

# Central Unified Food Services

Jul 3, 2017 thru Jul 31, 2017

## Base Menu Spreadsheet

Summer School 7-12

### 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 - 07/05/2017																
Summer School 7-12	Total	400														
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
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, 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
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	50	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	350	170	0	600	2.00	0.72	0.0	0	6.0	*N/A*	2.0	22.0	8.0	1.00	0.00
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 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	300	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	9.0	21.0	0.0	0.00	0.00
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			861	59	1853	8.45	4.66	471.5	8325	34.48	*22	35.44	115.41	28.17	6.53	*0.00
% of Calories											*10.3%	16.5%	53.6%	29.4%	6.8%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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

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

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Summer School 7-12

### 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 - 07/06/2017																
Summer School 7-12	Total	400														
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
Tortilla Chips, 2oz bag	50	135	0	55	2.00	0.36	20.0	0	0.0	0	2.0	19.0	5.0	1.00	0.00	0.00
Cheese Cup, Jalapeno	1 Cup	50	130	30	570	0.00	0.00	300.0	200	0.0	*N/A*	8.0	5.0	9.0	6.00	0.00
Taco Meat	1	50	110	35	270	0.00	1.44	0.0	0	0.0	*N/A*	11.0	2.0	7.0	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	50	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	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
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	50	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	350	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	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	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	150	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			767	71	1531	7.01	13.82	551.8	3778	23.24	*25	33.27	93.01	29.19	7.91	*0.15
% of Calories											*13.2%	17.3%	48.5%	34.2%	9.3%	*0.2%
Nutrient Guideline			750-850		1420										<10.00	

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## Base Menu Spreadsheet

Summer School 7-12

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 07/07/2017																
Summer School 7-12	Total	400														
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	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, 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
Teriyaki Bowl - 2nd	Bowl	50	307	55	375	1.21	85.00	0.0	0	0.0	*N/A*	17.33	52.44	3.94	0.78	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	50	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	350	130	0	430	2.00	0.36	0.0	0	6.0	*N/A*	2.0	18.0	5.0	1.00	0.00
PEARS: canned,light syrup	1/2 Cup	350	72	0	6	2.01	0.35	6.3	0	0.88	15	0.24	19.04	0.04	0.00	0.00
Raisins, Box	1 Box	100	113	0	4	1.40	0.71	19.0	0	0.87	*N/A*	1.16	29.98	0.17	0.04	0.00
Low Fat Milk, 1%	1 Each	100	130	15	160	0.00	0.00	400.0	500	2.4	*N/A*	11.0	16.0	2.5	1.50	0.00
Chocolate Milk, NonFat	1 Each	300	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	9.0	21.0	0.0	0.00	0.00
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			808	61	1634	8.55	14.61	476.2	8409	20.27	*19	33.74	106.47	27.76	6.88	*0.00
% of Calories											*9.3%	16.7%	52.7%	30.9%	7.7%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Summer School 7-12

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 07/10/2017																
Summer School 7-12	Total	400														
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
Ham & Cheese on a Bun	1 each	50	299	44	779	3.00	*1.98	*80.0	*0	*0.0	5	17.14	32.06	13.15	6.58	0.00
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
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
Wrap, Chicken Bacon	1 each	50	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	50	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	350	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	100	113	0	4	1.40	0.71	19.0	0	0.87	*N/A*	1.16	29.98	0.17	0.04	0.00
Low Fat Milk, 1%	1 Each	100	130	15	160	0.00	0.00	400.0	500	2.4	*N/A*	11.0	16.0	2.5	1.50	0.00
Chocolate Milk, NonFat	1 Each	300	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	9.0	21.0	0.0	0.00	0.00
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	69	1590	6.75	*14.77	*494.4	*8962	*17.48	*21	34.49	104.28	26.28	6.97	*0.00
% of Calories											*10.8%	17.5%	53.0%	30.1%	8.0%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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Summer School 7-12

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 07/11/2017																
Summer School 7-12	Total	400														
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 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
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	50	307	55	375	1.21	85.00	0.0	0	0.0	*N/A*	17.33	52.44	3.94	0.78	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	50	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	350	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
STRAWBERRIES,FRESH	1 CUP	350	46	0	1	2.88	0.59	23.0	17	84.67	7	0.96	11.06	0.43	0.02	0.00
Raisins, Box	1 Box	100	113	0	4	1.40	0.71	19.0	0	0.87	*N/A*	1.16	29.98	0.17	0.04	0.00
Low Fat Milk, 1%	1 Each	100	130	15	160	0.00	0.00	400.0	500	2.4	*N/A*	11.0	16.0	2.5	1.50	0.00
Chocolate Milk, NonFat	1 Each	300	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	9.0	21.0	0.0	0.00	0.00
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	70	1661	8.18	14.52	523.4	3715	93.88	*12	35.65	94.88	28.99	7.58	*0.15
% of Calories											*6.3%	18.3%	48.6%	33.4%	8.7%	*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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<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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# Central Unified Food Services

Jul 3, 2017 thru Jul 31, 2017

Base Menu Spreadsheet

Summer School 7-12

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 07/12/2017																
Summer School 7-12	Total	400														
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 Dog	1 ea	50	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, 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
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	50	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	325	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	100	113	0	4	1.40	0.71	19.0	0	0.87	*N/A*	1.16	29.98	0.17	0.04	0.00
Low Fat Milk, 1%	1 Each	100	130	15	160	0.00	0.00	400.0	500	2.4	*N/A*	11.0	16.0	2.5	1.50	0.00
Chocolate Milk, NonFat	1 Each	300	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	9.0	21.0	0.0	0.00	0.00
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			778	56	1808	6.80	4.61	476.8	8283	22.43	*13	33.81	98.57	27.48	6.04	*0.00
% of Calories											*6.9%	17.4%	50.7%	31.8%	7.0%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	

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# Central Unified Food Services

Jul 3, 2017 thru Jul 31, 2017

Base Menu Spreadsheet

Summer School 7-12

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 07/13/2017																
Summer School 7-12	Total	400														
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
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	2 oz	50	62	0	281	1.93	0.37	15.9	696	6.35	*N/A*	1.03	9.03	2.7	0.39	*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
Breadstick, WG Cheese & Garlic	1 each	50	173	6	240	4.00	2.40	78.6	3	0.0	*N/A*	8.0	30.5	2.67	1.00	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
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
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	50	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	350	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	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	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	150	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			775	70	1529	7.63	14.19	541.1	3877	24.18	*25	33.96	95.27	28.93	7.70	*0.15
% of Calories											*13.1%	17.5%	49.2%	33.6%	8.9%	*0.2%
Nutrient Guideline			750-850		1420										<10.00	

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# Central Unified Food Services

Jul 3, 2017 thru Jul 31, 2017

Base Menu Spreadsheet

Summer School 7-12

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 07/14/2017																
Summer School 7-12	Total	400														
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	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, 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
Teriyaki Bowl - 2nd	Bowl	50	307	55	375	1.21	85.00	0.0	0	0.0	*N/A*	17.33	52.44	3.94	0.78	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	50	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
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
French Fries, Garlic	1/2 Cup	350	130	0	430	2.00	0.36	0.0	0	6.0	*N/A*	2.0	18.0	5.0	1.00	0.00
PEARS: canned,light syrup	1/2 Cup	350	72	0	6	2.01	0.35	6.3	0	0.88	15	0.24	19.04	0.04	0.00	0.00
Raisins, Box	1 Box	100	113	0	4	1.40	0.71	19.0	0	0.87	*N/A*	1.16	29.98	0.17	0.04	0.00
Low Fat Milk, 1%	1 Each	100	130	15	160	0.00	0.00	400.0	500	2.4	*N/A*	11.0	16.0	2.5	1.50	0.00
Chocolate Milk, NonFat	1 Each	300	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	9.0	21.0	0.0	0.00	0.00
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			826	61	1651	9.21	14.81	480.9	8413	20.84	*19	34.49	109.86	27.93	6.90	*0.00
% of Calories											*9.1%	16.7%	53.2%	30.4%	7.5%	*0.0%
Nutrient Guideline			750-850		1420										<10.00	
Weighted Average			798	65	1657	7.82	*12.00	*502.0	*6720	*32.10	*20	34.36	102.22	28.09	7.06	*0.05
											*22.2%	17.2%	51.2%	31.7%	8.0%	*0.1%

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# Central Unified Food Services

Jul 3, 2017 thru Jul 31, 2017

Base Menu Spreadsheet

Summer School 7-12

Portion Values - Detailed

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Nutrient	Menu AVG	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)	
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)										
Calories	798		750 - 850	100%														
Cholesterol (mg)	65																	
Sodium (mg)	1657		1420						237	Correction Required - Sodium too High								
Fiber (g)	7.82																	
Iron (mg)	12.00					Missing												
Calcium (mg)	502.0					Missing												
Vitamin A (IU)	6720					Missing												
Sugars (g)	20	9.87%				Missing												
Vitamin C (mg)	32.10					Missing												
Protein (g)	34.36	17.22%																
Carbohydrate (g)	102.22	51.24%																
Total Fat (g)	28.09	31.69%																
Saturated Fat (g)	7.06	7.97%	<10.00%															
Trans Fat <sup>1</sup> (g)	0.05	0.06%				Missing												

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