Jan 1, 2019 thru Jan 31, 2019

High School Lunch

Base Menu Spreadsheet Portion Values - Detailed

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| | Portion | Reimb | Carb |
|-------------------------------|-----------|-------|--------|
| | Size | Qty | (g) |
| Thu - 01/03/2019 | | | |
| High School Lunch | Total | 9000 | |
| Menu #17 | 1 | 1 | 0.0 |
| Chicken Sandwich 51% | 1 EACH | 3000 | 46.79 |
| Tater Tots, 1 CUP | 1 CUP | 2000 | 34.07 |
| Pizza, Cheese, Primo (8 cut) | slice | 1500 | 34.0 |
| Pizza, Pepp, Primo, (8 cut) | slice | 1500 | 34.0 |
| Meaty Nachos- Beef | Serving | 3000 | 40.47 |
| Rolls 51%/ 2oz | 1 EACH | 2000 | 30.79 |
| Salad, SideGreen | 1 CUP | 4500 | 1.52 |
| Tomato Grape | 1/4 CUP | 3000 | 0.99 |
| Refried Beans Seasoned | 1/2 CUP | 2300 | 18.02 |
| Corn: frzn, yellow ckd, 1/2 c | 1/2 CUP | 3500 | 18.14 |
| Applesauce Cup, Strawberry | 1/2 CUP | 4500 | 14.0 |
| Apples,Fresh | 1 EACH | 2000 | 19.06 |
| Orange Fresh | 1 EACH | 2000 | 11.28 |
| Bananas | 1 EACH | 3000 | 30.0 |
| Kiwifruit, Fresh | 1 EACH | 1000 | 11.14 |
| Milk, Chocolate Fat Free | HALF PINT | 3000 | 20.0 |
| Milk,1% Lowfat | HALF PINT | 3000 | 12.0 |
| JUICE FRUITABLE | 1 EACH | 1500 | 22.0 |
| Ranch Dressing: yogurt | 1 FL OZ | 3000 | 3.31 |
| Ketchup | 1 OZ | 2500 | 8.34 |
| Mustard: individual PC | 1 EACH | 500 | 0.35 |
| Mayonnaise, PC Packet | 1 EACH | 2000 | 0.97 |
| Tomatoes, Fresh, Sliced | 1 EACH | 2000 | 0.37 |
| Lettuce, Shred, 1/8 c | 1/8 CUP | 2000 | 0.32 |
| Onions, Fresh Sliced | SLICE | 1000 | 3.03 |
| Sour Cream | 1 OZ | 2000 | 1.89 |
| Salsa | 1 OZ | 2000 | 1.96 |
| Barbecue Sauce BULL'S EYE | 1 OZ | 1500 | 10.24 |
| Buffalo Sauce Mild | 1 OZ | 1500 | 2.48 |
| Weighted Daily Average | | | 114.02 |
| % of Calories | | | 53.8% |
| Nutrient Guideline | | | |

^{*}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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Jan 1, 2019 thru Jan 31, 2019

High School Lunch

Base Menu Spreadsheet Portion Values - Detailed

Page 2 Generated on: 12/21/2018 8:51:02 AM

| | Portion | Reimb | Carb |
|-----------------------------|-----------|-------|--------|
| | Size | Qty | (g) |
| Fri - 01/04/2019 | | | |
| High School Lunch | Total | 9000 | |
| Menu #23 | 1 | 1 | *N/A* |
| Chicken Sandwich 51% | 1 EACH | 3000 | 46.79 |
| Chicken Bacon Ranch Wrap | 1 each | 3000 | 39.0 |
| French Fries: oven bkd, 1c | 1 CUP | 4000 | 34.0 |
| Baked Ziti | 1.25 cup | 3000 | 31.21 |
| Rolls 51%/ 2oz | 1 EACH | 3000 | 30.79 |
| Salad, Side-Secondary | 1 CUP | 4500 | 1.6 |
| Tomato Grape | 1/4 CUP | 3000 | 0.99 |
| Cucumber, Raw | 1/4 CUP | 2500 | 1.18 |
| Carrots:frzn, boiled, 1/2 c | 1/2 CUP | 3500 | 6.49 |
| Pears: canned, light syrup | 1/2 CUP | 4500 | 13.57 |
| Apples,Fresh | 1 EACH | 2000 | 19.06 |
| Orange Fresh | 1 EACH | 2000 | 11.28 |
| Bananas | 1 EACH | 3000 | 30.0 |
| Kiwifruit, Fresh | 1 EACH | 1000 | 11.14 |
| Milk, Chocolate Fat Free | HALF PINT | 3000 | 20.0 |
| Milk,1% Lowfat | HALF PINT | 3000 | 12.0 |
| JUICE FRUITABLE | 1 EACH | 1500 | 22.0 |
| Ranch Dressing: yogurt | 1 FL OZ | 3000 | 3.31 |
| Ketchup | 1 OZ | 2500 | 8.34 |
| Mustard: individual PC | 1 EACH | 500 | 0.35 |
| Mayonnaise, PC Packet | 1 EACH | 2000 | 0.97 |
| Tomatoes, Fresh, Sliced | 1 EACH | 2000 | 0.37 |
| Lettuce, Shred, 1/8 c | 1/8 CUP | 2000 | 0.32 |
| Onions, Fresh Sliced | SLICE | 1000 | 3.03 |
| Barbecue Sauce BULL'S EYE | 1 OZ | 1500 | 10.24 |
| Buffalo Sauce Mild | 1 OZ | 1500 | 2.48 |
| Jello | 1/2 cup | 5000 | 17.39 |
| Weighted Daily Average | | | 123.39 |
| % of Calories | | | 59.1% |
| | | | |
| Nutrient Guideline | | | |

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Jan 1, 2019 thru Jan 31, 2019

High School Lunch

Base Menu Spreadsheet Portion Values - Detailed

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| | Portion | Reimb | Carb |
|--------------------------------|-----------|-------|--------|
| | Size | Qty | (g) |
| Mon - 01/07/2019 | | - | |
| High School Lunch | Total | 9000 | |
| Menu #1 | 1 | 1 | 0.0 |
| Chicken Sandwich 51% | 1 EACH | 3000 | 46.79 |
| Popcorn Chicken, Adv. Pierre | 10 Each | 3000 | 12.03 |
| French Fries: oven bkd, 1c | 1 CUP | 4000 | 34.0 |
| Hawaiian Haystacks | 1/2 CUP | 3000 | 8.73 |
| Rice Combo, Br & Wh 50/50 Ckd | 1 CUP | 2500 | 42.48 |
| Cheese Combo (Chdr & Mozz) | 1 OZ | 2000 | 0.25 |
| Chow Mein Noodles | 1/8 cup | 2000 | 6.48 |
| Tomatoes,Fresh,diced, 1/8 c | 1/8 CÚP | 2000 | 1.01 |
| Celery Chopped 1/8 cup | 1/8 cup | 2000 | 0.55 |
| Salad, SideGreen | 1 CUP | 4500 | 1.52 |
| Rolls 51%/ 2oz | 1 EACH | 2000 | 30.79 |
| Tomato Grape | 1/4 CUP | 3000 | 0.99 |
| Celery Sticks, 1/2 c | 1/2 CUP | 2000 | 2.36 |
| Peas: frozen,warmed,1/2 c | 1/2 CUP | 3500 | 13.58 |
| Peaches: canned,ex light syrup | 1/2 CUP | 4500 | 13.31 |
| Apples,Fresh | 1 EACH | 2000 | 19.06 |
| Orange Fresh | 1 EACH | 2000 | 11.28 |
| Bananas | 1 EACH | 3000 | 30.0 |
| Kiwifruit, Fresh | 1 EACH | 1000 | 11.14 |
| Milk, Chocolate Fat Free | HALF PINT | 3000 | 20.0 |
| Milk,1% Lowfat | HALF PINT | 3000 | 12.0 |
| JUICE FRUITABLE | 1 EACH | 1500 | 22.0 |
| Ranch Dressing: yogurt | 1 FL OZ | 3000 | 3.31 |
| Ketchup | 1 OZ | 2500 | 8.34 |
| Mustard: individual PC | 1 EACH | 500 | 0.35 |
| Mayonnaise, PC Packet | 1 EACH | 2000 | 0.97 |
| Tomatoes,Fresh,Sliced | 1 EACH | 2000 | 0.37 |
| Lettuce,Shred, 1/4 c | 1/4 CUP | 2000 | 0.63 |
| Onions, Fresh Sliced | SLICE | 1000 | 3.03 |
| Barbecue Sauce BULL'S EYE | 1 OZ | 1500 | 10.24 |
| Buffalo Sauce Mild | 1 OZ | 1500 | 2.48 |
| Chocolate Chip Cookie | 1 EACH | 7000 | 18.26 |
| Weighted Daily Average | | | 124.52 |
| % of Calories | | | 59.0% |
| Nutrient Guideline | | | |

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Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet Portion Values - Detailed

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High School Lunch

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| | Portion | Reimb | Carb |
|-------------------------------|-----------|-------|--------|
| | Size | Qty | (g) |
| Tue - 01/08/2019 | | | |
| High School Lunch | Total | 9000 | |
| Menu #2 | 1 | 1 | 0.0 |
| Chicken Sandwich 51% | 1 EACH | 3000 | 46.79 |
| Tater Tots, 1 CUP | 1 CUP | 2000 | 34.07 |
| Pizza, Cheese, Primo (8 cut) | slice | 1500 | 34.0 |
| Pizza, Pepp, Primo, (8 cut) | slice | 1500 | 34.0 |
| Navajo Taco | 1 EACH | 3000 | 57.58 |
| Cheese Combo (Chdr & Mozz) | 1 OZ | 2500 | 0.25 |
| Salad, SideGreen | 1 CUP | 4500 | 1.52 |
| Tomato Grape | 1/4 CUP | 3000 | 0.99 |
| Corn: frzn, yellow ckd, 1/2 c | 1/2 CUP | 3500 | 18.14 |
| Applesauce, Cinnamon unsweet | 1/2 Cup | 4500 | 14.0 |
| Apples,Fresh | 1 EACH | 2000 | 19.06 |
| Orange Fresh | 1 EACH | 2000 | 11.28 |
| Bananas | 1 EACH | 3000 | 30.0 |
| Kiwifruit, Fresh | 1 EACH | 1000 | 11.14 |
| Milk, Chocolate Fat Free | HALF PINT | 3000 | 20.0 |
| Milk,1% Lowfat | HALF PINT | 3000 | 12.0 |
| JUICE FRUITABLE | 1 EACH | 1500 | 22.0 |
| Ranch Dressing: yogurt | 1 FL OZ | 3000 | 3.31 |
| Ketchup | 1 OZ | 2500 | 8.34 |
| Mustard: individual PC | 1 EACH | 500 | 0.35 |
| Mayonnaise, PC Packet | 1 EACH | 2000 | 0.97 |
| Tomatoes,Fresh,Sliced | 1 EACH | 2000 | 0.37 |
| Lettuce, Shred, 1/8 c | 1/8 CUP | 4000 | 0.32 |
| Onions, Fresh Sliced | SLICE | 1000 | 3.03 |
| Tomatoes,Fresh,diced, 1/8 c | 1/8 CUP | 1000 | 1.01 |
| Lettuce, Shred, 1/8 c | 1/8 CUP | 1000 | 0.32 |
| Onions, fresh chopped | 1/8 cup | 1000 | 2.29 |
| Sour Cream | 1 OZ | 2500 | 1.89 |
| Salsa | 1 OZ | 2500 | 1.96 |
| Barbecue Sauce BULL'S EYE | 1 OZ | 1500 | 10.24 |
| Buffalo Sauce Mild | 1 OZ | 1500 | 2.48 |
| Pudding Chocolate | 1 EACH | 3500 | 20.05 |
| Pudding Vanilla | 1 EACH | 3500 | 18.04 |
| Weighted Daily Average | | | 123.84 |
| % of Calories | | | 59.6% |
| Nutrient Guideline | | | |

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Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet Portion Values - Detailed

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High School Lunch

| | Portion Size | Reimb Qty | Carb (g) |
|-----------------------------|-----------------|--------------|-------------|
| Wed - 01/09/2019 | 0120 | Q ty | (9/ |
| High School Lunch | Total | 9000 | |
| Menu #3 | 1 | 1 | 0.0 |
| Chicken Sandwich 51% | 1 EACH | 3000 | 46.79 |
| Meatball Sub, High School | SANDWICH | 3000 | 40.48 |
| French Fries: oven bkd, 1c | 1 CUP | 4000 | 34.0 |
| Cajun Chicken Pasta- Up | 1.5 cups | 3000 | 33.66 |
| Rolls 51%/ 2oz | 1 EACH | 2500 | 30.79 |
| Salad, SideGreen | 1 CUP | 4500 | 1.52 |
| Tomato Grape | 1/4 CUP | 3000 | 0.99 |
| Cucumber, Raw | 1/4 CUP | 2500 | 1.18 |
| Carrots:frzn, boiled, 1/2 c | 1/2 CUP | 3500 | 6.49 |
| Pears: canned,light syrup | 1/2 CUP | 4500 | 13.57 |
| Apples,Fresh | 1 EACH | 2000 | 19.06 |
| Orange Fresh | 1 EACH | 2000 | 11.28 |
| Bananas | 1 EACH | 3000 | 30.0 |
| Kiwifruit, Fresh | 1 EACH | 1000 | 11.14 |
| Milk, Chocolate Fat Free | HALF PINT | 3000 | 20.0 |
| Milk,1% Lowfat | HALF PINT | 3000 | 12.0 |
| JUICE FRUITABLE | 1 EACH | 1500 | 22.0 |
| Ranch Dressing: yogurt | 1 FL OZ | 3000 | 3.31 |
| Ketchup | 1 OZ | 2500 | 8.34 |
| Mustard: individual PC | 1 EACH | 500 | 0.35 |
| Mayonnaise, PC Packet | 1 EACH | 2000 | 0.97 |
| Tomatoes,Fresh,Sliced | 1 EACH | 2000 | 0.37 |
| Lettuce,Shred, 1/8 c | 1/8 CUP | 2000 | 0.32 |
| Onions, Fresh Sliced | SLICE | 1000 | 3.03 |
| Barbecue Sauce BULL'S EYE | 1 OZ | 1500 | 10.24 |
| Buffalo Sauce Mild | 1 OZ | 1500 | 2.48 |
| Sugar Cookies | 1 EACH | 5200 | 15.76 |
| Weighted Daily Average | | | 122.39 |
| % of Calories | | | 57.7% |
| Nutrient Guideline | | | |

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Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet Portion Values - Detailed

SideKicks Fruit Cup Kiwi-Straw

Weighted Daily Average

% of Calories

Nutrient Guideline

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High School Lunch

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Portion Reimb Carb Size Qty (g) Thu - 01/10/2019 9000 High School Lunch Total Menu #4 0.0 Chicken Sandwich 51% 1 EACH 3000 46.79 Potato Wedges, 1c 1 CUP 2000 54.7 Country Fried Steak JTM 1 EACH 3000 11.4 Chicken Strips, Adv. Pierre 3000 3 Each 12.12 Potatoes Whipped 1/2 CUP 5000 18.33 1/2 CUP Gravy, Country, 1/2 c 4000 13.29 Rolls 51%/ 2oz 1 EACH 5000 30.79 Salad, Side--Green 4500 1 CUP 1.52 **Tomato Grape** 1/4 CUP 3000 0.99 Green Beans: canned,ckd, 1/2 c 1/2 cup 3500 0.17 1/2 CÚP 4500 21.26 Mandarin Oranges Apples, Fresh 1 EACH 2000 19.06 1 EACH Orange Fresh 2000 11.28 Bananas 1 EACH 3000 30.0 Kiwifruit, Fresh 1 EACH 1000 11.14 Milk, Chocolate Fat Free HALF PINT 3000 20.0 HALF PINT 3000 Milk.1% Lowfat 12.0 JUICE FRUITABLE 1 EACH 1500 22.0 1 FL OZ Ranch Dressing: yogurt 400 3.31 Ketchup 1 OZ 2500 8.34 1 EACH Mustard: individual PC 500 0.35 Mayonnaise, PC Packet 1 EACH 2000 0.97 Tomatoes, Fresh, Sliced 1 EACH 2000 0.37 Lettuce, Shred, 1/8 c 1/8 CUP 2000 0.32 Onions, Fresh Sliced SLICE 1000 3.03 Barbecue Sauce BULL'S EYE 1 OZ 10.24 1500 **Buffalo Sauce Mild** 1 OZ 1500 2.48 SideKicks BlueRasp-Lemon Fruit 3500 19.64 Container

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Container

3500

19.64

133.48

64.0%

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Jan 1, 2019 thru Jan 31, 2019

High School Lunch

Base Menu Spreadsheet Portion Values - Detailed

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| | Portion | Reimb | Carb |
|---|-----------|-------|---------|
| NA 04/44/0040 | Size | Qty | (g) |
| Mon - 01/14/2019 | Total | 0000 | |
| High School Lunch | Total | 9000 | 0.0 |
| Menu #6 | 1 | 1 | 0.0 |
| Chicken Sandwich 51% | 1 EACH | 3000 | 46.79 |
| Hot Dog Wrap: Wheat 50% | 1 EACH | 3000 | 35.26 |
| Cheese Burger Wheat 51% | 1 EACH | 3000 | 33.1 |
| Salad, SideGreen | 1 CUP | 4500 | 1.52 |
| French Fries: oven bkd, 1c | 1 CUP | 7000 | 34.0 |
| Tomato Grape | 1/4 CUP | 3000 | 0.99 |
| Celery Sticks | 1/4 CUP | 2500 | 1.18 |
| Peas: frozen,warmed,1/2 c | 1/2 CUP | 3500 | 13.58 |
| Peaches: canned,ex light syrup | 1/2 CUP | 4500 | 13.31 |
| Apples,Fresh | 1 EACH | 2000 | 19.06 |
| Orange Fresh | 1 EACH | 2000 | 11.28 |
| Bananas | 1 EACH | 3000 | 30.0 |
| Kiwifruit, Fresh | 1 EACH | 1000 | 11.14 |
| Milk, Chocolate Fat Free | HALF PINT | 3000 | 20.0 |
| Milk,1% Lowfat | HALF PINT | 3000 | 12.0 |
| JUICE FRUITABLE | 1 EACH | 1500 | 22.0 |
| Ranch Dressing: yogurt | 1 FL OZ | 3000 | 3.31 |
| Ketchup | 1 OZ | 2500 | 8.34 |
| Mustard: individual PC | 1 EACH | 2000 | 0.35 |
| Mayonnaise, PC Packet | 1 EACH | 2000 | 0.97 |
| Tomatoes, Fresh, Sliced | 1 EACH | 2000 | 0.37 |
| Lettuce, Shred, 1/8 c | 1/8 CUP | 2000 | 0.32 |
| Onions, Fresh Sliced | SLICE | 1000 | 3.03 |
| Buffalo Sauce Mild | 1 OZ | 1500 | 2.48 |
| Barbecue Sauce BULL'S EYE | 1 OZ | 1500 | 10.24 |
| Chocolate Chip Cookie | 1 EACH | 4000 | 18.26 |
| Weighted Daily Average | 1 = 1 = 1 | | 124.94 |
| % of Calories | | | 57.3% |
| ,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,, | | | 21.1070 |
| Nutrient Guideline | | | |

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Jan 1, 2019 thru Jan 31, 2019

High School Lunch

Base Menu Spreadsheet Portion Values - Detailed

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| | Portion | Reimb | Carb |
|-------------------------------|-----------|-------|--------|
| | Size | Qty | (g) |
| Tue - 01/15/2019 | | | |
| High School Lunch | Total | 9000 | |
| Menu #7 | 1 | 1 | 0.0 |
| Chicken Sandwich 51% | 1 EACH | 3000 | 46.79 |
| Taco Crisp | 2 each | 1500 | 18.11 |
| Taco Soft Shell | 1 EACH | 1500 | 27.71 |
| Tater Tots, 1 CUP | 1 CUP | 3400 | 34.07 |
| Rolls 51%/ 2oz | 1 EACH | 3500 | 30.79 |
| Pizza, Pepp, Primo, (8 cut) | slice | 1500 | 34.0 |
| Pizza, Cheese, Primo (8 cut) | slice | 1500 | 34.0 |
| Salad, SideGreen | 1 CUP | 4500 | 1.52 |
| Tomato Grape | 1/4 CUP | 3000 | 0.99 |
| Corn: frzn, yellow ckd, 1/2 c | 1/2 CUP | 2500 | 18.14 |
| Applesauce Cup, Cinnamon | 1/2 CUP | 2500 | 14.0 |
| Apples,Fresh | 1 EACH | 2000 | 19.06 |
| Orange Fresh | 1 EACH | 2000 | 11.28 |
| Bananas | 1 EACH | 3000 | 30.0 |
| Kiwifruit, Fresh | 1 EACH | 1000 | 11.14 |
| Milk, Chocolate Fat Free | HALF PINT | 3000 | 20.0 |
| Milk,1% Lowfat | HALF PINT | 3000 | 12.0 |
| JUICE FRUITABLE | 1 EACH | 1500 | 22.0 |
| Ranch Dressing: yogurt | 1 FL OZ | 3000 | 3.31 |
| Ketchup | 1 OZ | 2500 | 8.34 |
| Mustard: individual PC | 1 EACH | 500 | 0.35 |
| Mayonnaise, PC Packet | 1 EACH | 1000 | 0.97 |
| Tomatoes,Fresh,Sliced | 1 EACH | 2000 | 0.37 |
| Lettuce, Shred, 1/8 c | 1/8 CUP | 2000 | 0.32 |
| Onions, Fresh Sliced | SLICE | 1000 | 3.03 |
| Tomatoes, Fresh, diced, 1/8 c | 1/8 CUP | 2000 | 1.01 |
| Cheese Combo (Chdr & Mozz) | 1 OZ | 1500 | 0.25 |
| Sour Cream | 1 OZ | 1500 | 1.89 |
| Salsa | 1 OZ | 1500 | 1.96 |
| Barbecue Sauce BULL'S EYE | 1 OZ | 1500 | 10.24 |
| Buffalo Sauce Mild | 1 OZ | 1500 | 2.48 |
| Weighted Daily Average | | | 108.81 |
| % of Calories | | | 52.4% |
| Nutrient Guideline | | | |

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Jan 1, 2019 thru Jan 31, 2019

High School Lunch

Base Menu Spreadsheet Portion Values - Detailed

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| | Portion | Reimb | Carb |
|-------------------------------|-----------|-------|--------|
| | Size | Qty | (g) |
| Wed - 01/16/2019 | | - | |
| High School Lunch | Total | 9000 | |
| Menu #8 | 1 | 1 | 0.0 |
| Chicken Sandwich 51% | EACH | 3000 | 46.79 |
| Rib-B-Q Sandwich wheat 51% | 1 EACH | 3000 | 44.63 |
| French Fries: oven bkd, 1c | 1 CUP | 4000 | 34.0 |
| Spaghetti Meat Sauce, 3/4 c | 3/4 Cup | 3000 | 17.58 |
| Spaghetti Noodles Ckd, WG 3/4 | 3/4 CUP | 3000 | 27.67 |
| Cheese Combo (Chdr & Mozz) | 1 OZ | 2500 | 0.25 |
| Rolls 51%/ 2oz | 1 EACH | 2500 | 30.79 |
| Salad, SideGreen | 1 CUP | 4500 | 1.52 |
| Tomato Grape | 1/4 CUP | 3000 | 0.99 |
| Cucumber, Raw | 1/4 CUP | 2500 | 1.18 |
| Beans Baked, 1/2 c | 1/2 CUP | 2000 | 29.2 |
| Carrots:frzn, boiled, 1/2 c | 1/2 CUP | 2500 | 6.49 |
| Pears: canned,light syrup | 1/2 CUP | 2500 | 13.57 |
| Apples,Fresh | 1 EACH | 2000 | 19.06 |
| Orange Fresh | 1 EACH | 2000 | 11.28 |
| Bananas | 1 EACH | 3000 | 30.0 |
| Kiwifruit, Fresh | 1 EACH | 1000 | 11.14 |
| Milk, Chocolate Fat Free | HALF PINT | 3000 | 20.0 |
| Milk,1% Lowfat | HALF PINT | 3000 | 12.0 |
| JUICE FRUITABLE | 1 EACH | 1500 | 22.0 |
| Ranch Dressing: yogurt | 1 FL OZ | 3000 | 3.31 |
| Ketchup | 1 OZ | 2000 | 8.34 |
| Mustard: individual PC | 1 EACH | 500 | 0.35 |
| Mayonnaise, PC Packet | 1 EACH | 2000 | 0.97 |
| Tomatoes,Fresh,Sliced | 1 EACH | 2000 | 0.37 |
| Lettuce, Shred, 1/8 c | 1/8 CUP | 2000 | 0.32 |
| Onions, Fresh Sliced | SLICE | 1000 | 3.03 |
| Barbecue Sauce BULL'S EYE | 1 OZ | 1000 | 10.24 |
| Buffalo Sauce Mild | 1 OZ | 1000 | 2.48 |
| Pudding Chocolate | 1 EACH | 2000 | 20.05 |
| Pudding Vanilla | 1 EACH | 2000 | 18.04 |
| Weighted Daily Average | | | 128.65 |
| % of Calories | | | 61.1% |
| Nutrient Guideline | | | |
| Tradion Calabino | | | |

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Jan 1, 2019 thru Jan 31, 2019

High School Lunch

Base Menu Spreadsheet Portion Values - Detailed

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| | Portion Size | Reimb Qty | Carb (g) |
|--------------------------------|-----------------|--------------|-------------|
| Thu - 01/17/2019 | Size | Qty | (9) |
| High School Lunch | Total | 9000 | |
| Menu #9 | 1 | 1 | 0.0 |
| Chicken Sandwich 51% | 1 EACH | 3000 | 46.79 |
| Potato Wedges, 1c | 1 CUP | 2000 | 54.7 |
| Turkey Roast | 2 oz | 3000 | 0.0 |
| Potatoes Whipped | 1/2 CUP | 3000 | 18.33 |
| Chicken Gravy | 1/2 CUP | 2500 | 8.27 |
| Mac & Cheese | 8 oz | 3000 | 40.0 |
| Rolls 51%/ 2oz | 1 EACH | 4000 | 30.79 |
| Salad, SideGreen | 1 CUP | 4500 | 1.52 |
| Tomato Grape | 1/4 CUP | 3000 | 0.99 |
| Green Beans: canned,ckd, 1/2 c | 1/2 cup | 3500 | 0.17 |
| Mandarin Oranges | 1/2 CÚP | 4500 | 21.26 |
| Apples,Fresh | 1 EACH | 2000 | 19.06 |
| Orange Fresh | 1 EACH | 2000 | 11.28 |
| Bananas | 1 EACH | 3000 | 30.0 |
| Kiwifruit, Fresh | 1 EACH | 1000 | 11.14 |
| Milk, Chocolate Fat Free | HALF PINT | 3000 | 20.0 |
| Milk,1% Lowfat | HALF PINT | 3000 | 12.0 |
| JUICE FRUITABLE | 1 EACH | 1500 | 22.0 |
| Ranch Dressing: yogurt | 1 FL OZ | 3000 | 3.31 |
| Ketchup | 1 OZ | 2500 | 8.34 |
| Mustard: individual PC | 1 EACH | 500 | 0.35 |
| Mayonnaise, PC Packet | 1 EACH | 2000 | 0.97 |
| Tomatoes,Fresh,Sliced | 1 EACH | 2000 | 0.37 |
| Lettuce, Shred, 1/8 c | 1/8 CUP | 2000 | 0.32 |
| Onions, Fresh Sliced | SLICE | 1000 | 3.03 |
| Barbecue Sauce BULL'S EYE | 1 OZ | 1500 | 10.24 |
| Buffalo Sauce Mild | 1 OZ | 1500 | 2.48 |
| Jello | 1/2 cup | 7000 | 17.39 |
| Weighted Daily Average | | | 127.07 |
| % of Calories | | | 63.2% |
| Nutrient Guideline | | | |

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

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Jan 1, 2019 thru Jan 31, 2019

High School Lunch

Base Menu Spreadsheet Portion Values - Detailed

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| | Portion Size | Reimb Qty | Carb (g) |
|--------------------------------|-----------------|--------------|-------------|
| Fri - 01/18/2019 | 0.20 | | \9/ |
| High School Lunch | Total | 9000 | |
| Menu #10 | 1 | 1 | 0.0 |
| Chicken Sandwich 51% | 1 EACH | 3000 | 46.79 |
| French Fries: oven bkd, 1c | 1 CUP | 2000 | 34.0 |
| Pizza, Cheese, Primo (8 cut) | slice | 1500 | 34.0 |
| Pizza, Pepp, Primo, (8 cut) | slice | 1500 | 34.0 |
| Teriyaki Chicken 4.5 oz | 4.5 oz | 1500 | 10.38 |
| Rice, Br & Wh 50/50 Ckd, 1/2 c | 1/2 CUP | 1500 | 24.51 |
| Rolls 51%/ 2oz | 1 EACH | 1400 | 30.79 |
| Salad, SideGreen | 1 CUP | 4500 | 1.52 |
| Tomato Grape | 1/4 CUP | 3000 | 0.99 |
| Carrots Baby Fresh, 1/2 c | 1/2 CUP | 2500 | 8.0 |
| Broccoli Normandy 1/2 C | 1/2 cup | 3500 | 4.72 |
| Pineapple Chunks:canned,lt syr | 1/2 CÚP | 4500 | 13.22 |
| Apples,Fresh | 1 EACH | 2000 | 19.06 |
| Orange Fresh | 1 EACH | 2000 | 11.28 |
| Bananas | 1 EACH | 3000 | 30.0 |
| Kiwifruit, Fresh | 1 EACH | 1000 | 11.14 |
| Milk, Chocolate Fat Free | HALF PINT | 3000 | 20.0 |
| Milk,1% Lowfat | HALF PINT | 3000 | 12.0 |
| JUICE FRUITABLE | 1 EACH | 1500 | 22.0 |
| Ranch Dressing: yogurt | 1 FL OZ | 3000 | 3.31 |
| Ketchup | 1 OZ | 2500 | 8.34 |
| Mustard: individual PC | 1 EACH | 500 | 0.35 |
| Mayonnaise, PC Packet | 1 EACH | 2000 | 0.97 |
| Tomatoes,Fresh,Sliced | 1 EACH | 2000 | 0.37 |
| Lettuce, Shred, 1/8 c | 1/8 CUP | 2000 | 0.32 |
| Onions, Fresh Sliced | SLICE | 1000 | 3.03 |
| Barbecue Sauce BULL'S EYE | 1 OZ | 1500 | 10.24 |
| Buffalo Sauce Mild | 1 OZ | 1500 | 2.48 |
| Rice Krispies Treat -Large | 1 Each | 7000 | 30.0 |
| Weighted Daily Average | | | 118.76 |
| % of Calories | | | 61.9% |
| Nutrient Guideline | | | |

^{*}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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Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet Portion Values - Detailed High School Lunch

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| | Portion Size | Reimb Qty | Carb (g) |
|--------------------------------|-----------------|--------------|-------------|
| Tue - 01/22/2019 | | | |
| High School Lunch | Total | 9000 | |
| Menu #12 | 1 | 1 | 0.0 |
| Chicken Sandwich 51% | 1 EACH | 3000 | 46.79 |
| Tater Tots, 1 CUP | 1 CUP | 2000 | 34.07 |
| Pizza, Cheese, Primo (8 cut) | slice | 1500 | 34.0 |
| Pizza, Pepp, Primo, (8 cut) | slice | 1500 | 34.0 |
| Enchilada, Red Sauce | 1 Each | 3000 | 31.76 |
| Rolls 51%/ 2oz | 1 EACH | 2000 | 30.79 |
| Salad, SideGreen | 1 CUP | 4500 | 1.52 |
| Tomato Grape | 1/4 CUP | 3000 | 0.99 |
| Beans, Black, 1/2 c | 1/2 CUP | 2000 | 17.01 |
| Spanish Rice | 1/3 Cup | 2000 | 12.02 |
| Corn: frzn, yellow ckd, 1/2 c | 1/2 CUP | 3100 | 18.14 |
| Applesauce, canned: Sweet | 1/2 CUP | 2500 | 17.78 |
| Apples,Fresh | 1 EACH | 2000 | 19.06 |
| Orange Fresh | 1 EACH | 2000 | 11.28 |
| Bananas | 1 EACH | 3000 | 30.0 |
| Kiwifruit, Fresh | 1 EACH | 1000 | 11.14 |
| Milk, Chocolate Fat Free | HALF PINT | 3000 | 20.0 |
| Milk,1% Lowfat | HALF PINT | 3000 | 12.0 |
| JUICE FRUITABLE | 1 EACH | 1500 | 22.0 |
| Ranch Dressing: yogurt | 1 FL OZ | 3000 | 3.31 |
| Ketchup | 1 OZ | 2500 | 8.34 |
| Mustard: individual PC | 1 EACH | 500 | 0.35 |
| Mayonnaise, PC Packet | 1 EACH | 2000 | 0.97 |
| Tomatoes, Fresh, Sliced | 1 EACH | 2000 | 0.37 |
| Lettuce, Shred, 1/8 c | 1/8 CUP | 2000 | 0.32 |
| Onions, Fresh Sliced | SLICE | 1000 | 3.03 |
| Sour Cream | 1 OZ | 2000 | 1.89 |
| Salsa | 1 OZ | 2000 | 1.96 |
| Tomatoes, Fresh, diced, 1/8 c | 1/8 CUP | 2000 | 1.01 |
| Lettuce, Shred, 1/8 c | 1/8 CUP | 2000 | 0.32 |
| Buffalo Sauce Mild | 1 OZ | 1500 | 2.48 |
| Barbecue Sauce BULL'S EYE | 1 OZ | 1500 | 10.24 |
| Pumpkin Chocolate Chip Cookies | 1 Each | 4000 | 16.59 |
| Weighted Daily Average | | | 117.76 |
| % of Calories | | | 56.2% |
| | | | |
| Nutrient Guideline | | | |

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Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet Portion Values - Detailed

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High School Lunch

| | Portion Size | Reimb Qty | Carb (g) |
|--------------------------------|-----------------|--------------|-------------|
| Wed - 01/23/2019 | 0.20 | | (9/ |
| High School Lunch | Total | 9000 | |
| Menu #13 | 1 | 1 | 0.0 |
| Chicken Sandwich 51% | 1 EACH | 3000 | 46.79 |
| French Fries: oven bkd, 1c | 1 CUP | 2000 | 34.0 |
| Chicken Alfredo Sauce-3/4 C | 3/4 Cup | 3000 | 15.01 |
| Noodles, Penne | 1 CUP | 3000 | 25.92 |
| Rolls 51%/ 2oz | 1 EACH | 2000 | 30.79 |
| Breakfast Casserole | 1 cup | 3000 | 24.78 |
| Eggo Waffle-2 | 2 | 3000 | 34.96 |
| Salad, SideGreen | 1 CUP | 4500 | 1.52 |
| Tomato Grape | 1/4 CUP | 3000 | 0.99 |
| Cucumber, Raw | 1/4 CUP | 2500 | 1.18 |
| Broccoli: fresh, boiled, 1/2 c | 1/2 CUP | 3500 | 2.25 |
| Pears: canned,light syrup | 1/2 CUP | 4500 | 13.57 |
| Apples,Fresh | 1 EACH | 2000 | 19.06 |
| Orange Fresh | 1 EACH | 2000 | 11.28 |
| Bananas | 1 EACH | 3000 | 30.0 |
| Kiwifruit, Fresh | 1 EACH | 2000 | 11.14 |
| Milk, Chocolate Fat Free | HALF PINT | 3000 | 20.0 |
| Milk,1% Lowfat | HALF PINT | 3000 | 12.0 |
| JUICE FRUITABLE | 1 EACH | 1500 | 22.0 |
| Ranch Dressing: yogurt | 1 FL OZ | 3000 | 3.31 |
| Ketchup | 1 OZ | 2500 | 8.34 |
| Mustard: individual PC | 1 EACH | 2000 | 0.35 |
| Mayonnaise, PC Packet | 1 EACH | 2000 | 0.97 |
| Tomatoes,Fresh,Sliced | 1 EACH | 2000 | 0.37 |
| Lettuce, Shred, 1/8 c | 1/8 CUP | 2000 | 0.32 |
| Onions, Fresh Sliced | SLICE | 1000 | 3.03 |
| Barbecue Sauce BULL'S EYE | 1 OZ | 1500 | 10.24 |
| Buffalo Sauce Mild | 1 OZ | 1500 | 2.48 |
| Weighted Daily Average | | | 112.50 |
| % of Calories | | | 57.0% |
| Nutrient Guideline | | | |

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

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Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet Portion Values - Detailed

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High School Lunch

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| | Portion | Reimb | Carb |
|--------------------------------|-----------|-------|--------|
| | Size | Qty | (g) |
| Thu - 01/24/2019 | | | |
| High School Lunch | Total | 9000 | |
| Menu #14 | 1 | 1 | 0.0 |
| Chicken Sandwich 51% | 1 EACH | 3000 | 46.79 |
| Corn Dog Chicken | 1 EACH | 3000 | 30.0 |
| Potato Wedges, 1c | 1 CUP | 4500 | 54.7 |
| Hamburger Gravy, 3/4 c | 3/4 CUP | 3000 | 10.07 |
| Potatoes Whipped | 1/2 CUP | 3000 | 18.33 |
| Rolls 51%/ 2oz | 1 EACH | 2000 | 30.79 |
| Salad, SideGreen | 1 CUP | 4500 | 1.52 |
| Tomato Grape | 1/4 CUP | 3000 | 0.99 |
| Green Beans: canned,ckd, 1/2 c | 1/2 cup | 3500 | 0.17 |
| Mandarin Oranges | 1/2 CUP | 4500 | 21.26 |
| Apples,Fresh | 1 EACH | 2000 | 19.06 |
| Orange Fresh | 1 EACH | 2000 | 11.28 |
| Bananas | 1 EACH | 3000 | 30.0 |
| Kiwifruit, Fresh | 1 EACH | 1000 | 11.14 |
| Milk, Chocolate Fat Free | HALF PINT | 3000 | 20.0 |
| Milk,1% Lowfat | HALF PINT | 3000 | 12.0 |
| JUICE FRUITABLE | 1 EACH | 1500 | 22.0 |
| Ranch Dressing: yogurt | 1 FL OZ | 3000 | 3.31 |
| Ketchup | 1 OZ | 2500 | 8.34 |
| Mustard: individual PC | 1 EACH | 2000 | 0.35 |
| Mayonnaise, PC Packet | 1 EACH | 2000 | 0.97 |
| Tomatoes,Fresh,Sliced | 1 EACH | 2000 | 0.37 |
| Lettuce, Shred, 1/8 c | 1/8 CUP | 2000 | 0.32 |
| Onions, Fresh Sliced | SLICE | 1000 | 3.03 |
| Buffalo Sauce Mild | 1 OZ | 1500 | 2.48 |
| Barbecue Sauce BULL'S EYE | 1 OZ | 1500 | 10.24 |
| Sugar Cookies | 1 EACH | 6500 | 15.76 |
| Weighted Daily Average | | | 131.06 |
| % of Calories | | | 65.3% |
| | | | |
| Nutrient Guideline | | | |

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Base Menu Spreadsheet Portion Values - Detailed High School Lunch

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| Size Qty Pri-01/25/2019 High School Lunch Total 9000 Menu #15 1 1 1 1 1 1 1 1 1 | Portion Reimb Carb | Portion | |
|--|--------------------|-----------|--------------------------------|
| High School Lunch Total 9000 Menu #15 1 | Size Qty (g) | Size | |
| Menu #15 1 1 1 1 1 1 1 1 1 1 2000 1 2000 French Fries: oven bkd, 1c 1 1 1 1 2000 French Fries: oven bkd, 1c 1 1 1 2000 2000 1 2000 2000 1 2000 1 2000 3 3000 Rice, 2 Ry kyh 50/50 Ckd, 1/2 c 1/2 CUP 3000 3000 8 1 2 CUP 2 CUP 3000 1 2 CUP 2 CUP 2 S00 1 2 CUP 2 S00 1 2 CUP 2 S00 1 2 CUP 2 S00 2 CUP 2 CUP 2 S00 <td></td> <td></td> <td>Fri - 01/25/2019</td> | | | Fri - 01/25/2019 |
| Chicken Sandwich 51% 1 EACH 3000 French Fries: oven bkd, 1c 1 CUP 2000 Pizza, Cheese, Primo (8 cut) slice 1500 Pizza, Pepp, Primo, (8 cut) slice 1500 Sweet N' Sour Chicken Serving 3000 Rice, Br & Wh 50/50 Ckd, 1/2 c 1/2 CUP 3000 Rolls 51% / 2oz 1 EACH 2000 Salad, SideGreen 1 CUP 4500 Tomato Grape 1/4 CUP 3000 Carrots Baby Fresh, 1/2 c 1/2 CUP 2500 Broccoli Normandy 1/2 C 1/2 CUP 2500 Pineapple Chunks:canned,lt syr 1/2 CUP 2500 Apples, Fresh 1 EACH 2000 Orange Fresh 1 EACH 2000 Bananas 1 EACH 2000 Kiwifruit, Fresh 1 EACH 3000 Milk, Chocolate Fat Free HALF PINT 3000 Milk, 1% Lowfat HALF PINT 3000 JUICE FRUITABLE 1 EACH 1500 Ranch Dressing: yogurt 1 FLOZ < | 9000 | Total | High School Lunch |
| French Fries: oven bkd, 1c 1 CUP 2000 Pizza, Cheese, Primo (8 cut) slice 1500 Pizza, Pepp, Primo, (8 cut) slice 1500 Sweet N' Sour Chicken Serving 3000 Rice, Br & Wh 50/50 Ckd, 1/2 c 1/2 CUP 3000 Rolls 51%/ 2oz 1 EACH 2000 Salad, SideGreen 1 CUP 4500 Tomato Grape 1/4 CUP 3000 Carrots Baby Fresh, 1/2 c 1/2 CUP 2500 Broccoli Normandy 1/2 C 1/2 cup 3500 Pineapple Chunks:canned,lt syr 1/2 CUP 2500 Apples,Fresh 1 EACH 2000 Orange Fresh 1 EACH 2000 Bananas 1 EACH 2000 Kiwifruit, Fresh 1 EACH 3000 Milk, Chocolate Fat Free HALF PINT 3000 Milk, 1% Lowfat HALF PINT 3000 JUICE FRUITABLE 1 EACH 1500 Ranch Dressing: yogurt 1 FL OZ 3000 Ketchup 1 OZ 2500 | 1 0.0 | 1 | Menu #15 |
| Pizza, Cheese, Primo (8 cut) slice 1500 Pizza, Pepp, Primo, (8 cut) slice 1500 Sweet N' Sour Chicken Serving 3000 Rice, Br & Wh 50/50 Ckd, 1/2 c 1/2 CUP 3000 Rolls 51%/ 2oz 1 EACH 2000 Salad, SideGreen 1 CUP 4500 Tomato Grape 1/4 CUP 3000 Carrots Baby Fresh, 1/2 c 1/2 CUP 2500 Broccoli Normandy 1/2 C 1/2 cup 3500 Pineapple Chunks:canned,lt syr 1/2 CUP 2500 Apples,Fresh 1 EACH 2000 Orange Fresh 1 EACH 2000 Orange Fresh 1 EACH 2000 Bananas 1 EACH 3000 Kiwifruit, Fresh 1 EACH 1000 Milk, Chocolate Fat Free HALF PINT 3000 Milk, 1% Lowfat HALF PINT 3000 JUICE FRUITABLE 1 EACH 1500 Ranch Dressing: yogurt 1 FL OZ 3000 Ketchup 1 OZ 2500 <t< td=""><td>H 3000 46.79</td><td>1 EACH</td><td>Chicken Sandwich 51%</td></t<> | H 3000 46.79 | 1 EACH | Chicken Sandwich 51% |
| Pizza, Pepp, Primo, (8 cut) slice 1500 Sweet N' Sour Chicken Serving 3000 Rice, Br & Wh 50/50 Ckd, 1/2 c 1/2 CUP 3000 Rolls 51% / 2oz 1 EACH 2000 Salad, SideGreen 1 CUP 4500 Tomato Grape 1/4 CUP 3000 Carrots Baby Fresh, 1/2 c 1/2 CUP 2500 Broccoli Normandy 1/2 C 1/2 cup 3500 Pineapple Chunks:canned,lt syr 1/2 CUP 2500 Apples,Fresh 1 EACH 2000 Orange Fresh 1 EACH 2000 Bananas 1 EACH 2000 Kiwifruit, Fresh 1 EACH 3000 Milk, Chocolate Fat Free HALF PINT 3000 Milk, Chocolate Fat Free HALF PINT 3000 Milk, 1% Lowfat HALF PINT 3000 JUICE FRUITABLE 1 EACH 1500 Ranch Dressing: yogurt 1 FL OZ 3000 Ketchup 1 OZ 2500 Mustard: individual PC 1 EACH 2000 | 2000 34.0 | 1 CUP | French Fries: oven bkd, 1c |
| Sweet N' Sour Chicken Serving 3000 Rice, Br & Wh 50/50 Ckd, 1/2 c 1/2 CUP 3000 Rolls 51%/ Zoz 1 EACH 2000 Salad, SideGreen 1 CUP 4500 Tomato Grape 1/4 CUP 3000 Carrots Baby Fresh, 1/2 c 1/2 CUP 2500 Broccoli Normandy 1/2 C 1/2 cup 3500 Pineapple Chunks:canned,lt syr 1/2 CUP 2500 Apples,Fresh 1 EACH 2000 Orange Fresh 1 EACH 2000 Bananas 1 EACH 2000 Kiwifruit, Fresh 1 EACH 1000 Milk, Chocolate Fat Free HALF PINT 3000 Milk, 1% Lowfat HALF PINT 3000 JUICE FRUITABLE 1 EACH 1500 Ranch Dressing: yogurt 1 FL OZ 3000 Ketchup 1 OZ 2500 Mustard: individual PC 1 EACH 2000 Mayonnaise, PC Packet 1 EACH 2000 Tomatoes,Fresh,Sliced 1 EACH 2000 <tr< td=""><td>1500 34.0</td><td>slice</td><td></td></tr<> | 1500 34.0 | slice | |
| Rice, Br & Wh 50/50 Ckd, 1/2 c 1/2 CUP 3000 Rolls 51%/ 2oz 1 EACH 2000 Salad, SideGreen 1 CUP 4500 Tomato Grape 1/4 CUP 3000 Carrots Baby Fresh, 1/2 c 1/2 CUP 2500 Broccoli Normandy 1/2 C 1/2 cup 3500 Pineapple Chunks:canned,lt syr 1/2 CUP 2500 Apples,Fresh 1 EACH 2000 Orange Fresh 1 EACH 2000 Bananas 1 EACH 3000 Kiwifruit, Fresh 1 EACH 1000 Milk, Chocolate Fat Free HALF PINT 3000 Milk, 1% Lowfat HALF PINT 3000 JUICE FRUITABLE 1 EACH 1500 Ranch Dressing: yogurt 1 FL OZ 3000 Ketchup 1 OZ 2500 Mustard: individual PC 1 EACH 2000 Mayonnaise, PC Packet 1 EACH 2000 Tomatoes, Fresh, Sliced 1 EACH 2000 Lettuce, Shred, 1/8 c 1/8 CUP 2000 < | 1500 34.0 | slice | Pizza, Pepp, Primo, (8 cut) |
| Rolls 51%/ 2oz 1 EACH 2000 Salad, SideGreen 1 CUP 4500 Tomato Grape 1/4 CUP 3000 Carrots Baby Fresh, 1/2 c 1/2 CUP 2500 Broccoli Normandy 1/2 C 1/2 cup 3500 Pineapple Chunks:canned,lt syr 1/2 CUP 2500 Apples,Fresh 1 EACH 2000 Orange Fresh 1 EACH 2000 Bananas 1 EACH 3000 Kiwifruit, Fresh 1 EACH 1000 Milk, Chocolate Fat Free HALF PINT 3000 Milk, 1% Lowfat HALF PINT 3000 JUICE FRUITABLE 1 EACH 1500 Ranch Dressing: yogurt 1 EACH 1500 Ketchup 1 OZ 2500 Mustard: individual PC 1 EACH 2000 Mustard: individual PC 1 EACH 2000 Mayonnaise, PC Packet 1 EACH 2000 Tomatoes,Fresh,Sliced 1 EACH 2000 Lettuce,Shred, 1/8 c 1/8 CUP 2000 < | g 3000 20.0 | Serving | Sweet N' Sour Chicken |
| Salad, SideGreen 1 CUP 4500 Tomato Grape 1/4 CUP 3000 Carrots Baby Fresh, 1/2 c 1/2 CUP 2500 Broccoli Normandy 1/2 C 1/2 cup 3500 Pineapple Chunks:canned,lt syr 1/2 CUP 2500 Apples,Fresh 1 EACH 2000 Orange Fresh 1 EACH 2000 Bananas 1 EACH 3000 Kiwifruit, Fresh 1 EACH 1000 Milk, Chocolate Fat Free HALF PINT 3000 Milk, 1% Lowfat HALF PINT 3000 JUICE FRUITABLE 1 EACH 1500 Ranch Dressing: yogurt 1 FL OZ 3000 Ketchup 1 OZ 2500 Mustard: individual PC 1 EACH 2000 Mayonnaise, PC Packet 1 EACH 2000 Tomatoes, Fresh, Sliced 1 EACH 2000 Lettuce, Shred, 1/8 c 1/8 CUP 2000 Onions, Fresh Sliced SLICE 1000 Barbecue Sauce BULL'S EYE 1 OZ 1500 | JP 3000 24.51 | 1/2 CUP | Rice, Br & Wh 50/50 Ckd, 1/2 c |
| Tomato Grape 1/4 CUP 3000 Carrots Baby Fresh, 1/2 c 1/2 CUP 2500 Broccoli Normandy 1/2 C 1/2 cup 3500 Pineapple Chunks:canned,lt syr 1/2 CUP 2500 Apples, Fresh 1 EACH 2000 Orange Fresh 1 EACH 2000 Bananas 1 EACH 3000 Kiwifruit, Fresh 1 EACH 1000 Milk, Chocolate Fat Free HALF PINT 3000 Milk, Chocolate Fat Free HALF PINT 3000 JUICE FRUITABLE 1 EACH 1500 Ranch Dressing: yogurt 1 FL OZ 3000 Ketchup 1 OZ 2500 Mustard: individual PC 1 EACH 2000 Mayonnaise, PC Packet 1 EACH 2000 Tomatoes, Fresh, Sliced 1 EACH 2000 Lettuce, Shred, 1/8 c 1/8 CUP 2000 Onions, Fresh Sliced SLICE 1000 Barbecue Sauce BULL'S EYE 1 OZ 1500 Buffalo Sauce Mild 1 OZ 1500 | H 2000 30.79 | 1 EACH | Rolls 51%/ 2oz |
| Carrots Baby Fresh, 1/2 c 1/2 CUP 2500 Broccoli Normandy 1/2 C 1/2 cup 3500 Pineapple Chunks:canned,lt syr 1/2 CUP 2500 Apples,Fresh 1 EACH 2000 Orange Fresh 1 EACH 2000 Bananas 1 EACH 3000 Kiwifruit, Fresh 1 EACH 1000 Milk, Chocolate Fat Free HALF PINT 3000 Milk, 1% Lowfat HALF PINT 3000 JUICE FRUITABLE 1 EACH 1500 Ranch Dressing: yogurt 1 FL OZ 3000 Ketchup 1 OZ 2500 Mustard: individual PC 1 EACH 2000 Mayonnaise, PC Packet 1 EACH 2000 Tomatoes, Fresh, Sliced 1 EACH 2000 Lettuce, Shred, 1/8 c 1/8 CUP 2000 Onions, Fresh Sliced SLICE 1000 Barbecue Sauce BULL'S EYE 1 OZ 1500 Buffalo Sauce Mild 1 OZ 1500 Pudding Chocolate 1 EACH 3500 Pudding Vanilla 1 EACH 3500 Weig | 4500 1.52 | 1 CUP | Salad, SideGreen |
| Broccoli Normandy 1/2 C 1/2 cup 3500 Pineapple Chunks:canned,lt syr 1/2 CUP 2500 Apples,Fresh 1 EACH 2000 Orange Fresh 1 EACH 2000 Bananas 1 EACH 3000 Kiwifruit, Fresh 1 EACH 1000 Milk, Chocolate Fat Free HALF PINT 3000 Milk,1% Lowfat HALF PINT 3000 JUICE FRUITABLE 1 EACH 1500 Ranch Dressing: yogurt 1 FL OZ 3000 Ketchup 1 OZ 2500 Mustard: individual PC 1 EACH 2000 Mayonnaise, PC Packet 1 EACH 2000 Tomatoes,Fresh,Sliced 1 EACH 2000 Lettuce,Shred, 1/8 c 1/8 CUP 2000 Onions, Fresh Sliced SLICE 1000 Barbecue Sauce BULL'S EYE 1 OZ 1500 Pudding Chocolate 1 EACH 3500 Pudding Vanilla 1 EACH 3500 | JP 3000 0.99 | 1/4 CUP | Tomato Grape |
| Pineapple Chunks:canned, It syr 1/2 CUP 2500 Apples, Fresh 1 EACH 2000 Orange Fresh 1 EACH 2000 Bananas 1 EACH 3000 Kiwifruit, Fresh 1 EACH 1000 Milk, Chocolate Fat Free HALF PINT 3000 Milk, 1% Lowfat HALF PINT 3000 JUICE FRUITABLE 1 EACH 1500 Ranch Dressing: yogurt 1 FL OZ 3000 Ketchup 1 OZ 2500 Mustard: individual PC 1 EACH 2000 Mayonnaise, PC Packet 1 EACH 2000 Tomatoes, Fresh, Sliced 1 EACH 2000 Lettuce, Shred, 1/8 c 1/8 CUP 2000 Onions, Fresh Sliced SLICE 1000 Barbecue Sauce BULL'S EYE 1 OZ 1500 Pudding Chocolate 1 EACH 3500 Pudding Vanilla 1 EACH 3500 Weighted Daily Average | JP 2500 8.0 | 1/2 CUP | Carrots Baby Fresh, 1/2 c |
| Apples,Fresh 1 EACH 2000 Orange Fresh 1 EACH 2000 Bananas 1 EACH 3000 Kiwifruit, Fresh 1 EACH 1000 Milk, Chocolate Fat Free HALF PINT 3000 Milk, 1% Lowfat HALF PINT 3000 JUICE FRUITABLE 1 EACH 1500 Ranch Dressing: yogurt 1 FL OZ 3000 Ketchup 1 OZ 2500 Mustard: individual PC 1 EACH 2000 Mayonnaise, PC Packet 1 EACH 2000 Tomatoes,Fresh,Sliced 1 EACH 2000 Lettuce,Shred, 1/8 c 1/8 CUP 2000 Onions, Fresh Sliced SLICE 1000 Barbecue Sauce BULL'S EYE 1 OZ 1500 Pudding Chocolate 1 EACH 3500 Pudding Vanilla 1 EACH 3500 Weighted Daily Average | 3500 4.72 | 1/2 cup | Broccoli Normandy 1/2 C |
| Orange Fresh 1 EACH 2000 Bananas 1 EACH 3000 Kiwifruit, Fresh 1 EACH 1000 Milk, Chocolate Fat Free HALF PINT 3000 Milk, 1% Lowfat HALF PINT 3000 JUICE FRUITABLE 1 EACH 1500 Ranch Dressing: yogurt 1 FL OZ 3000 Ketchup 1 OZ 2500 Mustard: individual PC 1 EACH 2000 Mayonnaise, PC Packet 1 EACH 2000 Tomatoes, Fresh, Sliced 1 EACH 2000 Lettuce, Shred, 1/8 c 1/8 CUP 2000 Onions, Fresh Sliced SLICE 1000 Barbecue Sauce BULL'S EYE 1 OZ 1500 Pudding Chocolate 1 EACH 3500 Pudding Vanilla 1 EACH 3500 Weighted Daily Average | JP 2500 13.22 | 1/2 CUP | Pineapple Chunks:canned,lt syr |
| Bananas 1 EACH 3000 Kiwifruit, Fresh 1 EACH 1000 Milk, Chocolate Fat Free HALF PINT 3000 Milk, 1% Lowfat HALF PINT 3000 JUICE FRUITABLE 1 EACH 1500 Ranch Dressing: yogurt 1 FL OZ 3000 Ketchup 1 OZ 2500 Mustard: individual PC 1 EACH 2000 Mayonnaise, PC Packet 1 EACH 2000 Tomatoes, Fresh, Sliced 1 EACH 2000 Lettuce, Shred, 1/8 c 1/8 CUP 2000 Onions, Fresh Sliced SLICE 1000 Barbecue Sauce BULL'S EYE 1 OZ 1500 Buffalo Sauce Mild 1 OZ 1500 Pudding Chocolate 1 EACH 3500 Pudding Vanilla 1 EACH 3500 Weighted Daily Average | H 2000 19.06 | 1 EACH | Apples,Fresh |
| Kiwifruit, Fresh 1 EACH 1000 Milk, Chocolate Fat Free HALF PINT 3000 Milk, 1% Lowfat HALF PINT 3000 JUICE FRUITABLE 1 EACH 1500 Ranch Dressing: yogurt 1 FL OZ 3000 Ketchup 1 OZ 2500 Mustard: individual PC 1 EACH 2000 Mayonnaise, PC Packet 1 EACH 2000 Tomatoes, Fresh, Sliced 1 EACH 2000 Lettuce, Shred, 1/8 c 1/8 CUP 2000 Onions, Fresh Sliced SLICE 1000 Barbecue Sauce BULL'S EYE 1 OZ 1500 Buffalo Sauce Mild 1 OZ 1500 Pudding Chocolate 1 EACH 3500 Pudding Vanilla 1 EACH 3500 Weighted Daily Average | H 2000 11.28 | 1 EACH | Orange Fresh |
| Milk, Chocolate Fat Free HALF PINT 3000 Milk, 1% Lowfat HALF PINT 3000 JUICE FRUITABLE 1 EACH 1500 Ranch Dressing: yogurt 1 FL OZ 3000 Ketchup 1 OZ 2500 Mustard: individual PC 1 EACH 2000 Mayonnaise, PC Packet 1 EACH 2000 Tomatoes, Fresh, Sliced 1 EACH 2000 Lettuce, Shred, 1/8 c 1/8 CUP 2000 Onions, Fresh Sliced SLICE 1000 Barbecue Sauce BULL'S EYE 1 OZ 1500 Buffalo Sauce Mild 1 OZ 1500 Pudding Chocolate 1 EACH 3500 Pudding Vanilla 1 EACH 3500 Weighted Daily Average | H 3000 30.0 | 1 EACH | Bananas |
| Milk, 1% Lowfat HALF PINT 3000 JUICE FRUITABLE 1 EACH 1500 Ranch Dressing: yogurt 1 FL OZ 3000 Ketchup 1 OZ 2500 Mustard: individual PC 1 EACH 2000 Mayonnaise, PC Packet 1 EACH 2000 Tomatoes, Fresh, Sliced 1 EACH 2000 Lettuce, Shred, 1/8 c 1/8 CUP 2000 Onions, Fresh Sliced SLICE 1000 Barbecue Sauce BULL'S EYE 1 OZ 1500 Buffalo Sauce Mild 1 OZ 1500 Pudding Chocolate 1 EACH 3500 Pudding Vanilla 1 EACH 3500 Weighted Daily Average | H 1000 11.14 | 1 EACH | Kiwifruit, Fresh |
| JUIĆE FRUITABLE 1 EACH 1500 Ranch Dressing: yogurt 1 FL OZ 3000 Ketchup 1 OZ 2500 Mustard: individual PC 1 EACH 2000 Mayonnaise, PC Packet 1 EACH 2000 Tomatoes, Fresh, Sliced 1 EACH 2000 Lettuce, Shred, 1/8 c 1/8 CUP 2000 Onions, Fresh Sliced SLICE 1000 Barbecue Sauce BULL'S EYE 1 OZ 1500 Buffalo Sauce Mild 1 OZ 1500 Pudding Chocolate 1 EACH 3500 Pudding Vanilla 1 EACH 3500 Weighted Daily Average | PINT 3000 20.0 | HALF PINT | Milk, Chocolate Fat Free |
| Ranch Dressing: yogurt 1 FL OZ 3000 Ketchup 1 OZ 2500 Mustard: individual PC 1 EACH 2000 Mayonnaise, PC Packet 1 EACH 2000 Tomatoes,Fresh,Sliced 1 EACH 2000 Lettuce,Shred, 1/8 c 1/8 CUP 2000 Onions, Fresh Sliced SLICE 1000 Barbecue Sauce BULL'S EYE 1 OZ 1500 Buffalo Sauce Mild 1 OZ 1500 Pudding Chocolate 1 EACH 3500 Pudding Vanilla 1 EACH 3500 Weighted Daily Average | PINT 3000 12.0 | HALF PINT | Milk,1% Lowfat |
| Ketchup 1 OZ 2500 Mustard: individual PC 1 EACH 2000 Mayonnaise, PC Packet 1 EACH 2000 Tomatoes,Fresh,Sliced 1 EACH 2000 Lettuce,Shred, 1/8 c 1/8 CUP 2000 Onions, Fresh Sliced SLICE 1000 Barbecue Sauce BULL'S EYE 1 OZ 1500 Buffalo Sauce Mild 1 OZ 1500 Pudding Chocolate 1 EACH 3500 Pudding Vanilla 1 EACH 3500 Weighted Daily Average | H 1500 22.0 | 1 EACH | JUICE FRUITABLE |
| Mustard: individual PC 1 EACH 2000 Mayonnaise, PC Packet 1 EACH 2000 Tomatoes,Fresh,Sliced 1 EACH 2000 Lettuce,Shred, 1/8 c 1/8 CUP 2000 Onions, Fresh Sliced SLICE 1000 Barbecue Sauce BULL'S EYE 1 OZ 1500 Buffalo Sauce Mild 1 OZ 1500 Pudding Chocolate 1 EACH 3500 Pudding Vanilla 1 EACH 3500 Weighted Daily Average | OZ 3000 3.31 | 1 FL OZ | Ranch Dressing: yogurt |
| Mayonnaise, PC Packet 1 EACH 2000 Tomatoes,Fresh,Sliced 1 EACH 2000 Lettuce,Shred, 1/8 c 1/8 CUP 2000 Onions, Fresh Sliced SLICE 1000 Barbecue Sauce BULL'S EYE 1 OZ 1500 Buffalo Sauce Mild 1 OZ 1500 Pudding Chocolate 1 EACH 3500 Pudding Vanilla 1 EACH 3500 Weighted Daily Average | 2500 8.34 | 1 OZ | |
| Tomatoes, Fresh, Sliced 1 EACH 2000 Lettuce, Shred, 1/8 c 1/8 CUP 2000 Onions, Fresh Sliced SLICE 1000 Barbecue Sauce BULL'S EYE 1 OZ 1500 Buffalo Sauce Mild 1 OZ 1500 Pudding Chocolate 1 EACH 3500 Pudding Vanilla 1 EACH 3500 Weighted Daily Average | H 2000 0.35 | 1 EACH | Mustard: individual PC |
| Lettuce, Shred, 1/8 c 1/8 CUP 2000 Onions, Fresh Sliced SLICE 1000 Barbecue Sauce BULL'S EYE 1 OZ 1500 Buffalo Sauce Mild 1 OZ 1500 Pudding Chocolate 1 EACH 3500 Pudding Vanilla 1 EACH 3500 Weighted Daily Average | H 2000 0.97 | 1 EACH | Mayonnaise, PC Packet |
| Onions, Fresh Sliced SLICE 1000 Barbecue Sauce BULL'S EYE 1 OZ 1500 Buffalo Sauce Mild 1 OZ 1500 Pudding Chocolate 1 EACH 3500 Pudding Vanilla 1 EACH 3500 Weighted Daily Average | H 2000 0.37 | 1 EACH | Tomatoes,Fresh,Sliced |
| Barbecue Sauce BULL'S EYE 1 OZ 1500 Buffalo Sauce Mild 1 OZ 1500 Pudding Chocolate 1 EACH 3500 Pudding Vanilla 1 EACH 3500 Weighted Daily Average | JP 2000 0.32 | 1/8 CUP | Lettuce, Shred, 1/8 c |
| Buffalo Sauce Mild 1 OZ 1500 Pudding Chocolate 1 EACH 3500 Pudding Vanilla 1 EACH 3500 Weighted Daily Average 3500 | 1000 3.03 | SLICE | Onions, Fresh Sliced |
| Pudding Chocolate 1 EACH 3500 Pudding Vanilla 1 EACH 3500 Weighted Daily Average | 1500 10.24 | 1 OZ | Barbecue Sauce BULL'S EYE |
| Pudding Vanilla 1 EACH 3500 Weighted Daily Average | 1500 2.48 | 1 OZ | Buffalo Sauce Mild |
| Weighted Daily Average | H 3500 20.05 | 1 EACH | Pudding Chocolate |
| | H 3500 18.04 | 1 EACH | Pudding Vanilla |
| | 118.43 | | Weighted Daily Average |
| | 63.0% | | |
| | | | |
| Nutrient Guideline | | | Nutrient Guideline |

^{*}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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Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet Portion Values - Detailed High School Lunch

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| | Portion Size | Reimb Qtv | Carb (g) |
|--------------------------------|-----------------|--------------|-------------|
| Mon - 01/28/2019 | GIZC | Q Ly | (9) |
| High School Lunch | Total | 9000 | |
| Menu #16 | 1 | 1 | 0.0 |
| Chicken Sandwich 51% | 1 EACH | 3000 | 46.79 |
| Wrap Chicken Strip | 1 EACH | 3000 | 36.12 |
| Steak N Things Sand. DELI Beef | 2 oz | 3000 | 33.68 |
| French Fries: oven bkd, 1c | 1 CUP | 7900 | 34.0 |
| Salad, SideGreen | 1 CUP | 4500 | 1.52 |
| Tomato Grape | 1/4 CUP | 3000 | 0.99 |
| Celery Sticks, 1/2 c | 1/2 CUP | 2500 | 2.36 |
| Peas: frozen, warmed, 1/2 c | 1/2 CUP | 3500 | 13.58 |
| Peaches: canned,ex light syrup | 1/2 CUP | 4500 | 13.31 |
| Apples,Fresh | 1 EACH | 2000 | 19.06 |
| Orange Fresh | 1 EACH | 2000 | 11.28 |
| Bananas | 1 EACH | 3000 | 30.0 |
| Kiwifruit, Fresh | 1 EACH | 1000 | 11.14 |
| Milk, Chocolate Fat Free | HALF PINT | 3000 | 20.0 |
| Milk,1% Lowfat | HALF PINT | 3000 | 12.0 |
| JUICE FRUITABLE | 1 EACH | 1500 | 22.0 |
| Ranch Dressing: yogurt | 1 FL OZ | 3000 | 3.31 |
| Ketchup | 1 OZ | 2500 | 8.34 |
| Mustard: individual PC | 1 EACH | 500 | 0.35 |
| Mayonnaise, PC Packet | 1 EACH | 2000 | 0.97 |
| Tomatoes, Fresh, Sliced | 1 EACH | 2000 | 0.37 |
| Lettuce, Shred, 1/8 c | 1/8 CUP | 2000 | 0.32 |
| Onions, Fresh Sliced | SLICE | 1000 | 3.03 |
| Buffalo Sauce Mild | 1 OZ | 1500 | 2.48 |
| Barbecue Sauce BULL'S EYE | 1 OZ | 1500 | 10.24 |
| Weighted Daily Average | | | 120.97 |
| % of Calories | | | 56.4% |
| Nutrient Guideline | | | |

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Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet Portion Values - Detailed

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High School Lunch

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| | Portion | Reimb | Carb |
|-------------------------------|-----------|-------|--------|
| Tue - 01/29/2019 | Size | Qty | (g) |
| High School Lunch | Total | 9000 | |
| Menu #17 | 1 | 1 | 0.0 |
| Chicken Sandwich 51% | 1 EACH | 3000 | 46.79 |
| Tater Tots, 1 CUP | 1 CUP | 2000 | 34.07 |
| Pizza, Cheese, Primo (8 cut) | slice | 1500 | 34.07 |
| Pizza, Pepp, Primo (8 cut) | slice | 1500 | 34.0 |
| Meaty Nachos- Beef | Serving | 3000 | 40.47 |
| Rolls 51%/ 2oz | 1 EACH | 2000 | 30.79 |
| Salad. SideGreen | 1 CUP | 4500 | 1.52 |
| Tomato Grape | 1/4 CUP | 3000 | 0.99 |
| Refried Beans Seasoned | 1/2 CUP | 2300 | 18.02 |
| Corn: frzn, yellow ckd, 1/2 c | 1/2 CUP | 3500 | 18.14 |
| Applesauce Cup, Strawberry | 1/2 CUP | 4500 | 14.0 |
| Apples, Fresh | 1 EACH | 2000 | 19.06 |
| Orange Fresh | 1 EACH | 2000 | 11.28 |
| Bananas | 1 EACH | 3000 | 30.0 |
| Kiwifruit, Fresh | 1 EACH | 1000 | 11.14 |
| Milk, Chocolate Fat Free | HALF PINT | 3000 | 20.0 |
| Milk.1% Lowfat | HALF PINT | 3000 | 12.0 |
| JUICE FRUITABLE | 1 EACH | 1500 | 22.0 |
| Ranch Dressing: yogurt | 1 FL OZ | 3000 | 3.31 |
| Ketchup | 1 OZ | 2500 | 8.34 |
| Mustard: individual PC | 1 EACH | 500 | 0.35 |
| Mayonnaise, PC Packet | 1 EACH | 2000 | 0.97 |
| Tomatoes,Fresh,Sliced | 1 EACH | 2000 | 0.37 |
| Lettuce, Shred, 1/8 c | 1/8 CUP | 2000 | 0.32 |
| Onions, Fresh Sliced | SLICE | 1000 | 3.03 |
| Sour Cream | 1 OZ | 2000 | 1.89 |
| Salsa | 1 OZ | 2000 | 1.96 |
| Barbecue Sauce BULL'S EYE | 1 OZ | 1500 | 10.24 |
| Buffalo Sauce Mild | 1 OZ | 1500 | 2.48 |
| Weighted Daily Average | | | 114.02 |
| % of Calories | | | 53.8% |
| Nutrient Guideline | | | |

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Jan 1, 2019 thru Jan 31, 2019

High School Lunch

Base Menu Spreadsheet Portion Values - Detailed

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| | Portion Size | Reimb Qty | Carb (g) |
|-----------------------------|-----------------|--------------|-------------|
| Wed - 01/30/2019 | | | \9/ |
| High School Lunch | Total | 9000 | |
| Menu #18 | 1 | 1 | 0.0 |
| Chicken Sandwich 51% | 1 EACH | 3000 | 46.79 |
| Malibu Chicken Sandwich 51% | 1 EACH | 3000 | 47.22 |
| French Fries: oven bkd, 1c | 1 CUP | 4000 | 34.0 |
| Lasagna | 1 1/4 cup | 3000 | 41.08 |
| Rolls 51%/ 2oz | 1 EACH | 2000 | 30.79 |
| Salad, SideGreen | 1 CUP | 4500 | 1.52 |
| Tomato Grape | 1/4 CUP | 3000 | 0.99 |
| Cucumber, Raw | 1/4 CUP | 2500 | 1.18 |
| Carrots:frzn, boiled, 1/2 c | 1/2 CUP | 3500 | 6.49 |
| Pears: canned,light syrup | 1/2 CUP | 4500 | 13.57 |
| Apples,Fresh | 1 EACH | 2000 | 19.06 |
| Orange Fresh | 1 EACH | 2000 | 11.28 |
| Bananas | 1 EACH | 3000 | 30.0 |
| Kiwifruit, Fresh | 1 EACH | 1000 | 11.14 |
| Milk, Chocolate Fat Free | HALF PINT | 3000 | 20.0 |
| Milk,1% Lowfat | HALF PINT | 3000 | 12.0 |
| JUICE FRUITABLE | 1 EACH | 1500 | 22.0 |
| Ranch Dressing: yogurt | 1 FL OZ | 3000 | 3.31 |
| Ketchup | 1 OZ | 2500 | 8.34 |
| Mustard: individual PC | 1 EACH | 500 | 0.35 |
| Mayonnaise, PC Packet | 1 EACH | 2000 | 0.97 |
| Tomatoes, Fresh, Sliced | 1 EACH | 2000 | 0.37 |
| Lettuce, Shred, 1/8 c | 1/8 CUP | 2000 | 0.32 |
| Onions, Fresh Sliced | SLICE | 1000 | 3.03 |
| Barbecue Sauce BULL'S EYE | 1 OZ | 1500 | 10.24 |
| Buffalo Sauce Mild | 1 OZ | 1500 | 2.48 |
| Weighted Daily Average | | | 116.29 |
| % of Calories | | | 56.2% |
| Nutrient Guideline | | | |

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Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet Portion Values - Detailed High School Lunch

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| | Portion Size | Reimb Qtv | Carb (g) |
|--------------------------------|-----------------|--------------|-------------|
| Thu - 01/31/2019 | 0.20 | | \9/ |
| High School Lunch | Total | 9000 | |
| Menu #19 | 1 | 1 | 0.0 |
| Chicken Sandwich 51% | 1 EACH | 3000 | 46.79 |
| Pulled Turkey BBQ Sandwich | 4.11 oz | 3000 | 47.79 |
| Potato Wedges, 1c | 1 CUP | 4000 | 54.7 |
| Wsd Bowl High School & Jr High | 1 Each | 3000 | 45.5 |
| Rolls 51%/ 2oz | 1 EACH | 2000 | 30.79 |
| Salad, Side-Secondary | 1 CUP | 4500 | 1.6 |
| Tomato Grape | 1/4 CUP | 3000 | 0.99 |
| Beans Baked, 1/2 c | 1/2 CUP | 2000 | 29.2 |
| Green Beans: canned,ckd, 1/2 c | 1/2 cup | 3500 | 0.17 |
| Mandarin Oranges | 1/2 CÚP | 4000 | 21.26 |
| Apples,Fresh | 1 EACH | 2000 | 19.06 |
| Orange Fresh | 1 EACH | 2000 | 11.28 |
| Bananas | 1 EACH | 3000 | 30.0 |
| Kiwifruit, Fresh | 1 EACH | 1000 | 11.14 |
| Milk, Chocolate Fat Free | HALF PINT | 3000 | 20.0 |
| Milk,1% Lowfat | HALF PINT | 3000 | 12.0 |
| JUICE FRUITABLE | 1 EACH | 1500 | 22.0 |
| Ranch Dressing: yogurt | 1 FL OZ | 2300 | 3.31 |
| Ketchup | 1 OZ | 2000 | 8.34 |
| Mustard: individual PC | 1 EACH | 500 | 0.35 |
| Mayonnaise, PC Packet | 1 EACH | 2000 | 0.97 |
| Tomatoes, Fresh, Sliced | 1 EACH | 2000 | 0.37 |
| Lettuce, Shred, 1/8 c | 1/8 CUP | 2000 | 0.32 |
| Onions, Fresh Sliced | SLICE | 1000 | 3.03 |
| Barbecue Sauce BULL'S EYE | 1 OZ | 1500 | 10.24 |
| Buffalo Sauce Mild | 1 OZ | 1500 | 2.48 |
| Weighted Daily Average | | | 132.84 |
| % of Calories | | | 65.8% |
| Nutrient Guideline | | | |

| Weighted Average | | 121.78 |
|------------------|--|--------|
| | | 59.0% |

| Nutrient | Menu AVG | % of Cals | Weekly Target | % of Target | Miss Data | Shortfall | Overage | Error Messages (if any) |
|------------------|----------|-----------|---------------|-------------|-----------|-----------|---------|-------------------------|
| Carbohydrate (g) | 121.78 | 59.03% | | | | | | |

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