

Central Unified Food Services

Oct 1, 2021 thru Oct 31, 2021

Base Menu Spreadsheet

K-6 Elementary Lunch Menu

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)
Fri - 10/01/2021					
K-6 Elementary Lunch Menu	Total	500			
Lunchable, Cheese	1 each	500	290	14.0	34.0
Baby Carrots	1/2 Cup	300	25	0.0	6.0
ranch dressing	pkt	300	70	0.0	1.0
BANANA	1 EA	450	90	1.1	23.07
Low Fat Milk, 1%	1 Each	150	130	11.0	16.0
Chocolate Milk, NonFat	1 Each	350	120	9.0	21.0
Weighted Daily Average			551	24.59	78.46
% of Calories				17.9%	57.0%
Nutrient Guideline			600-650		

Mon - 10/04/2021					
K-6 Elementary Lunch Menu	Total	500			
Corn Dog WG	1 EA	450	240	9.0	30.0
Mustard Pkt.	1 each	200	5	0.0	0.0
Baby Carrots	1/2 Cup	300	25	0.0	6.0
ranch dressing	pkt	200	70	0.0	1.0
FRUIT COCKTAIL:canned,lt syrup	1/2 Cup	500	69	0.48	18.07
Low Fat Milk, 1%	1 Each	150	130	11.0	16.0
Chocolate Milk, NonFat	1 Each	350	120	9.0	21.0
Quesadilla, Cheese	1 each	50	320	20.0	32.0
Weighted Daily Average			485	20.18	71.76
% of Calories				16.6%	59.2%
Nutrient Guideline			600-650		

Tue - 10/05/2021					
K-6 Elementary Lunch Menu	Total	500			
Chicken Patty on a Bun	1 each	450	341	19.69	40.19
TATER TOTS,ele	serv, 8 EA	500	141	1.41	15.86
GRAPES,Fresh	1/2 Cup	400	62	0.58	15.78
Low Fat Milk, 1%	1 Each	300	130	11.0	16.0
Chocolate Milk, NonFat	1 Each	200	120	9.0	21.0
Mayo Pkt	1	175	70	0.0	0.0
Ketchup Pkt.	1 each	400	10	0.0	2.0
Veggie Burger	1 each	50	354	17.5	45.3
Weighted Daily Average			691	31.54	88.78
% of Calories				18.3%	51.4%
Nutrient Guideline			600-650		

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	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)
Wed - 10/06/2021					
K-6 Elementary Lunch Menu	Total	500			
Teriyaki Rice Bowl	1 Serving	450	218	18.5	23.81
Side Salad	1 each	350	179	2.27	8.8
Fruit Cup, Apricots	1 each	450	110	1.0	25.0
Low Fat Milk, 1%	1 Each	150	130	11.0	16.0
Chocolate Milk, NonFat	1 Each	350	120	9.0	21.0
Soy Sauce Pkt.	1 each	100	0	0.0	0.0
Vegetarian Oriental Bowl, Ele.	1 each	50	244	12.96	46.05
Weighted Daily Average			567	30.03	74.20
% of Calories				21.2%	52.3%
Nutrient Guideline			600-650		

	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)
Thu - 10/07/2021					
K-6 Elementary Lunch Menu	Total	500			
Drumstick, Chicken WG	1 each	450	190	16.0	5.0
WG BelianWaffle Sticks 3 each	1 each	500	170	4.0	28.0
Syrup, Maple	1 each	475	80	0.0	20.0
CORN: canned, yellow	.50	300	96	3.14	21.96
Apples, Bagged	1 each	300	34	0.0	8.0
Low Fat Milk, 1%	1 Each	150	130	11.0	16.0
Chocolate Milk, NonFat	1 Each	350	120	9.0	21.0
Yogurt, Strawberry Dannon	1 each	50	80	4.0	16.0
String Cheese, Mozz.	1 each	50	60	8.0	1.0
Weighted Daily Average			632	31.09	90.68
% of Calories				19.7%	57.4%
Nutrient Guideline			600-650		

	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)
Fri - 10/08/2021					
K-6 Elementary Lunch Menu	Total	500			
Pizza, 4x6 Cheese Smart	1 EA	75	300	16.0	33.0
Pizza, 4X6 Pepperoni, Smart	1 each	425	300	16.0	33.0
Baby Carrots	1/2 Cup	500	25	0.0	6.0
ranch dressing	pkt	300	70	0.0	1.0
PINEAPPLE CHUNKS:canned,lt syr	1/2 Cup	500	33	0.23	8.47
Low Fat Milk, 1%	1 Each	150	130	11.0	16.0
Chocolate Milk, NonFat	1 Each	350	120	9.0	21.0
Weighted Daily Average			523	25.83	67.57
% of Calories				19.8%	51.7%
Nutrient Guideline			600-650		

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	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)
Mon - 10/11/2021					
K-6 Elementary Lunch Menu	Total	500			
Grilled Cheese, WG Sandwich	1 each	500	284	18.54	30.54
Baby Carrots	1/2 Cup	500	25	0.0	6.0
ranch dressing	pkt	200	70	0.0	1.0
FRUIT COCKTAIL:canned,lt syrup	1/2 Cup	500	69	0.48	18.07
Low Fat Milk, 1%	1 Each	150	130	11.0	16.0
Chocolate Milk, NonFat	1 Each	350	120	9.0	21.0
Weighted Daily Average			529	28.62	74.50
% of Calories				21.6%	56.3%
Nutrient Guideline			600-650		

	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)
Tue - 10/12/2021					
K-6 Elementary Lunch Menu	Total	500			
Cheeseburger	1 EACH	450	432	23.57	29.68
French Fries, Wedges	1 each	500	166	2.77	27.68
GRAPES,Fresh	1/2 Cup	450	62	0.58	15.78
Low Fat Milk, 1%	1 Each	100	130	11.0	16.0
Chocolate Milk, NonFat	1 Each	400	120	9.0	21.0
Ketchup Pkt.	1 each	400	10	0.0	2.0
Mayo Pkt	1	100	70	0.0	0.0
Mustard Pkt.	1 each	100	5	0.0	0.0
Grilled Cheese, Sourdough	1 each	50	299	20.67	32.85
Weighted Daily Average			785	35.97	93.48
% of Calories				18.3%	47.6%
Nutrient Guideline			600-650		

	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)
Wed - 10/13/2021					
K-6 Elementary Lunch Menu	Total	500			
Tortilla Chips, 2oz	bag	500	135	2.0	19.0
Cheese Cup, Jalapeno	1 Cup	475	230	7.0	3.0
Side Salad	1 each	200	179	2.27	8.8
Fruit Cup, Strawberry	1 each	100	90	1.0	22.0
Low Fat Milk, 1%	1 Each	150	130	11.0	16.0
Chocolate Milk, NonFat	1 Each	350	120	9.0	21.0
Taco Sauce Pkt	1 ea	200	5	0.0	1.0
Weighted Daily Average			568	19.36	49.67
% of Calories				13.6%	35.0%
Nutrient Guideline			600-650		

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	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)
Thu - 10/14/2021					
K-6 Elementary Lunch Menu	Total	500			
Macaroni & Cheese, WG	6 oz	500	290	17.0	31.0
WG Corn Star	1 each	500	148	2.8	23.0
Jicama	1/2 Cup	450	25	0.85	5.25
Apples, Bagged	1 each	500	34	0.0	8.0
Low Fat Milk, 1%	1 Each	150	130	11.0	16.0
Chocolate Milk, NonFat	1 Each	350	120	9.0	21.0
Weighted Daily Average			617	30.16	86.22
% of Calories				19.5%	55.9%
Nutrient Guideline			600-650		

Fri - 10/15/2021					
K-6 Elementary Lunch Menu	Total	500			
Stuffed Cheese Sticks, 2 each	1 each	500	300	20.0	30.0
Marinara Sauce Cup	1 each	500	15	1.0	3.0
Baby Carrots	1/2 Cup	500	25	0.0	6.0
ranch dressing	pkt	350	70	0.0	1.0
MELONS,HONEYDEW,RAW	1/2 CUP	500	30	0.39	7.8
Low Fat Milk, 1%	1 Each	100	130	11.0	16.0
Chocolate Milk, NonFat	1 Each	400	120	9.0	21.0
Weighted Daily Average			541	30.79	67.50
% of Calories				22.8%	49.9%
Nutrient Guideline			600-650		

Mon - 10/18/2021					
K-6 Elementary Lunch Menu	Total	500			
Burrito, Arizona Gold	1 each	500	380	17.0	45.0
Baby Carrots	1/2 Cup	350	25	0.0	6.0
ranch dressing	pkt	250	70	0.0	1.0
FRUIT COCKTAIL:canned,lt syrup	1/2 cup	450	69	0.48	18.07
Low Fat Milk, 1%	1 Each	150	130	11.0	16.0
Chocolate Milk, NonFat	1 Each	350	120	9.0	21.0
Taco Sauce Pkt	1 ea	200	5	0.0	1.0
Weighted Daily Average			620	27.04	85.86
% of Calories				17.5%	55.4%
Nutrient Guideline			600-650		

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	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)
Tue - 10/19/2021					
K-6 Elementary Lunch Menu	Total	500			
BBQ Rib Sandwich, Beef	1 Each	450	350	18.0	41.0
French Fries, CC McCain	1/2 Cup	450	173	2.67	28.0
GRAPES, Fresh	1/2 Cup	300	62	0.58	15.78
Low Fat Milk, 1%	1 Each	100	130	11.0	16.0
Chocolate Milk, NonFat	1 Each	400	120	9.0	21.0
Ketchup Pkt.	1 each	400	10	0.0	2.0
Mayo Pkt	1	100	70	0.0	0.0
Mustard Pkt.	1 each	100	5	0.0	0.0
Veggie Burger	1 each	50	354	17.5	45.3
Weighted Daily Average			688	30.10	97.70
% of Calories				17.5%	56.8%
Nutrient Guideline			600-650		

Wed - 10/20/2021					
K-6 Elementary Lunch Menu	Total	500			
Orange Chicken Bowl	1 Bowl	450	252	15.27	48.57
Side Salad	1 each	450	179	2.27	8.8
Applesauce Cup	1 each	500	51	0.2	14.0
Low Fat Milk, 1%	1 Each	200	130	11.0	16.0
Chocolate Milk, NonFat	1 Each	300	120	9.0	21.0
Soy Sauce Pkt.	1 each	75	0	0.0	0.0
Vegetarian Oriental Bowl, Ele.	1 each	50	244	12.96	46.05
Weighted Daily Average			586	27.08	89.24
% of Calories				18.5%	60.9%
Nutrient Guideline			600-650		

Thu - 10/21/2021					
K-6 Elementary Lunch Menu	Total	500			
Fajitas, Chicken	ea, 1/2 cup	500	160	21.46	4.51
Spanish Rice 8oz	1 each	500	272	6.0	61.0
Bell Pepper Trio IW	1 each	500	20	0.0	5.0
Apples, Bagged	1 each	500	34	0.0	8.0
Chocolate Milk, NonFat	1 Each	500	120	9.0	21.0
Weighted Daily Average			606	36.46	99.50
% of Calories				24.0%	65.6%
Nutrient Guideline			600-650		

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	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)
Fri - 10/22/2021					
K-6 Elementary Lunch Menu	Total	500			
Pizza, Big Daddy Cheese	1 Each	75	370	19.0	43.0
Pizza, Big Daddy Pepperoni	1 Each	425	380	19.0	44.0
Baby Carrots	1/2 Cup	500	25	0.0	6.0
ranch dressing	pkt	500	70	0.0	1.0
CANTALOUPE	1/2 CUP	500	27	0.67	6.53
Low Fat Milk, 1%	1 Each	150	130	11.0	16.0
Chocolate Milk, NonFat	1 Each	350	120	9.0	21.0
Weighted Daily Average			624	29.27	76.88
% of Calories				18.8%	49.3%
Nutrient Guideline			600-650		

Mon - 10/25/2021					
K-6 Elementary Lunch Menu	Total	500			
Pull Apart Cheese Bread	1 each	500	290	15.0	29.0
Marinara Cup 2.5	1 each	500	40	1.0	7.0
Baby Carrots	1/2 Cup	150	25	0.0	6.0
ranch dressing	pkt	200	70	0.0	1.0
FRUIT COCKTAIL:canned,lt syrup	1/2 Cup	350	69	0.48	18.07
Low Fat Milk, 1%	1 Each	125	130	11.0	16.0
Chocolate Milk, NonFat	1 Each	375	120	9.0	21.0
Weighted Daily Average			536	25.84	70.60
% of Calories				19.3%	52.7%
Nutrient Guideline			600-650		

Tue - 10/26/2021					
K-6 Elementary Lunch Menu	Total	500			
Mini Twin Cheeseburgers	1	450	390	20.0	41.0
French Fries, Wedges	1 each	500	166	2.77	27.68
GRAPES,Fresh	1/2 Cup	500	62	0.58	15.78
Low Fat Milk, 1%	1 Each	150	130	11.0	16.0
Chocolate Milk, NonFat	1 Each	350	120	9.0	21.0
Mustard Pkt.	1 each	100	5	0.0	0.0
Ketchup Pkt.	1 each	400	10	0.0	2.0
Mini Twin Veggie Burgers	1 each	50	310	14.0	40.0
Weighted Daily Average			742	32.35	105.46
% of Calories				17.4%	56.9%
Nutrient Guideline			600-650		

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	Portion Size	Reimb Qty	Cals (kcal)	Protn (g)	Carb (g)
Wed - 10/27/2021					
K-6 Elementary Lunch Menu	Total	500			
Taquito, WG Chicken 2 each	1 each	450	210	9.0	27.0
Salsa, Pace	2 oz	450	20	0.0	6.0
Side Salad	1 each	450	179	2.27	8.8
Fruit Cup, Mixed Berry	1 each	500	90	0.0	20.0
Low Fat Milk, 1%	1 Each	150	130	11.0	16.0
Chocolate Milk, NonFat	1 Each	350	120	9.0	21.0
Bean & Cheese Burrito WG	1 each	50	310	12.0	48.0
Weighted Daily Average			612	20.94	81.92
% of Calories				13.7%	53.6%
Nutrient Guideline			600-650		

Thu - 10/28/2021					
K-6 Elementary Lunch Menu	Total	500			
Chicken Nuggets - 3858	5 each	450	220	14.0	15.0
Mashed Potatoes 1/2 Cup	1/2 Cup	500	110	2.0	17.0
Gravy, Chicken	2 oz	500	20	0.0	4.0
Texas Toast	1 each	450	140	5.0	22.0
Apples, Bagged	1 each	450	34	0.0	8.0
Low Fat Milk, 1%	1 Each	150	130	11.0	16.0
Chocolate Milk, NonFat	1 Each	350	120	9.0	21.0
Cheese Bites, Wild Mikes, 4 ea	1 each	50	70	4.0	7.0
Weighted Daily Average			615	29.10	81.70
% of Calories				18.9%	53.2%
Nutrient Guideline			600-650		

Fri - 10/29/2021					
K-6 Elementary Lunch Menu	Total	500			
Pretzel, WG Pumpkin	1 each	500	140	5.0	30.0
Cheese Cup Jal RF, 3oz	1 ea	500	230	7.0	3.0
Baby Carrots	1/2 Cup	500	25	0.0	6.0
ranch dressing	pkt	500	70	0.0	1.0
Rosati, Orange Chillin Bat	1 each	500	99	0.0	25.0
Low Fat Milk, 1%	1 Each	150	130	11.0	16.0
Chocolate Milk, NonFat	1 Each	350	120	9.0	21.0
Cookie, Pumpkin	1 ea	500	120	1.0	16.0
Weighted Daily Average			807	22.60	100.50
% of Calories				11.2%	49.8%
Nutrient Guideline			600-650		

Weighted Average			615	28.04	82.48
				18.2%	53.6%

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Nutrient	Menu AVG	% of Cals	Weekly Target	Portion	Reimb	Cals	Protn	Carb	Error Messages (if any)
				Size	Qty	(kcal)	(g)	(g)	
Calories	615		600 - 650						
Protein (g)	28.04	18.23%							
Carbohydrate (g)	82.48	53.61%							

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