

# Central Unified Food Services

Oct 1, 2017 thru Oct 31, 2017

## Base Menu Spreadsheet

## Secondary Lunch Menu

### 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)
Mon - 10/02/2017																
Secondary Lunch Menu	Total	500														
Chicken Tenders WG, 6 each	6 Each	75	420	110	1460	2.00	3.60	40.0	200	0.0	2	30.0	26.0	22.0	4.00	0.00
Bean & Cheese Burrito WG	1 each	50	310	5	600	8.00	1.80	80.0	200	2.4	*N/A*	12.0	48.0	8.0	3.00	0.00
Cheeseburger, HS	1 ea	75	417	64	947	4.50	3.59	223.1	178	0.0	*0	27.47	37.88	19.95	8.26	0.16
PIZZA, FRENCH BREAD CHEE SE RED	1 EA	50	350	45	660	1.00	1.80	424.0	512	6.0	*N/A*	19.0	31.0	17.0	10.00	0.50
PIZZA, FRENCH BREAD PEP RB	1 EA	75	405	56	834	1.00	1.95	426.1	512	6.0	*0	21.12	31.13	22.09	11.95	0.67
Orange Bowl - 2nd	Bowl	90	299	25	175	1.21	84.89	0.0	0	0.75	*N/A*	11.7	56.51	3.08	0.31	0.00
Salad, Oriental	1 Each	50	768	45	1398	14.11	8.74	274.5	26511	135.94	*N/A*	34.03	78.47	34.64	5.34	0.00
Wrap, Chicken Bacon	1 each	25	644	126	2001	2.96	4.90	312.2	7836	4.26	*2	38.0	44.11	31.82	10.88	*0.00
PBJ Grape WW Sandwich	1 Each	10	630	0	620	7.00	1.80	60.0	0	0.0	28	19.0	64.0	33.0	7.00	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	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
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	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	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
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
Mustard Pkt.	1 each	50	5	0	70	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Mayo Pkt	1	50	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	50	40	0	200	0.00	0.36	0.0	100	3.6	8	0.0	10.0	0.0	0.00	0.00
Soy Sauce Pkt.	1 each	50	0	0	430	0.00	0.00	0.0	0	0.0	2	0.0	0.0	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
Tapatio Sauce	1 each	50	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			780	64	1486	7.61	19.58	554.2	9614	30.36	*14	34.22	106.46	25.15	7.29	*0.17
% of Calories											*7.2%	17.6%	54.6%	29.0%	8.4%	*0.2%
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

## Secondary Lunch Menu

### 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 - 10/03/2017																
Secondary Lunch Menu	Total	500														
Chicken Tenders WG, 6 each	6 Each	90	420	110	1460	2.00	3.60	40.0	200	0.0	2	30.0	26.0	22.0	4.00	0.00
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
Hot Link	1 each	50	300	30	710	3.00	1.44	60.0	0	0.0	*N/A*	14.0	29.0	16.0	5.00	0.00
PIZZA, FRENCH BREAD CHEE SE RED	1 EA	50	350	45	660	1.00	1.80	424.0	512	6.0	*N/A*	19.0	31.0	17.0	10.00	0.50
PIZZA, FRENCH BREAD PEP RB	1 EA	75	405	56	834	1.00	1.95	426.1	512	6.0	*0	21.12	31.13	22.09	11.95	0.67
Teriyaki Bowl - 2nd	Bowl	75	307	55	375	1.21	85.00	0.0	0	0.0	*N/A*	17.33	52.44	3.94	0.78	0.00
Salad, Greek	1 each	50	550	65	1272	11.84	6.14	219.9	26502	119.11	*N/A*	30.8	55.1	23.31	6.87	*0.00
Wrap, Spicy Chicken	1 each	50	653	54	1312	4.70	4.00	193.3	5179	20.4	*N/A*	24.24	40.94	40.29	7.84	0.00
PBJ Strawberry Sandwich	1 Each	10	630	0	630	6.00	1.80	60.0	0	0.0	28	19.0	64.0	33.0	7.00	0.00
French Fries, Garlic	1/2 Cup	450	130	0	430	2.00	0.36	0.0	0	6.0	*N/A*	2.0	18.0	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
GRAPES, Fresh	1/2 Cup	350	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	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	50	10	0	85	0.00	0.00	0.0	0	0.0	2	0.0	2.0	0.0	0.00	0.00
Mustard Pkt.	1 each	50	5	0	70	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Mayo Pkt	1	50	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	50	40	0	200	0.00	0.36	0.0	100	3.6	8	0.0	10.0	0.0	0.00	0.00
Soy Sauce Pkt.	1 each	50	0	0	430	0.00	0.00	0.0	0	0.0	2	0.0	0.0	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
Tapatio Sauce	1 each	50	0	0	110	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Cookie, WG Heart	1 ea	500	85	0	58	1.19	0.38	3.0	6	0.01	*N/A*	1.42	12.47	3.32	0.64	0.00
Weighted Daily Average			855	70	1690	7.95	16.87	522.1	5803	32.25	*13	36.38	112.42	29.62	8.15	*0.15
% of Calories											*6.1%	17.0%	52.6%	31.2%	8.6%	*0.2%
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

## Secondary Lunch Menu

### 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)
Wed - 10/04/2017																
Secondary Lunch Menu	Total	500														
Chicken Tenders WG, 6 each	6 Each	90	420	110	1460	2.00	3.60	40.0	200	0.0	2	30.0	26.0	22.0	4.00	0.00
Taquito, WG Chicken 2 each	1 each	50	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	50	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	50	57	14	14	0.00	0.00	18.9	189	0.0	0	0.94	1.88	5.66	3.30	0.00
Mini Twin Cheeseburgers	1	50	390	50	870	4.00	3.60	150.0	500	126.0	*N/A*	20.0	41.0	16.0	7.00	0.00
PIZZA, FRENCH BREAD CHEE SE RED	1 EA	50	350	45	660	1.00	1.80	424.0	512	6.0	*N/A*	19.0	31.0	17.0	10.00	0.50
PIZZA, FRENCH BREAD PEP RB	1 EA	75	405	56	834	1.00	1.95	426.1	512	6.0	*0	21.12	31.13	22.09	11.95	0.67
Teriyaki Bowl - 2nd	Bowl	75	307	55	375	1.21	85.00	0.0	0	0.0	*N/A*	17.33	52.44	3.94	0.78	0.00
Salad, Greek	1 each	50	550	65	1272	11.84	6.14	219.9	26502	119.11	*N/A*	30.8	55.1	23.31	6.87	*0.00
Wrap, Spicy Chicken	1 each	50	653	54	1312	4.70	4.00	193.3	5179	20.4	*N/A*	24.24	40.94	40.29	7.84	0.00
PBJ Strawberry Sandwich	1 Each	10	630	0	630	6.00	1.80	60.0	0	0.0	28	19.0	64.0	33.0	7.00	0.00
French Fries, Waffle Cut	1/2 Cup	450	170	0	600	2.00	0.72	0.0	0	6.0	*N/A*	2.0	22.0	8.0	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
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	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	50	10	0	85	0.00	0.00	0.0	0	0.0	2	0.0	2.0	0.0	0.00	0.00
Mustard Pkt.	1 each	50	5	0	70	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Mayo Pkt	1	50	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	50	40	0	200	0.00	0.36	0.0	100	3.6	8	0.0	10.0	0.0	0.00	0.00
Soy Sauce Pkt.	1 each	50	0	0	430	0.00	0.00	0.0	0	0.0	2	0.0	0.0	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
Tapatio Sauce	1 each	50	0	0	110	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Cookie, WG Heart	1 ea	500	85	0	58	1.19	0.38	3.0	6	0.01	*N/A*	1.42	12.47	3.32	0.64	0.00
Weighted Daily Average			884	69	1857	8.73	17.47	532.1	9654	46.54	*8	35.53	113.90	32.22	8.51	*0.15
% of Calories											*3.5%	16.1%	51.6%	32.8%	8.7%	*0.2%
Nutrient Guideline			750-850		1420										<10.00	

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## Base Menu Spreadsheet

## Secondary Lunch Menu

### 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 - 10/05/2017																
Secondary Lunch Menu	Total	500														
Chicken Tenders WG, 6 each	6 Each	100	420	110	1460	2.00	3.60	40.0	200	0.0	2	30.0	26.0	22.0	4.00	0.00
Spaghetti, JTM 8 OZ	1 each	75	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	75	100	0	130	2.00	0.72	20.0	300	1.2	0	3.0	15.0	3.0	0.00	0.00
Cheeseburger, Bacon hs	1 ea	75	472	94	1097	3.00	3.33	248.1	160	0.0	*3	29.57	28.68	26.35	10.06	0.16
Pizza, Big Daddy Cheese	1 Each	50	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	75	380	30	700	2.00	2.70	250.0	400	0.0	*N/A*	19.0	44.0	15.0	7.00	0.00
Orange Bowl - 2nd	Bowl	65	299	25	175	1.21	84.89	0.0	0	0.75	*N/A*	11.7	56.51	3.08	0.31	0.00
Salad, Caesar	1 each	25	578	84	1308	10.67	6.06	354.0	26289	117.78	*N/A*	43.56	53.08	58.58	7.71	0.00
Wrap, Chicken	1 each	50	603	84	1652	2.70	4.00	173.3	5179	20.4	*1	24.24	37.94	36.29	7.33	0.00
PBJ Grape WW Sandwich	1 Each	10	630	0	620	7.00	1.80	60.0	0	0.0	28	19.0	64.0	33.0	7.00	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
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	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	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	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
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
Mustard Pkt.	1 each	50	5	0	70	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Mayo Pkt	1	50	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	50	40	0	200	0.00	0.36	0.0	100	3.6	8	0.0	10.0	0.0	0.00	0.00
Soy Sauce Pkt.	1 each	50	0	0	430	0.00	0.00	0.0	0	0.0	2	0.0	0.0	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
Tapatio Sauce	1 each	50	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			747	75	1505	7.15	15.05	518.3	4580	28.03	*25	35.69	93.09	29.11	7.22	*0.19
% of Calories											*13.6%	19.1%	49.8%	35.1%	8.7%	*0.2%
Nutrient Guideline			750-850		1420										<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 <sup>1</sup> (g)
Fri - 10/06/2017																
Secondary Lunch Menu	Total	500														
Chicken Tenders WG, 6 each	6 Each	75	420	110	1460	2.00	3.60	40.0	200	0.0	2	30.0	26.0	22.0	4.00	0.00
BBQ Rib Sandwich, Beef	1 Each	90	340	40	885	4.00	1.80	40.0	400	1.2	*N/A*	18.0	40.0	12.0	4.50	0.00
Stuffed Cheese Sticks, 2 each	1 each	75	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	75	15	0	120	1.00	0.36	0.0	100	1.2	2	1.0	3.0	0.0	0.00	0.00
PIZZA, FRENCH BREAD CHEE SE RED	1 EA	50	350	45	660	1.00	1.80	424.0	512	6.0	*N/A*	19.0	31.0	17.0	10.00	0.50
PIZZA, FRENCH BREAD PEP RB	1 EA	50	405	56	834	1.00	1.95	426.1	512	6.0	*0	21.12	31.13	22.09	11.95	0.67
Teriyaki Bowl - 2nd	Bowl	75	307	55	375	1.21	85.00	0.0	0	0.0	*N/A*	17.33	52.44	3.94	0.78	0.00
Salad, Chicken BLT	1 each	25	715	102	1706	10.67	6.71	256.0	26679	120.06	*N/A*	38.31	60.59	36.62	8.67	0.00
Wrap, Spicy Chicken	1 each	50	653	54	1312	4.70	4.00	193.3	5179	20.4	*N/A*	24.24	40.94	40.29	7.84	0.00
PBJ Grape WW Sandwich	1 Each	10	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	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
French Fries, Garlic	1/2 Cup	450	130	0	430	2.00	0.36	0.0	0	6.0	*N/A*	2.0	18.0	5.0	1.00	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
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	175	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
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
Mustard Pkt.	1 each	50	5	0	70	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Mayo Pkt	1	50	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	50	40	0	200	0.00	0.36	0.0	100	3.6	8	0.0	10.0	0.0	0.00	0.00
Soy Sauce Pkt.	1 each	50	0	0	430	0.00	0.00	0.0	0	0.0	2	0.0	0.0	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
Tapatio Sauce	1 each	50	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			786	66	1661	9.10	16.38	499.0	8261	25.74	*14	35.23	105.37	24.99	7.58	*0.12
% of Calories											*6.9%	17.9%	53.6%	28.6%	8.7%	*0.1%
Nutrient Guideline			750-850		1420										<10.00	

Mon - 10/09/2017																
Secondary Lunch Menu	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

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\* - 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

## Secondary Lunch Menu

### 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)
Weighted Daily Average % of Calories			0	0	0	0.00	0.00	0.0	0	0.00	0	0.00	0.00	0.00	0.00	0.00
Nutrient Guideline			750-850		1420						0.0%	0.0%	0.0%	0.0%	0.0%	<10.00

Tue - 10/10/2017																
Secondary Lunch Menu	Total	500														
Chicken Tenders WG, 6 each	6 Each	75	420	110	1460	2.00	3.60	40.0	200	0.0	2	30.0	26.0	22.0	4.00	0.00
Corn Dog WG	1 EA	50	240	40	390	5.00	1.80	80.0	0	0.0	*N/A*	9.0	30.0	8.0	2.50	0.00
Cheeseburger, HS	1 ea	75	417	64	947	4.50	3.59	223.1	178	0.0	*0	27.47	37.88	19.95	8.26	0.16
PIZZA, FRENCH BREAD CHEE SE RED	1 EA	50	350	45	660	1.00	1.80	424.0	512	6.0	*N/A*	19.0	31.0	17.0	10.00	0.50
PIZZA, FRENCH BREAD PEP RB	1 EA	75	405	56	834	1.00	1.95	426.1	512	6.0	*0	21.12	31.13	22.09	11.95	0.67
Orange Bowl - 2nd	Bowl	90	299	25	175	1.21	84.89	0.0	0	0.75	*N/A*	11.7	56.51	3.08	0.31	0.00
Salad, Oriental	1 Each	50	768	45	1398	14.11	8.74	274.5	26511	135.94	*N/A*	34.03	78.47	34.64	5.34	0.00
Wrap, Chicken Bacon	1 each	25	644	126	2001	2.96	4.90	312.2	7836	4.26	*2	38.0	44.11	31.82	10.88	*0.00
PBJ Grape WW Sandwich	1 Each	10	630	0	620	7.00	1.80	60.0	0	0.0	28	19.0	64.0	33.0	7.00	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	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
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	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	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
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
Mustard Pkt.	1 each	50	5	0	70	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Mayo Pkt	1	50	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	50	40	0	200	0.00	0.36	0.0	100	3.6	8	0.0	10.0	0.0	0.00	0.00
Soy Sauce Pkt.	1 each	50	0	0	430	0.00	0.00	0.0	0	0.0	2	0.0	0.0	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
Tapatio Sauce	1 each	50	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 % of Calories			773	67	1465	7.31	19.58	554.2	9594	30.12	*14	33.92	104.66	25.15	7.24	*0.17
Nutrient Guideline			750-850		1420						*7.3%	17.6%	54.2%	29.3%	8.4%	*0.2%

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 \* - 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

Secondary Lunch Menu

### 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																
Secondary Lunch Menu	Total	500														
Chicken Tenders WG, 6 each	6 Each	100	420	110	1460	2.00	3.60	40.0	200	0.0	2	30.0	26.0	22.0	4.00	0.00
Hot Link	1 each	90	300	30	710	3.00	1.44	60.0	0	0.0	*N/A*	14.0	29.0	16.0	5.00	0.00
Chili Cheese Dog	1 ea	90	297	30	626	2.99	2.34	196.3	574	0.3	4	16.79	32.39	10.99	3.81	0.00
Pizza, Big Daddy Cheese	1 Each	75	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	75	380	30	700	2.00	2.70	250.0	400	0.0	*N/A*	19.0	44.0	15.0	7.00	0.00
Egg Roll Rice Bowl	1 each	50	390	30	1062	4.00	5.04	80.0	4000	13.8	7	24.0	57.5	7.0	0.50	0.00
Salad, Chicken BLT	1 each	50	715	102	1706	10.67	6.71	256.0	26679	120.06	*N/A*	38.31	60.59	36.62	8.67	0.00
Wrap, Oriental	1 each	50	438	40	1060	0.50	1.80	20.0	0	0.0	*N/A*	19.18	31.68	19.68	3.34	0.00
PBJ Strawberry Sandwich	1 Each	10	630	0	630	6.00	1.80	60.0	0	0.0	28	19.0	64.0	33.0	7.00	0.00
French Fries, Waffle Cut	1/2 Cup	450	170	0	600	2.00	0.72	0.0	0	6.0	*N/A*	2.0	22.0	8.0	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
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	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
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
Mustard Pkt.	1 each	50	5	0	70	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Mayo Pkt	1	50	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	50	40	0	200	0.00	0.36	0.0	100	3.6	8	0.0	10.0	0.0	0.00	0.00
Soy Sauce Pkt.	1 each	50	0	0	430	0.00	0.00	0.0	0	0.0	2	0.0	0.0	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
Tapatio Sauce	1 each	50	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			832	67	1982	7.58	5.03	520.2	9545	43.24	*4	37.87	103.23	29.93	7.34	*0.00
% of Calories											*1.8%	18.2%	49.6%	32.4%	7.9%	*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

## Secondary Lunch Menu

### 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 - 10/12/2017																
Secondary Lunch Menu	Total	500														
Chicken Tenders WG, 6 each	6 Each	100	420	110	1460	2.00	3.60	40.0	200	0.0	2	30.0	26.0	22.0	4.00	0.00
CHICKEN FAJITAS	1 EACH	75	241	51	284	1.80	2.10	54.0	240	6.7	*N/A*	21.99	23.37	6.28	1.40	*N/A*
REFRIED BEANS: canned	1/2 Cup	75	214	0	881	8.81	3.43	69.0	0	14.28	1	11.85	32.25	4.78	1.50	0.04
Shredded Cheddar Cheese	1 oz	75	55	15	105	0.00	0.18	100.0	200	0.0	*N/A*	3.5	0.5	4.5	3.00	0.00
Sour Cream	1 each	75	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	75	20	0	460	2.00	0.00	0.0	200	0.0	*N/A*	0.0	6.0	0.0	0.00	0.00
Cheeseburger, Bacon hs	1 ea	75	472	94	1097	3.00	3.33	248.1	160	0.0	*3	29.57	28.68	26.35	10.06	0.16
Pizza, Big Daddy Cheese	1 Each	50	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	75	380	30	700	2.00	2.70	250.0	400	0.0	*N/A*	19.0	44.0	15.0	7.00	0.00
Orange Bowl - 2nd	Bowl	65	299	25	175	1.21	84.89	0.0	0	0.75	*N/A*	11.7	56.51	3.08	0.31	0.00
Salad, Caesar	1 each	25	578	84	1308	10.67	6.06	354.0	26289	117.78	*N/A*	43.56	53.08	58.58	7.71	0.00
Wrap, Chicken	1 each	50	603	84	1652	2.70	4.00	173.3	5179	20.4	*1	24.24	37.94	36.29	7.33	0.00
PBJ Grape WW Sandwich	1 Each	10	630	0	620	7.00	1.80	60.0	0	0.0	28	19.0	64.0	33.0	7.00	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
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	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	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	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
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
Mustard Pkt.	1 each	50	5	0	70	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Mayo Pkt	1	50	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	50	40	0	200	0.00	0.36	0.0	100	3.6	8	0.0	10.0	0.0	0.00	0.00
Soy Sauce Pkt.	1 each	50	0	0	430	0.00	0.00	0.0	0	0.0	2	0.0	0.0	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
Tapatio Sauce	1 each	50	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			786	79	1677	8.26	15.31	543.4	4563	27.29	*24	38.24	96.73	29.26	7.60	*0.03
% of Calories											*12.4%	19.5%	49.2%	33.5%	8.7%	*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

Secondary Lunch Menu

### 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)
Fri - 10/13/2017																
Secondary Lunch Menu	Total	500														
Chicken Tenders WG, 6 each	6 Each	75	420	110	1460	2.00	3.60	40.0	200	0.0	2	30.0	26.0	22.0	4.00	0.00
Burrito, Chili Cheese	1 ea	90	380	40	980	2.00	3.60	100.0	750	0.0	*N/A*	17.0	42.0	15.0	5.00	0.50
Hot Dog	1 ea	75	270	25	810	3.00	2.16	140.0	0	0.0	*N/A*	14.0	27.0	14.0	3.50	0.00
PIZZA, FRENCH BREAD CHEE SE RED	1 EA	50	350	45	660	1.00	1.80	424.0	512	6.0	*N/A*	19.0	31.0	17.0	10.00	0.50
PIZZA, FRENCH BREAD PEP RB	1 EA	50	405	56	834	1.00	1.95	426.1	512	6.0	*0	21.12	31.13	22.09	11.95	0.67
Teriyaki Bowl - 2nd	Bowl	75	307	55	375	1.21	85.00	0.0	0	0.0	*N/A*	17.33	52.44	3.94	0.78	0.00
Salad, Chicken BLT	1 each	25	715	102	1706	10.67	6.71	256.0	26679	120.06	*N/A*	38.31	60.59	36.62	8.67	0.00
Wrap, Spicy Chicken	1 each	50	653	54	1312	4.70	4.00	193.3	5179	20.4	*N/A*	24.24	40.94	40.29	7.84	0.00
PBJ Grape WW Sandwich	1 Each	10	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	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
French Fries, Garlic	1/2 Cup	450	130	0	430	2.00	0.36	0.0	0	6.0	*N/A*	2.0	18.0	5.0	1.00	0.00
Garbonzo Beans	1/2 Cup	50	143	0	140	5.30	1.62	38.0	29	4.6	*N/A*	5.94	27.14	1.37	0.14	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	175	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
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
Mustard Pkt.	1 each	50	5	0	70	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Mayo Pkt	1	50	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	50	40	0	200	0.00	0.36	0.0	100	3.6	8	0.0	10.0	0.0	0.00	0.00
Soy Sauce Pkt.	1 each	50	0	0	430	0.00	0.00	0.0	0	0.0	2	0.0	0.0	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
Tapatio Sauce	1 each	50	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			788	66	1670	8.22	16.95	526.6	8312	25.57	*13	33.90	105.14	26.12	7.31	*0.21
% of Calories											*6.5%	17.2%	53.4%	29.8%	8.3%	*0.2%
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

Secondary Lunch Menu

### 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)
Mon - 10/16/2017																
Secondary Lunch Menu	Total	500														
Chicken Tenders WG, 6 each	6 Each	75	420	110	1460	2.00	3.60	40.0	200	0.0	2	30.0	26.0	22.0	4.00	0.00
Cheeseburger, HS	1 ea	50	417	64	947	4.50	3.59	223.1	178	0.0	*0	27.47	37.88	19.95	8.26	0.16
Quesadilla, Chicken & Cheese	1 each	75	300	40	560	3.00	2.70	250.0	200	0.0	2	19.0	31.0	11.0	4.50	0.00
PIZZA, FRENCH BREAD CHEE SE RED	1 EA	50	350	45	660	1.00	1.80	424.0	512	6.0	*N/A*	19.0	31.0	17.0	10.00	0.50
PIZZA, FRENCH BREAD PEP RB	1 EA	75	405	56	834	1.00	1.95	426.1	512	6.0	*0	21.12	31.13	22.09	11.95	0.67
Orange Bowl - 2nd	Bowl	90	299	25	175	1.21	84.89	0.0	0	0.75	*N/A*	11.7	56.51	3.08	0.31	0.00
Salad, Oriental	1 Each	50	768	45	1398	14.11	8.74	274.5	26511	135.94	*N/A*	34.03	78.47	34.64	5.34	0.00
Wrap, Chicken Bacon	1 each	25	644	126	2001	2.96	4.90	312.2	7836	4.26	*2	38.0	44.11	31.82	10.88	*0.00
PBJ Grape WW Sandwich	1 Each	10	630	0	620	7.00	1.80	60.0	0	0.0	28	19.0	64.0	33.0	7.00	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	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
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	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	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
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
Mustard Pkt.	1 each	50	5	0	70	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Mayo Pkt	1	50	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	50	40	0	200	0.00	0.36	0.0	100	3.6	8	0.0	10.0	0.0	0.00	0.00
Soy Sauce Pkt.	1 each	50	0	0	430	0.00	0.00	0.0	0	0.0	2	0.0	0.0	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
Tapatio Sauce	1 each	50	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			773	66	1462	7.03	19.63	572.5	9615	30.12	*14	34.50	104.41	25.01	7.25	*0.17
% of Calories											*7.4%	17.9%	54.0%	29.1%	8.4%	*0.2%
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

## Secondary Lunch Menu

### 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																
Secondary Lunch Menu	Total	500														
Chicken Tenders WG, 6 each	6 Each	90	420	110	1460	2.00	3.60	40.0	200	0.0	2	30.0	26.0	22.0	4.00	0.00
Jumbo B&C Burrito, Foil Wrap	1 each	50	397	9	334	13.00	3.51	346.0	256	30.0	1	26.0	56.5	8.0	2.50	0.00
Hot Link	1 each	50	300	30	710	3.00	1.44	60.0	0	0.0	*N/A*	14.0	29.0	16.0	5.00	0.00
PIZZA, FRENCH BREAD CHEE SE RED	1 EA	50	350	45	660	1.00	1.80	424.0	512	6.0	*N/A*	19.0	31.0	17.0	10.00	0.50
PIZZA, FRENCH BREAD PEP RB	1 EA	75	405	56	834	1.00	1.95	426.1	512	6.0	*0	21.12	31.13	22.09	11.95	0.67
Teriyaki Bowl - 2nd	Bowl	75	307	55	375	1.21	85.00	0.0	0	0.0	*N/A*	17.33	52.44	3.94	0.78	0.00
Salad, Greek	1 each	50	550	65	1272	11.84	6.14	219.9	26502	119.11	*N/A*	30.8	55.1	23.31	6.87	*0.00
Wrap, Spicy Chicken	1 each	50	653	54	1312	4.70	4.00	193.3	5179	20.4	*N/A*	24.24	40.94	40.29	7.84	0.00
PBJ Strawberry Sandwich	1 Each	10	630	0	630	6.00	1.80	60.0	0	0.0	28	19.0	64.0	33.0	7.00	0.00
French Fries, Garlic	1/2 Cup	450	130	0	430	2.00	0.36	0.0	0	6.0	*N/A*	2.0	18.0	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
GRAPES, Fresh	1/2 Cup	350	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	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	50	10	0	85	0.00	0.00	0.0	0	0.0	2	0.0	2.0	0.0	0.00	0.00
Mustard Pkt.	1 each	50	5	0	70	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Mayo Pkt	1	50	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	50	40	0	200	0.00	0.36	0.0	100	3.6	8	0.0	10.0	0.0	0.00	0.00
Soy Sauce Pkt.	1 each	50	0	0	430	0.00	0.00	0.0	0	0.0	2	0.0	0.0	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
Tapatio Sauce	1 each	50	0	0	110	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Cookie, WG Heart	1 ea	500	85	0	58	1.19	0.38	3.0	6	0.01	*N/A*	1.42	12.47	3.32	0.64	0.00
Weighted Daily Average			860	65	1626	8.85	16.87	546.7	5818	35.25	*13	36.78	113.97	29.12	8.15	*0.15
% of Calories											*5.9%	17.1%	53.0%	30.5%	8.5%	*0.2%
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

## Secondary Lunch Menu

### 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																
Secondary Lunch Menu	Total	500														
Chicken Tenders WG, 6 each	6 Each	100	420	110	1460	2.00	3.60	40.0	200	0.0	2	30.0	26.0	22.0	4.00	0.00
Chili Cheese Dog	1 ea	90	297	30	626	2.99	2.34	196.3	574	0.3	4	16.79	32.39	10.99	3.81	0.00
Grizzly Burger	1 each	50	550	80	1325	4.20	3.96	230.0	450	4.8	13	26.7	48.7	26.7	10.00	1.00
Pizza, Big Daddy Cheese	1 Each	50	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	50	380	30	700	2.00	2.70	250.0	400	0.0	*N/A*	19.0	44.0	15.0	7.00	0.00
Egg Roll Rice Bowl	1 each	50	390	30	1062	4.00	5.04	80.0	4000	13.8	7	24.0	57.5	7.0	0.50	0.00
Salad, Chicken BLT	1 each	50	715	102	1706	10.67	6.71	256.0	26679	120.06	*N/A*	38.31	60.59	36.62	8.67	0.00
Wrap, Oriental	1 each	50	438	40	1060	0.50	1.80	20.0	0	0.0	*N/A*	19.18	31.68	19.68	3.34	0.00
PBJ Grape WW Sandwich	1 Each	10	630	0	620	7.00	1.80	60.0	0	0.0	28	19.0	64.0	33.0	7.00	0.00
French Fries, Waffle Cut	1/2 Cup	450	170	0	600	2.00	0.72	0.0	0	6.0	*N/A*	2.0	22.0	8.0	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
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	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
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
Mustard Pkt.	1 each	50	5	0	70	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Mayo Pkt	1	50	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	50	40	0	200	0.00	0.36	0.0	100	3.6	8	0.0	10.0	0.0	0.00	0.00
Soy Sauce Pkt.	1 each	50	0	0	430	0.00	0.00	0.0	0	0.0	2	0.0	0.0	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
Tapatio Sauce	1 each	50	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			795	67	1922	7.28	4.90	504.9	9550	43.72	*5	36.12	98.53	28.27	6.74	*0.10
% of Calories											*2.5%	18.2%	49.6%	32.0%	7.6%	*0.1%
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

Secondary Lunch Menu

### 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 - 10/19/2017																
Secondary Lunch Menu	Total	500														
Chicken Tenders WG, 6 each	6 Each	100	420	110	1460	2.00	3.60	40.0	200	0.0	2	30.0	26.0	22.0	4.00	0.00
Pancakes, WG	2 cakes	90	150	7	400	4.00	1.44	40.0	100	0.0	5	3.0	31.0	2.0	0.50	0.00
Sausage Link, Pork (2 links)	1 each	90	128	46	260	0.40	0.80	24.0	46	0.0	0	13.4	1.0	7.4	2.60	0.00
Syrup, Pancake	1 each	90	80	0	0	0.00	0.00	0.0	0	0.0	*N/A*	0.0	21.0	0.0	0.00	0.00
Pizza, Big Daddy Cheese	1 Each	75	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	75	380	30	700	2.00	2.70	250.0	400	0.0	*N/A*	19.0	44.0	15.0	7.00	0.00
Orange Bowl - 2nd	Bowl	50	299	25	175	1.21	84.89	0.0	0	0.75	*N/A*	11.7	56.51	3.08	0.31	0.00
Salad, Chicken BLT	1 each	50	715	102	1706	10.67	6.71	256.0	26679	120.06	*N/A*	38.31	60.59	36.62	8.67	0.00
Wrap, Oriental	1 each	50	438	40	1060	0.50	1.80	20.0	0	0.0	*N/A*	19.18	31.68	19.68	3.34	0.00
PBJ Strawberry Sandwich	1 Each	10	630	0	630	6.00	1.80	60.0	0	0.0	28	19.0	64.0	33.0	7.00	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
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
Fruit Cup, Strawberry	1 each	350	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	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
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
Mustard Pkt.	1 each	50	5	0	70	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Mayo Pkt	1	50	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	50	40	0	200	0.00	0.36	0.0	100	3.6	8	0.0	10.0	0.0	0.00	0.00
Soy Sauce Pkt.	1 each	50	0	0	430	0.00	0.00	0.0	0	0.0	2	0.0	0.0	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
Tapatio Sauce	1 each	50	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			758	66	1474	6.36	12.08	466.0	5244	24.00	*16	33.58	102.86	23.61	5.82	*0.00
% of Calories											*8.3%	17.7%	54.3%	28.0%	6.9%	*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

## Secondary Lunch Menu

### 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)
Fri - 10/20/2017																
Secondary Lunch Menu	Total	500														
Chicken Tenders WG, 6 each	6 Each	75	420	110	1460	2.00	3.60	40.0	200	0.0	2	30.0	26.0	22.0	4.00	0.00
MaxSnax, Taco 3 each	1 each	90	250	10	600	4.00	15.00	20.0	2	0.0	2	15.0	30.0	8.0	2.50	0.00
Hot Dog	1 ea	75	270	25	810	3.00	2.16	140.0	0	0.0	*N/A*	14.0	27.0	14.0	3.50	0.00
PIZZA, FRENCH BREAD CHEE SE RED	1 EA	50	350	45	660	1.00	1.80	424.0	512	6.0	*N/A*	19.0	31.0	17.0	10.00	0.50
PIZZA, FRENCH BREAD PEP RB	1 EA	50	405	56	834	1.00	1.95	426.1	512	6.0	*0	21.12	31.13	22.09	11.95	0.67
Teriyaki Bowl - 2nd	Bowl	75	307	55	375	1.21	85.00	0.0	0	0.0	*N/A*	17.33	52.44	3.94	0.78	0.00
Salad, Chicken BLT	1 each	25	715	102	1706	10.67	6.71	256.0	26679	120.06	*N/A*	38.31	60.59	36.62	8.67	0.00
Wrap, Spicy Chicken	1 each	50	653	54	1312	4.70	4.00	193.3	5179	20.4	*N/A*	24.24	40.94	40.29	7.84	0.00
PBJ Grape WW Sandwich	1 Each	10	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	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
French Fries, Garlic	1/2 Cup	450	130	0	430	2.00	0.36	0.0	0	6.0	*N/A*	2.0	18.0	5.0	1.00	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
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	175	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
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
Mustard Pkt.	1 each	50	5	0	70	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Mayo Pkt	1	50	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	50	40	0	200	0.00	0.36	0.0	100	3.6	8	0.0	10.0	0.0	0.00	0.00
Soy Sauce Pkt.	1 each	50	0	0	430	0.00	0.00	0.0	0	0.0	2	0.0	0.0	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
Tapatio Sauce	1 each	50	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			763	60	1640	8.95	19.02	516.4	8174	25.35	*13	33.64	102.67	24.72	6.84	*0.12
% of Calories											*6.9%	17.6%	53.8%	29.1%	8.1%	*0.1%
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

Secondary Lunch Menu

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)
Mon - 10/23/2017																
Secondary Lunch Menu	Total	500														
Chicken Tenders WG, 6 each	6 Each	75	420	110	1460	2.00	3.60	40.0	200	0.0	2	30.0	26.0	22.0	4.00	0.00
Grilled Cheese, WG Sandwich	1 each	50	284	32	655	2.27	1.23	467.6	524	0.0	*N/A*	18.54	30.54	10.15	5.75	0.00
Cheeseburger, HS	1 ea	75	417	64	947	4.50	3.59	223.1	178	0.0	*0	27.47	37.88	19.95	8.26	0.16
PIZZA, FRENCH BREAD CHEE SE RED	1 EA	50	350	45	660	1.00	1.80	424.0	512	6.0	*N/A*	19.0	31.0	17.0	10.00	0.50
PIZZA, FRENCH BREAD PEP RB	1 EA	75	405	56	834	1.00	1.95	426.1	512	6.0	*0	21.12	31.13	22.09	11.95	0.67
Orange Bowl - 2nd	Bowl	90	299	25	175	1.21	84.89	0.0	0	0.75	*N/A*	11.7	56.51	3.08	0.31	0.00
Salad, Oriental	1 Each	50	768	45	1398	14.11	8.74	274.5	26511	135.94	*N/A*	34.03	78.47	34.64	5.34	0.00
Wrap, Chicken Bacon	1 each	25	644	126	2001	2.96	4.90	312.2	7836	4.26	*2	38.0	44.11	31.82	10.88	*0.00
PBJ Grape WW Sandwich	1 Each	10	630	0	620	7.00	1.80	60.0	0	0.0	28	19.0	64.0	33.0	7.00	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	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
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	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	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
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
Mustard Pkt.	1 each	50	5	0	70	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Mayo Pkt	1	50	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	50	40	0	200	0.00	0.36	0.0	100	3.6	8	0.0	10.0	0.0	0.00	0.00
Soy Sauce Pkt.	1 each	50	0	0	430	0.00	0.00	0.0	0	0.0	2	0.0	0.0	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
Tapatio Sauce	1 each	50	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			777	66	1491	7.04	19.52	592.9	9646	30.12	*14	34.87	104.71	25.37	7.56	*0.17
% of Calories											*7.2%	18.0%	53.9%	29.4%	8.8%	*0.2%
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

## Secondary Lunch Menu

### 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																
Secondary Lunch Menu	Total	500														
Chicken Tenders WG, 6 each	6 Each	90	420	110	1460	2.00	3.60	40.0	200	0.0	2	30.0	26.0	22.0	4.00	0.00
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
Hot Link	1 each	50	300	30	710	3.00	1.44	60.0	0	0.0	*N/A*	14.0	29.0	16.0	5.00	0.00
PIZZA, FRENCH BREAD CHEE SE RED	1 EA	50	350	45	660	1.00	1.80	424.0	512	6.0	*N/A*	19.0	31.0	17.0	10.00	0.50
PIZZA, FRENCH BREAD PEP RB	1 EA	75	405	56	834	1.00	1.95	426.1	512	6.0	*0	21.12	31.13	22.09	11.95	0.67
Teriyaki Bowl - 2nd	Bowl	75	307	55	375	1.21	85.00	0.0	0	0.0	*N/A*	17.33	52.44	3.94	0.78	0.00
Salad, Greek	1 each	50	550	65	1272	11.84	6.14	219.9	26502	119.11	*N/A*	30.8	55.1	23.31	6.87	*0.00
Wrap, Spicy Chicken	1 each	50	653	54	1312	4.70	4.00	193.3	5179	20.4	*N/A*	24.24	40.94	40.29	7.84	0.00
PBJ Grape WW Sandwich	1 Each	10	630	0	620	7.00	1.80	60.0	0	0.0	28	19.0	64.0	33.0	7.00	0.00
French Fries, Garlic	1/2 Cup	450	130	0	430	2.00	0.36	0.0	0	6.0	*N/A*	2.0	18.0	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
GRAPES, Fresh	1/2 Cup	350	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	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	50	10	0	85	0.00	0.00	0.0	0	0.0	2	0.0	2.0	0.0	0.00	0.00
Mustard Pkt.	1 each	50	5	0	70	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Mayo Pkt	1	50	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	50	40	0	200	0.00	0.36	0.0	100	3.6	8	0.0	10.0	0.0	0.00	0.00
Soy Sauce Pkt.	1 each	50	0	0	430	0.00	0.00	0.0	0	0.0	2	0.0	0.0	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
Tapatio Sauce	1 each	50	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			770	70	1632	6.78	16.49	519.1	5796	32.24	*13	34.96	99.95	26.30	7.51	*0.15
% of Calories											*6.8%	18.2%	51.9%	30.8%	8.8%	*0.2%
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

Secondary Lunch Menu

### 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)
Wed - 10/25/2017																
Secondary Lunch Menu	Total	500														
Chicken Tenders WG, 6 each	6 Each	100	420	110	1460	2.00	3.60	40.0	200	0.0	2	30.0	26.0	22.0	4.00	0.00
Grizzly Burger	1 each	40	550	80	1325	4.20	3.96	230.0	450	4.8	13	26.7	48.7	26.7	10.00	1.00
Meatballs, Beef 5 each	1 each	50	150	35	250	1.00	1.80	40.0	100	1.2	*N/A*	14.0	4.0	9.0	3.50	0.00
SPAGHETTI SAUCE,CANNED	1 oz	50	31	0	141	0.96	0.18	7.9	348	3.18	*N/A*	0.52	4.52	1.35	0.19	*N/A*
Shredded Cheddar Cheese	1 oz	50	55	15	105	0.00	0.18	100.0	200	0.0	*N/A*	3.5	0.5	4.5	3.00	0.00
Pizza, Big Daddy Cheese	1 Each	75	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	75	380	30	700	2.00	2.70	250.0	400	0.0	*N/A*	19.0	44.0	15.0	7.00	0.00
Sweet Chili Thai Bowl	1 each	50	242	45	365	0.60	42.22	0.0	0	2.4	*6	13.41	39.32	3.6	0.50	0.00
Salad, Chicken BLT	1 each	50	715	102	1706	10.67	6.71	256.0	26679	120.06	*N/A*	38.31	60.59	36.62	8.67	0.00
Wrap, Oriental	1 each	50	438	40	1060	0.50	1.80	20.0	0	0.0	*N/A*	19.18	31.68	19.68	3.34	0.00
PBJ Strawberry Sandwich	1 Each	10	630	0	630	6.00	1.80	60.0	0	0.0	28	19.0	64.0	33.0	7.00	0.00
French Fries, Waffle Cut	1/2 Cup	450	170	0	600	2.00	0.72	0.0	0	6.0	*N/A*	2.0	22.0	8.0	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
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	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
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
Mustard Pkt.	1 each	50	5	0	70	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Mayo Pkt	1	50	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	50	40	0	200	0.00	0.36	0.0	100	3.6	8	0.0	10.0	0.0	0.00	0.00
Soy Sauce Pkt.	1 each	50	0	0	430	0.00	0.00	0.0	0	0.0	2	0.0	0.0	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
Tapatio Sauce	1 each	50	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			779	69	1822	6.69	8.73	501.8	9135	31.42	*9	35.10	95.63	28.34	7.21	*0.08
% of Calories											*4.8%	18.0%	49.1%	32.7%	8.3%	*0.1%
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

Secondary Lunch Menu

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)
Thu - 10/26/2017																
Secondary Lunch Menu	Total	500														
Chicken Tenders WG, 6 each	6 Each	100	420	110	1460	2.00	3.60	40.0	200	0.0	2	30.0	26.0	22.0	4.00	0.00
Chili Beans	1 Cup	75	189	0	1472	7.83	4.25	105.6	536	8.08	*3	12.55	34.09	1.31	0.30	*0.00
WG, Corn Bread Jalapeno Loaf	1 each	75	220	25	220	3.00	1.44	20.0	100	1.2	13	4.0	36.0	7.0	1.50	0.00
Cheeseburger, Bacon hs	1 ea	75	472	94	1097	3.00	3.33	248.1	160	0.0	*3	29.57	28.68	26.35	10.06	0.16
Pizza, Big Daddy Cheese	1 Each	50	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	75	380	30	700	2.00	2.70	250.0	400	0.0	*N/A*	19.0	44.0	15.0	7.00	0.00
Orange Bowl - 2nd	Bowl	65	299	25	175	1.21	84.89	0.0	0	0.75	*N/A*	11.7	56.51	3.08	0.31	0.00
Salad, Caesar	1 each	25	578	84	1308	10.67	6.06	354.0	26289	117.78	*N/A*	43.56	53.08	58.58	7.71	0.00
Wrap, Chicken	1 each	50	603	84	1652	2.70	4.00	173.3	5179	20.4	*1	24.24	37.94	36.29	7.33	0.00
PBJ Grape WW Sandwich	1 Each	10	630	0	620	7.00	1.80	60.0	0	0.0	28	19.0	64.0	33.0	7.00	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
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	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	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	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
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
Mustard Pkt.	1 each	50	5	0	70	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Mayo Pkt	1	50	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	50	40	0	200	0.00	0.36	0.0	100	3.6	8	0.0	10.0	0.0	0.00	0.00
Soy Sauce Pkt.	1 each	50	0	0	430	0.00	0.00	0.0	0	0.0	2	0.0	0.0	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
Tapatio Sauce	1 each	50	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			759	71	1669	7.99	15.31	525.9	4534	25.53	*27	34.98	97.64	27.32	6.49	*0.02
% of Calories											*14.0%	18.4%	51.4%	32.4%	7.7%	*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

Secondary Lunch Menu

### 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)
Fri - 10/27/2017																
Secondary Lunch Menu	Total	500														
Chicken Tenders WG, 6 each	6 Each	75	420	110	1460	2.00	3.60	40.0	200	0.0	2	30.0	26.0	22.0	4.00	0.00
MaxStix WG, 2 each	1 each	90	320	10	820	4.00	2.16	300.0	200	0.0	*N/A*	16.0	32.0	14.0	5.00	0.00
Hot Dog	1 ea	75	270	25	810	3.00	2.16	140.0	0	0.0	*N/A*	14.0	27.0	14.0	3.50	0.00
PIZZA, FRENCH BREAD CHEE SE RED	1 EA	50	350	45	660	1.00	1.80	424.0	512	6.0	*N/A*	19.0	31.0	17.0	10.00	0.50
PIZZA, FRENCH BREAD PEP RB	1 EA	50	405	56	834	1.00	1.95	426.1	512	6.0	*0	21.12	31.13	22.09	11.95	0.67
Teriyaki Bowl - 2nd	Bowl	75	307	55	375	1.21	85.00	0.0	0	0.0	*N/A*	17.33	52.44	3.94	0.78	0.00
Salad, Chicken BLT	1 each	25	715	102	1706	10.67	6.71	256.0	26679	120.06	*N/A*	38.31	60.59	36.62	8.67	0.00
Wrap, Spicy Chicken	1 each	50	653	54	1312	4.70	4.00	193.3	5179	20.4	*N/A*	24.24	40.94	40.29	7.84	0.00
PBJ Grape WW Sandwich	1 Each	10	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	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
French Fries, Garlic	1/2 Cup	450	130	0	430	2.00	0.36	0.0	0	6.0	*N/A*	2.0	18.0	5.0	1.00	0.00
Garbonzo Beans	1/2 Cup	50	143	0	140	5.30	1.62	38.0	29	4.6	*N/A*	5.94	27.14	1.37	0.14	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	175	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
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
Mustard Pkt.	1 each	50	5	0	70	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Mayo Pkt	1	50	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	50	40	0	200	0.00	0.36	0.0	100	3.6	8	0.0	10.0	0.0	0.00	0.00
Soy Sauce Pkt.	1 each	50	0	0	430	0.00	0.00	0.0	0	0.0	2	0.0	0.0	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
Tapatio Sauce	1 each	50	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			777	60	1641	8.58	16.69	562.6	8213	25.57	*13	33.72	103.34	25.94	7.31	*0.12
% of Calories											*6.6%	17.4%	53.2%	30.0%	8.5%	*0.1%
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

Secondary Lunch Menu

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)
Mon - 10/30/2017																
Secondary Lunch Menu	Total	500														
Chicken Tenders WG, 6 each	6 Each	75	420	110	1460	2.00	3.60	40.0	200	0.0	2	30.0	26.0	22.0	4.00	0.00
Corn Dog WG	1 EA	50	240	40	390	5.00	1.80	80.0	0	0.0	*N/A*	9.0	30.0	8.0	2.50	0.00
Cheeseburger, HS	1 ea	75	417	64	947	4.50	3.59	223.1	178	0.0	*0	27.47	37.88	19.95	8.26	0.16
PIZZA, FRENCH BREAD CHEE SE RED	1 EA	50	350	45	660	1.00	1.80	424.0	512	6.0	*N/A*	19.0	31.0	17.0	10.00	0.50
PIZZA, FRENCH BREAD PEP RB	1 EA	75	405	56	834	1.00	1.95	426.1	512	6.0	*0	21.12	31.13	22.09	11.95	0.67
Orange Bowl - 2nd	Bowl	90	299	25	175	1.21	84.89	0.0	0	0.75	*N/A*	11.7	56.51	3.08	0.31	0.00
Salad, Oriental	1 Each	50	768	45	1398	14.11	8.74	274.5	26511	135.94	*N/A*	34.03	78.47	34.64	5.34	0.00
Wrap, Chicken Bacon	1 each	25	644	126	2001	2.96	4.90	312.2	7836	4.26	*2	38.0	44.11	31.82	10.88	*0.00
PBJ Grape WW Sandwich	1 Each	10	630	0	620	7.00	1.80	60.0	0	0.0	28	19.0	64.0	33.0	7.00	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	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
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	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	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
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
Mustard Pkt.	1 each	50	5	0	70	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Mayo Pkt	1	50	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	50	40	0	200	0.00	0.36	0.0	100	3.6	8	0.0	10.0	0.0	0.00	0.00
Soy Sauce Pkt.	1 each	50	0	0	430	0.00	0.00	0.0	0	0.0	2	0.0	0.0	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
Tapatio Sauce	1 each	50	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			773	67	1465	7.31	19.58	554.2	9594	30.12	*14	33.92	104.66	25.15	7.24	*0.17
% of Calories											*7.3%	17.6%	54.2%	29.3%	8.4%	*0.2%
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

## Secondary Lunch Menu

### 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 - 10/31/2017																
Secondary Lunch Menu	Total	500														
Chicken Tenders WG, 6 each	6 Each	90	420	110	1460	2.00	3.60	40.0	200	0.0	2	30.0	26.0	22.0	4.00	0.00
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
Jumbo B&C Burrito, Foil Wrap	1 each	50	397	9	334	13.00	3.51	346.0	256	30.0	1	26.0	56.5	8.0	2.50	0.00
PIZZA, FRENCH BREAD CHEE SE RED	1 EA	50	350	45	660	1.00	1.80	424.0	512	6.0	*N/A*	19.0	31.0	17.0	10.00	0.50
PIZZA, FRENCH BREAD PEP RB	1 EA	75	405	56	834	1.00	1.95	426.1	512	6.0	*0	21.12	31.13	22.09	11.95	0.67
Teriyaki Bowl - 2nd	Bowl	75	307	55	375	1.21	85.00	0.0	0	0.0	*N/A*	17.33	52.44	3.94	0.78	0.00
Salad, Greek	1 each	50	550	65	1272	11.84	6.14	219.9	26502	119.11	*N/A*	30.8	55.1	23.31	6.87	*0.00
Wrap, Spicy Chicken	1 each	50	653	54	1312	4.70	4.00	193.3	5179	20.4	*N/A*	24.24	40.94	40.29	7.84	0.00
PBJ Strawberry Sandwich	1 Each	10	630	0	630	6.00	1.80	60.0	0	0.0	28	19.0	64.0	33.0	7.00	0.00
French Fries, Garlic	1/2 Cup	450	130	0	430	2.00	0.36	0.0	0	6.0	*N/A*	2.0	18.0	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
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	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	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	50	10	0	85	0.00	0.00	0.0	0	0.0	2	0.0	2.0	0.0	0.00	0.00
Mustard Pkt.	1 each	50	5	0	70	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Mayo Pkt	1	50	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	50	40	0	200	0.00	0.36	0.0	100	3.6	8	0.0	10.0	0.0	0.00	0.00
Soy Sauce Pkt.	1 each	50	0	0	430	0.00	0.00	0.0	0	0.0	2	0.0	0.0	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
Tapatio Sauce	1 each	50	0	0	110	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Cookie, WG Heart	1 ea	500	85	0	58	1.19	0.38	3.0	6	0.01	*N/A*	1.42	12.47	3.32	0.64	0.00
Weighted Daily Average			891	68	1662	8.38	16.89	541.7	5764	41.07	*20	37.17	121.63	28.60	7.83	*0.15
% of Calories											*9.1%	16.7%	54.6%	28.9%	7.9%	*0.2%
Nutrient Guideline			750-850		1420										<10.00	

Weighted Average			795	67	1643	7.77	15.62	532.1	7667	31.60	*14	35.25	104.33	27.11	7.34	*0.12
											*16.2%	17.7%	52.5%	30.7%	8.3%	*0.1%

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# Central Unified Food Services

Oct 1, 2017 thru Oct 31, 2017

Base Menu Spreadsheet

Secondary Lunch Menu

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 <sup>1</sup> (g)	
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)										
Calories	795		750 - 850	100%														
Cholesterol (mg)	67																	
Sodium (mg)	1643		1420						223	Correction Required - Sodium too High								
Fiber (g)	7.77																	
Iron (mg)	15.62																	
Calcium (mg)	532.1																	
Vitamin A (IU)	7667																	
Sugars (g)	14	7.18%				Missing												
Vitamin C (mg)	31.60																	
Protein (g)	35.25	17.73%																
Carbohydrate (g)	104.33	52.46%																
Total Fat (g)	27.11	30.67%																
Saturated Fat (g)	7.34	8.31%																
Trans Fat <sup>1</sup> (g)	0.12	0.14%																
			<10.00%			Missing												

\*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.