	*0	0.85	3.04	0.31	0.08	*0.00
ranch dressing	pkt	100	70	5	75	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	7.0	1.00	0.00
FRUIT COCKTAIL:canned,lt syrup	1/2 cup	400	69	0	7	1.21	0.35	7.3	252	2.3	17	0.48	18.07	0.08	0.01	0.00
Raisins, Box	1 Box	450	113	0	4	1.40	0.71	19.0	0	0.87	*N/A*	1.16	29.98	0.17	0.04	0.00
Low Fat Milk, 1%	1 Each	150	130	15	160	0.00	0.00	400.0	500	2.4	*N/A*	11.0	16.0	2.5	1.50	0.00
Chocolate Milk, NonFat	1 Each	350	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	9.0	21.0	0.0	0.00	0.00
Taco Sauce Pkt	1 ea	200	5	0	95	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	0.0	0.00	0.00
Churro WG	1 each	450	140	0	75	1.00	1.08	20.0	0	0.0	6	3.0	23.0	4.0	1.50	0.00
Weighted Daily Average			826	34	905	12.01	6.19	692.1	9441	13.03	*22	30.90	132.64	21.03	8.06	*0.00
% of Calories											*10.6%	15.0%	64.3%	22.9%	8.8%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

Tue - 10/31/2017																
K-6 Elementary Lunch	Total	500														
Chicken, Halloween Bats 3 each	1 each	500	250	35	490	2.00	1.44	20.0	0	0.0	1	14.0	15.0	14.0	3.50	0.00
BAKED BEANS - CUSD	1/2 CUP	475	151	0	452	5.69	1.90	58.9	221	2.26	*16	6.62	34.45	0.52	0.10	*0.00
Salad with Ranch	1 Cup	300	19	1	36	1.40	0.60	26.1	4699	16.66	*0	0.85	3.04	0.31	0.08	*0.00
Rosati, Orange Chillin Bat	1 each	350	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	125	113	0	4	1.40	0.71	19.0	0	0.87	*N/A*	1.16	29.98	0.17	0.04	0.00
Low Fat Milk, 1%	1 Each	100	130	15	160	0.00	0.00	400.0	500	2.4	*N/A*	11.0	16.0	2.5	1.50	0.00
Chocolate Milk, NonFat	1 Each	400	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	9.0	21.0	0.0	0.00	0.00
ranch dressing	pkt	350	70	5	75	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	7.0	1.00	0.00
Cookie, Pumpkin	1 ea	1	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			673	46	1181	8.60	3.78	416.4	3529	22.20	*34	30.49	95.28	20.13	4.66	*0.00
% of Calories											*20.2%	18.1%	56.6%	26.9%	6.2%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

Weighted Average			625	48	1016	7.76	8.25	498.0	6416	26.71	*17	28.86	94.09	16.30	5.19	*0.05
											*23.8%	18.5%	60.2%	23.5%	7.5%	*0.1%

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Central Unified Food Services

Oct 1, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

K-6 Elementary Lunch

Portion Values - Detailed

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 ¹ (g)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)									
Calories	625		600 - 650	100%													
Cholesterol (mg)	48																
Sodium (mg)	1016		1230														
Fiber (g)	7.76																
Iron (mg)	8.25																
Calcium (mg)	498.0																
Vitamin A (IU)	6416																
Sugars (g)	17	10.59%				Missing											
Vitamin C (mg)	26.71																
Protein (g)	28.86	18.47%															
Carbohydrate (g)	94.09	60.21%															
Total Fat (g)	16.30	23.48%															
Saturated Fat (g)	5.19	7.47%															
Trans Fat ¹ (g)	0.05	0.08%															
			<10.00%			Missing											

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