

Central Unified Food Services

Oct 1, 2021 thru Oct 31, 2021

Base Menu Spreadsheet

High School Lunch Menu

Portion Values - Detailed

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| | Portion Size | Reimb Qty | Cals (kcal) | Protn (g) | Carb (g) |
|----------------------------|--------------|-----------|-------------|-----------|----------|
| Fri - 10/01/2021 | | | | | |
| High School Lunch Menu | Total | 500 | | | |
| Chicken Tenders WG, 6 each | 6 Each | 25 | 420 | 30.0 | 26.0 |
| Chicken Tenders Spicy 6 | 1 each | 25 | 520 | 30.0 | 34.0 |
| Chicken Tenders 1/2 & 1/2 | 1 each | 25 | 470 | 30.0 | 30.0 |
| Hot Link | 1 each | 75 | 320 | 11.0 | 31.0 |
| Pizza, Big Daddy Cheese | 1 Each | 50 | 370 | 19.0 | 43.0 |
| Pizza, Big Daddy Pepperoni | 1 Each | 50 | 380 | 19.0 | 44.0 |
| Orange Bowl - 2nd | Bowl | 75 | 336 | 18.32 | 76.03 |
| Salad, Chicken BLT | 1 each | 25 | 715 | 38.31 | 60.59 |
| Wrap, Spicy Chicken | 1 each | 50 | 653 | 24.24 | 40.94 |
| PBJ Grape WW Sandwich | 1 Each | 10 | 630 | 19.0 | 64.0 |
| Baby Carrots | 1/2 Cup | 200 | 25 | 0.0 | 6.0 |
| French Fries, Wedges | 1 each | 450 | 166 | 2.77 | 27.68 |
| BANANA | 1 EA | 350 | 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 |
| Ketchup Pkt. | 1 each | 50 | 10 | 0.0 | 2.0 |
| Mustard Pkt. | 1 each | 50 | 5 | 0.0 | 0.0 |
| Mayo Pkt | 1 | 50 | 70 | 0.0 | 0.0 |
| BBQ Sauce Cup | 1 ea | 50 | 40 | 0.0 | 10.0 |
| Soy Sauce Pkt. | 1 each | 50 | 0 | 0.0 | 0.0 |
| ranch dressing | pkt | 50 | 70 | 0.0 | 1.0 |
| Tapatio Sauce | 1 each | 50 | 0 | 0.0 | 0.0 |
| Weighted Daily Average | | | 723 | 30.28 | 101.92 |
| % of Calories | | | | 16.8% | 56.4% |
| Nutrient Guideline | | | 750-850 | | |

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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| | Portion Size | Reimb Qty | Cals (kcal) | Protn (g) | Carb (g) |
|--------------------------------|--------------|-----------|-------------|-----------|----------|
| Mon - 10/04/2021 | | | | | |
| High School Lunch Menu | Total | 500 | | | |
| Chicken Tenders WG, 6 each | 6 Each | 25 | 420 | 30.0 | 26.0 |
| Chicken Tenders Spicy 6 | 1 each | 25 | 520 | 30.0 | 34.0 |
| Chicken Tenders 1/2 & 1/2 | 1 each | 25 | 470 | 30.0 | 30.0 |
| Corn Dog WG | 1 EA | 50 | 240 | 9.0 | 30.0 |
| Pizza, Big Daddy Cheese | 1 Each | 50 | 370 | 19.0 | 43.0 |
| Pizza, Big Daddy Pepperoni | 1 Each | 75 | 380 | 19.0 | 44.0 |
| Orange Bowl - 2nd | Bowl | 90 | 336 | 18.32 | 76.03 |
| Salad, Oriental | 1 Each | 50 | 668 | 34.03 | 77.47 |
| Wrap, Chicken Bacon | 1 each | 25 | 644 | 38.0 | 44.11 |
| PBJ Grape WW Sandwich | 1 Each | 10 | 630 | 19.0 | 64.0 |
| French Fries, Spiral | 1/2 Cup | 450 | 110 | 1.0 | 15.0 |
| Baby Carrots | 1/2 Cup | 200 | 25 | 0.0 | 6.0 |
| 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 |
| Ketchup Pkt. | 1 each | 50 | 10 | 0.0 | 2.0 |
| Mustard Pkt. | 1 each | 50 | 5 | 0.0 | 0.0 |
| Mayo Pkt | 1 | 50 | 70 | 0.0 | 0.0 |
| BBQ Sauce Cup | 1 ea | 50 | 40 | 0.0 | 10.0 |
| Soy Sauce Pkt. | 1 each | 50 | 0 | 0.0 | 0.0 |
| ranch dressing | pkt | 50 | 70 | 0.0 | 1.0 |
| Tapatio Sauce | 1 each | 50 | 0 | 0.0 | 0.0 |
| Weighted Daily Average | | | 660 | 29.87 | 92.91 |
| % of Calories | | | | 18.1% | 56.3% |
| Nutrient Guideline | | | 750-850 | | |

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| | Portion Size | Reimb Qty | Cals (kcal) | Protn (g) | Carb (g) |
|------------------------------|--------------|-----------|-------------|-----------|----------|
| Tue - 10/05/2021 | | | | | |
| High School Lunch Menu | Total | 500 | | | |
| Chicken Tenders WG, 6 each | 6 Each | 25 | 420 | 30.0 | 26.0 |
| Chicken Tenders Spicy 6 | 1 each | 25 | 520 | 30.0 | 34.0 |
| Chicken Tenders 1/2 & 1/2 | 1 each | 25 | 470 | 30.0 | 30.0 |
| Chicken Patty on a Bun | 1 each | 50 | 341 | 19.69 | 40.19 |
| Jumbo B&C Burrito, Foil Wrap | 1 each | 50 | 397 | 26.0 | 56.5 |
| Pizza, FB Pepperoni | 1 EA | 50 | 310 | 17.0 | 33.0 |
| Pizza, FB Cheese | 1 each | 75 | 290 | 17.0 | 33.0 |
| Teriyaki Bowl - 2nd | Bowl | 75 | 391 | 26.25 | 58.92 |
| Salad, Southwestern | 1 each | 50 | 707 | 22.72 | 73.08 |
| Wrap, Spicy Chicken | 1 each | 50 | 653 | 24.24 | 40.94 |
| PBJ Strawberry Sandwich | 1 Each | 25 | 630 | 19.0 | 64.0 |
| French Fries, Garlic | 1/2 Cup | 450 | 130 | 2.0 | 18.0 |
| Baby Carrots | 1/2 Cup | 150 | 25 | 0.0 | 6.0 |
| GRAPES, Fresh | 1/2 Cup | 350 | 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 | 50 | 10 | 0.0 | 2.0 |
| Mustard Pkt. | 1 each | 50 | 5 | 0.0 | 0.0 |
| Mayo Pkt | 1 | 50 | 70 | 0.0 | 0.0 |
| BBQ Sauce Cup | 1 ea | 50 | 40 | 0.0 | 10.0 |
| Soy Sauce Pkt. | 1 each | 50 | 0 | 0.0 | 0.0 |
| ranch dressing | pkt | 50 | 70 | 0.0 | 1.0 |
| Tapatio Sauce | 1 each | 50 | 0 | 0.0 | 0.0 |
| Weighted Daily Average | | | 754 | 34.51 | 96.20 |
| % of Calories | | | | 18.3% | 51.0% |
| Nutrient Guideline | | | 750-850 | | |

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Base Menu Spreadsheet

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| | Portion Size | Reimb Qty | Cals (kcal) | Protn (g) | Carb (g) |
|----------------------------|--------------|-----------|-------------|-----------|----------|
| Wed - 10/06/2021 | | | | | |
| High School Lunch Menu | Total | 500 | | | |
| Chicken Tenders WG, 6 each | 6 Each | 25 | 420 | 30.0 | 26.0 |
| Chicken Tenders Spicy 6 | 1 each | 25 | 520 | 30.0 | 34.0 |
| Chicken Tenders 1/2 & 1/2 | 1 each | 25 | 470 | 30.0 | 30.0 |
| Grizzly Burger | 1 each | 50 | 570 | 26.7 | 49.7 |
| Pizza, Big Daddy Cheese | 1 Each | 50 | 370 | 19.0 | 43.0 |
| Pizza, Big Daddy Pepperoni | 1 Each | 75 | 380 | 19.0 | 44.0 |
| Orange Bowl - 2nd | Bowl | 75 | 336 | 18.32 | 76.03 |
| Salad, Chicken BLT | 1 each | 50 | 715 | 38.31 | 60.59 |
| Wrap, Chicken | 1 each | 50 | 603 | 24.24 | 37.94 |
| PBJ Strawberry Sandwich | 1 Each | 25 | 630 | 19.0 | 64.0 |
| French Fries, Waffle Cut | 1/2 Cup | 450 | 170 | 2.0 | 22.0 |
| Side Salad | 1 each | 200 | 179 | 2.27 | 8.8 |
| Fruit Cup, Apricots | 1 each | 350 | 110 | 1.0 | 25.0 |
| 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 | 50 | 10 | 0.0 | 2.0 |
| Mustard Pkt. | 1 each | 50 | 5 | 0.0 | 0.0 |
| Mayo Pkt | 1 | 50 | 70 | 0.0 | 0.0 |
| BBQ Sauce Cup | 1 ea | 50 | 40 | 0.0 | 10.0 |
| Soy Sauce Pkt. | 1 each | 50 | 0 | 0.0 | 0.0 |
| ranch dressing | pkt | 50 | 70 | 0.0 | 1.0 |
| Tapatio Sauce | 1 each | 50 | 0 | 0.0 | 0.0 |
| Weighted Daily Average | | | 878 | 34.68 | 106.95 |
| % of Calories | | | | 15.8% | 48.7% |
| Nutrient Guideline | | | 750-850 | | |

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| | Portion Size | Reimb Qty | Cals (kcal) | Protn (g) | Carb (g) |
|-------------------------------|--------------|-----------|-------------|-----------|----------|
| Thu - 10/07/2021 | | | | | |
| High School Lunch Menu | Total | 500 | | | |
| Chicken Tenders WG, 6 each | 6 Each | 25 | 420 | 30.0 | 26.0 |
| Chicken Tenders Spicy 6 | 1 each | 25 | 520 | 30.0 | 34.0 |
| Chicken Tenders 1/2 & 1/2 | 1 each | 25 | 470 | 30.0 | 30.0 |
| Drumstick, Chicken WG | 1 each | 75 | 190 | 16.0 | 5.0 |
| WG BelianWaffle Sticks 3 each | 1 each | 75 | 170 | 4.0 | 28.0 |
| Burrito, Chicken Chili Verde | 1 each | 75 | 280 | 13.0 | 41.0 |
| Pizza, FB Cheese | 1 each | 50 | 290 | 17.0 | 33.0 |
| Pizza, FB Pepperoni | 1 EA | 75 | 310 | 17.0 | 33.0 |
| Teriyaki Bowl - 2nd | Bowl | 65 | 391 | 26.25 | 58.92 |
| Salad, Caesar | 1 each | 25 | 578 | 43.56 | 53.08 |
| Wrap, Spicy Chicken | 1 each | 50 | 653 | 24.24 | 40.94 |
| PBJ Grape WW Sandwich | 1 Each | 10 | 630 | 19.0 | 64.0 |
| French Fries, Spiral | 1/2 Cup | 400 | 110 | 1.0 | 15.0 |
| Jicama | 1/2 Cup | 200 | 25 | 0.85 | 5.25 |
| Apples, Bagged | 1 each | 300 | 34 | 0.0 | 8.0 |
| Low Fat Milk, 1% | 1 Each | 50 | 130 | 11.0 | 16.0 |
| Chocolate Milk, NonFat | 1 Each | 150 | 120 | 9.0 | 21.0 |
| Milk, Strawberry | 1 each | 300 | 120 | 9.0 | 19.0 |
| Ketchup Pkt. | 1 each | 50 | 10 | 0.0 | 2.0 |
| Mustard Pkt. | 1 each | 50 | 5 | 0.0 | 0.0 |
| Mayo Pkt | 1 | 50 | 70 | 0.0 | 0.0 |
| BBQ Sauce Cup | 1 ea | 50 | 40 | 0.0 | 10.0 |
| Soy Sauce Pkt. | 1 each | 50 | 0 | 0.0 | 0.0 |
| ranch dressing | pkt | 50 | 70 | 0.0 | 1.0 |
| Tapatio Sauce | 1 each | 50 | 0 | 0.0 | 0.0 |
| Weighted Daily Average | | | 658 | 32.43 | 79.04 |
| % of Calories | | | | 19.7% | 48.0% |
| Nutrient Guideline | | | 750-850 | | |

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| | Portion Size | Reimb Qty | Cals (kcal) | Protn (g) | Carb (g) |
|--------------------------------|--------------|-----------|-------------|-----------|----------|
| Fri - 10/08/2021 | | | | | |
| High School Lunch Menu | Total | 500 | | | |
| Chicken Tenders WG, 6 each | 6 Each | 25 | 420 | 30.0 | 26.0 |
| Chicken Tenders Spicy 6 | 1 each | 25 | 520 | 30.0 | 34.0 |
| Chicken Tenders 1/2 & 1/2 | 1 each | 25 | 470 | 30.0 | 30.0 |
| Hot Link | 1 each | 75 | 320 | 11.0 | 31.0 |
| Pizza, Big Daddy Cheese | 1 Each | 50 | 370 | 19.0 | 43.0 |
| Pizza, Big Daddy Pepperoni | 1 Each | 50 | 380 | 19.0 | 44.0 |
| Orange Bowl - 2nd | Bowl | 75 | 336 | 18.32 | 76.03 |
| Salad, Chicken BLT | 1 each | 25 | 715 | 38.31 | 60.59 |
| Wrap, Spicy Chicken | 1 each | 50 | 653 | 24.24 | 40.94 |
| PBJ Grape WW Sandwich | 1 Each | 10 | 630 | 19.0 | 64.0 |
| Baby Carrots | 1/2 Cup | 200 | 25 | 0.0 | 6.0 |
| French Fries, Wedges | 1 each | 450 | 166 | 2.77 | 27.68 |
| PINEAPPLE CHUNKS:canned,lt syr | 1/2 Cup | 350 | 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 |
| Ketchup Pkt. | 1 each | 50 | 10 | 0.0 | 2.0 |
| Mustard Pkt. | 1 each | 50 | 5 | 0.0 | 0.0 |
| Mayo Pkt | 1 | 50 | 70 | 0.0 | 0.0 |
| BBQ Sauce Cup | 1 ea | 50 | 40 | 0.0 | 10.0 |
| Soy Sauce Pkt. | 1 each | 50 | 0 | 0.0 | 0.0 |
| ranch dressing | pkt | 50 | 70 | 0.0 | 1.0 |
| Tapatio Sauce | 1 each | 50 | 0 | 0.0 | 0.0 |
| Weighted Daily Average | | | 683 | 29.67 | 91.70 |
| % of Calories | | | | 17.4% | 53.7% |
| Nutrient Guideline | | | 750-850 | | |

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| | Portion Size | Reimb Qty | Cals (kcal) | Protn (g) | Carb (g) |
|--------------------------------|--------------|-----------|-------------|-----------|----------|
| Mon - 10/11/2021 | | | | | |
| High School Lunch Menu | Total | 500 | | | |
| Chicken Tenders WG, 6 each | 6 Each | 50 | 420 | 30.0 | 26.0 |
| Chicken Tenders Spicy 6 | 1 each | 25 | 520 | 30.0 | 34.0 |
| Chicken Tenders 1/2 & 1/2 | 1 each | 50 | 470 | 30.0 | 30.0 |
| Grilled Cheese, Sourdough | 1 each | 75 | 299 | 20.67 | 32.85 |
| Pizza, Big Daddy Cheese | 1 Each | 50 | 370 | 19.0 | 43.0 |
| Pizza, Big Daddy Pepperoni | 1 Each | 75 | 380 | 19.0 | 44.0 |
| Orange Bowl - 2nd | Bowl | 90 | 336 | 18.32 | 76.03 |
| Salad, Oriental | 1 Each | 50 | 668 | 34.03 | 77.47 |
| Wrap, Chicken Bacon | 1 each | 25 | 644 | 38.0 | 44.11 |
| PBJ Grape WW Sandwich | 1 Each | 10 | 630 | 19.0 | 64.0 |
| French Fries, Spiral | 1/2 Cup | 450 | 110 | 1.0 | 15.0 |
| Baby Carrots | 1/2 Cup | 200 | 25 | 0.0 | 6.0 |
| 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 |
| Ketchup Pkt. | 1 each | 50 | 10 | 0.0 | 2.0 |
| Mustard Pkt. | 1 each | 50 | 5 | 0.0 | 0.0 |
| Mayo Pkt | 1 | 50 | 70 | 0.0 | 0.0 |
| BBQ Sauce Cup | 1 ea | 50 | 40 | 0.0 | 10.0 |
| Soy Sauce Pkt. | 1 each | 50 | 0 | 0.0 | 0.0 |
| ranch dressing | pkt | 50 | 70 | 0.0 | 1.0 |
| Tapatio Sauce | 1 each | 50 | 0 | 0.0 | 0.0 |
| Weighted Daily Average | | | 725 | 35.07 | 97.64 |
| % of Calories | | | | 19.3% | 53.8% |
| Nutrient Guideline | | | 750-850 | | |

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| | Portion Size | Reimb Qty | Cals (kcal) | Protn (g) | Carb (g) |
|------------------------------|--------------|-----------|-------------|-----------|----------|
| Tue - 10/12/2021 | | | | | |
| High School Lunch Menu | Total | 500 | | | |
| Chicken Tenders WG, 6 each | 6 Each | 25 | 420 | 30.0 | 26.0 |
| Chicken Tenders Spicy 6 | 1 each | 25 | 520 | 30.0 | 34.0 |
| Chicken Tenders 1/2 & 1/2 | 1 each | 25 | 470 | 30.0 | 30.0 |
| Cheeseburger | 1 EACH | 50 | 432 | 23.57 | 29.68 |
| Jumbo B&C Burrito, Foil Wrap | 1 each | 50 | 397 | 26.0 | 56.5 |
| Pizza, FB Pepperoni | 1 EA | 50 | 310 | 17.0 | 33.0 |
| Pizza, FB Cheese | 1 each | 75 | 290 | 17.0 | 33.0 |
| Teriyaki Bowl - 2nd | Bowl | 75 | 391 | 26.25 | 58.92 |
| Salad, Southwestern | 1 each | 50 | 707 | 22.72 | 73.08 |
| Wrap, Spicy Chicken | 1 each | 50 | 653 | 24.24 | 40.94 |
| PBJ Strawberry Sandwich | 1 Each | 25 | 630 | 19.0 | 64.0 |
| French Fries, Garlic | 1/2 Cup | 450 | 130 | 2.0 | 18.0 |
| Baby Carrots | 1/2 Cup | 150 | 25 | 0.0 | 6.0 |
| GRAPES, Fresh | 1/2 Cup | 350 | 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 | 50 | 10 | 0.0 | 2.0 |
| Mustard Pkt. | 1 each | 50 | 5 | 0.0 | 0.0 |
| Mayo Pkt | 1 | 50 | 70 | 0.0 | 0.0 |
| BBQ Sauce Cup | 1 ea | 50 | 40 | 0.0 | 10.0 |
| Soy Sauce Pkt. | 1 each | 50 | 0 | 0.0 | 0.0 |
| ranch dressing | pkt | 50 | 70 | 0.0 | 1.0 |
| Tapatio Sauce | 1 each | 50 | 0 | 0.0 | 0.0 |
| Weighted Daily Average | | | 763 | 34.90 | 95.15 |
| % of Calories | | | | 18.3% | 49.9% |
| Nutrient Guideline | | | 750-850 | | |

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| | Portion Size | Reimb Qty | Cals (kcal) | Protn (g) | Carb (g) |
|----------------------------|-----------------|--------------|----------------|--------------|-------------|
| Wed - 10/13/2021 | | | | | |
| High School Lunch Menu | Total | 500 | | | |
| Chicken Tenders WG, 6 each | 6 Each | 25 | 420 | 30.0 | 26.0 |
| Chicken Tenders Spicy 6 | 1 each | 25 | 520 | 30.0 | 34.0 |
| Chicken Tenders 1/2 & 1/2 | 1 each | 25 | 470 | 30.0 | 30.0 |
| Grizzly Burger | 1 each | 50 | 570 | 26.7 | 49.7 |
| Pizza, Big Daddy Cheese | 1 Each | 50 | 370 | 19.0 | 43.0 |
| Pizza, Big Daddy Pepperoni | 1 Each | 75 | 380 | 19.0 | 44.0 |
| Orange Bowl - 2nd | Bowl | 75 | 336 | 18.32 | 76.03 |
| Salad, Chicken BLT | 1 each | 50 | 715 | 38.31 | 60.59 |
| Wrap, Chicken | 1 each | 50 | 603 | 24.24 | 37.94 |
| PBJ Strawberry Sandwich | 1 Each | 25 | 630 | 19.0 | 64.0 |
| French Fries, Waffle Cut | 1/2 Cup | 450 | 170 | 2.0 | 22.0 |
| Side Salad | 1 each | 200 | 179 | 2.27 | 8.8 |
| Fruit Cup, Strawberry | 1 each | 350 | 90 | 1.0 | 22.0 |
| 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 | 50 | 10 | 0.0 | 2.0 |
| Mustard Pkt. | 1 each | 50 | 5 | 0.0 | 0.0 |
| Mayo Pkt | 1 | 50 | 70 | 0.0 | 0.0 |
| BBQ Sauce Cup | 1 ea | 50 | 40 | 0.0 | 10.0 |
| Soy Sauce Pkt. | 1 each | 50 | 0 | 0.0 | 0.0 |
| ranch dressing | pkt | 50 | 70 | 0.0 | 1.0 |
| Tapatio Sauce | 1 each | 50 | 0 | 0.0 | 0.0 |
| Weighted Daily Average | | | 864 | 34.68 | 104.85 |
| % of Calories | | | | 16.1% | 48.5% |
| Nutrient Guideline | | | 750-850 | | |

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| | Portion Size | Reimb Qty | Cals (kcal) | Protn (g) | Carb (g) |
|------------------------------|--------------|-----------|-------------|-----------|----------|
| Thu - 10/14/2021 | | | | | |
| High School Lunch Menu | Total | 500 | | | |
| Chicken Tenders WG, 6 each | 6 Each | 25 | 420 | 30.0 | 26.0 |
| Chicken Tenders Spicy 6 | 1 each | 25 | 520 | 30.0 | 34.0 |
| Chicken Tenders 1/2 & 1/2 | 1 each | 25 | 470 | 30.0 | 30.0 |
| Macaroni & Cheese, WG | 6 oz | 50 | 290 | 17.0 | 31.0 |
| Texas Toast | 1 each | 50 | 140 | 5.0 | 22.0 |
| Burrito, Chicken Chili Verde | 1 each | 50 | 280 | 13.0 | 41.0 |
| Pizza, FB Pepperoni | 1 EA | 75 | 310 | 17.0 | 33.0 |
| Pizza, FB Cheese | 1 each | 75 | 290 | 17.0 | 33.0 |
| Teriyaki Bowl - 2nd | Bowl | 75 | 391 | 26.25 | 58.92 |
| Salad, Caesar | 1 each | 25 | 578 | 43.56 | 53.08 |
| Wrap, Spicy Chicken | 1 each | 50 | 653 | 24.24 | 40.94 |
| PBJ Strawberry Sandwich | 1 Each | 25 | 630 | 19.0 | 64.0 |
| French Fries, Spiral | 1/2 Cup | 450 | 110 | 1.0 | 15.0 |
| Jicama | 1/2 Cup | 200 | 25 | 0.85 | 5.25 |
| Apples, Bagged | 1 each | 350 | 34 | 0.0 | 8.0 |
| Low Fat Milk, 1% | 1 Each | 50 | 130 | 11.0 | 16.0 |
| Chocolate Milk, NonFat | 1 Each | 150 | 120 | 9.0 | 21.0 |
| Milk, Strawberry | 1 each | 300 | 120 | 9.0 | 19.0 |
| Ketchup Pkt. | 1 each | 50 | 10 | 0.0 | 2.0 |
| Mustard Pkt. | 1 each | 50 | 5 | 0.0 | 0.0 |
| Mayo Pkt | 1 | 50 | 70 | 0.0 | 0.0 |
| BBQ Sauce Cup | 1 ea | 50 | 40 | 0.0 | 10.0 |
| Soy Sauce Pkt. | 1 each | 50 | 0 | 0.0 | 0.0 |
| ranch dressing | pkt | 50 | 70 | 0.0 | 1.0 |
| Tapatio Sauce | 1 each | 50 | 0 | 0.0 | 0.0 |
| Weighted Daily Average | | | 689 | 33.03 | 84.39 |
| % of Calories | | | | 19.2% | 49.0% |
| Nutrient Guideline | | | 750-850 | | |

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Central Unified Food Services

Oct 1, 2021 thru Oct 31, 2021

Base Menu Spreadsheet

High School Lunch Menu

Portion Values - Detailed

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| | Portion Size | Reimb Qty | Cals (kcal) | Protn (g) | Carb (g) |
|----------------------------|-----------------|--------------|----------------|--------------|-------------|
| Fri - 10/15/2021 | | | | | |
| High School Lunch Menu | Total | 500 | | | |
| Chicken Tenders WG, 6 each | 6 Each | 25 | 420 | 30.0 | 26.0 |
| Chicken Tenders Spicy 6 | 1 each | 25 | 520 | 30.0 | 34.0 |
| Chicken Tenders 1/2 & 1/2 | 1 each | 25 | 470 | 30.0 | 30.0 |
| Hot Link | 1 each | 75 | 320 | 11.0 | 31.0 |
| Pizza, Big Daddy Cheese | 1 Each | 50 | 370 | 19.0 | 43.0 |
| Pizza, Big Daddy Pepperoni | 1 Each | 50 | 380 | 19.0 | 44.0 |
| Orange Bowl - 2nd | Bowl | 75 | 336 | 18.32 | 76.03 |
| Salad, Chicken BLT | 1 each | 25 | 715 | 38.31 | 60.59 |
| Wrap, Spicy Chicken | 1 each | 50 | 653 | 24.24 | 40.94 |
| PBJ Grape WW Sandwich | 1 Each | 10 | 630 | 19.0 | 64.0 |
| Baby Carrots | 1/2 Cup | 200 | 25 | 0.0 | 6.0 |
| French Fries, Wedges | 1 each | 450 | 166 | 2.77 | 27.68 |
| MELONS,HONEYDEW,RAW | 1/2 CUP | 350 | 30 | 0.39 | 7.8 |
| Low Fat Milk, 1% | 1 Each | 150 | 130 | 11.0 | 16.0 |
| Chocolate Milk, NonFat | 1 Each | 350 | 120 | 9.0 | 21.0 |
| Ketchup Pkt. | 1 each | 50 | 10 | 0.0 | 2.0 |
| Mustard Pkt. | 1 each | 50 | 5 | 0.0 | 0.0 |
| Mayo Pkt | 1 | 50 | 70 | 0.0 | 0.0 |
| BBQ Sauce Cup | 1 ea | 50 | 40 | 0.0 | 10.0 |
| Soy Sauce Pkt. | 1 each | 50 | 0 | 0.0 | 0.0 |
| ranch dressing | pkt | 50 | 70 | 0.0 | 1.0 |
| Tapatio Sauce | 1 each | 50 | 0 | 0.0 | 0.0 |
| Weighted Daily Average | | | 680 | 29.78 | 91.23 |
| % of Calories | | | | 17.5% | 53.6% |
| Nutrient Guideline | | | 750-850 | | |

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Central Unified Food Services

Oct 1, 2021 thru Oct 31, 2021

Base Menu Spreadsheet

High School Lunch Menu

Portion Values - Detailed

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| | Portion Size | Reimb Qty | Cals (kcal) | Protn (g) | Carb (g) |
|--------------------------------|--------------|-----------|-------------|-----------|----------|
| Mon - 10/18/2021 | | | | | |
| High School Lunch Menu | Total | 500 | | | |
| Chicken Tenders WG, 6 each | 6 Each | 25 | 420 | 30.0 | 26.0 |
| Chicken Tenders Spicy 6 | 1 each | 25 | 520 | 30.0 | 34.0 |
| Chicken Tenders 1/2 & 1/2 | 1 each | 25 | 470 | 30.0 | 30.0 |
| Bean & Cheese Burrito WG | 1 each | 50 | 310 | 12.0 | 48.0 |
| Cheeseburger, HS | 1 ea | 75 | 417 | 27.47 | 37.88 |
| Pizza, Big Daddy Cheese | 1 Each | 50 | 370 | 19.0 | 43.0 |
| Pizza, Big Daddy Pepperoni | 1 Each | 75 | 380 | 19.0 | 44.0 |
| Orange Bowl - 2nd | Bowl | 90 | 336 | 18.32 | 76.03 |
| Salad, Oriental | 1 Each | 50 | 668 | 34.03 | 77.47 |
| Wrap, Chicken Bacon | 1 each | 25 | 644 | 38.0 | 44.11 |
| PBJ Grape WW Sandwich | 1 Each | 10 | 630 | 19.0 | 64.0 |
| French Fries, Spiral | 1/2 Cup | 450 | 110 | 1.0 | 15.0 |
| Baby Carrots | 1/2 Cup | 200 | 25 | 0.0 | 6.0 |
| 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 |
| Ketchup Pkt. | 1 each | 50 | 10 | 0.0 | 2.0 |
| Mustard Pkt. | 1 each | 50 | 5 | 0.0 | 0.0 |
| Mayo Pkt | 1 | 50 | 70 | 0.0 | 0.0 |
| BBQ Sauce Cup | 1 ea | 50 | 40 | 0.0 | 10.0 |
| Soy Sauce Pkt. | 1 each | 50 | 0 | 0.0 | 0.0 |
| ranch dressing | pkt | 50 | 70 | 0.0 | 1.0 |
| Tapatio Sauce | 1 each | 50 | 0 | 0.0 | 0.0 |
| Weighted Daily Average | | | 729 | 34.29 | 100.39 |
| % of Calories | | | | 18.8% | 55.1% |
| Nutrient Guideline | | | 750-850 | | |

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Central Unified Food Services

Oct 1, 2021 thru Oct 31, 2021

Base Menu Spreadsheet

High School Lunch Menu

Portion Values - Detailed

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| | Portion Size | Reimb Qty | Cals (kcal) | Protn (g) | Carb (g) |
|------------------------------|--------------|-----------|-------------|-----------|----------|
| Tue - 10/19/2021 | | | | | |
| High School Lunch Menu | Total | 500 | | | |
| Chicken Tenders WG, 6 each | 6 Each | 25 | 420 | 30.0 | 26.0 |
| Chicken Tenders Spicy 6 | 1 each | 25 | 520 | 30.0 | 34.0 |
| Chicken Tenders 1/2 & 1/2 | 1 each | 25 | 470 | 30.0 | 30.0 |
| BBQ Rib Sandwich, Beef | 1 Each | 50 | 350 | 18.0 | 41.0 |
| Jumbo B&C Burrito, Foil Wrap | 1 each | 50 | 397 | 26.0 | 56.5 |
| Pizza, FB Pepperoni | 1 EA | 50 | 310 | 17.0 | 33.0 |
| Pizza, FB Cheese | 1 each | 75 | 290 | 17.0 | 33.0 |
| Teriyaki Bowl - 2nd | Bowl | 75 | 391 | 26.25 | 58.92 |
| Salad, Southwestern | 1 each | 50 | 707 | 22.72 | 73.08 |
| Wrap, Spicy Chicken | 1 each | 50 | 653 | 24.24 | 40.94 |
| PBJ Strawberry Sandwich | 1 Each | 25 | 630 | 19.0 | 64.0 |
| French Fries, Garlic | 1/2 Cup | 450 | 130 | 2.0 | 18.0 |
| Baby Carrots | 1/2 Cup | 150 | 25 | 0.0 | 6.0 |
| GRAPES, Fresh | 1/2 Cup | 350 | 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 | 50 | 10 | 0.0 | 2.0 |
| Mustard Pkt. | 1 each | 50 | 5 | 0.0 | 0.0 |
| Mayo Pkt | 1 | 50 | 70 | 0.0 | 0.0 |
| BBQ Sauce Cup | 1 ea | 50 | 40 | 0.0 | 10.0 |
| Soy Sauce Pkt. | 1 each | 50 | 0 | 0.0 | 0.0 |
| ranch dressing | pkt | 50 | 70 | 0.0 | 1.0 |
| Tapatio Sauce | 1 each | 50 | 0 | 0.0 | 0.0 |
| Weighted Daily Average | | | 755 | 34.34 | 96.28 |
| % of Calories | | | | 18.2% | 51.0% |
| Nutrient Guideline | | | 750-850 | | |

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Central Unified Food Services

Oct 1, 2021 thru Oct 31, 2021

Base Menu Spreadsheet

High School Lunch Menu

Portion Values - Detailed

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| | Portion Size | Reimb Qty | Cals (kcal) | Protn (g) | Carb (g) |
|----------------------------|--------------|-----------|-------------|-----------|----------|
| Wed - 10/20/2021 | | | | | |
| High School Lunch Menu | Total | 500 | | | |
| Chicken Tenders WG, 6 each | 6 Each | 25 | 420 | 30.0 | 26.0 |
| Chicken Tenders Spicy 6 | 1 each | 25 | 520 | 30.0 | 34.0 |
| Chicken Tenders 1/2 & 1/2 | 1 each | 25 | 470 | 30.0 | 30.0 |
| Grizzly Burger | 1 each | 50 | 570 | 26.7 | 49.7 |
| Pizza, Big Daddy Cheese | 1 Each | 50 | 370 | 19.0 | 43.0 |
| Pizza, Big Daddy Pepperoni | 1 Each | 75 | 380 | 19.0 | 44.0 |
| Orange Bowl - 2nd | Bowl | 75 | 336 | 18.32 | 76.03 |
| Salad, Chicken BLT | 1 each | 50 | 715 | 38.31 | 60.59 |
| Wrap, Chicken | 1 each | 50 | 603 | 24.24 | 37.94 |
| PBJ Strawberry Sandwich | 1 Each | 25 | 630 | 19.0 | 64.0 |
| French Fries, Waffle Cut | 1/2 Cup | 450 | 170 | 2.0 | 22.0 |
| Side Salad | 1 each | 200 | 179 | 2.27 | 8.8 |
| Applesauce Cup | 1 each | 350 | 51 | 0.2 | 14.0 |
| 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 | 50 | 10 | 0.0 | 2.0 |
| Mustard Pkt. | 1 each | 50 | 5 | 0.0 | 0.0 |
| Mayo Pkt | 1 | 50 | 70 | 0.0 | 0.0 |
| BBQ Sauce Cup | 1 ea | 50 | 40 | 0.0 | 10.0 |
| Soy Sauce Pkt. | 1 each | 50 | 0 | 0.0 | 0.0 |
| ranch dressing | pkt | 50 | 70 | 0.0 | 1.0 |
| Tapatio Sauce | 1 each | 50 | 0 | 0.0 | 0.0 |
| Weighted Daily Average | | | 837 | 34.12 | 99.25 |
| % of Calories | | | | 16.3% | 47.4% |
| Nutrient Guideline | | | 750-850 | | |

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Central Unified Food Services

Oct 1, 2021 thru Oct 31, 2021

Base Menu Spreadsheet

High School Lunch Menu

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| | Portion Size | Reimb Qty | Cals (kcal) | Protn (g) | Carb (g) |
|----------------------------|--------------|-----------|-------------|-----------|----------|
| Thu - 10/21/2021 | | | | | |
| High School Lunch Menu | Total | 500 | | | |
| Chicken Tenders WG, 6 each | 6 Each | 25 | 420 | 30.0 | 26.0 |
| Chicken Tenders Spicy 6 | 1 each | 25 | 520 | 30.0 | 34.0 |
| Chicken Tenders 1/2 & 1/2 | 1 each | 25 | 470 | 30.0 | 30.0 |
| Fajitas, Chicken | ea, 1/2 cup | 50 | 160 | 21.46 | 4.51 |
| Spanish Rice 8oz | 1 each | 50 | 272 | 6.0 | 61.0 |
| Pizza, FB Pepperoni | 1 EA | 75 | 310 | 17.0 | 33.0 |
| Pizza, FB Cheese | 1 each | 75 | 290 | 17.0 | 33.0 |
| Teriyaki Bowl - 2nd | Bowl | 75 | 391 | 26.25 | 58.92 |
| Salad, Caesar | 1 each | 25 | 578 | 43.56 | 53.08 |
| Wrap, Spicy Chicken | 1 each | 50 | 653 | 24.24 | 40.94 |
| PBJ Strawberry Sandwich | 1 Each | 25 | 630 | 19.0 | 64.0 |
| French Fries, Spiral | 1/2 Cup | 450 | 110 | 1.0 | 15.0 |
| Bell Pepper Trio IW | 1 each | 200 | 20 | 0.0 | 5.0 |
| Apples, Bagged | 1 each | 350 | 34 | 0.0 | 8.0 |
| Low Fat Milk, 1% | 1 Each | 50 | 130 | 11.0 | 16.0 |
| Chocolate Milk, NonFat | 1 Each | 150 | 120 | 9.0 | 21.0 |
| Milk, Strawberry | 1 each | 300 | 120 | 9.0 | 19.0 |
| Ketchup Pkt. | 1 each | 50 | 10 | 0.0 | 2.0 |
| Mustard Pkt. | 1 each | 50 | 5 | 0.0 | 0.0 |
| Mayo Pkt | 1 | 50 | 70 | 0.0 | 0.0 |
| BBQ Sauce Cup | 1 ea | 50 | 40 | 0.0 | 10.0 |
| Soy Sauce Pkt. | 1 each | 50 | 0 | 0.0 | 0.0 |
| ranch dressing | pkt | 50 | 70 | 0.0 | 1.0 |
| Tapatio Sauce | 1 each | 50 | 0 | 0.0 | 0.0 |
| Weighted Daily Average | | | 659 | 31.94 | 81.44 |
| % of Calories | | | | 19.4% | 49.4% |
| Nutrient Guideline | | | 750-850 | | |

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Central Unified Food Services

Oct 1, 2021 thru Oct 31, 2021

Base Menu Spreadsheet

High School Lunch Menu

Portion Values - Detailed

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| | Portion Size | Reimb Qty | Cals (kcal) | Protn (g) | Carb (g) |
|----------------------------|--------------|-----------|-------------|-----------|----------|
| Fri - 10/22/2021 | | | | | |
| High School Lunch Menu | Total | 500 | | | |
| Chicken Tenders WG, 6 each | 6 Each | 25 | 420 | 30.0 | 26.0 |
| Chicken Tenders Spicy 6 | 1 each | 25 | 520 | 30.0 | 34.0 |
| Chicken Tenders 1/2 & 1/2 | 1 each | 25 | 470 | 30.0 | 30.0 |
| Hot Link | 1 each | 75 | 320 | 11.0 | 31.0 |
| Pizza, Big Daddy Cheese | 1 Each | 50 | 370 | 19.0 | 43.0 |
| Pizza, Big Daddy Pepperoni | 1 Each | 50 | 380 | 19.0 | 44.0 |
| Orange Bowl - 2nd | Bowl | 75 | 336 | 18.32 | 76.03 |
| Salad, Chicken BLT | 1 each | 25 | 715 | 38.31 | 60.59 |
| Wrap, Spicy Chicken | 1 each | 50 | 653 | 24.24 | 40.94 |
| PBJ Grape WW Sandwich | 1 Each | 10 | 630 | 19.0 | 64.0 |
| Baby Carrots | 1/2 Cup | 200 | 25 | 0.0 | 6.0 |
| French Fries, Wedges | 1 each | 450 | 166 | 2.77 | 27.68 |
| CANTALOUPE | 1/2 CUP | 350 | 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 |
| Ketchup Pkt. | 1 each | 50 | 10 | 0.0 | 2.0 |
| Mustard Pkt. | 1 each | 50 | 5 | 0.0 | 0.0 |
| Mayo Pkt | 1 | 50 | 70 | 0.0 | 0.0 |
| BBQ Sauce Cup | 1 ea | 50 | 40 | 0.0 | 10.0 |
| Soy Sauce Pkt. | 1 each | 50 | 0 | 0.0 | 0.0 |
| ranch dressing | pkt | 50 | 70 | 0.0 | 1.0 |
| Tapatio Sauce | 1 each | 50 | 0 | 0.0 | 0.0 |
| Weighted Daily Average | | | 679 | 29.98 | 90.34 |
| % of Calories | | | | 17.7% | 53.2% |
| Nutrient Guideline | | | 750-850 | | |

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Central Unified Food Services

Oct 1, 2021 thru Oct 31, 2021

Base Menu Spreadsheet

High School Lunch Menu

Portion Values - Detailed

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| | Portion Size | Reimb Qty | Cals (kcal) | Protn (g) | Carb (g) |
|--------------------------------|-----------------|--------------|----------------|--------------|-------------|
| Mon - 10/25/2021 | | | | | |
| High School Lunch Menu | Total | 500 | | | |
| Chicken Tenders WG, 6 each | 6 Each | 25 | 420 | 30.0 | 26.0 |
| Chicken Tenders Spicy 6 | 1 each | 25 | 520 | 30.0 | 34.0 |
| Chicken Tenders 1/2 & 1/2 | 1 each | 25 | 470 | 30.0 | 30.0 |
| Pull Apart Cheese Bread | 1 each | 50 | 290 | 15.0 | 29.0 |
| Pizza, Big Daddy Cheese | 1 Each | 50 | 370 | 19.0 | 43.0 |
| Pizza, Big Daddy Pepperoni | 1 Each | 75 | 380 | 19.0 | 44.0 |
| Orange Bowl - 2nd | Bowl | 90 | 336 | 18.32 | 76.03 |
| Salad, Oriental | 1 Each | 50 | 668 | 34.03 | 77.47 |
| Wrap, Chicken Bacon | 1 each | 25 | 644 | 38.0 | 44.11 |
| PBJ Grape WW Sandwich | 1 Each | 10 | 630 | 19.0 | 64.0 |
| French Fries, Spiral | 1/2 Cup | 450 | 110 | 1.0 | 15.0 |
| Baby Carrots | 1/2 Cup | 200 | 25 | 0.0 | 6.0 |
| 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 |
| Ketchup Pkt. | 1 each | 50 | 10 | 0.0 | 2.0 |
| Mustard Pkt. | 1 each | 50 | 5 | 0.0 | 0.0 |
| Mayo Pkt | 1 | 50 | 70 | 0.0 | 0.0 |
| BBQ Sauce Cup | 1 ea | 50 | 40 | 0.0 | 10.0 |
| Soy Sauce Pkt. | 1 each | 50 | 0 | 0.0 | 0.0 |
| ranch dressing | pkt | 50 | 70 | 0.0 | 1.0 |
| Tapatio Sauce | 1 each | 50 | 0 | 0.0 | 0.0 |
| Weighted Daily Average | | | 665 | 30.47 | 92.81 |
| % of Calories | | | | 18.3% | 55.8% |
| Nutrient Guideline | | | 750-850 | | |

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Central Unified Food Services

Oct 1, 2021 thru Oct 31, 2021

Base Menu Spreadsheet

High School Lunch Menu

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| | Portion Size | Reimb Qty | Cals (kcal) | Protn (g) | Carb (g) |
|------------------------------|--------------|-----------|-------------|-----------|----------|
| Tue - 10/26/2021 | | | | | |
| High School Lunch Menu | Total | 500 | | | |
| Chicken Tenders WG, 6 each | 6 Each | 25 | 420 | 30.0 | 26.0 |
| Chicken Tenders Spicy 6 | 1 each | 25 | 520 | 30.0 | 34.0 |
| Chicken Tenders 1/2 & 1/2 | 1 each | 25 | 470 | 30.0 | 30.0 |
| Mini Twin Cheeseburgers | 1 | 50 | 390 | 20.0 | 41.0 |
| Jumbo B&C Burrito, Foil Wrap | 1 each | 50 | 397 | 26.0 | 56.5 |
| Pizza, FB Pepperoni | 1 EA | 50 | 310 | 17.0 | 33.0 |
| Pizza, FB Cheese | 1 each | 75 | 290 | 17.0 | 33.0 |
| Teriyaki Bowl - 2nd | Bowl | 75 | 391 | 26.25 | 58.92 |
| Salad, Southwestern | 1 each | 50 | 707 | 22.72 | 73.08 |
| Wrap, Spicy Chicken | 1 each | 50 | 653 | 24.24 | 40.94 |
| PBJ Strawberry Sandwich | 1 Each | 25 | 630 | 19.0 | 64.0 |
| French Fries, Garlic | 1/2 Cup | 450 | 130 | 2.0 | 18.0 |
| Baby Carrots | 1/2 Cup | 150 | 25 | 0.0 | 6.0 |
| GRAPES, Fresh | 1/2 Cup | 350 | 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 | 50 | 10 | 0.0 | 2.0 |
| Mustard Pkt. | 1 each | 50 | 5 | 0.0 | 0.0 |
| Mayo Pkt | 1 | 50 | 70 | 0.0 | 0.0 |
| BBQ Sauce Cup | 1 ea | 50 | 40 | 0.0 | 10.0 |
| Soy Sauce Pkt. | 1 each | 50 | 0 | 0.0 | 0.0 |
| ranch dressing | pkt | 50 | 70 | 0.0 | 1.0 |
| Tapatio Sauce | 1 each | 50 | 0 | 0.0 | 0.0 |
| Weighted Daily Average | | | 759 | 34.54 | 96.28 |
| % of Calories | | | | 18.2% | 50.7% |
| Nutrient Guideline | | | 750-850 | | |

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Central Unified Food Services

Oct 1, 2021 thru Oct 31, 2021

Base Menu Spreadsheet

High School Lunch Menu

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| | Portion Size | Reimb Qty | Cals (kcal) | Protn (g) | Carb (g) |
|----------------------------|--------------|-----------|-------------|-----------|----------|
| Wed - 10/27/2021 | | | | | |
| High School Lunch Menu | Total | 500 | | | |
| Chicken Tenders WG, 6 each | 6 Each | 25 | 420 | 30.0 | 26.0 |
| Chicken Tenders Spicy 6 | 1 each | 25 | 520 | 30.0 | 34.0 |
| Chicken Tenders 1/2 & 1/2 | 1 each | 25 | 470 | 30.0 | 30.0 |
| Grizzly Burger | 1 each | 50 | 570 | 26.7 | 49.7 |
| Pizza, Big Daddy Cheese | 1 Each | 50 | 370 | 19.0 | 43.0 |
| Pizza, Big Daddy Pepperoni | 1 Each | 75 | 380 | 19.0 | 44.0 |
| Orange Bowl - 2nd | Bowl | 75 | 336 | 18.32 | 76.03 |
| Salad, Chicken BLT | 1 each | 50 | 715 | 38.31 | 60.59 |
| Wrap, Chicken | 1 each | 50 | 603 | 24.24 | 37.94 |
| PBJ Strawberry Sandwich | 1 Each | 25 | 630 | 19.0 | 64.0 |
| French Fries, Waffle Cut | 1/2 Cup | 450 | 170 | 2.0 | 22.0 |
| Side Salad | 1 each | 200 | 179 | 2.27 | 8.8 |
| Fruit Cup, Mixed Berry | 1 each | 350 | 90 | 0.0 | 20.0 |
| 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 | 50 | 10 | 0.0 | 2.0 |
| Mustard Pkt. | 1 each | 50 | 5 | 0.0 | 0.0 |
| Mayo Pkt | 1 | 50 | 70 | 0.0 | 0.0 |
| BBQ Sauce Cup | 1 ea | 50 | 40 | 0.0 | 10.0 |
| Soy Sauce Pkt. | 1 each | 50 | 0 | 0.0 | 0.0 |
| ranch dressing | pkt | 50 | 70 | 0.0 | 1.0 |
| Tapatio Sauce | 1 each | 50 | 0 | 0.0 | 0.0 |
| Weighted Daily Average | | | 864 | 33.98 | 103.45 |
| % of Calories | | | | 15.7% | 47.9% |
| Nutrient Guideline | | | 750-850 | | |

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

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

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Central Unified Food Services

Oct 1, 2021 thru Oct 31, 2021

Base Menu Spreadsheet

High School Lunch Menu

Portion Values - Detailed

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| | Portion Size | Reimb Qty | Cals (kcal) | Protn (g) | Carb (g) |
|------------------------------|--------------|-----------|-------------|-----------|----------|
| Thu - 10/28/2021 | | | | | |
| High School Lunch Menu | Total | 500 | | | |
| Chicken Tenders WG, 6 each | 6 Each | 25 | 420 | 30.0 | 26.0 |
| Chicken Tenders Spicy 6 | 1 each | 25 | 520 | 30.0 | 34.0 |
| Chicken Tenders 1/2 & 1/2 | 1 each | 25 | 470 | 30.0 | 30.0 |
| Spaghetti Meat Sauce, 3.5 oz | 1 each | 50 | 105 | 9.0 | 6.0 |
| WG Garlic Knot | 1 each | 50 | 170 | 4.0 | 23.0 |
| Pizza, FB Pepperoni | 1 EA | 75 | 310 | 17.0 | 33.0 |
| Pizza, FB Cheese | 1 each | 75 | 290 | 17.0 | 33.0 |
| Teriyaki Bowl - 2nd | Bowl | 75 | 391 | 26.25 | 58.92 |
| Salad, Caesar | 1 each | 25 | 578 | 43.56 | 53.08 |
| Wrap, Spicy Chicken | 1 each | 50 | 653 | 24.24 | 40.94 |
| PBJ Strawberry Sandwich | 1 Each | 25 | 630 | 19.0 | 64.0 |
| French Fries, Spiral | 1/2 Cup | 450 | 110 | 1.0 | 15.0 |
| Jicama | 1/2 Cup | 200 | 25 | 0.85 | 5.25 |
| Apples, Bagged | 1 each | 350 | 34 | 0.0 | 8.0 |
| Low Fat Milk, 1% | 1 Each | 50 | 130 | 11.0 | 16.0 |
| Chocolate Milk, NonFat | 1 Each | 150 | 120 | 9.0 | 21.0 |
| Milk, Strawberry | 1 each | 300 | 120 | 9.0 | 19.0 |
| Ketchup Pkt. | 1 each | 50 | 10 | 0.0 | 2.0 |
| Mustard Pkt. | 1 each | 50 | 5 | 0.0 | 0.0 |
| Mayo Pkt | 1 | 50 | 70 | 0.0 | 0.0 |
| BBQ Sauce Cup | 1 ea | 50 | 40 | 0.0 | 10.0 |
| Soy Sauce Pkt. | 1 each | 50 | 0 | 0.0 | 0.0 |
| ranch dressing | pkt | 50 | 70 | 0.0 | 1.0 |
| Tapatio Sauce | 1 each | 50 | 0 | 0.0 | 0.0 |
| Weighted Daily Average | | | 646 | 30.83 | 77.89 |
| % of Calories | | | | 19.1% | 48.3% |
| Nutrient Guideline | | | 750-850 | | |

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Central Unified Food Services

Oct 1, 2021 thru Oct 31, 2021

Base Menu Spreadsheet

High School Lunch Menu

Portion Values - Detailed

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Generated on: 8/30/2021 3:52:02 PM

| | Portion Size | Reimb Qty | Cals (kcal) | Protn (g) | Carb (g) |
|----------------------------|--------------|-----------|-------------|-----------|----------|
| Fri - 10/29/2021 | | | | | |
| High School Lunch Menu | Total | 500 | | | |
| Chicken Tenders WG, 6 each | 6 Each | 25 | 420 | 30.0 | 26.0 |
| Chicken Tenders Spicy 6 | 1 each | 25 | 520 | 30.0 | 34.0 |
| Chicken Tenders 1/2 & 1/2 | 1 each | 25 | 470 | 30.0 | 30.0 |
| Hot Link | 1 each | 75 | 320 | 11.0 | 31.0 |
| Pizza, Big Daddy Cheese | 1 Each | 50 | 370 | 19.0 | 43.0 |
| Pizza, Big Daddy Pepperoni | 1 Each | 50 | 380 | 19.0 | 44.0 |
| Orange Bowl - 2nd | Bowl | 75 | 336 | 18.32 | 76.03 |
| Salad, Chicken BLT | 1 each | 25 | 715 | 38.31 | 60.59 |
| Wrap, Spicy Chicken | 1 each | 50 | 653 | 24.24 | 40.94 |
| PBJ Grape WW Sandwich | 1 Each | 10 | 630 | 19.0 | 64.0 |
| Baby Carrots | 1/2 Cup | 200 | 25 | 0.0 | 6.0 |
| French Fries, Wedges | 1 each | 450 | 166 | 2.77 | 27.68 |
| Rosati, Orange Chillin Bat | 1 each | 350 | 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 |
| Ketchup Pkt. | 1 each | 50 | 10 | 0.0 | 2.0 |
| Mustard Pkt. | 1 each | 50 | 5 | 0.0 | 0.0 |
| Mayo Pkt | 1 | 50 | 70 | 0.0 | 0.0 |
| BBQ Sauce Cup | 1 ea | 50 | 40 | 0.0 | 10.0 |
| Soy Sauce Pkt. | 1 each | 50 | 0 | 0.0 | 0.0 |
| ranch dressing | pkt | 50 | 70 | 0.0 | 1.0 |
| Tapatio Sauce | 1 each | 50 | 0 | 0.0 | 0.0 |
| Cookie, Pumpkin | 1 ea | 500 | 120 | 1.0 | 16.0 |
| Weighted Daily Average | | | 849 | 30.51 | 119.27 |
| % of Calories | | | | 14.4% | 56.2% |
| Nutrient Guideline | | | 750-850 | | |

| | | | | | |
|------------------|--|--|-----|-------|-------|
| Weighted Average | | | 739 | 32.57 | 95.21 |
| | | | | 17.6% | 51.5% |

| Nutrient | Menu AVG | % of Cals | Weekly Target | % of Target | Miss Data | Shortfall | Overage | Error Messages (if any) |
|------------------|----------|-----------|---------------|-------------|-----------|-----------|---------|--|
| Calories | 739 | | 750 - 850 | 99% | | 11 | | Correction Required - Calories are Low |
| Protein (g) | 32.57 | 17.63% | | | | | | |
| Carbohydrate (g) | 95.21 | 51.53% | | | | | | |

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