

# Central Unified Food Services

May 1, 2021 thru May 31, 2021

Base Menu Spreadsheet

COVID19L

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Sat - 05/01/2021																
COVID19L	Total	500														
Sunbutter & Jelly Sandwich	1 each	500	310	0	250	5.00	2.70	40.0	0	0.0	14	10.0	33.0	17.0	2.00	0.00
String Cheese, Mozz.	1 each	500	60	10	210	0.00	0.00	240.0	200	0.0	*N/A*	8.0	1.0	2.5	2.00	0.00
Zucchini, Fresh	1/2 Cup	500	10	0	5	0.50	0.18	10.0	100	10.5	*N/A*	0.5	2.0	0.0	0.00	0.00
Raisins, Box	1 Box	500	113	0	4	1.40	0.71	19.0	0	0.87	*N/A*	1.16	29.98	0.17	0.04	0.00
Chocolate Milk, NonFat	1 Each	500	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	9.0	21.0	0.0	0.00	0.00
Weighted Daily Average			613	15	649	6.90	3.59	609.0	800	12.57	*14	28.66	86.98	19.67	4.04	0.00
% of Calories											*9.1%	18.7%	56.8%	28.9%	5.9%	0.0%
Nutrient Guideline			600-650		1230										<10.00	

Sun - 05/02/2021																
COVID19L	Total	500														
Taco Stick	1 ea	500	345	52	631	3.85	2.77	328.8	252	6.37	*N/A*	20.07	31.87	12.82	8.35	0.00
Taco Sauce Pkt	1 ea	500	5	0	95	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	0.0	0.00	0.00
Jicama	1/2 Cup	500	25	0	4	1.12	0.36	9.0	0	12.0	*N/A*	0.85	5.25	0.0	0.00	*N/A*
ranch dressing	pkt	500	70	5	75	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	7.0	1.00	0.00
Raisins, Box	1 Box	500	113	0	4	1.40	0.71	19.0	0	0.87	*N/A*	1.16	29.98	0.17	0.04	0.00
Chocolate Milk, NonFat	1 Each	500	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	9.0	21.0	0.0	0.00	0.00
Weighted Daily Average			678	62	988	6.37	3.84	656.8	752	20.44	*N/A*	31.08	90.10	19.99	9.39	*0.00
% of Calories											*N/A%*	18.3%	53.2%	26.6%	12.5%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

Mon - 05/03/2021																
COVID19L	Total	500														
Quesadilla, Cheese WG SP	1 each	500	289	25	589	3.26	1.80	509.0	603	6.18	0	21.12	30.68	10.06	6.57	0.00
Taco Sauce Pkt	1 ea	500	5	0	95	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	0.0	0.00	0.00
Baby Carrots	1/2 Cup	500	25	0	55	2.00	0.72	20.0	9500	2.4	*N/A*	0.0	6.0	0.0	0.00	0.00
FRUIT COCKTAIL:canned,lt syrup	1/2 Cup	500	69	0	7	1.21	0.35	7.3	252	2.3	17	0.48	18.07	0.08	0.01	0.00
Chocolate Milk, NonFat	1 Each	500	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	9.0	21.0	0.0	0.00	0.00

\*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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May 1, 2021 thru May 31, 2021

## Base Menu Spreadsheet

COVID19L

### 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)
Weighted Daily Average % of Calories			508	30	926	6.47	2.87	836.3	10855	12.08	*17 *13.6%	30.60 24.1%	76.74 60.4%	10.14 18.0%	6.58 11.7%	0.00 0.0%
Nutrient Guideline			600-650		1230											<10.00

Tue - 05/04/2021																
COVID19L	Total	500														
Chicken Patty on a Bun	1 each	500	341	55	973	3.81	3.15	102.5	100	0.0	4	19.69	40.19	12.41	2.00	0.00
Fries, Tater Tots	serv, 8 ea	500	141	0	283	1.68	0.43	7.1	10	4.05	*N/A*	1.41	15.86	8.0	0.96	0.00
Ketchup Pkt.	1 each	500	10	0	85	0.00	0.00	0.0	0	0.0	2	0.0	2.0	0.0	0.00	0.00
NECTARINES,FRESH	1 EACH	500	60	0	0	2.31	0.38	8.2	452	7.34	11	1.44	14.35	0.44	0.03	0.00
Chocolate Milk, NonFat	1 Each	500	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	9.0	21.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			671	60	1520	7.80	3.96	417.8	1062	12.59	*17 *9.9%	31.54 18.8%	93.39 55.7%	20.84 27.9%	2.99 4.0%	0.00 0.0%
Nutrient Guideline			600-650		1230											<10.00

Wed - 05/05/2021																
COVID19L	Total	500														
Teriyaki Blasters, 4 each	1 each	500	142	19	467	0.79	2.04	23.0	2	0.0	6	16.92	8.67	4.28	1.66	0.00
Fried Rice, Minh 3oz Elem.	1 each	500	85	0	224	1.53	0.37	10.2	1780	1.22	2	3.05	27.46	1.78	0.25	0.00
Baby Carrots	1/2 Cup	500	25	0	55	2.00	0.72	20.0	9500	2.4	*N/A*	0.0	6.0	0.0	0.00	0.00
Rosati, Mango Chile Lime	1 each	500	99	0	85	0.00	0.00	0.0	0	12.0	25	0.0	25.0	0.0	0.00	0.00
Chocolate Milk, NonFat	1 Each	500	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	9.0	21.0	0.0	0.00	0.00
Cookie, English & Spanish	bag	500	120	0	65	2.00	1.08	0.0	0	0.0	6	2.0	22.0	4.0	0.00	0.00
Weighted Daily Average % of Calories			591	24	1075	6.32	4.21	353.2	11781	16.82	*39 *26.4%	30.97 21.0%	110.13 74.6%	10.06 15.3%	1.91 2.9%	0.00 0.0%
Nutrient Guideline			600-650		1230											<10.00

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Base Menu Spreadsheet

COVID19L

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 - 05/06/2021																
COVID19L	Total	500														
Spaghetti, JTM 8 OZ	1 each	500	227	58	466	3.23	3.23	54.8	646	24.73	8	18.28	24.73	17.2	6.67	1.08
WG Garlic Knot	1 each	500	170	0	270	2.00	1.08	20.0	200	6.0	2	4.0	23.0	7.0	1.50	0.00
Side Salad	1 each	500	179	10	168	4.53	2.04	68.0	13144	54.39	*N/A*	2.27	8.8	14.0	2.00	0.00
Apples, Bagged	1 each	500	34	0	0	2.00	0.18	10.0	50	123.6	6	0.0	8.0	0.0	0.00	0.00
Chocolate Milk, NonFat	1 Each	500	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	9.0	21.0	0.0	0.00	0.00
Weighted Daily Average			729	73	1084	11.76	6.52	452.8	14541	209.92	*16	33.54	85.53	38.20	10.17	1.08
% of Calories											*8.5%	18.4%	46.9%	47.1%	12.5%	1.3%
Nutrient Guideline			600-650		1230										<10.00	

Fri - 05/07/2021																
COVID19L	Total	500														
Pizza, Deep Dish Cheese IW	1 each	75	310	30	440	3.00	1.80	200.0	0	0.0	9	16.0	31.0	13.0	6.00	0.00
Pizza, Deep Dish Pepperoni IW	1 each	425	310	35	520	3.00	2.70	200.0	0	0.0	8	17.0	31.0	13.0	6.00	0.00
Side Salad	1 each	500	179	10	168	4.53	2.04	68.0	13144	54.39	*N/A*	2.27	8.8	14.0	2.00	0.00
Applesauce, Cherry Cup	1 each	500	60	0	0	1.00	0.36	0.0	0	0.0	13	0.0	16.0	0.0	0.00	0.00
Chocolate Milk, NonFat	1 Each	500	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	9.0	21.0	0.0	0.00	0.00
Weighted Daily Average			669	49	856	8.53	4.96	568.0	13644	55.59	*21	28.12	76.80	27.00	8.00	0.00
% of Calories											*12.7%	16.8%	46.0%	36.3%	10.8%	0.0%
Nutrient Guideline			600-650		1230										<10.00	

Sat - 05/08/2021																
COVID19L	Total	500														
Anytimers, Cheese Pizza	1 each	500	360	30	750	4.00	1.80	600.0	300	6.0	7	13.0	34.0	17.0	9.00	0.00
Baby Carrots	1/2 Cup	500	25	0	55	2.00	0.72	20.0	9500	2.4	*N/A*	0.0	6.0	0.0	0.00	0.00
ranch dressing	pkt	500	70	5	75	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	7.0	1.00	0.00
Apple Slices, Bagged	1 each	500	34	0	0	2.00	0.18	10.0	50	123.6	6	0.0	8.0	0.0	0.00	0.00
Chocolate Milk, NonFat	1 Each	500	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	9.0	21.0	0.0	0.00	0.00
Weighted Daily Average			609	40	1060	8.00	2.70	930.0	10350	133.20	*13	22.00	70.00	24.00	10.00	0.00
% of Calories											*8.5%	14.4%	46.0%	35.5%	14.8%	0.0%
Nutrient Guideline			600-650		1230										<10.00	

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COVID19L

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
<b>Sun - 05/09/2021</b>																
COVID19L	Total	500														
Sandwich, Wedge TH&C	1 each	500	300	40	870	5.00	1.80	250.0	200	0.0	3	21.0	27.0	9.0	3.50	0.00
Mayo Pkt	1	500	70	5	45	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	7.0	1.00	0.00
Mustard Pkt.	1 each	500	5	0	70	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
CELERY STICKS	1/2 CUP	500	10	0	59	1.19	0.15	29.7	333	2.3	1	0.51	2.21	0.13	0.03	0.00
ranch dressing	pkt	500	70	5	75	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	7.0	1.00	0.00
Raisins, Box	1 Box	500	113	0	4	1.40	0.71	19.0	0	0.87	*N/A*	1.16	29.98	0.17	0.04	0.00
Chocolate Milk, NonFat	1 Each	500	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	9.0	21.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			688	55	1303	7.59	2.66	598.7	1033	4.37	*4 *2.3%	31.67 18.4%	81.19 47.2%	23.30 30.5%	5.57 7.3%	0.00 0.0%
Nutrient Guideline			600-650		1230										<10.00	

<b>Mon - 05/10/2021</b>																
COVID19L	Total	500														
Pull Apart Cheese Bread	1 each	500	290	30	630	0.00	0.54	243.2	137	0.48	1	15.0	29.0	14.0	5.00	0.00
Marinara Sauce Cup	1 each	500	15	0	120	1.00	0.36	0.0	100	1.2	2	1.0	3.0	0.0	0.00	0.00
Baby Carrots	1/2 Cup	500	25	0	55	2.00	0.72	20.0	9500	2.4	*N/A*	0.0	6.0	0.0	0.00	0.00
FRUIT COCKTAIL:canned,lt syrup	1/2 Cup	500	69	0	7	1.21	0.35	7.3	252	2.3	17	0.48	18.07	0.08	0.01	0.00
Chocolate Milk, NonFat	1 Each	500	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	9.0	21.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			519	35	992	4.21	1.97	570.5	10488	7.58	*20 *15.3%	25.48 19.6%	77.06 59.4%	14.09 24.4%	5.01 8.7%	0.00 0.0%
Nutrient Guideline			600-650		1230										<10.00	

<b>Tue - 05/11/2021</b>																
COVID19L	Total	500														
Mini Twin Cheeseburgers	1	500	390	50	870	4.00	3.60	150.0	500	126.0	*N/A*	20.0	41.0	16.0	7.00	0.00
French Fries, CC McCain	1/2 Cup	500	173	0	213	1.33	0.48	0.0	0	4.8	*N/A*	2.67	28.0	6.0	0.67	0.00
Ketchup Pkt.	1 each	500	10	0	85	0.00	0.00	0.0	0	0.0	2	0.0	2.0	0.0	0.00	0.00
NECTARINES,FRESH	1 EACH	500	60	0	0	2.31	0.38	8.2	452	7.34	11	1.44	14.35	0.44	0.03	0.00
Chocolate Milk, NonFat	1 Each	500	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	9.0	21.0	0.0	0.00	0.00

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COVID19L

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)
Weighted Daily Average			753	55	1348	7.64	4.46	458.2	1452	139.34	*13	33.11	106.35	22.44	7.70	0.00
% of Calories											*6.8%	17.6%	56.5%	26.8%	9.2%	0.0%
Nutrient Guideline			600-650		1230											<10.00

Wed - 05/12/2021																
COVID19L	Total	500														
Meatballs, Beef 5 each	1 each	500	150	35	250	1.00	1.80	40.0	100	1.2	*N/A*	14.0	4.0	9.0	3.50	0.00
Shredded Cheddar Cheese	1 oz	500	55	15	105	0.00	0.18	100.0	200	0.0	*N/A*	3.5	0.5	4.5	3.00	0.00
SPAGHETTI SAUCE,CANNED	1 oz	500	31	0	141	0.96	0.18	7.9	348	3.18	*N/A*	0.52	4.52	1.35	0.19	*N/A*
Breadstick, Garlic BC	1 each	500	100	0	95	1.00	0.72	0.0	0	0.0	0	1.0	15.0	3.5	0.50	0.00
Baby Carrots	1/2 Cup	500	25	0	55	2.00	0.72	20.0	9500	2.4	*N/A*	0.0	6.0	0.0	0.00	0.00
PEARS: canned,light syrup	1/2 Cup	500	72	0	6	2.01	0.35	6.3	0	0.88	15	0.24	19.04	0.04	0.00	0.00
Chocolate Milk, NonFat	1 Each	500	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	9.0	21.0	0.0	0.00	0.00
Weighted Daily Average			552	55	832	6.97	3.96	474.2	10648	8.85	*15	28.25	70.05	18.39	7.20	*0.00
% of Calories											*11.0%	20.5%	50.7%	30.0%	11.7%	*0.0%
Nutrient Guideline			600-650		1230											<10.00

Thu - 05/13/2021																
COVID19L	Total	500														
Fajitas, Chicken	ea, 1/2 cup	500	160	100	961	0.95	1.53	25.4	329	9.61	*2	21.46	4.51	6.29	1.65	*0.00
Spanish Rice 8oz	1 each	500	272	0	1160	4.00	2.34	40.0	0	0.0	1	6.0	61.0	0.7	0.20	0.00
Bell Pepper Trio IW	1 each	500	20	0	2	1.00	0.36	130.0	800	105.6	2	0.0	5.0	0.0	0.00	0.00
Apples, Bagged	1 each	500	34	0	0	2.00	0.18	10.0	50	123.6	6	0.0	8.0	0.0	0.00	0.00
Chocolate Milk, NonFat	1 Each	500	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	9.0	21.0	0.0	0.00	0.00
Weighted Daily Average			606	105	2303	7.95	4.41	505.4	1679	240.01	*11	36.46	99.50	6.99	1.85	*0.00
% of Calories											*7.0%	24.0%	65.6%	10.4%	2.7%	*0.0%
Nutrient Guideline			600-650		1230											<10.00

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Fri - 05/14/2021																
COVID19L	Total	500														
Longboard Cheese IW	1 each	75	304	36	514	2.90	1.31	489.6	434	10.63	3	18.84	29.31	12.47	6.22	0.00
Longboard Pepperoni IW	1 each	425	311	38	568	2.90	1.30	460.8	416	10.63	3	18.85	29.34	13.05	6.32	0.00
Side Salad	1 each	300	179	10	168	4.53	2.04	68.0	13144	54.39	*N/A*	2.27	8.8	14.0	2.00	0.00
Applesauce, Cinnamon Cup	1 each	500	50	0	0	1.00	0.00	0.0	0	0.0	12	0.0	14.0	0.0	0.00	0.00
Chocolate Milk, NonFat	1 Each	350	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	9.0	21.0	0.0	0.00	0.00
Weighted Daily Average			551	47	787	6.62	2.52	715.9	8655	44.10	*15	26.51	63.31	21.36	7.50	0.00
% of Calories											*10.8%	19.3%	46.0%	34.9%	12.3%	0.0%
Nutrient Guideline			600-650		1230										<10.00	

Sat - 05/15/2021																
COVID19L	Total	500														
Grilled Cheese, Sourdough	1 each	500	299	34	529	3.24	1.86	434.8	552	8.02	4	20.67	32.85	10.25	5.98	0.00
Zucchini, Fresh	1/2 Cup	500	10	0	5	0.50	0.18	10.0	100	10.5	*N/A*	0.5	2.0	0.0	0.00	0.00
Apples, Bagged	1 each	500	34	0	0	2.00	0.18	10.0	50	123.6	6	0.0	8.0	0.0	0.00	0.00
Chocolate Milk, NonFat	1 Each	500	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	9.0	21.0	0.0	0.00	0.00
Weighted Daily Average			463	39	714	5.74	2.22	754.8	1202	143.32	*10	30.17	63.85	10.25	5.98	0.00
% of Calories											*8.6%	26.1%	55.1%	19.9%	11.6%	0.0%
Nutrient Guideline			600-650		1230										<10.00	

Sun - 05/16/2021																
COVID19L	Total	500														
Sunbutter & Jelly Sandwich	1 each	500	310	0	250	5.00	2.70	40.0	0	0.0	14	10.0	33.0	17.0	2.00	0.00
String Cheese, Mozz.	1 each	500	60	10	210	0.00	0.00	240.0	200	0.0	*N/A*	8.0	1.0	2.5	2.00	0.00
CELERY STICKS	1/2 CUP	500	10	0	59	1.19	0.15	29.7	333	2.3	1	0.51	2.21	0.13	0.03	0.00
Raisins, Box	1 Box	500	113	0	4	1.40	0.71	19.0	0	0.87	*N/A*	1.16	29.98	0.17	0.04	0.00
Chocolate Milk, NonFat	1 Each	500	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	9.0	21.0	0.0	0.00	0.00
Weighted Daily Average			613	15	703	7.59	3.56	628.7	1033	4.37	*15	28.67	87.18	19.80	4.07	0.00
% of Calories											*9.8%	18.7%	56.9%	29.0%	6.0%	0.0%
Nutrient Guideline			600-650		1230										<10.00	

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# Central Unified Food Services

May 1, 2021 thru May 31, 2021

## Base Menu Spreadsheet

COVID19L

### Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
<b>Mon - 05/17/2021</b>																
COVID19L	Total	500														
Burrito, Arizona Gold	1 each	500	380	25	550	7.00	3.60	300.0	200	3.6	3	17.0	45.0	15.0	6.00	0.00
Taco Sauce Pkt	1 ea	500	5	0	95	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	0.0	0.00	0.00
Baby Carrots	1/2 Cup	500	25	0	55	2.00	0.72	20.0	9500	2.4	*N/A*	0.0	6.0	0.0	0.00	0.00
FRUIT COCKTAIL:canned,lt syrup	1/2 Cup	500	69	0	7	1.21	0.35	7.3	252	2.3	17	0.48	18.07	0.08	0.01	0.00
Chocolate Milk, NonFat	1 Each	500	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	9.0	21.0	0.0	0.00	0.00
Weighted Daily Average			599	30	887	10.21	4.67	627.3	10452	9.50	*20	26.48	91.06	15.08	6.01	0.00
% of Calories											*13.3%	17.7%	60.8%	22.7%	9.0%	0.0%
Nutrient Guideline			600-650		1230										<10.00	
<b>Tue - 05/18/2021</b>																
COVID19L	Total	500														
BBQ Rib Patty, Beef	1 each	500	350	40	910	4.00	2.88	40.0	400	1.2	*4	18.0	41.0	12.0	4.50	0.00
French Fries, CC McCain	1/2 Cup	500	173	0	213	1.33	0.48	0.0	0	4.8	*N/A*	2.67	28.0	6.0	0.67	0.00
Ketchup Pkt.	1 each	500	10	0	85	0.00	0.00	0.0	0	0.0	2	0.0	2.0	0.0	0.00	0.00
NECTARINES,FRESH	1 EACH	500	60	0	0	2.31	0.38	8.2	452	7.34	11	1.44	14.35	0.44	0.03	0.00
Chocolate Milk, NonFat	1 Each	500	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	9.0	21.0	0.0	0.00	0.00
Weighted Daily Average			713	45	1388	7.65	3.74	348.2	1352	14.54	*17	31.11	106.35	18.44	5.20	0.00
% of Calories											*9.4%	17.4%	59.6%	23.3%	6.6%	0.0%
Nutrient Guideline			600-650		1230										<10.00	
<b>Wed - 05/19/2021</b>																
COVID19L	Total	500														
Taquito, WG Chicken 2 each	1 each	500	210	15	270	3.00	1.44	40.0	200	0.0	*N/A*	9.0	27.0	8.0	1.50	0.00
Salsa	1 oz	500	9	0	198	*N/A*	*N/A*	*N/A*	*N/A*	2.16	*N/A*	0.0	1.8	0.0	0.00	*N/A*
Baby Carrots	1/2 Cup	500	25	0	55	2.00	0.72	20.0	9500	2.4	*N/A*	0.0	6.0	0.0	0.00	0.00
PEARS: canned,light syrup	1/2 Cup	500	72	0	6	2.01	0.35	6.3	0	0.88	15	0.24	19.04	0.04	0.00	0.00
Chocolate Milk, NonFat	1 Each	500	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	9.0	21.0	0.0	0.00	0.00

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# Central Unified Food Services

May 1, 2021 thru May 31, 2021

## Base Menu Spreadsheet

COVID19L

### 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)
Weighted Daily Average % of Calories			436	20	709	*7.01	*2.51	*366.3	*10200	6.64	*15 *13.9%	18.24 16.7%	74.84 68.7%	8.04 16.6%	1.50 3.1%	*0.00 *0.0%
Nutrient Guideline			600-650		1230											<10.00

Thu - 05/20/2021																
COVID19L	Total	500														
Drumstick, Chicken WG	1 each	500	190	50	450	1.00	1.08	20.0	100	0.0	0	16.0	5.0	11.0	2.50	0.00
Mashed Potatoes w Gravy	1/2 Cup	500	120	0	486	2.01	0.72	20.1	0	6.02	*1	2.01	19.06	4.01	0.25	0.00
WG Biscuit	1 each	500	203	0	444	1.93	1.04	144.9	0	0.0	2	3.86	26.09	9.66	8.69	0.00
Apples, Bagged	1 each	500	34	0	0	2.00	0.18	10.0	50	123.6	6	0.0	8.0	0.0	0.00	0.00
Chocolate Milk, NonFat	1 Each	500	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	9.0	21.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			667	55	1561	6.94	3.03	495.0	650	130.82	*9 *5.4%	30.87 18.5%	79.14 47.4%	24.67 33.3%	11.44 15.4%	0.00 0.0%
Nutrient Guideline			600-650		1230											<10.00

Fri - 05/21/2021																
COVID19L	Total	500														
Cheese Cup Jal RF, 3oz	1 ea	500	230	60	500	0.00	0.36	200.0	3000	0.0	0	7.0	3.0	21.0	13.00	0.00
Tortilla Chips, 2oz	bag	500	135	0	55	2.00	0.36	20.0	0	0.0	0	2.0	19.0	5.0	1.00	0.00
Side Salad	1 each	500	179	10	168	4.53	2.04	68.0	13144	54.39	*N/A*	2.27	8.8	14.0	2.00	0.00
Fruit Cup, Strawberry	1 each	500	90	0	0	2.00	0.00	0.0	0	0.0	18	1.0	22.0	0.0	0.00	0.00
Chocolate Milk, NonFat	1 Each	500	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	9.0	21.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			754	75	903	8.53	2.76	588.0	16644	55.59	*18 *9.6%	21.27 11.3%	73.80 39.2%	40.00 47.8%	16.00 19.1%	0.00 0.0%
Nutrient Guideline			600-650		1230											<10.00

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# Central Unified Food Services

May 1, 2021 thru May 31, 2021

## Base Menu Spreadsheet

COVID19L

### Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Sat - 05/22/2021																
COVID19L	Total	500														
Anytimers, Cheese Pizza	1 each	500	360	30	750	4.00	1.80	600.0	300	6.0	7	13.0	34.0	17.0	9.00	0.00
Baby Carrots	1/2 Cup	500	25	0	55	2.00	0.72	20.0	9500	2.4	*N/A*	0.0	6.0	0.0	0.00	0.00
ranch dressing	pkt	500	70	5	75	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	7.0	1.00	0.00
Apple Slices, Bagged	1 each	500	34	0	0	2.00	0.18	10.0	50	123.6	6	0.0	8.0	0.0	0.00	0.00
Chocolate Milk, NonFat	1 Each	500	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	9.0	21.0	0.0	0.00	0.00
Weighted Daily Average			609	40	1060	8.00	2.70	930.0	10350	133.20	*13	22.00	70.00	24.00	10.00	0.00
% of Calories											*8.5%	14.4%	46.0%	35.5%	14.8%	0.0%
Nutrient Guideline			600-650		1230										<10.00	

Sun - 05/23/2021																
COVID19L	Total	500														
Taco Stick	1 ea	500	345	52	631	3.85	2.77	328.8	252	6.37	*N/A*	20.07	31.87	12.82	8.35	0.00
Taco Sauce Pkt	1 ea	500	5	0	95	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	0.0	0.00	0.00
Jicama	1/2 Cup	500	25	0	4	1.12	0.36	9.0	0	12.0	*N/A*	0.85	5.25	0.0	0.00	*N/A*
ranch dressing	pkt	500	70	5	75	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	7.0	1.00	0.00
Raisins, Box	1 Box	500	113	0	4	1.40	0.71	19.0	0	0.87	*N/A*	1.16	29.98	0.17	0.04	0.00
Chocolate Milk, NonFat	1 Each	500	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	9.0	21.0	0.0	0.00	0.00
Weighted Daily Average			678	62	988	6.37	3.84	656.8	752	20.44	*N/A*	31.08	90.10	19.99	9.39	*0.00
% of Calories											*N/A%*	18.3%	53.2%	26.6%	12.5%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

Mon - 05/24/2021																
COVID19L	Total	500														
Corn Dog, Chicken IW	1 each	500	238	40	690	2.30	1.40	25.0	120	0.0	8	11.6	27.8	9.2	2.50	0.00
Mustard Pkt.	1 each	250	5	0	70	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Ketchup Pkt.	1 each	250	10	0	85	0.00	0.00	0.0	0	0.0	2	0.0	2.0	0.0	0.00	0.00
Baby Carrots	1/2 Cup	350	25	0	55	2.00	0.72	20.0	9500	2.4	*N/A*	0.0	6.0	0.0	0.00	0.00
FRUIT COCKTAIL:canned,lt syrup	1/2 Cup	450	69	0	7	1.21	0.35	7.3	252	2.3	17	0.48	18.07	0.08	0.01	0.00
Chocolate Milk, NonFat	1 Each	350	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	9.0	21.0	0.0	0.00	0.00

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# Central Unified Food Services

May 1, 2021 thru May 31, 2021

Base Menu Spreadsheet

COVID19L

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)
Weighted Daily Average % of Calories			409	44	939	4.79	2.22	255.5	7347	4.59	*24 *23.2%	18.33 17.9%	63.96 62.5%	9.28 20.4%	2.51 5.5%	0.00 0.0%
Nutrient Guideline			600-650		1230										<10.00	

Tue - 05/25/2021																
COVID19L	Total	500														
Cheeseburger	1 EACH	500	432	84	887	3.00	2.97	256.1	160	0.0	3	23.57	29.68	22.85	9.56	1.16
French Fries, CC McCain	1/2 Cup	500	173	0	213	1.33	0.48	0.0	0	4.8	*N/A*	2.67	28.0	6.0	0.67	0.00
Ketchup Pkt.	1 each	500	10	0	85	0.00	0.00	0.0	0	0.0	2	0.0	2.0	0.0	0.00	0.00
NECTARINES,FRESH	1 EACH	500	60	0	0	2.31	0.38	8.2	452	7.34	11	1.44	14.35	0.44	0.03	0.00
Chocolate Milk, NonFat	1 Each	500	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	9.0	21.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			795	89	1365	6.65	3.83	564.3	1112	13.34	*16 *8.1%	36.68 18.5%	95.03 47.8%	29.29 33.2%	10.26 11.6%	1.16 1.3%
Nutrient Guideline			600-650		1230										<10.00	

Wed - 05/26/2021																
COVID19L	Total	500														
Orange Chicken Bowl	1 Bowl	500	252	44	535	1.53	1.17	10.2	1780	2.55	13	15.27	48.57	5.11	0.81	0.00
Baby Carrots	1/2 Cup	500	25	0	55	2.00	0.72	20.0	9500	2.4	*N/A*	0.0	6.0	0.0	0.00	0.00
PEARS: canned,light syrup	1/2 Cup	500	72	0	6	2.01	0.35	6.3	0	0.88	15	0.24	19.04	0.04	0.00	0.00
Chocolate Milk, NonFat	1 Each	500	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	9.0	21.0	0.0	0.00	0.00
Weighted Daily Average % of Calories			468	49	776	5.53	2.24	336.4	11780	7.03	*28 *23.8%	24.51 20.9%	94.61 80.8%	5.15 9.9%	0.81 1.6%	0.00 0.0%
Nutrient Guideline			600-650		1230										<10.00	

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# Central Unified Food Services

May 1, 2021 thru May 31, 2021

## Base Menu Spreadsheet

COVID19L

### Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 05/27/2021																
COVID19L	Total	500														
Macaroni & Cheese, WG	6 oz	500	290	30	980	2.00	1.08	420.0	800	0.0	*N/A*	17.0	31.0	11.0	6.00	0.00
WG Garlic Knot	1 each	500	170	0	270	2.00	1.08	20.0	200	6.0	2	4.0	23.0	7.0	1.50	0.00
Cucumber & Cherry Tomatoes	1 each	500	14	0	4	0.91	0.31	13.3	238	8.14	*1	0.74	3.15	0.23	0.08	*0.00
Apples, Bagged	1 each	500	34	0	0	2.00	0.18	10.0	50	123.6	6	0.0	8.0	0.0	0.00	0.00
Chocolate Milk, NonFat	1 Each	500	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	9.0	21.0	0.0	0.00	0.00
Weighted Daily Average			628	35	1434	6.91	2.65	763.3	1788	138.94	*9	30.74	86.15	18.23	7.58	*0.00
% of Calories											*5.8%	19.6%	54.8%	26.1%	10.9%	*0.0%
Nutrient Guideline			600-650		1230										<10.00	

Fri - 05/28/2021																
COVID19L	Total	500														
Cheese Garlic Toast IW	1 each	500	360	37	437	1.96	1.84	410.7	121	0.0	3	20.04	27.67	18.77	7.75	0.00
Marinara Sauce Cup	1 each	500	15	0	120	1.00	0.36	0.0	100	1.2	2	1.0	3.0	0.0	0.00	0.00
Side Salad	1 each	500	179	10	168	4.53	2.04	68.0	13144	54.39	*N/A*	2.27	8.8	14.0	2.00	0.00
Fruit Cup, Peaches	1 each	500	80	0	0	1.00	0.00	0.0	0	0.0	16	1.0	19.0	0.0	0.00	0.00
Chocolate Milk, NonFat	1 Each	500	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	9.0	21.0	0.0	0.00	0.00
Weighted Daily Average			753	52	905	8.49	4.24	778.7	13866	56.79	*21	33.31	79.47	32.77	9.75	0.00
% of Calories											*11.1%	17.7%	42.2%	39.2%	11.7%	0.0%
Nutrient Guideline			600-650		1230										<10.00	

Sat - 05/29/2021																
COVID19L	Total	500														
Sandwich, Wedge TH&C	1 each	500	300	40	870	5.00	1.80	250.0	200	0.0	3	21.0	27.0	9.0	3.50	0.00
Mayo Pkt	1	500	70	5	45	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	7.0	1.00	0.00
Mustard Pkt.	1 each	500	5	0	70	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
Zucchini, Fresh	1/2 Cup	500	10	0	5	0.50	0.18	10.0	100	10.5	*N/A*	0.5	2.0	0.0	0.00	0.00
ranch dressing	pkt	500	70	5	75	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	7.0	1.00	0.00
Raisins, Box	1 Box	500	113	0	4	1.40	0.71	19.0	0	0.87	*N/A*	1.16	29.98	0.17	0.04	0.00
Chocolate Milk, NonFat	1 Each	500	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	9.0	21.0	0.0	0.00	0.00

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# Central Unified Food Services

May 1, 2021 thru May 31, 2021

## Base Menu Spreadsheet

COVID19L

### 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)
Weighted Daily Average			688	55	1249	6.90	2.69	579.0	800	12.57	*3	31.66	80.98	23.17	5.54	0.00
% of Calories											*1.7%	18.4%	47.1%	30.3%	7.2%	0.0%
Nutrient Guideline			600-650		1230											<10.00

Sun - 05/30/2021																
COVID19L	Total	500														
Grilled Cheese/Turk.Bacon SD	1 each	500	299	40	569	3.15	1.86	326.5	551	8.51	4	18.42	31.95	11.59	6.60	0.00
Mayo Pkt	1	500	70	5	45	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	7.0	1.00	0.00
Mustard Pkt.	1 each	500	5	0	70	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.0	0.0	0.00	0.00
CELERY STICKS	1/2 CUP	500	10	0	59	1.19	0.15	29.7	333	2.3	1	0.51	2.21	0.13	0.03	0.00
ranch dressing	pkt	500	70	5	75	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	7.0	1.00	0.00
Raisins, Box	1 Box	500	113	0	4	1.40	0.71	19.0	0	0.87	*N/A*	1.16	29.98	0.17	0.04	0.00
Chocolate Milk, NonFat	1 Each	500	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	9.0	21.0	0.0	0.00	0.00
Weighted Daily Average			687	55	1002	5.74	2.72	675.2	1384	12.88	*5	29.09	86.14	25.89	8.67	0.00
% of Calories											*2.8%	16.9%	50.1%	33.9%	11.4%	0.0%
Nutrient Guideline			600-650		1230											<10.00

Mon - 05/31/2021																
COVID19L	Total	500														
Quesadilla, Cheese WG SP	1 each	500	289	25	589	3.26	1.80	509.0	603	6.18	0	21.12	30.68	10.06	6.57	0.00
Taco Sauce Pkt	1 ea	500	5	0	95	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	0.0	0.00	0.00
Baby Carrots	1/2 Cup	500	25	0	55	2.00	0.72	20.0	9500	2.4	*N/A*	0.0	6.0	0.0	0.00	0.00
FRUIT COCKTAIL:canned,lt syrup	1/2 Cup	500	69	0	7	1.21	0.35	7.3	252	2.3	17	0.48	18.07	0.08	0.01	0.00
Chocolate Milk, NonFat	1 Each	500	120	5	180	0.00	0.00	300.0	500	1.2	*N/A*	9.0	21.0	0.0	0.00	0.00
Weighted Daily Average			508	30	926	6.47	2.87	836.3	10855	12.08	*17	30.60	76.74	10.14	6.58	0.00
% of Calories											*13.6%	24.1%	60.4%	18.0%	11.7%	0.0%
Nutrient Guideline			600-650		1230											<10.00

Weighted Average			620	48	1072	*7.18	*3.39	*591.3	*6429	54.65	*15	28.80	83.44	19.70	6.75	*0.07
											*21.1%	18.6%	53.9%	28.6%	9.8%	*0.1%

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# Central Unified Food Services

May 1, 2021 thru May 31, 2021

Base Menu Spreadsheet

COVID19L

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	620		600 - 650	100%													
Cholesterol (mg)	48																
Sodium 1 (mg)	1072		1230														
Sodium 2 (mg)	1072		935						137	Correction Required - Sodium too High							
Fiber (g)	7.18				Missing												
Iron (mg)	3.39				Missing												
Calcium (mg)	591.3				Missing												
Vitamin A (IU)	6429				Missing												
Sugars (g)	15	9.40%			Missing												
Vitamin C (mg)	54.65																
Protein (g)	28.80	18.59%															
Carbohydrate (g)	83.44	53.87%															
Total Fat (g)	19.70	28.61%															
Saturated Fat (g)	6.75	9.80%	<10.00%														
Trans Fat <sup>1</sup> (g)	0.07	0.10%			Missing												

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