

# Menu Compliance - Nutrient Detail Report

District: Torrance Unified School District

School: School

Menu: TUSD Elementary Menu 2016-2017

Date Range: May 29, 2017 - June 22, 2017

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sodium (mg)	Carbohydrates (g)	Sugars (g)
Mon - 05/29/2017										
TUSD Elementary Menu 2016-2017										
		Total	410							
Weighted Daily Average				N/A	N/A	N/A	N/A	N/A	N/A	N/A
% of Calories					N/A	N/A	N/A		N/A	

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sodium (mg)	Carbohydrates (g)	Sugars (g)
Tue - 05/30/2017										
TUSD Elementary Menu 2016-2017										
		Total	410							
Grilled Cheese	1761531	1.00 each	20	280.310	9.910	5.560	0.000	580.768	30.959	5.650
PB&J Uncrustables Sandwich	2193369	1.00 each	20	320.000	17.000	3.500	0.000	320.000	32.000	13.000
4oz Yogurt	1225971	1.00 each	10	80.000	0.000	0.000	0.000	65.000	16.000	13.000
Fish Nuggets	1953306	4.00 nuggets	350	210.000	45.000	0.500	0.000	290.000	23.000	0.000

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sodium (mg)	Carbohydrates (g)	Sugars (g)
Chinese Chicken Salad, Elementary	2193853	1.00 ea	10	412.868	22.437	3.855	0.001	1047.218	31.861	14.217
Criss Cut Fries	1206352	3.00 oz	400	160.000	8.000	1.000	0.000	550.000	21.000	1.000
Baby carrots	1599740	0.50 cup	50	25.401	0.094	0.017	0.000	56.608	5.980	3.455
Lettuce, cos or romaine, raw	2195187	1.00 cup	50	7.990	0.141	0.018	0.000	3.760	1.546	0.559
Sugar Snap Peas	2198283	0.50 cup	50	18.000	0.000	0.000	0.000	2.000	3.000	2.000
Jicama (yambean), raw	2194885	0.50 cup	50	23.000	0.000	0.000	0.000	2.500	5.500	1.000
Bean, Black	2193953	0.50 cup	25	109.000	0.000	0.000	0.000	140.000	20.000	0.000
Wildberry Juice	2195973	4.00 oz	50	60.000	0.000	0.000	0.000	15.000	15.000	15.000
Orange Juice	1274940	4.00 oz	50	55.000	0.000	0.000	0.000	14.000	14.000	14.000
Apple Juice	1274941	4.00 oz	50	55.000	0.000	0.000	0.000	15.000	15.000	15.000
Apple, raw	1599741	1.00 each	25	94.640	0.309	0.051	0.000	1.820	25.134	18.910
Orange	2193897	1.00 Orange	25	100.170	0.477	0.056	0.000	3.180	24.645	N/A*
WG Goldfish	2193341	1.00 Bag	30	100.000	3.500	1.000	0.000	170.000	14.000	0.000
Dinner Roll, White Wheat	2197567	1.00 roll	10	70.000	0.000	0.000	0.000	140.000	14.000	0.000
Holiday Star Cookie	2194501	31.00 gram	400	160.000	8.000	2.000	0.000	95.000	21.000	10.000
1% White Milk	1251720	8.00 oz	100	120.000	2.500	1.500	0.000	150.000	14.000	14.000
Chocolate Milk	1251611	8.00 oz	200	120.000	0.000	0.000	0.000	150.000	22.000	20.000
Dressing, Fat Free Italian, Salad Bar	2195073	0.50 ounce	100	4.725	0.000	0.000	0.000	231.521	1.417	0.945

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sodium (mg)	Carbohydrates (g)	Sugars (g)
Dressing, Lite Ranch	2197533	1.00 tbsp	100	50.000	5.000	0.500	0.000	160.000	2.000	1.000
String Cheese	1224863	1.00 each	30	80.000	6.000	4.000	0.000	210.000	1.000	0.000
Weighted Daily Average				697.127	58.485	4.754	0.000	1206.483	92.842	33.325*
% of Calories					75.51%	6.14%	0.00%		53.27%	

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sodium (mg)	Carbohydrates (g)	Sugars (g)
Wed - 05/31/2017										
TUSD Elementary Menu 2016-2017										
		Total	410							
Grilled Cheese	1761531	1.00 each	20	280.310	9.910	5.560	0.000	580.768	30.959	5.650
PB&J Uncrustables Sandwich	2193369	1.00 each	20	320.000	17.000	3.500	0.000	320.000	32.000	13.000
4oz Yogurt	1225971	1.00 each	10	80.000	0.000	0.000	0.000	65.000	16.000	13.000
WG Chicken Filet, Breaded	2197581	1.00 pattie	350	216.000	8.000	1.000	0.000	576.000	16.000	1.000
Caesar Salad, Elementary	2193849	1.00 ea	10	440.634	31.744	6.026	0.000	995.815	17.812	4.499
Baby carrots	1599740	0.50 cup	50	25.401	0.094	0.017	0.000	56.608	5.980	3.455
Lettuce, shredded	2195181	0.13 cup	100	1.260	0.013	0.002	0.000	0.900	0.267	0.177
Lettuce, shredded, salad bar	2195183	1.00 cup	50	10.080	0.101	0.013	0.000	7.200	2.138	1.418
Tomatoes, red, sliced	2195079	2.00 slices	100	7.200	0.080	0.011	0.000	2.000	1.556	1.052

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sodium (mg)	Carbohydrates (g)	Sugars (g)
Seasoned Fries	2194147	1.00 serving	400	0.000	0.000	0.000	0.000	0.000	0.000	0.000
Sugar Snap Peas	2198283	0.50 cup	50	18.000	0.000	0.000	0.000	2.000	3.000	2.000
Apple Juice	1274941	4.00 oz	50	55.000	0.000	0.000	0.000	15.000	15.000	15.000
Orange Juice	1274940	4.00 oz	50	55.000	0.000	0.000	0.000	14.000	14.000	14.000
Wildberry Juice	2195973	4.00 oz	50	60.000	0.000	0.000	0.000	15.000	15.000	15.000
Grapes, raw	2195031	0.50 cup	25	30.820	0.161	0.052	0.000	0.920	7.889	7.475
Banana	1832740	1.00 each	25	105.020	0.389	0.132	0.000	1.180	26.951	14.431
WG Goldfish	2193341	1.00 Bag	30	100.000	3.500	1.000	0.000	170.000	14.000	0.000
Hamburger Bun, White Wheat, 4"	2197597	1.00 bun	350	140.000	2.500	0.000	0.000	270.000	26.000	1.000
Dinner Roll, White Wheat	2197567	1.00 roll	10	70.000	0.000	0.000	0.000	140.000	14.000	0.000
1% White Milk	1251720	8.00 oz	100	120.000	2.500	1.500	0.000	150.000	14.000	14.000
Chocolate Milk	1251611	8.00 oz	200	120.000	0.000	0.000	0.000	150.000	22.000	20.000
Dressing, Lite Ranch	2197533	1.00 tbsp	100	50.000	5.000	0.500	0.000	160.000	2.000	1.000
Dressing, Fat Free Italian, Salad Bar	2195073	0.50 ounce	100	4.725	0.000	0.000	0.000	231.521	1.417	0.945
Pickle Chips	2193951	2.00 Slices	100	0.000	0.000	0.000	0.000	83.600	0.000	0.000
String Cheese	1224863	1.00 each	30	80.000	6.000	4.000	0.000	210.000	1.000	0.000
Weighted Daily Average				499.515	13.655	2.314	0.000	1063.094	65.459	24.529
% of Calories					24.60%	4.17%	0.00%		52.42%	

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sodium (mg)	Carbohydrates (g)	Sugars (g)
Thu - 06/01/2017										
TUSD Elementary Menu 2016-2017										
		Total	410							
Grilled Cheese	1761531	1.00 each	20	280.310	9.910	5.560	0.000	580.768	30.959	5.650
PB&J Uncrustables Sandwich	2193369	1.00 each	20	320.000	17.000	3.500	0.000	320.000	32.000	13.000
4oz Yogurt	1225971	1.00 each	10	80.000	0.000	0.000	0.000	65.000	16.000	13.000
Chinese Chicken Salad, Elementary	2193853	1.00 ea	10	412.868	22.437	3.855	0.001	1047.218	31.861	14.217
WG Pancakes	2194021	1.00 svg	125	160.008	4.000	0.667	0.000	260.013	27.335	6.667
French Toast, Apple Cinnamon, WG, IW	2197571	1.00 slice	125	260.000	6.000	1.000	0.000	300.000	30.000	17.000
Waffle Sticks, WG (Sub)	2198287	1.00 serving	100	220.000	7.000	1.000	0.000	330.000	38.000	8.000
Baby carrots	1599740	0.50 cup	50	25.401	0.094	0.017	0.000	56.608	5.980	3.455
Sugar Snap Peas	2198283	0.50 cup	50	18.000	0.000	0.000	0.000	2.000	3.000	2.000
Jicama (yambean), raw	2194885	0.50 cup	50	23.000	0.000	0.000	0.000	2.500	5.500	1.000
Bean, Black	2193953	0.50 cup	25	109.000	0.000	0.000	0.000	140.000	20.000	0.000
Apple Juice	1274941	4.00 oz	50	55.000	0.000	0.000	0.000	15.000	15.000	15.000
Orange Juice	1274940	4.00 oz	50	55.000	0.000	0.000	0.000	14.000	14.000	14.000
Wildberry Juice	2195973	4.00 oz	50	60.000	0.000	0.000	0.000	15.000	15.000	15.000
Orange	2193897	1.00 Orange	25	100.170	0.477	0.056	0.000	3.180	24.645	N/A*

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sodium (mg)	Carbohydrates (g)	Sugars (g)
Apple, raw	1599741	1.00 each	25	94.640	0.309	0.051	0.000	1.820	25.134	18.910
Sliced Pears	2196789	0.50 cup	400	57.995	0.124	0.000	0.000	1.996	15.116	N/A*
Mixed Fruit	1198792	1/2 cup	25	68.002	0.101	0.025	0.000	8.001	17.879	N/A*
WG Goldfish	2193341	1.00 Bag	30	100.000	3.500	1.000	0.000	170.000	14.000	0.000
Dinner Roll, White Wheat	2197567	1.00 roll	360	70.000	0.000	0.000	0.000	140.000	14.000	0.000
1% White Milk	1251720	8.00 oz	100	120.000	2.500	1.500	0.000	150.000	14.000	14.000
Chocolate Milk	1251611	8.00 oz	200	120.000	0.000	0.000	0.000	150.000	22.000	20.000
Dressing, Lite Ranch	2197533	1.00 tbsp	100	50.000	5.000	0.500	0.000	160.000	2.000	1.000
Dressing, Fat Free Italian, Salad Bar	2195073	0.50 ounce	100	4.725	0.000	0.000	0.000	231.521	1.417	0.945
String Cheese	1224863	1.00 each	30	80.000	6.000	4.000	0.000	210.000	1.000	0.000
Syrup	1496572	1.50 oz	350	120.000	0.000	0.000	0.000	0.000	31.000	19.000
Beef Sausage Pattie	1206717	1.00 piece	350	70.000	4.500	1.500	0.000	240.000	1.000	0.000
Weighted Daily Average				669.077	13.168	3.432	0.000	907.244	113.898	47.911*
% of Calories					17.71%	4.62%	0.00%		68.09%	

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sodium (mg)	Carbohydrates (g)	Sugars (g)
Fri - 06/02/2017										
TUSD Elementary Menu 2016-2017										

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sodium (mg)	Carbohydrates (g)	Sugars (g)
		Total	400							
Grilled Cheese	1761531	1.00 each	20	280.310	9.910	5.560	0.000	580.768	30.959	5.650
PB&J Uncrustables Sandwich	2193369	1.00 each	20	320.000	17.000	3.500	0.000	320.000	32.000	13.000
4oz Yogurt	1225971	1.00 each	10	80.000	0.000	0.000	0.000	65.000	16.000	13.000
Domino's Pizza - Smart Slice	2193315	1.00 slice	350	240.000	6.000	2.500	0.000	480.000	31.000	3.000
Baby carrots	1599740	0.50 cup	50	25.401	0.094	0.017	0.000	56.608	5.980	3.455
Bean, Black	2193953	0.50 cup	25	109.000	0.000	0.000	0.000	140.000	20.000	0.000
Sugar Snap Peas	2198283	0.50 cup	50	18.000	0.000	0.000	0.000	2.000	3.000	2.000
Jicama (yambean), raw	2194885	0.50 cup	50	23.000	0.000	0.000	0.000	2.500	5.500	1.000
Apple Juice	1274941	4.00 oz	50	55.000	0.000	0.000	0.000	15.000	15.000	15.000
Orange Juice	1274940	4.00 oz	50	55.000	0.000	0.000	0.000	14.000	14.000	14.000
Wildberry Juice	2195973	4.00 oz	50	60.000	0.000	0.000	0.000	15.000	15.000	15.000
Mixed Fruit	1198792	1/2 cup	400	68.002	0.101	0.025	0.000	8.001	17.879	N/A*
Grapes, raw	2195031	0.50 cup	25	30.820	0.161	0.052	0.000	0.920	7.889	7.475
WG Goldfish	2193341	1.00 Bag	30	100.000	3.500	1.000	0.000	170.000	14.000	0.000
1% White Milk	1251720	8.00 oz	100	120.000	2.500	1.500	0.000	150.000	14.000	14.000
Chocolate Milk	1251611	8.00 oz	200	120.000	0.000	0.000	0.000	150.000	22.000	20.000
Dressing, Lite Ranch	2197533	1.00 tbsp	200	50.000	5.000	0.500	0.000	160.000	2.000	1.000

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sodium (mg)	Carbohydrates (g)	Sugars (g)
Dressing, Fat Free Italian, Salad Bar	2195073	0.50 ounce	100	4.725	0.000	0.000	0.000	231.521	1.417	0.945
String Cheese	1224863	1.00 each	30	80.000	6.000	4.000	0.000	210.000	1.000	0.000
Weighted Daily Average				477.988	10.556	3.671	0.000	775.491	74.584	24.893*
% of Calories					19.88%	6.91%	0.00%		62.42%	

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sodium (mg)	Carbohydrates (g)	Sugars (g)
Mon - 06/05/2017										
TUSD Elementary Menu 2016-2017										
		Total	410							
Grilled Cheese	1761531	1.00 each	20	280.310	9.910	5.560	0.000	580.768	30.959	5.650
Caesar Salad, Elementary	2193849	1.00 ea	10	440.634	31.744	6.026	0.000	995.815	17.812	4.499
PB&J Sandwich Alternative Entree	2196367	1.00 each	20	499.014	26.426	7.957	0.000	687.534	46.988	13.000
Yogurt Alternative Entree	2196369	1.00 each	10	259.014	9.426	4.457	0.000	432.534	30.988	13.000
Chicken Tenders, WG	1208253	1.00 serving/3 pieces	350	260.000	15.000	2.500	0.000	390.000	16.000	1.000
Lettuce, cos or romaine, raw	2195187	1.00 cup	50	7.990	0.141	0.018	0.000	3.760	1.546	0.559
Baby carrots	1599740	0.50 cup	50	25.401	0.094	0.017	0.000	56.608	5.980	3.455
Beans, Kidney, Canned	2195067	0.50 cup	25	104.000	0.000	0.000	0.000	140.000	19.000	2.000
Smiley Potatoes (4 pieces)	1953342	4.00 pieces	400	107.884	3.734	0.415	0.000	149.378	16.598	0.000



Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sodium (mg)	Carbohydrates (g)	Sugars (g)
Cucumber, with peel, raw	2195059	0.50 cup	50	7.800	0.057	0.019	0.000	1.040	1.888	0.868
Cauliflower, raw	2195035	0.50 cup	50	12.500	0.140	0.065	0.000	15.000	2.485	0.955
Apple Juice	1274941	4.00 oz	50	55.000	0.000	0.000	0.000	15.000	15.000	15.000
Orange Juice	1274940	4.00 oz	50	55.000	0.000	0.000	0.000	14.000	14.000	14.000
Apple, raw	1599741	1.00 each	25	94.640	0.309	0.051	0.000	1.820	25.134	18.910
Orange	2193897	1.00 Orange	25	100.170	0.477	0.056	0.000	3.180	24.645	N/A*
Wildberry Juice	2195973	4.00 oz	50	60.000	0.000	0.000	0.000	15.000	15.000	15.000
Dinner Roll, White Wheat	2197567	1.00 roll	360	70.000	0.000	0.000	0.000	140.000	14.000	0.000
1% White Milk	1251720	8.00 oz	100	120.000	2.500	1.500	0.000	150.000	14.000	14.000
Chocolate Milk	1251611	8.00 oz	200	120.000	0.000	0.000	0.000	150.000	22.000	20.000
Dressing, Ranch, Salad Bar	2195069	0.50 ounce	100	70.874	7.560	1.181	0.000	141.748	0.945	0.472
Dressing, Fat Free Italian, Salad Bar	2195073	0.50 ounce	100	4.725	0.000	0.000	0.000	231.521	1.417	0.945
Weighted Daily Average				595.491	21.779	4.129	0.000	922.617	72.870	23.059*
% of Calories					32.92%	6.24%	0.00%		48.95%	

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sodium (mg)	Carbohydrates (g)	Sugars (g)
Tue - 06/06/2017										
TUSD Elementary Menu 2016-2017										

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sodium (mg)	Carbohydrates (g)	Sugars (g)
		Total	410							
Grilled Cheese	1761531	1.00 each	20	280.310	9.910	5.560	0.000	580.768	30.959	5.650
Chinese Chicken Salad, Elementary	2193853	1.00 ea	10	412.868	22.437	3.855	0.001	1047.218	31.861	14.217
PB&J Sandwich Alternative Entree	2196367	1.00 each	20	499.014	26.426	7.957	0.000	687.534	46.988	13.000
Yogurt Alternative Entree	2196369	1.00 each	10	259.014	9.426	4.457	0.000	432.534	30.988	13.000
Turkey Taco Meat	2198091	1.00 serving	75	118.519	4.310	1.077	0.000	420.202	3.232	N/A*
Chicken Fajita Strips	2194345	3.00 ounces	75	120.000	7.000	2.000	0.000	490.000	0.000	0.000
Burrito, Bean & Cheese	2194133	1.00 burrito	75	350.000	11.000	2.000	0.000	630.000	48.000	2.000
WG Cheese Quesadilla, IW	2197585	1.00 quesadilla	75	331.000	14.760	8.230	0.000	500.000	29.000	1.000
Turkey Taco Meat	2195293	3.44 oz	50	172.000	10.320	2.580	0.000	258.000	5.160	1.720
Baby carrots	1599740	0.50 cup	50	25.401	0.094	0.017	0.000	56.608	5.980	3.455
Salsa	1198973	0.13 cup	100	11.160	0.062	0.009	0.000	34.720	2.164	N/A*
Lettuce, shredded	2195181	0.13 cup	100	1.260	0.013	0.002	0.000	0.900	0.267	0.177
Lettuce, shredded, salad bar	2195183	1.00 cup	50	10.080	0.101	0.013	0.000	7.200	2.138	1.418
Corn, Frozen, USDA	2196791	0.50 cup	400	66.807	0.556	0.083	0.000	1.013	16.019	N/A*
Cucumber, with peel, raw	2195059	0.50 cup	50	7.800	0.057	0.019	0.000	1.040	1.888	0.868
Apple Juice	1274941	4.00 oz	50	55.000	0.000	0.000	0.000	15.000	15.000	15.000
Orange Juice	1274940	4.00 oz	50	55.000	0.000	0.000	0.000	14.000	14.000	14.000

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sodium (mg)	Carbohydrates (g)	Sugars (g)
Banana	1832740	1.00 each	25	105.020	0.389	0.132	0.000	1.180	26.951	14.431
Strawberries, raw	2195053	0.50 cup	25	23.040	0.216	0.011	0.000	0.720	5.530	3.521
Wildberry Juice	2195973	4.00 oz	50	60.000	0.000	0.000	0.000	15.000	15.000	15.000
WG Flour Tortillas 6"	2194339	2.00 tortillas	75	346.460	7.965	0.000	0.000	322.566	59.735	0.000
Taco, Tostada Bowl	1232676	1.00 each	125	110.000	5.000	1.000	0.000	5.000	14.000	0.000
Dinner Roll, White Wheat	2197567	1.00 roll	10	70.000	0.000	0.000	0.000	140.000	14.000	0.000
1% White Milk	1251720	8.00 oz	100	120.000	2.500	1.500	0.000	150.000	14.000	14.000
Chocolate Milk	1251611	8.00 oz	200	120.000	0.000	0.000	0.000	150.000	22.000	20.000
Dressing, Ranch, Salad Bar	2195069	0.50 ounce	100	70.874	7.560	1.181	0.000	141.748	0.945	0.472
Dressing, Fat Free Italian, Salad Bar	2195073	0.50 ounce	100	4.725	0.000	0.000	0.000	231.521	1.417	0.945
Shredded Cheddar Cheese	2193813	1.00 oz	100	55.000	4.500	3.000	0.000	95.000	0.500	0.000
Weighted Daily Average				563.888	17.750	5.400	0.000	813.610	75.810	23.052*
% of Calories					28.33%	8.62%	0.00%		53.78%	

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sodium (mg)	Carbohydrates (g)	Sugars (g)
Wed - 06/07/2017										
TUSD Elementary Menu 2016-2017										
		Total	410							

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sodium (mg)	Carbohydrates (g)	Sugars (g)
Grilled Cheese	1761531	1.00 each	20	280.310	9.910	5.560	0.000	580.768	30.959	5.650
Caesar Salad, Elementary	2193849	1.00 ea	10	440.634	31.744	6.026	0.000	995.815	17.812	4.499
Papa John's WG cheese pizza	2193311	1.00 slice	350	370.000	16.000	8.000	0.000	970.000	43.000	5.000
PB&J Sandwich Alternative Entree	2196367	1.00 each	20	499.014	26.426	7.957	0.000	687.534	46.988	13.000
Yogurt Alternative Entree	2196369	1.00 each	10	259.014	9.426	4.457	0.000	432.534	30.988	13.000
Baby carrots	1599740	0.50 cup	50	25.401	0.094	0.017	0.000	56.608	5.980	3.455
Beans, Kidney, Canned	2195067	0.50 cup	25	104.000	0.000	0.000	0.000	140.000	19.000	2.000
Cucumber, with peel, raw	2195059	0.50 cup	50	7.800	0.057	0.019	0.000	1.040	1.888	0.868
Cauliflower, raw	2195035	0.50 cup	50	12.500	0.140	0.065	0.000	15.000	2.485	0.955
Apple Juice	1274941	4.00 oz	50	55.000	0.000	0.000	0.000	15.000	15.000	15.000
Orange Juice	1274940	4.00 oz	50	55.000	0.000	0.000	0.000	14.000	14.000	14.000
Watermelon, raw	2195055	4.00 ounces	50	34.019	0.170	0.018	0.000	1.134	8.562	7.031
Wildberry Juice	2195973	4.00 oz	50	60.000	0.000	0.000	0.000	15.000	15.000	15.000
Diced Peaches	1585568	1/2 cup	400	52.996	0.134	0.000	0.000	5.998	13.394	N/A*
Mixed Fruit	1198792	1/2 cup	25	68.002	0.101	0.025	0.000	8.001	17.879	N/A*
Dinner Roll, White Wheat	2197567	1.00 roll	10	70.000	0.000	0.000	0.000	140.000	14.000	0.000
1% White Milk	1251720	8.00 oz	100	120.000	2.500	1.500	0.000	150.000	14.000	14.000
Chocolate Milk	1251611	8.00 oz	200	120.000	0.000	0.000	0.000	150.000	22.000	20.000

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sodium (mg)	Carbohydrates (g)	Sugars (g)
Dressing, Ranch, Salad Bar	2195069	0.50 ounce	100	70.874	7.560	1.181	0.000	141.748	0.945	0.472
Dressing, Fat Free Italian, Salad Bar	2195073	0.50 ounce	100	4.725	0.000	0.000	0.000	231.521	1.417	0.945
Weighted Daily Average				571.530	19.082	8.414	0.000	1158.207	79.752	26.110*
% of Calories					30.05%	13.25%	0.00%		55.82%	

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sodium (mg)	Carbohydrates (g)	Sugars (g)
Thu - 06/08/2017										
TUSD Elementary Menu 2016-2017										
		Total	410							
Grilled Cheese	1761531	1.00 each	20	280.310	9.910	5.560	0.000	580.768	30.959	5.650
Chinese Chicken Salad, Elementary	2193853	1.00 ea	10	412.868	22.437	3.855	0.001	1047.218	31.861	14.217
PB&J Sandwich Alternative Entree	2196367	1.00 each	20	499.014	26.426	7.957	0.000	687.534	46.988	13.000
Yogurt Alternative Entree	2196369	1.00 each	10	259.014	9.426	4.457	0.000	432.534	30.988	13.000
Smokie Grill Flamebroiled Beef Steak Hamburger	2197575	1.00 each	350	230.000	17.000	7.000	1.000	370.000	0.000	0.000
Baby carrots	1599740	0.50 cup	50	25.401	0.094	0.017	0.000	56.608	5.980	3.455
Cucumber, with peel, raw	2195059	0.50 cup	50	7.800	0.057	0.019	0.000	1.040	1.888	0.868
Tomatoes, red, sliced	2195079	2.00 slices	100	7.200	0.080	0.011	0.000	2.000	1.556	1.052

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sodium (mg)	Carbohydrates (g)	Sugars (g)
Seasoned Fries	1206253	1/2 cup	400	130.000	7.000	1.000	0.000	400.000	17.000	0.000
Lettuce, shredded	2195181	0.13 cup	100	1.260	0.013	0.002	0.000	0.900	0.267	0.177
Lettuce, shredded, salad bar	2195183	1.00 cup	50	10.080	0.101	0.013	0.000	7.200	2.138	1.418
Apple Juice	1274941	4.00 oz	50	55.000	0.000	0.000	0.000	15.000	15.000	15.000
Orange Juice	1274940	4.00 oz	50	55.000	0.000	0.000	0.000	14.000	14.000	14.000
Orange	2193897	1.00 Orange	25	100.170	0.477	0.056	0.000	3.180	24.645	N/A*
Wildberry Juice	2195973	4.00 oz	50	60.000	0.000	0.000	0.000	15.000	15.000	15.000
Apple, raw	1599741	1.00 each	25	94.640	0.309	0.051	0.000	1.820	25.134	18.910
Dinner Roll, White Wheat	2197567	1.00 roll	10	70.000	0.000	0.000	0.000	140.000	14.000	0.000
Hamburger Bun, White Wheat, 4"	2197597	1.00 bun	350	140.000	2.500	0.000	0.000	270.000	26.000	1.000
1% White Milk	1251720	8.00 oz	100	120.000	2.500	1.500	0.000	150.000	14.000	14.000
Chocolate Milk	1251611	8.00 oz	200	120.000	0.000	0.000	0.000	150.000	22.000	20.000
Dressing, Ranch, Salad Bar	2195069	0.50 ounce	100	70.874	7.560	1.181	0.000	141.748	0.945	0.472
Dressing, Fat Free Italian, Salad Bar	2195073	0.50 ounce	100	4.725	0.000	0.000	0.000	231.521	1.417	0.945
Pickle Chips	2193951	2.00 Slices	100	0.000	0.000	0.000	0.000	83.600	0.000	0.000
Cheese, American, 1 slice	2193839	1.00 slice	100	50.000	4.500	2.500	0.000	225.000	0.500	0.500
Weighted Daily Average				657.184	29.678	9.093	0.854	1328.312	69.368	23.584*
% of Calories					40.64%	12.45%	1.17%		42.22%	

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sodium (mg)	Carbohydrates (g)	Sugars (g)
Fri - 06/09/2017										
TUSD Elementary Menu 2016-2017										
		Total	400							
Grilled Cheese	1761531	1.00 each	20	280.310	9.910	5.560	0.000	580.768	30.959	5.650
Pizza Cheese, Tony's (4x6)	2070561	0.00	350	300.000	11.000	5.000	0.000	580.000	35.000	14.000
PB&J Sandwich Alternative Entree	2196367	1.00 each	20	499.014	26.426	7.957	0.000	687.534	46.988	13.000
Yogurt Alternative Entree	2196369	1.00 each	10	259.014	9.426	4.457	0.000	432.534	30.988	13.000
Baby carrots	1599740	0.50 cup	50	25.401	0.094	0.017	0.000	56.608	5.980	3.455
Beans, Kidney, Canned	2195067	0.50 cup	25	104.000	0.000	0.000	0.000	140.000	19.000	2.000
Cucumber, with peel, raw	2195059	0.50 cup	50	7.800	0.057	0.019	0.000	1.040	1.888	0.868
Cauliflower, raw	2195035	0.50 cup	50	12.500	0.140	0.065	0.000	15.000	2.485	0.955
Apple Juice	1274941	4.00 oz	50	55.000	0.000	0.000	0.000	15.000	15.000	15.000
Orange Juice	1274940	4.00 oz	50	55.000	0.000	0.000	0.000	14.000	14.000	14.000
Smooth-Frozen Juice	2000217	1.00 each	400	80.000	0.000	0.000	0.000	45.000	20.000	19.000
Wildberry Juice	2195973	4.00 oz	50	60.000	0.000	0.000	0.000	15.000	15.000	15.000
Strawberries, raw	2195053	0.50 cup	25	23.040	0.216	0.011	0.000	0.720	5.530	3.521
Mixed Fruit	1198792	1/2 cup	25	68.002	0.101	0.025	0.000	8.001	17.879	N/A*
1% White Milk	1251720	8.00 oz	100	120.000	2.500	1.500	0.000	150.000	14.000	14.000

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sodium (mg)	Carbohydrates (g)	Sugars (g)
Chocolate Milk	1251611	8.00 oz	200	120.000	0.000	0.000	0.000	150.000	22.000	20.000
Dressing, Ranch, Salad Bar	2195069	0.50 ounce	100	70.874	7.560	1.181	0.000	141.748	0.945	0.472
Dressing, Fat Free Italian, Salad Bar	2195073	0.50 ounce	100	4.725	0.000	0.000	0.000	231.521	1.417	0.945
Weighted Daily Average				535.994	14.249	5.847	0.000	856.422	79.832	52.867*
% of Calories					23.93%	9.82%	0.00%		59.58%	

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sodium (mg)	Carbohydrates (g)	Sugars (g)
Mon - 06/12/2017										
TUSD Elementary Menu 2016-2017										
		Total	410							
Grilled Cheese	1761531	1.00 each	20	280.310	9.910	5.560	0.000	580.768	30.959	5.650
Caesar Salad, Elementary	2193849	1.00 ea	10	440.634	31.744	6.026	0.000	995.815	17.812	4.499
PB&J Sandwich Alternative Entree	2196367	1.00 each	20	499.014	26.426	7.957	0.000	687.534	46.988	13.000
Yogurt Alternative Entree	2196369	1.00 each	10	259.014	9.426	4.457	0.000	432.534	30.988	13.000
WG Macaroni & Cheese	2193333	6.00 oz	100	373.333	22.400	13.867	1.067	970.667	24.533	3.200
Lasagna, Cheese	1198648	1.00 each	100	231.716	7.052	4.030	0.000	402.985	27.201	5.037
WG Cheese Ravioli, Jumbo	2197593	3.00 pieces	100	180.000	3.500	1.500	0.000	490.000	24.000	1.000
Penne Pasta	2198147	1.00 serving	50	140.800	0.960	0.000	0.000	3.200	31.360	1.280



Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sodium (mg)	Carbohydrates (g)	Sugars (g)
Baby carrots	1599740	0.50 cup	400	25.401	0.094	0.017	0.000	56.608	5.980	3.455
Lettuce, cos or romaine, raw	2195187	1.00 cup	50	7.990	0.141	0.018	0.000	3.760	1.546	0.559
Pinto Beans	1868866	0.50 cup	25	102.996	0.972	0.204	0.000	140.004	18.300	N/A*
Sugar Snap Peas	2198283	0.50 cup	50	18.000	0.000	0.000	0.000	2.000	3.000	2.000
Tomatoes, Cherry, Red	2195039	4.00 ounce	50	20.678	0.000	0.000	0.000	6.003	4.669	2.668
Marinara Sauce, CHH	2197995	0.25 cup	100	30.000	1.750	0.250	0.000	240.000	4.000	2.000
Spaghetti Sauce	2194059	1/4 cup	100	30.000	0.500	0.000	0.000	70.000	6.000	4.500
Apple Juice	1274941	4.00 oz	50	55.000	0.000	0.000	0.000	15.000	15.000	15.000
Orange Juice	1274940	4.00 oz	50	55.000	0.000	0.000	0.000	14.000	14.000	14.000
Orange	2193897	1.00 Orange	25	100.170	0.477	0.056	0.000	3.180	24.645	N/A*
Apple, raw	1599741	1.00 each	25	94.640	0.309	0.051	0.000	1.820	25.134	18.910
Wildberry Juice	2195973	4.00 oz	50	60.000	0.000	0.000	0.000	15.000	15.000	15.000
Mixed Fruit	1198792	1/2 cup	400	68.002	0.101	0.025	0.000	8.001	17.879	N/A*
WG Breadstick, Parmesan, 2G	2197579	1.00 each	350	140.000	1.500	0.500	0.000	300.000	25.000	1.000
1% White Milk	1251720	8.00 oz	100	120.000	2.500	1.500	0.000	150.000	14.000	14.000
Chocolate Milk	1251611	8.00 oz	200	120.000	0.000	0.000	0.000	150.000	22.000	20.000
Dressing, Ranch, Salad Bar	2195069	0.50 ounce	100	70.874	7.560	1.181	0.000	141.748	0.945	0.472
Dressing, Fat Free Italian, Salad Bar	2195073	0.50 ounce	100	4.725	0.000	0.000	0.000	231.521	1.417	0.945

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sodium (mg)	Carbohydrates (g)	Sugars (g)
Meat Sauce (beef)	1261017	5.33 oz	50	151.000	5.300	2.100	0.000	298.000	10.300	5.800
Weighted Daily Average				658.238	16.175	7.106	0.260	1199.167	100.966	30.935*
% of Calories					22.12%	9.72%	0.36%		61.36%	

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sodium (mg)	Carbohydrates (g)	Sugars (g)
Tue - 06/13/2017										
TUSD Elementary Menu 2016-2017										
		Total	410							
Grilled Cheese	1761531	1.00 each	20	280.310	9.910	5.560	0.000	580.768	30.959	5.650
PB&J Uncrustables Sandwich	2193369	1.00 each	20	320.000	17.000	3.500	0.000	320.000	32.000	13.000
4oz Yogurt	1225971	1.00 each	10	80.000	0.000	0.000	0.000	65.000	16.000	13.000
Chinese Chicken Salad, Elementary	2193853	1.00 ea	10	412.868	22.437	3.855	0.001	1047.218	31.861	14.217
Chicken, roasted, 8 piece	2195427	2.00 ounce	350	100.000	6.600	2.000	0.000	200.000	0.000	0.000
Baby carrots	1599740	0.50 cup	50	25.401	0.094	0.017	0.000	56.608	5.980	3.455
Mashed Potatoes	1201645	0.50 cup	400	71.197	1.017	0.000	0.000	325.473	15.257	1.017
Cauliflower, raw	2195035	0.50 cup	50	12.500	0.140	0.065	0.000	15.000	2.485	0.955
Pinto Beans	1868866	0.50 cup	25	102.996	0.972	0.204	0.000	140.004	18.300	N/A*
Sugar Snap Peas	2198283	0.50 cup	50	18.000	0.000	0.000	0.000	2.000	3.000	2.000

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sodium (mg)	Carbohydrates (g)	Sugars (g)
Apple Juice	1274941	4.00 oz	50	55.000	0.000	0.000	0.000	15.000	15.000	15.000
Orange Juice	1274940	4.00 oz	50	55.000	0.000	0.000	0.000	14.000	14.000	14.000
Wildberry Juice	2195973	4.00 oz	50	60.000	0.000	0.000	0.000	15.000	15.000	15.000
Banana	1832740	1.00 each	25	105.020	0.389	0.132	0.000	1.180	26.951	14.431
Mixed Fruit	1198792	1/2 cup	25	68.002	0.101	0.025	0.000	8.001	17.879	N/A*
Grapes, raw	2195031	0.50 cup	25	30.820	0.161	0.052	0.000	0.920	7.889	7.475
WG Goldfish	2193341	1.00 Bag	30	100.000	3.500	1.000	0.000	170.000	14.000	0.000
Dinner Roll, White Wheat	2197567	1.00 roll	360	70.000	0.000	0.000	0.000	140.000	14.000	0.000
1% White Milk	1251720	8.00 oz	100	120.000	2.500	1.500	0.000	150.000	14.000	14.000
Chocolate Milk	1251611	8.00 oz	200	120.000	0.000	0.000	0.000	150.000	22.000	20.000
Dressing, Lite Ranch	2197533	1.00 tbsp	100	50.000	5.000	0.500	0.000	160.000	2.000	1.000
Dressing, Fat Free Italian, Salad Bar	2195073	0.50 ounce	100	4.725	0.000	0.000	0.000	231.521	1.417	0.945
String Cheese	1224863	1.00 each	30	80.000	6.000	4.000	0.000	210.000	1.000	0.000
Weighted Daily Average				418.176	11.138	3.132	0.000	938.809	58.588	23.694*
% of Calories					23.97%	6.74%	0.00%		56.04%	

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sodium (mg)	Carbohydrates (g)	Sugars (g)
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Wed - 06/14/2017

## TUSD Elementary Menu 2016-2017

		Total	410							
Grilled Cheese	1761531	1.00 each	20	280.310	9.910	5.560	0.000	580.768	30.959	5.650
Caesar Salad, Elementary	2193849	1.00 ea	10	440.634	31.744	6.026	0.000	995.815	17.812	4.499
PB&J Sandwich Alternative Entree	2196367	1.00 each	20	499.014	26.426	7.957	0.000	687.534	46.988	13.000
Yogurt Alternative Entree	2196369	1.00 each	10	259.014	9.426	4.457	0.000	432.534	30.988	13.000
Teriyaki Chicken	1867713	2.80 oz	125	148.571	4.000	1.143	0.000	548.571	11.429	10.286
Popcorn Chicken	1176089	1.00 serving/12 pieces	125	251.902	14.107	2.519	0.000	382.891	15.114	1.008
Teriyaki Beef Dippers	1272978	4.00 pieces	100	151.997	6.500	2.600	0.000	343.994	10.000	0.000
Baby carrots	1599740	0.50 cup	50	25.401	0.094	0.017	0.000	56.608	5.980	3.455
Pinto Beans	1868866	0.50 cup	25	102.996	0.972	0.204	0.000	140.004	18.300	N/A*
Sugar Snap Peas	2198283	0.50 cup	50	18.000	0.000	0.000	0.000	2.000	3.000	2.000
Tomatoes, Cherry, Red	2195039	4.00 ounce	50	20.678	0.000	0.000	0.000	6.003	4.669	2.668
Corn, Frozen, USDA	2196791	0.50 cup	400	66.807	0.556	0.083	0.000	1.013	16.019	N/A*
Apple Juice	1274941	4.00 oz	50	55.000	0.000	0.000	0.000	15.000	15.000	15.000
Orange Juice	1274940	4.00 oz	50	55.000	0.000	0.000	0.000	14.000	14.000	14.000
Wildberry Juice	2195973	4.00 oz	50	60.000	0.000	0.000	0.000	15.000	15.000	15.000

Grapes, raw	2195031	0.50 cup	25	30.820	0.161	0.052	0.000	0.920	7.889	7.475
Mixed Fruit	1198792	1/2 cup	25	68.002	0.101	0.025	0.000	8.001	17.879	N/A*
Tangelos, raw	2195077	1.00 each	25	54.000	0.140	0.017	0.000	0.000	13.400	10.660
Dinner Roll, White Wheat	2197567	1.00 roll	10	70.000	0.000	0.000	0.000	140.000	14.000	0.000
Brown Rice	1585636	0.50 cup cooked	350	170.000	2.000	0.000	0.000	0.000	35.000	0.000
1% White Milk	1251720	8.00 oz	100	120.000	2.500	1.500	0.000	150.000	14.000	14.000
Chocolate Milk	1251611	8.00 oz	200	120.000	0.000	0.000	0.000	150.000	22.000	20.000
Dressing, Ranch, Salad Bar	2195069	0.50 ounce	100	70.874	7.560	1.181	0.000	141.748	0.945	0.472
Dressing, Fat Free Italian, Salad Bar	2195073	0.50 ounce	100	4.725	0.000	0.000	0.000	231.521	1.417	0.945
Orange Sauce	2198249	1.00 serving	125	113.500	0.000	0.035	0.000	216.500	27.000	8.500
Weighted Daily Average				611.247	14.681	3.431	0.000	758.122	94.860	28.350*
% of Calories					21.62%	5.05%	0.00%		62.08%	

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sodium (mg)	Carbohydrates (g)	Sugars (g)
Thu - 06/15/2017										
TUSD Elementary Menu 2016-2017										
		Total	410							
Grilled Cheese	1761531	1.00 each	20	280.310	9.910	5.560	0.000	580.768	30.959	5.650
PB&J Uncrustables Sandwich	2193369	1.00 each	20	320.000	17.000	3.500	0.000	320.000	32.000	13.000

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sodium (mg)	Carbohydrates (g)	Sugars (g)
4oz Yogurt	1225971	1.00 each	10	80.000	0.000	0.000	0.000	65.000	16.000	13.000
Fish Nuggets	1953306	4.00 nuggets	350	210.000	45.000	0.500	0.000	290.000	23.000	0.000
Chinese Chicken Salad, Elementary	2193853	1.00 ea	10	412.868	22.437	3.855	0.001	1047.218	31.861	14.217
Criss Cut Fries	1206352	3.00 oz	400	160.000	8.000	1.000	0.000	550.000	21.000	1.000
Baby carrots	1599740	0.50 cup	50	25.401	0.094	0.017	0.000	56.608	5.980	3.455
Sugar Snap Peas	2198283	0.50 cup	50	18.000	0.000	0.000	0.000	2.000	3.000	2.000
Tomatoes, Cherry, Red	2195039	4.00 ounce	50	20.678	0.000	0.000	0.000	6.003	4.669	2.668
Pinto Beans	1868866	0.50 cup	25	102.996	0.972	0.204	0.000	140.004	18.300	N/A*
Wildberry Juice	2195973	4.00 oz	50	60.000	0.000	0.000	0.000	15.000	15.000	15.000
Orange Juice	1274940	4.00 oz	50	55.000	0.000	0.000	0.000	14.000	14.000	14.000
Apple Juice	1274941	4.00 oz	50	55.000	0.000	0.000	0.000	15.000	15.000	15.000
Apple, raw	1599741	1.00 each	25	94.640	0.309	0.051	0.000	1.820	25.134	18.910
Orange	2193897	1.00 Orange	25	100.170	0.477	0.056	0.000	3.180	24.645	N/A*
Mixed Fruit	1198792	1/2 cup	25	68.002	0.101	0.025	0.000	8.001	17.879	N/A*
WG Goldfish	2193341	1.00 Bag	30	100.000	3.500	1.000	0.000	170.000	14.000	0.000
Dinner Roll, White Wheat	2197567	1.00 roll	10	70.000	0.000	0.000	0.000	140.000	14.000	0.000
Holiday Star Cookie	2194501	31.00 gram	400	160.000	8.000	2.000	0.000	95.000	21.000	10.000
1% White Milk	1251720	8.00 oz	100	120.000	2.500	1.500	0.000	150.000	14.000	14.000

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sodium (mg)	Carbohydrates (g)	Sugars (g)
Chocolate Milk	1251611	8.00 oz	200	120.000	0.000	0.000	0.000	150.000	22.000	20.000
Dressing, Fat Free Italian, Salad Bar	2195073	0.50 ounce	100	4.725	0.000	0.000	0.000	231.521	1.417	0.945
Dressing, Lite Ranch	2197533	1.00 tbsp	100	50.000	5.000	0.500	0.000	160.000	2.000	1.000
String Cheese	1224863	1.00 each	30	80.000	6.000	4.000	0.000	210.000	1.000	0.000
Weighted Daily Average				699.650	58.534	4.766	0.000	1206.940	93.539	33.460*
% of Calories					75.30%	6.13%	0.00%		53.48%	

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sodium (mg)	Carbohydrates (g)	Sugars (g)
Fri - 06/16/2017										
TUSD Elementary Menu 2016-2017										
		Total	400							
Grilled Cheese	1761531	1.00 each	20	280.310	9.910	5.560	0.000	580.768	30.959	5.650
Domino's Pizza - Smart Slice	2193315	1.00 slice	350	240.000	6.000	2.500	0.000	480.000	31.000	3.000
PB&J Sandwich Alternative Entree	2196367	1.00 each	20	499.014	26.426	7.957	0.000	687.534	46.988	13.000
Yogurt Alternative Entree	2196369	1.00 each	10	259.014	9.426	4.457	0.000	432.534	30.988	13.000
Baby carrots	1599740	0.50 cup	50	25.401	0.094	0.017	0.000	56.608	5.980	3.455
Pinto Beans	1868866	0.50 cup	25	102.996	0.972	0.204	0.000	140.004	18.300	N/A*
Sugar Snap Peas	2198283	0.50 cup	50	18.000	0.000	0.000	0.000	2.000	3.000	2.000

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sodium (mg)	Carbohydrates (g)	Sugars (g)
Tomatoes, Cherry, Red	2195039	4.00 ounce	50	20.678	0.000	0.000	0.000	6.003	4.669	2.668
Apple Juice	1274941	4.00 oz	50	55.000	0.000	0.000	0.000	15.000	15.000	15.000
Orange Juice	1274940	4.00 oz	50	55.000	0.000	0.000	0.000	14.000	14.000	14.000
Applesauce	1585565	1/2 cup	400	51.996	0.061	0.024	N/A*	2.001	13.786	N/A*
Wildberry Juice	2195973	4.00 oz	50	60.000	0.000	0.000	0.000	15.000	15.000	15.000
Mixed Fruit	1198792	1/2 cup	25	68.002	0.101	0.025	0.000	8.001	17.879	N/A*
Banana	1832740	1.00 each	25	105.020	0.389	0.132	0.000	1.180	26.951	14.431
1% White Milk	1251720	8.00 oz	100	120.000	2.500	1.500	0.000	150.000	14.000	14.000
Chocolate Milk	1251611	8.00 oz	200	120.000	0.000	0.000	0.000	150.000	22.000	20.000
Dressing, Ranch, Salad Bar	2195069	0.50 ounce	100	70.874	7.560	1.181	0.000	141.748	0.945	0.472
Dressing, Fat Free Italian, Salad Bar	2195073	0.50 ounce	100	4.725	0.000	0.000	0.000	231.521	1.417	0.945
Weighted Daily Average				462.848	9.982	3.694	0.000*	724.947	71.825	25.154*
% of Calories					19.41%	7.18%	0.00%*		62.07%	

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sodium (mg)	Carbohydrates (g)	Sugars (g)
Mon - 06/19/2017										
TUSD Elementary Menu 2016-2017										
		Total	410							



Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sodium (mg)	Carbohydrates (g)	Sugars (g)
Grilled Cheese	1761531	1.00 each	20	280.310	9.910	5.560	0.000	580.768	30.959	5.650
Caesar Salad, Elementary	2193849	1.00 ea	10	440.634	31.744	6.026	0.000	995.815	17.812	4.499
PB&J Sandwich Alternative Entree	2196367	1.00 each	20	499.014	26.426	7.957	0.000	687.534	46.988	13.000
Yogurt Alternative Entree	2196369	1.00 each	10	259.014	9.426	4.457	0.000	432.534	30.988	13.000
Chicken Nuggets	2193377	5.00 each	100	260.000	15.000	2.500	0.000	400.000	16.000	1.000
Chicken Tenders, WG	1208253	1.00 serving/3 pieces	100	260.000	15.000	2.500	0.000	390.000	16.000	1.000
Popcorn Chicken	1176089	1.00 serving/1 2 pieces	75	251.902	14.107	2.519	0.000	382.891	15.114	1.008
Breaded Chicken Drumsticks	2198071	3.00 pieces	75	220.000	13.000	2.500	0.000	350.000	9.000	0.000
Baby carrots	1599740	0.50 cup	50	25.401	0.094	0.017	0.000	56.608	5.980	3.455
Cucumber, with peel, raw	2195059	0.50 cup	50	7.800	0.057	0.019	0.000	1.040	1.888	0.868
Lettuce, cos or romaine, raw	2195187	1.00 cup	50	7.990	0.141	0.018	0.000	3.760	1.546	0.559
Smiley Potatoes (4 pieces)	1953342	4.00 pieces	400	107.884	3.734	0.415	0.000	149.378	16.598	0.000
Cauliflower, raw	2195035	0.50 cup	50	12.500	0.140	0.065	0.000	15.000	2.485	0.955
Bean, Black	2193953	0.50 cup	25	109.000	0.000	0.000	0.000	140.000	20.000	0.000
Apple Juice	1274941	4.00 oz	50	55.000	0.000	0.000	0.000	15.000	15.000	15.000
Orange Juice	1274940	4.00 oz	50	55.000	0.000	0.000	0.000	14.000	14.000	14.000
Orange	2193897	1.00 Orange	25	100.170	0.477	0.056	0.000	3.180	24.645	N/A*

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sodium (mg)	Carbohydrates (g)	Sugars (g)
Apple, raw	1599741	1.00 each	25	94.640	0.309	0.051	0.000	1.820	25.134	18.910
Wildberry Juice	2195973	4.00 oz	50	60.000	0.000	0.000	0.000	15.000	15.000	15.000
Dinner Roll, White Wheat	2197567	1.00 roll	360	70.000	0.000	0.000	0.000	140.000	14.000	0.000
1% White Milk	1251720	8.00 oz	100	120.000	2.500	1.500	0.000	150.000	14.000	14.000
Chocolate Milk	1251611	8.00 oz	200	120.000	0.000	0.000	0.000	150.000	22.000	20.000
Dressing, Ranch, Salad Bar	2195069	0.50 ounce	100	70.874	7.560	1.181	0.000	141.748	0.945	0.472
Dressing, Fat Free Italian, Salad Bar	2195073	0.50 ounce	100	4.725	0.000	0.000	0.000	231.521	1.417	0.945
Weighted Daily Average				586.997	21.250	4.132	0.000	916.439	71.489	22.756*
% of Calories					32.58%	6.34%	0.00%		48.71%	

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sodium (mg)	Carbohydrates (g)	Sugars (g)
Tue - 06/20/2017										
TUSD Elementary Menu 2016-2017										
		Total	410							
Grilled Cheese	1761531	1.00 each	20	280.310	9.910	5.560	0.000	580.768	30.959	5.650
Chinese Chicken Salad, Elementary	2193853	1.00 ea	10	412.868	22.437	3.855	0.001	1047.218	31.861	14.217
PB&J Sandwich Alternative Entree	2196367	1.00 each	20	499.014	26.426	7.957	0.000	687.534	46.988	13.000
Yogurt Alternative Entree	2196369	1.00 each	10	259.014	9.426	4.457	0.000	432.534	30.988	13.000

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sodium (mg)	Carbohydrates (g)	Sugars (g)
Beef, Rib BBQ	1694319	1.00 each	75	200.000	10.000	4.000	0.000	670.000	13.000	10.000
Dodger Dog w/Bun	1198716	1.00 Wiener	75	428.103	26.241	9.000	0.000	1172.586	33.500	5.362
WG Chicken Filet, Breaded	2197581	1.00 pattie	75	216.000	8.000	1.000	0.000	576.000	16.000	1.000
Sloppy Joe Meat	1246650	4.94 oz	75	157.450	4.428	1.476	0.000	757.729	12.793	7.873
Turkey Breast, Sliced, Jennie-O 4 slices	2193385	2.00 oz	50	73.333	3.000	1.000	0.000	226.667	0.000	0.000
Lettuce, shredded	2195181	0.13 cup	100	1.260	0.013	0.002	0.000	0.900	0.267	0.177
Lettuce, shredded, salad bar	2195183	1.00 cup	50	10.080	0.101	0.013	0.000	7.200	2.138	1.418
Baby carrots	1599740	0.50 cup	50	25.401	0.094	0.017	0.000	56.608	5.980	3.455
Cucumber, with peel, raw	2195059	0.50 cup	50	7.800	0.057	0.019	0.000	1.040	1.888	0.868
Tomatoes, red, sliced	2195079	2.00 slices	50	7.200	0.080	0.011	0.000	2.000	1.556	1.052
Criss Cut Fries	1206352	3.00 oz	50	160.000	8.000	1.000	0.000	550.000	21.000	1.000
Tator Tots	1883614	8.00 pieces	50	90.000	3.500	0.000	0.000	160.000	14.000	0.000
Mashed Potatoes	1201645	0.50 cup	50	71.197	1.017	0.000	0.000	325.473	15.257	1.017
Deli Roasted Potatoes	1201567	1.00 svg/3.14oz	50	140.000	3.500	0.500	0.000	160.000	25.000	0.000
Wedge Fries	1205594	0.50 cup	50	90.000	2.500	0.000	0.000	30.000	15.000	0.000
Smiley Potatoes (4 pieces)	1953342	4.00 pieces	100	107.884	3.734	0.415	0.000	149.378	16.598	0.000
Seasoned Fries	1206253	1/2 cup	50	130.000	7.000	1.000	0.000	400.000	17.000	0.000
Apple Juice	1274941	4.00 oz	50	55.000	0.000	0.000	0.000	15.000	15.000	15.000

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sodium (mg)	Carbohydrates (g)	Sugars (g)
Orange Juice	1274940	4.00 oz	50	55.000	0.000	0.000	0.000	14.000	14.000	14.000
Wildberry Juice	2195973	4.00 oz	50	60.000	0.000	0.000	0.000	15.000	15.000	15.000
Apple, raw	1599741	1.00 each	25	94.640	0.309	0.051	0.000	1.820	25.134	18.910
Orange	2193897	1.00 Orange	25	100.170	0.477	0.056	0.000	3.180	24.645	N/A*
Dinner Roll, White Wheat	2197567	1.00 roll	10	70.000	0.000	0.000	0.000	140.000	14.000	0.000
Mini Hoagie Roll, WG	2193943	1.00 each	125	140.000	2.000	0.500	0.000	215.000	27.000	3.000
Hot Dog Bun, 6" White Wheat	2197755	1.00 bun	75	140.000	2.500	0.000	0.000	270.000	26.000	1.000
Hamburger Bun, White Wheat, 4"	2197597	1.00 bun	150	140.000	2.500	0.000	0.000	270.000	26.000	1.000
1% White Milk	1251720	8.00 oz	100	120.000	2.500	1.500	0.000	150.000	14.000	14.000
Chocolate Milk	1251611	8.00 oz	200	120.000	0.000	0.000	0.000	150.000	22.000	20.000
Dressing, Ranch, Salad Bar	2195069	0.50 ounce	100	70.874	7.560	1.181	0.000	141.748	0.945	0.472
Dressing, Fat Free Italian, Salad Bar	2195073	0.50 ounce	100	4.725	0.000	0.000	0.000	231.521	1.417	0.945
Pickle Chips	2193951	2.00 Slices	50	0.000	0.000	0.000	0.000	83.600	0.000	0.000
Cheese, American, 1 slice	2193839	1.00 slice	50	50.000	4.500	2.500	0.000	225.000	0.500	0.500
Weighted Daily Average				628.578	20.917	5.347	0.000	1410.906	83.738	28.684*
% of Calories					29.95%	7.66%	0.00%		53.29%	

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sodium (mg)	Carbohydrates (g)	Sugars (g)
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Wed - 06/21/2017										
TUSD Elementary Menu 2016-2017										
		Total	410							
Grilled Cheese	1761531	1.00 each	20	280.310	9.910	5.560	0.000	580.768	30.959	5.650
Caesar Salad, Elementary	2193849	1.00 ea	10	440.634	31.744	6.026	0.000	995.815	17.812	4.499
PB&J Sandwich Alternative Entree	2196367	1.00 each	20	499.014	26.426	7.957	0.000	687.534	46.988	13.000
Yogurt Alternative Entree	2196369	1.00 each	10	259.014	9.426	4.457	0.000	432.534	30.988	13.000
WG Cheese Pizza Rippers	2197589	1.00 serving	175	340.000	13.000	4.000	0.000	600.000	32.000	2.000
Tony's Smart WG Cheese Pizza	2193325	4.50 oz	175	300.000	11.000	5.000	0.000	580.000	35.000	14.000
Baby carrots	1599740	0.50 cup	50	25.401	0.094	0.017	0.000	56.608	5.980	3.455
Cucumber, with peel, raw	2195059	0.50 cup	50	7.800	0.057	0.019	0.000	1.040	1.888	0.868
Cauliflower, raw	2195035	0.50 cup	50	12.500	0.140	0.065	0.000	15.000	2.485	0.955
Bean, Black	2193953	0.50 cup	25	109.000	0.000	0.000	0.000	140.000	20.000	0.000
Marinara Sauce, CHH	2197995	0.25 cup	175	30.000	1.750	0.250	0.000	240.000	4.000	2.000
Apple Juice	1274941	4.00 oz	50	55.000	0.000	0.000	0.000	15.000	15.000	15.000
Orange Juice	1274940	4.00 oz	50	55.000	0.000	0.000	0.000	14.000	14.000	14.000
Applesauce	1585565	1/2 cup	400	51.996	0.061	0.024	N/A*	2.001	13.786	N/A*
Wildberry Juice	2195973	4.00 oz	50	60.000	0.000	0.000	0.000	15.000	15.000	15.000
Mixed Fruit	1198792	1/2 cup	25	68.002	0.101	0.025	0.000	8.001	17.879	N/A*

Orange	2193897	1.00 Orange	25	100.170	0.477	0.056	0.000	3.180	24.645	N/A*
Dinner Roll, White Wheat	2197567	1.00 roll	10	70.000	0.000	0.000	0.000	140.000	14.000	0.000
1% White Milk	1251720	8.00 oz	100	120.000	2.500	1.500	0.000	150.000	14.000	14.000
Chocolate Milk	1251611	8.00 oz	200	120.000	0.000	0.000	0.000	150.000	22.000	20.000
Dressing, Ranch, Salad Bar	2195069	0.50 ounce	100	70.874	7.560	1.181	0.000	141.748	0.945	0.472
Dressing, Fat Free Italian, Salad Bar	2195073	0.50 ounce	100	4.725	0.000	0.000	0.000	231.521	1.417	0.945
Weighted Daily Average				542.941	16.351	5.558	0.000*	932.412	74.252	28.545*
% of Calories					27.10%	9.21%	0.00%*		54.70%	

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sodium (mg)	Carbohydrates (g)	Sugars (g)
Thu - 06/22/2017										
TUSD Elementary Menu 2016-2017										
		Total	410							
PB&J Sandwich Alternative Entree	2196367	1.00 each	140	499.014	26.426	7.957	0.000	687.534	46.988	13.000
Turkey Ham & Cheese Lunch Kit	2197667	1.00 each	140	380.000	17.000	6.000	0.000	800.000	40.000	10.000
Pizza Pack	1222898	1.00 each	130	340.580	16.560	7.480	0.000	610.400	32.000	5.350
Baby Carrots IW	2197039	0.67 cup	410	6.201	0.023	0.004	0.000	13.820	1.460	0.843
Celery Sticks	2193995	1.00 svg/0.25c up	410	4.800	0.051	0.013	0.000	24.000	0.891	0.402
Apple Juice	1274941	4.00 oz	50	55.000	0.000	0.000	0.000	15.000	15.000	15.000

Recipe Name	Recipe #	Portion Size	Plan Qty	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sodium (mg)	Carbohydrates (g)	Sugars (g)
Orange Juice	1274940	4.00 oz	50	55.000	0.000	0.000	0.000	14.000	14.000	14.000
Apple, raw	1599741	1.00 each	410	94.640	0.309	0.051	0.000	1.820	25.134	18.910
Wildberry Juice	2195973	4.00 oz	50	60.000	0.000	0.000	0.000	15.000	15.000	15.000
WG Goldfish	2193341	1.00 Bag	140	100.000	3.500	1.000	0.000	170.000	14.000	0.000
Chocolate Chip Cookie	1412803	1.00 each	270	147.400	4.900	1.500	0.000	119.900	24.300	10.800
1% White Milk	1251720	8.00 oz	150	120.000	2.500	1.500	0.000	150.000	14.000	14.000
Milk, White, Fat Free	2193901	1.00 carton	150	90.000	0.000	0.000	0.000	120.000	12.000	12.000
String Cheese	1224863	1.00 each	140	80.000	6.000	4.000	0.000	210.000	1.000	0.000
Raisin Box	2193959	1.00 box	410	128.570	0.198	0.025	0.000	4.730	34.047	25.452
Weighted Daily Average				898.444	28.045	10.474	0.000	1058.711	137.384	77.147
% of Calories					28.09%	10.49%	0.00%		61.17%	

Nutrient	Menu AVG	% of Cals	Target	Pass/Fail	Shortfall/Overage	Notes/Errors
Calories (kcal)	567.101		550/650	Pass		
Total Fat (g)	20.814	33.03%				
Saturated Fat (g)	4.984	7.91%	<10	Pass		
Trans Fat (g)	0.059*					
Sodium (mg)	956.733		<1230	Pass		

Nutrient	Menu AVG	% of Cals	Target	Pass/Fail	Shortfall/Overage	Notes/Errors
Carbohydrates (g)	79.529	56.10%				
Sugars (g)	30.424*					

\* = Indicates missing Nutrient Information.

WARNING: THE DATA CONTAINED WITHIN THIS REPORT CANNOT BE USED FOR AND DOES NOT PROVIDE MENU PLANNING OR MEDICAL TREATMENT FOR ANYONE WITH A MEDICAL CONDITION, DIETARY RESTRICTION OR FOOD ALLERGY. USE OF THE SERVICES TO PROVIDE MENU PLANNING OR MEDICAL TREATMENT FOR ANYONE WITH A MEDICAL CONDITION, DIETARY RESTRICTION OR FOOD ALLERGY IS A VIOLATION OF THE TERMS OF THIS SERVICE. ANY SUBSCRIBER PLANNING FOR OR TREATING MEDICAL CONDITIONS, DIETARY RESTRICTIONS OR A FOOD ALLERGY MUST CONSULT A MEDICAL PROFESSIONAL FOR ASSISTANCE. TRANS FAT VALUES ARE PROVIDED FOR INFORMATION PURPOSES ONLY, NOT FOR MONITORING PURPOSES.