

NUTRITION SERVICES

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

Jul 3, 2023 thru Jul 31, 2023

LUNCH MENU, GRADES K-8

Generated on: 7/5/2023 1:24:01 PM

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Mon - 07/03/2023				
LUNCH MENU, GRADES K-	Total			
CHICKEN BURRITO	1 EACH	395	4.13	46.61
RED BEANS & RICE	2 CUPS	394	11.95	81.23
SUNBUTTER & JELLY SANDWICH	1 EACH	651	10.09	68.7
SPICY CHICKEN WRAP	1 EACH	505	4.57	58.13
-- SIDES --	---	0	0.00	0.0
1st Fresh Fruit, (1/2c): _____	EACH	42	2.16	10.58
Baby Carrots, Peeled, 2.5 oz	1/2 CUP	25	2.06	5.84
Edamame, Shelled, 3.1 oz	1/2 CUP	152	5.27	8.73
SNACK: fill in _____	1 EACH	0	0.00	0.0
-- CHOICE OF MILK --	---	0	0.00	0.0
Milk, Chocolate, NF, 8 fl oz	1 CUP	120	0.00	21.0
Milk, 1%, 8 fl oz	1 CUP	130	0.00	16.0
Milk, Unflavored, NF, 8 fl oz	1 CUP	90	0.00	13.0
-- CONDIMENTS --	--	0	0.00	0.0
Ranch Dressing (12 gm packet)	1 EACH	49	0.00	1.05
Taco Sauce (9 gm packet)	EACH	5	0.06	1.03
Ketchup (7 gm packet)	1 EACH	8	0.00	2.06
Mustard (5.5 gm packet)	1 EACH	3	0.22	0.32
Mayonnaise (9 gm packet)	1 EACH	65	0.00	0.24
Soy Sauce (500 ml packet)	1 EACH	10	0.00	1.0
Weighted Daily Average		2644	40.52	335.50
% of Calories				50.8%
Nutrient Guideline		0		

Tue - 07/04/2023				
LUNCH MENU, GRADES K-	Total			
CHICKEN CORN DOG	1 EACH	240	5.00	30.0
MINISTRONE SOUP & ROLL	12 OZ & ROLL	397	13.83	73.1
BAGEL KIT	1 EACH	585	6.51	60.81
ITALIAN DELI SUB	1 EACH	374	3.23	35.94
-- SIDES --	---	0	0.00	0.0
1st Fresh Fruit, (1/2c): _____	EACH	42	2.16	10.58
Jicama, 2.4 oz	1/2 CUP	26	3.35	6.0
Cherry Tomatoes, 2.7 oz	1/2 CUP	14	0.92	2.98
SNACK: fill in _____	1 EACH	0	0.00	0.0
-- CHOICE OF MILK --	---	0	0.00	0.0
Milk, Chocolate, NF, 8 fl oz	1 CUP	120	0.00	21.0
Milk, 1%, 8 fl oz	1 CUP	130	0.00	16.0
Milk, Unflavored, NF, 8 fl oz	1 CUP	90	0.00	13.0
-- CONDIMENTS --	--	0	0.00	0.0
Ranch Dressing (12 gm packet)	1 EACH	49	0.00	1.05
Taco Sauce (9 gm packet)	EACH	5	0.06	1.03
Ketchup (7 gm packet)	1 EACH	8	0.00	2.06
Mustard (5.5 gm packet)	1 EACH	3	0.22	0.32
Mayonnaise (9 gm packet)	1 EACH	65	0.00	0.24
Soy Sauce (500 ml packet)	1 EACH	10	0.00	1.0
Weighted Daily Average		2159	35.28	275.10
% of Calories				51.0%
Nutrient Guideline		0		

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Portion Values - Detailed

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Jul 3, 2023 thru Jul 31, 2023

LUNCH MENU, GRADES K-8

Generated on: 7/5/2023 1:24:01 PM

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Wed - 07/05/2023				
LUNCH MENU, GRADES K-	Total			
TERIYAKI CHICKEN WITH RICE & V	1 EACH	422	5.59	70.13
CHEESY BEAN DIP & TORTILLA CHIP	1 EACH	465	9.76	55.36
FARMERS MARKET CHK SALAD, ROLL	1 EACH	572	6.12	67.58
BREADED CHICKEN WRAP	1 EACH	546	6.30	49.49
-- SIDES --	---	0	0.00	0.0
1st Fresh Fruit, (1/2c): _____	EACH	42	2.16	10.58
Baby Carrots, Peeled, 2.5 oz	1/2 CUP	25	2.06	5.84
Celery & Cucumber Coins, 2.3oz	1/2 CUP	8	0.76	1.68
SNACK: fill in _____	1 EACH	0	0.00	0.0
-- CHOICE OF MILK --	---	0	0.00	0.0
Milk, Chocolate, NF, 8 fl oz	1 CUP	120	0.00	21.0
Milk, 1%, 8 fl oz	1 CUP	130	0.00	16.0
Milk, Unflavored, NF, 8 fl oz	1 CUP	90	0.00	13.0
-- CONDIMENTS --	--	0	0.00	0.0
Ranch Dressing (12 gm packet)	1 EACH	49	0.00	1.05
Taco Sauce (9 gm packet)	EACH	5	0.06	1.03
Ketchup (7 gm packet)	1 EACH	8	0.00	2.06
Mustard (5.5 gm packet)	1 EACH	3	0.22	0.32
Mayonnaise (9 gm packet)	1 EACH	65	0.00	0.24
Soy Sauce (500 ml packet)	1 EACH	10	0.00	1.0
Weighted Daily Average		2559	33.03	316.35
% of Calories				49.4%
Nutrient Guideline		0		

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Thu - 07/06/2023				
LUNCH MENU, GRADES K-	Total			
BBQ CHICKEN QUESADILLA	1 EACH	433	3.23	43.29
MAC AND CHEESE	1.25 CUPS	478	4.19	53.93
BREADED CHICKEN SALAD	1 EACH	425	6.69	46.18
EGG SALAD SANDWICH	1 EACH	307	6.05	27.08
-- SIDES --	---	0	0.00	0.0
1st Fresh Fruit, (1/2c): _____	EACH	42	2.16	10.58
Celery Sticks, 2.3 oz	1/2 CUP	9	1.04	1.94
Baby Carrots, Peeled, 2.5 oz	1/2 CUP	25	2.06	5.84
SNACK: fill in _____	1 EACH	0	0.00	0.0
-- CHOICE OF MILK --	---	0	0.00	0.0
Milk, Chocolate, NF, 8 fl oz	1 CUP	120	0.00	21.0
Milk, 1%, 8 fl oz	1 CUP	130	0.00	16.0
Milk, Unflavored, NF, 8 fl oz	1 CUP	90	0.00	13.0
-- CONDIMENTS --	--	0	0.00	0.0
Ranch Dressing (12 gm packet)	1 EACH	49	0.00	1.05
Taco Sauce (9 gm packet)	EACH	5	0.06	1.03
Ketchup (7 gm packet)	1 EACH	8	0.00	2.06
Mustard (5.5 gm packet)	1 EACH	3	0.22	0.32
Mayonnaise (9 gm packet)	1 EACH	65	0.00	0.24
Soy Sauce (500 ml packet)	1 EACH	10	0.00	1.0
Weighted Daily Average		2198	25.71	244.53
% of Calories				44.5%
Nutrient Guideline		0		

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NUTRITION SERVICES

Base Menu Spreadsheet

Portion Values - Detailed

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Jul 3, 2023 thru Jul 31, 2023

LUNCH MENU, GRADES K-8

Generated on: 7/5/2023 1:24:01 PM

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Fri - 07/07/2023				
LUNCH MENU, GRADES K-	Total			
PEPPERONI PIZZA SLICE	EACH	360	3.00	33.0
CHEESE PIZZA SLICE	EACH	360	3.00	35.0
CHICKEN CAESAR SALAD, ROLL	1 EACH	421	3.68	42.29
TURKEY AND CHEDDAR SANDWICH	1 EACH	291	6.13	26.7
-- SIDES --	---	0	0.00	0.0
1st Fresh Fruit, (1/2c): _____	EACH	42	2.16	10.58
Broccoli Florets, 1.2 oz	1/2 CUP	12	0.88	2.26
Baby Carrots, Peeled, 2.5 oz	1/2 CUP	25	2.06	5.84
SNACK: fill in _____	1 EACH	0	0.00	0.0
-- CHOICE OF MILK --	---	0	0.00	0.0
Milk, Chocolate, NF, 8 fl oz	1 CUP	120	0.00	21.0
Milk, Unflavored, NF, 8 fl oz	1 CUP	90	0.00	13.0
Milk, 1%, 8 fl oz	1 CUP	130	0.00	16.0
-- CONDIMENTS --	--	0	0.00	0.0
Ranch Dressing (12 gm packet)	1 EACH	49	0.00	1.05
Taco Sauce (9 gm packet)	EACH	5	0.06	1.03
Ketchup (7 gm packet)	1 EACH	8	0.00	2.06
Mustard (5.5 gm packet)	1 EACH	3	0.22	0.32
Mayonnaise (9 gm packet)	1 EACH	65	0.00	0.24
Soy Sauce (500 ml packet)	1 EACH	10	0.00	1.0
Weighted Daily Average		1990	21.19	211.37
% of Calories				42.5%
Nutrient Guideline		0		

Mon - 07/10/2023				
LUNCH MENU, GRADES K-	Total			
BEEF FAJITA BOWL	1 EACH	426	4.78	60.4
PASTA X-PLOSSION!	1.25c +CHS	449	5.78	54.94
SUNBUTTER & JELLY SANDWICH	1 EACH	651	10.09	68.7
CHICKEN FAJITA WRAP	1 EACH	467	5.95	40.13
-- SIDES --	---	0	0.00	0.0
1st Fresh Fruit, (1/2c): _____	EACH	42	2.16	10.58
Baby Carrots, Peeled, 2.5 oz	1/2 CUP	25	2.06	5.84
Edamame, Shelled, 3.1 oz	1/2 CUP	152	5.27	8.73
SNACK: fill in _____	1 EACH	0	0.00	0.0
-- CHOICE OF MILK --	---	0	0.00	0.0
Milk, Chocolate, NF, 8 fl oz	1 CUP	120	0.00	21.0
Milk, Unflavored, NF, 8 fl oz	1 CUP	90	0.00	13.0
Milk, 1%, 8 fl oz	1 CUP	130	0.00	16.0
-- CONDIMENTS --	--	0	0.00	0.0
Ranch Dressing (12 gm packet)	1 EACH	49	0.00	1.05
Taco Sauce (9 gm packet)	EACH	5	0.06	1.03
Ketchup (7 gm packet)	1 EACH	8	0.00	2.06
Mustard (5.5 gm packet)	1 EACH	3	0.22	0.32
Mayonnaise (9 gm packet)	1 EACH	65	0.00	0.24
Soy Sauce (500 ml packet)	1 EACH	10	0.00	1.0
Weighted Daily Average		2692	36.37	305.01
% of Calories				45.3%
Nutrient Guideline		0		

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Portion Values - Detailed

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Jul 3, 2023 thru Jul 31, 2023

LUNCH MENU, GRADES K-8

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Tue - 07/11/2023				
LUNCH MENU, GRADES K-	Total			
BEEF HOT DOG	1 EACH	330	3.00	30.0
CHEESE RAVIOLI & SAUCE	1 EACH	372	6.60	55.47
TURKEY & CHEESE ON DUTCH CR.	1 EACH	351	1.13	40.7
BAGEL KIT	1 EACH	585	6.51	60.81
-- SIDES --	---	0	0.00	0.0
1st Fresh Fruit, (1/2c): _____	EACH	42	2.16	10.58
Jicama, 2.4 oz	1/2 CUP	26	3.35	6.0
Cherry Tomatoes, 2.7 oz	1/2 CUP	14	0.92	2.98
SNACK: fill in _____	1 EACH	0	0.00	0.0
-- CHOICE OF MILK --	---	0	0.00	0.0
Milk, Chocolate, NF, 8 fl oz	1 CUP	120	0.00	21.0
Milk, Unflavored, NF, 8 fl oz	1 CUP	90	0.00	13.0
Milk, 1%, 8 fl oz	1 CUP	130	0.00	16.0
-- CONDIMENTS --	--	0	0.00	0.0
Ranch Dressing (12 gm packet)	1 EACH	49	0.00	1.05
Taco Sauce (9 gm packet)	EACH	5	0.06	1.03
Ketchup (7 gm packet)	1 EACH	8	0.00	2.06
Mustard (5.5 gm packet)	1 EACH	3	0.22	0.32
Mayonnaise (9 gm packet)	1 EACH	65	0.00	0.24
Soy Sauce (500 ml packet)	1 EACH	10	0.00	1.0
Weighted Daily Average		2199	23.95	262.23
% of Calories				47.7%
Nutrient Guideline		0		

Wed - 07/12/2023				
LUNCH MENU, GRADES K-	Total			
HAMBURGER	1 EACH	282	3.00	29.0
CHEESE QUESADILLA	1 EACH	387	3.00	33.78
CHICKEN SALAD ON A HOAGIE	1 EACH	376	2.12	30.54
BIG KAHUNA TUNA WRAP	1 EACH	527	3.45	33.72
-- SIDES --	---	0	0.00	0.0
1st Fresh Fruit, (1/2c): _____	EACH	42	2.16	10.58
Baby Carrots, Peeled, 2.5 oz	1/2 CUP	25	2.06	5.84
Celery & Cucumber Coins, 2.3oz	1/2 CUP	8	0.76	1.68
SNACK: fill in _____	1 EACH	0	0.00	0.0
-- CHOICE OF MILK --	---	0	0.00	0.0
Milk, Chocolate, NF, 8 fl oz	1 CUP	120	0.00	21.0
Milk, Unflavored, NF, 8 fl oz	1 CUP	90	0.00	13.0
Milk, 1%, 8 fl oz	1 CUP	130	0.00	16.0
-- CONDIMENTS --	--	0	0.00	0.0
Ranch Dressing (12 gm packet)	1 EACH	49	0.00	1.05
Taco Sauce (9 gm packet)	EACH	5	0.06	1.03
Ketchup (7 gm packet)	1 EACH	8	0.00	2.06
Mustard (5.5 gm packet)	1 EACH	3	0.22	0.32
Mayonnaise (9 gm packet)	1 EACH	65	0.00	0.24
Soy Sauce (500 ml packet)	1 EACH	10	0.00	1.0
Weighted Daily Average		2126	16.83	200.85
% of Calories				37.8%
Nutrient Guideline		0		

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LUNCH MENU, GRADES K-8

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Thu - 07/13/2023				
LUNCH MENU, GRADES K-	Total			
CHICKEN NUGGETS W/OO.PASTA	1 EACH	555	6.14	56.11
SOUTH OF THE BORDR CHILI&CHIPS	1 EACH	452	10.46	60.68
CHICKEN BACON RANCH WRAP	1 EACH	452	3.60	35.01
SOUTHWEST VEG TACO SALAD, CHIP	1 EACH	520	11.48	59.68
-- SIDES --	---	0	0.00	0.0
1st Fresh Fruit, (1/2c):_____	EACH	42	2.16	10.58
Celery Sticks, 2.3 oz	1/2 CUP	9	1.04	1.94
Baby Carrots, Peeled, 2.5 oz	1/2 CUP	25	2.06	5.84
SNACK: fill in _____	1 EACH	0	0.00	0.0
-- CHOICE OF MILK --	---	0	0.00	0.0
Milk, Chocolate, NF, 8 fl oz	1 CUP	120	0.00	21.0
Milk, Unflavored, NF, 8 fl oz	1 CUP	90	0.00	13.0
Milk, 1%, 8 fl oz	1 CUP	130	0.00	16.0
-- CONDIMENTS --	--	0	0.00	0.0
Ranch Dressing (12 gm packet)	1 EACH	49	0.00	1.05
Taco Sauce (9 gm packet)	EACH	5	0.06	1.03
Ketchup (7 gm packet)	1 EACH	8	0.00	2.06
Mustard (5.5 gm packet)	1 EACH	3	0.22	0.32
Mayonnaise (9 gm packet)	1 EACH	65	0.00	0.24
Soy Sauce (500 ml packet)	1 EACH	10	0.00	1.0
Weighted Daily Average		2535	37.22	285.54
% of Calories				45.1%
Nutrient Guideline		0		

Fri - 07/14/2023				
LUNCH MENU, GRADES K-	Total			
PEPPERONI PIZZA SLICE	1 EACH	360	3.00	33.0
CHEESE PIZZA SLICE	EACH	360	3.00	35.0
BBQ CHICKEN WRAP	1 EACH	479	3.61	40.27
ITALIAN MARKET SALAD	1 EACH	393	5.12	49.69
-- SIDES --	---	0	0.00	0.0
1st Fresh Fruit, (1/2c):_____	EACH	42	2.16	10.58
Broccoli Florets, 1.2 oz	1/2 CUP	12	0.88	2.26
Cucumber Coins Unpeeled, 2.2oz	1/2 CUP	9	0.31	2.26
SNACK: fill in _____	1 EACH	0	0.00	0.0
-- CHOICE OF MILK --	---	0	0.00	0.0
Milk, Chocolate, NF, 8 fl oz	1 CUP	120	0.00	21.0
Milk, Unflavored, NF, 8 fl oz	1 CUP	90	0.00	13.0
Milk, 1%, 8 fl oz	1 CUP	130	0.00	16.0
-- CONDIMENTS --	--	0	0.00	0.0
Ranch Dressing (12 gm packet)	1 EACH	49	0.00	1.05
Taco Sauce (9 gm packet)	EACH	5	0.06	1.03
Ketchup (7 gm packet)	1 EACH	8	0.00	2.06
Mustard (5.5 gm packet)	1 EACH	3	0.22	0.32
Mayonnaise (9 gm packet)	1 EACH	65	0.00	0.24
Soy Sauce (500 ml packet)	1 EACH	10	0.00	1.0
Weighted Daily Average		2134	18.37	228.76
% of Calories				42.9%
Nutrient Guideline		0		

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LUNCH MENU, GRADES K-8

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Mon - 07/17/2023				
LUNCH MENU, GRADES K-	Total			
GREEK CHICKEN & RICE PILAF	1 EACH	422	4.45	61.68
PASTA W/ OLIVE OIL & CHEESE	1.25 CUPS	496	4.00	42.66
SUNBUTTER & JELLY SANDWICH	1 EACH	651	10.09	68.7
CHICKEN CAESAR WRAP	1 EACH	411	3.52	36.3
-- SIDES --	---	0	0.00	0.0
1st Fresh Fruit, (1/2c): _____	EACH	42	2.16	10.58
Baby Carrots, Peeled, 2.5 oz	1/2 CUP	25	2.06	5.84
Edamame, Shelled, 3.1 oz	1/2 CUP	152	5.27	8.73
SNACK: fill in _____	1 EACH	0	0.00	0.0
-- CHOICE OF MILK --	---	0	0.00	0.0
Milk, Chocolate, NF, 8 fl oz	1 CUP	120	0.00	21.0
Milk, Unflavored, NF, 8 fl oz	1 CUP	90	0.00	13.0
Milk, 1%, 8 fl oz	1 CUP	130	0.00	16.0
-- CONDIMENTS --	--	0	0.00	0.0
Ranch Dressing (12 gm packet)	1 EACH	49	0.00	1.05
Taco Sauce (9 gm packet)	EACH	5	0.06	1.03
Ketchup (7 gm packet)	1 EACH	8	0.00	2.06
Mustard (5.5 gm packet)	1 EACH	3	0.22	0.32
Mayonnaise (9 gm packet)	1 EACH	65	0.00	0.24
Soy Sauce (500 ml packet)	1 EACH	10	0.00	1.0
Weighted Daily Average		2679	31.83	290.18
% of Calories				43.3%
Nutrient Guideline		0		

Tue - 07/18/2023				
LUNCH MENU, GRADES K-	Total			
MR. MIKE'S BBQ CHICKEN SANDWIC	1 EACH	347	2.31	43.11
BEAN AND CHEESE BURRITO	1 EACH	374	9.70	51.82
YOGURT BERRY PARFAIT & MUFFIN	1 EACH	348	2.65	65.84
BAGEL KIT	1 EACH	585	6.51	60.81
-- SIDES --	---	0	0.00	0.0
1st Fresh Fruit, (1/2c): _____	EACH	42	2.16	10.58
Jicama, 2.4 oz	1/2 CUP	26	3.35	6.0
Cherry Tomatoes, 2.7 oz	1/2 CUP	14	0.92	2.98
SNACK: fill in _____	1 EACH	0	0.00	0.0
-- CHOICE OF MILK --	---	0	0.00	0.0
Milk, Chocolate, NF, 8 fl oz	1 CUP	120	0.00	21.0
Milk, Unflavored, NF, 8 fl oz	1 CUP	90	0.00	13.0
Milk, 1%, 8 fl oz	1 CUP	130	0.00	16.0
-- CONDIMENTS --	--	0	0.00	0.0
Ranch Dressing (12 gm packet)	1 EACH	49	0.00	1.05
Taco Sauce (9 gm packet)	EACH	5	0.06	1.03
Ketchup (7 gm packet)	1 EACH	8	0.00	2.06
Mustard (5.5 gm packet)	1 EACH	3	0.22	0.32
Mayonnaise (9 gm packet)	1 EACH	65	0.00	0.24
Soy Sauce (500 ml packet)	1 EACH	10	0.00	1.0
Weighted Daily Average		2215	27.88	296.84
% of Calories				53.6%
Nutrient Guideline		0		

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Portion Values - Detailed

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Jul 3, 2023 thru Jul 31, 2023

LUNCH MENU, GRADES K-8

Generated on: 7/5/2023 1:24:01 PM

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Wed - 07/19/2023				
LUNCH MENU, GRADES K-	Total			
CHICKEN CALZONE	1 EACH	298	3.44	34.03
CHEESY BREADSTICKS & MARINARA	1 EACH	360	4.00	44.88
CHICKEN CAESAR WRAP	1 EACH	411	3.52	36.3
PESTO CAPRECE SALAD	1 EACH	534	5.54	47.36
-- SIDES --	---	0	0.00	0.0
1st Fresh Fruit, (1/2c):_____	1 EACH	42	2.16	10.58
Baby Carrots, Peeled, 2.5 oz	1/2 CUP	25	2.06	5.84
Celery & Cucumber Coins, 2.3oz	1/2 CUP	8	0.76	1.68
SNACK: fill in _____	1 EACH	0	0.00	0.0
-- CHOICE OF MILK --	---	0	0.00	0.0
Milk, Chocolate, NF, 8 fl oz	1 CUP	120	0.00	21.0
Milk, Unflavored, NF, 8 fl oz	1 CUP	90	0.00	13.0
Milk, 1%, 8 fl oz	1 CUP	130	0.00	16.0
-- CONDIMENTS --	--	0	0.00	0.0
Ranch Dressing (12 gm packet)	1 EACH	49	0.00	1.05
Taco Sauce (9 gm packet)	EACH	5	0.06	1.03
Ketchup (7 gm packet)	1 EACH	8	0.00	2.06
Mustard (5.5 gm packet)	1 EACH	3	0.22	0.32
Mayonnaise (9 gm packet)	1 EACH	65	0.00	0.24
Soy Sauce (500 ml packet)	1 EACH	10	0.00	1.0
Weighted Daily Average		2158	21.76	236.36
% of Calories				43.8%
Nutrient Guideline		0		

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Thu - 07/20/2023				
LUNCH MENU, GRADES K-	Total			
BREADED CHICKEN SANDWICH	1 EACH	380	6.00	45.0
MAC AND CHEESE	1.25 CUPS	478	4.19	53.93
FARMERS MARKET EGG SALAD & ROLL	1 EACH	347	4.54	34.84
TURKEY AND CHEDDAR ON A HOAGIE	1 EACH	291	2.13	29.7
-- SIDES --	---	0	0.00	0.0
1st Fresh Fruit, (1/2c):_____	EACH	42	2.16	10.58
Celery Sticks, 2.3 oz	1/2 CUP	9	1.04	1.94
Baby Carrots, Peeled, 2.5 oz	1/2 CUP	25	2.06	5.84
SNACK: fill in _____	1 EACH	0	0.00	0.0
-- CHOICE OF MILK --	---	0	0.00	0.0
Milk, Chocolate, NF, 8 fl oz	1 CUP	120	0.00	21.0
Milk, Unflavored, NF, 8 fl oz	1 CUP	90	0.00	13.0
Milk, 1%, 8 fl oz	1 CUP	130	0.00	16.0
-- CONDIMENTS --	--	0	0.00	0.0
Ranch Dressing (12 gm packet)	1 EACH	49	0.00	1.05
Taco Sauce (9 gm packet)	EACH	5	0.06	1.03
Ketchup (7 gm packet)	1 EACH	8	0.00	2.06
Mustard (5.5 gm packet)	1 EACH	3	0.22	0.32
Mayonnaise (9 gm packet)	1 EACH	65	0.00	0.24
Soy Sauce (500 ml packet)	1 EACH	10	0.00	1.0
Weighted Daily Average		2052	22.40	237.52
% of Calories				46.3%
Nutrient Guideline		0		

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NUTRITION SERVICES

Base Menu Spreadsheet

Portion Values - Detailed

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Jul 3, 2023 thru Jul 31, 2023

LUNCH MENU, GRADES K-8

Generated on: 7/5/2023 1:24:01 PM

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Fri - 07/21/2023				
LUNCH MENU, GRADES K-	Total			
PEPPERONI PIZZA SLICE	EACH	360	3.00	33.0
CHEESE PIZZA SLICE	EACH	360	3.00	35.0
CHICKEN CAESAR SALAD, ROLL	1 EACH	421	3.68	42.29
ITALIAN DELI SUB	1 EACH	374	3.23	35.94
-- SIDES --	---	0	0.00	0.0
1st Fresh Fruit, (1/2c): _____	EACH	42	2.16	10.58
Broccoli Florets, 1.2 oz	1/2 CUP	12	0.88	2.26
Cucumber Coins Unpeeled, 2.2oz	1/2 CUP	9	0.31	2.26
SNACK: fill in _____	1 EACH	0	0.00	0.0
-- CHOICE OF MILK --	---	0	0.00	0.0
Milk, Chocolate, NF, 8 fl oz	1 CUP	120	0.00	21.0
Milk, Unflavored, NF, 8 fl oz	1 CUP	90	0.00	13.0
Milk, 1%, 8 fl oz	1 CUP	130	0.00	16.0
-- CONDIMENTS --	--	0	0.00	0.0
Ranch Dressing (12 gm packet)	1 EACH	49	0.00	1.05
Taco Sauce (9 gm packet)	EACH	5	0.06	1.03
Ketchup (7 gm packet)	1 EACH	8	0.00	2.06
Mustard (5.5 gm packet)	1 EACH	3	0.22	0.32
Mayonnaise (9 gm packet)	1 EACH	65	0.00	0.24
Soy Sauce (500 ml packet)	1 EACH	10	0.00	1.0
Weighted Daily Average		2058	16.55	217.04
% of Calories				42.2%
Nutrient Guideline		0		

Mon - 07/24/2023				
LUNCH MENU, GRADES K-	Total			
CHEESEBURGER	1 EACH	327	3.00	29.38
BROC CHED POTATO BOWL, ROLL	1 EACH	524	5.29	58.8
TURKEY AND CHEDDAR SANDWICH	1 EACH	291	6.13	26.7
CHICKEN PESTO WRAP	1 EACH	383	4.38	39.89
-- SIDES --	---	0	0.00	0.0
1st Fresh Fruit, (1/2c): _____	EACH	42	2.16	10.58
Baby Carrots, Peeled, 2.5 oz	1/2 CUP	25	2.06	5.84
Edamame, Shelled, 3.1 oz	1/2 CUP	152	5.27	8.73
SNACK: fill in _____	1 EACH	0	0.00	0.0
-- CHOICE OF MILK --	---	0	0.00	0.0
Milk, Chocolate, NF, 8 fl oz	1 CUP	120	0.00	21.0
Milk, Unflavored, NF, 8 fl oz	1 CUP	90	0.00	13.0
Milk, 1%, 8 fl oz	1 CUP	130	0.00	16.0
-- CONDIMENTS --	--	0	0.00	0.0
Ranch Dressing (12 gm packet)	1 EACH	49	0.00	1.05
Taco Sauce (9 gm packet)	EACH	5	0.06	1.03
Ketchup (7 gm packet)	1 EACH	8	0.00	2.06
Mustard (5.5 gm packet)	1 EACH	3	0.22	0.32
Mayonnaise (9 gm packet)	1 EACH	65	0.00	0.24
Soy Sauce (500 ml packet)	1 EACH	10	0.00	1.0
Weighted Daily Average		2223	28.56	235.61
% of Calories				42.4%
Nutrient Guideline		0		

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NUTRITION SERVICES

Base Menu Spreadsheet

Portion Values - Detailed

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Jul 3, 2023 thru Jul 31, 2023

LUNCH MENU, GRADES K-8

Generated on: 7/5/2023 1:24:01 PM

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Tue - 07/25/2023				
LUNCH MENU, GRADES K-	Total			
BEEF HOT DOG	1 EACH	330	3.00	30.0
PASTA W/ MARINARA&CHEESE	1 EACH	438	5.60	54.29
BAGEL KIT	1 EACH	585	6.51	60.81
TURKEY & CHEESE ON DUTCH CR.	1 EACH	351	1.13	40.7
-- SIDES --	---	0	0.00	0.0
1st Fresh Fruit, (1/2c): _____	EACH	42	2.16	10.58
Jicama, 2.4 oz	1/2 CUP	26	3.35	6.0
Cherry Tomatoes, 2.7 oz	1/2 CUP	14	0.92	2.98
SNACK: fill in _____	1 EACH	0	0.00	0.0
-- CHOICE OF MILK --	---	0	0.00	0.0
Milk, Chocolate, NF, 8 fl oz	1 CUP	120	0.00	21.0
Milk, Unflavored, NF, 8 fl oz	1 CUP	90	0.00	13.0
Milk, 1%, 8 fl oz	1 CUP	130	0.00	16.0
-- CONDIMENTS --	--	0	0.00	0.0
Ranch Dressing (12 gm packet)	1 EACH	49	0.00	1.05
Taco Sauce (9 gm packet)	EACH	5	0.06	1.03
Ketchup (7 gm packet)	1 EACH	8	0.00	2.06
Mustard (5.5 gm packet)	1 EACH	3	0.22	0.32
Mayonnaise (9 gm packet)	1 EACH	65	0.00	0.24
Soy Sauce (500 ml packet)	1 EACH	10	0.00	1.0
Weighted Daily Average		2266	22.95	261.05
% of Calories				46.1%
Nutrient Guideline		0		

Wed - 07/26/2023				
LUNCH MENU, GRADES K-	Total			
SPAGHETTI W/BEEF MEATSAUCE	1 C + 6.35 OZ	471	5.66	53.52
BEAN AND CHEESE BURRITO	1 EACH	374	9.70	51.82
CHICKEN BACN RNCH SALAD, ROLL	1 EACH	389	3.27	37.85
SMOKED CHICKEN WRAP	1 EACH	473	5.73	50.07
-- SIDES --	---	0	0.00	0.0
1st Fresh Fruit, (1/2c): _____	EACH	42	2.16	10.58
Baby Carrots, Peeled, 2.5 oz	1/2 CUP	25	2.06	5.84
Celery & Cucumber Coins, 2.3oz	1/2 CUP	8	0.76	1.68
SNACK: fill in _____	1 EACH	0	0.00	0.0
-- CHOICE OF MILK --	---	0	0.00	0.0
Milk, Chocolate, NF, 8 fl oz	1 CUP	120	0.00	21.0
Milk, Unflavored, NF, 8 fl oz	1 CUP	90	0.00	13.0
Milk, 1%, 8 fl oz	1 CUP	130	0.00	16.0
-- CONDIMENTS --	--	0	0.00	0.0
Ranch Dressing (12 gm packet)	1 EACH	49	0.00	1.05
Taco Sauce (9 gm packet)	EACH	5	0.06	1.03
Ketchup (7 gm packet)	1 EACH	8	0.00	2.06
Mustard (5.5 gm packet)	1 EACH	3	0.22	0.32
Mayonnaise (9 gm packet)	1 EACH	65	0.00	0.24
Soy Sauce (500 ml packet)	1 EACH	10	0.00	1.0
Weighted Daily Average		2262	29.62	267.06
% of Calories				47.2%
Nutrient Guideline		0		

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NUTRITION SERVICES

Base Menu Spreadsheet

Portion Values - Detailed

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Jul 3, 2023 thru Jul 31, 2023

LUNCH MENU, GRADES K-8

Generated on: 7/5/2023 1:24:01 PM

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Thu - 07/27/2023				
LUNCH MENU, GRADES K-	Total			
CHICKEN NUGGETS (5) W/RICE	1 EACH	349	3.62	40.16
CHEESE RAVIOLI & SAUCE	1 EACH	372	6.60	55.47
TUNA SANDWICH	1 EACH	448	6.13	26.94
CHICKEN CAESAR WRAP	1 EACH	411	3.52	36.3
-- SIDES --	---	0	0.00	0.0
1st Fresh Fruit, (1/2c):_____	1 EACH	42	2.16	10.58
Celery Sticks, 2.3 oz	1/2 CUP	9	1.04	1.94
Baby Carrots, Peeled, 2.5 oz	1/2 CUP	25	2.06	5.84
SNACK: fill in _____	1 EACH	0	0.00	0.0
-- CHOICE OF MILK --	---	0	0.00	0.0
Milk, Chocolate, NF, 8 fl oz	1 CUP	120	0.00	21.0
Milk, Unflavored, NF, 8 fl oz	1 CUP	90	0.00	13.0
Milk, 1%, 8 fl oz	1 CUP	130	0.00	16.0
-- CONDIMENTS --	--	0	0.00	0.0
Ranch Dressing (12 gm packet)	1 EACH	49	0.00	1.05
Taco Sauce (9 gm packet)	EACH	5	0.06	1.03
Ketchup (7 gm packet)	1 EACH	8	0.00	2.06
Mustard (5.5 gm packet)	1 EACH	3	0.22	0.32
Mayonnaise (9 gm packet)	1 EACH	65	0.00	0.24
Soy Sauce (500 ml packet)	1 EACH	10	0.00	1.0
Weighted Daily Average		2135	25.40	232.93
% of Calories				43.6%
Nutrient Guideline		0		

Fri - 07/28/2023				
LUNCH MENU, GRADES K-	Total			
PEPPERONI PIZZA SLICE	EACH	360	3.00	33.0
CHEESE PIZZA SLICE	EACH	360	3.00	35.0
ASIAN CHICKEN WRAP	1 EACH	453	4.36	49.64
SANTA FE CHICKEN SALAD	1 EACH	575	8.57	70.88
-- SIDES --	---	0	0.00	0.0
1st Fresh Fruit, (1/2c):_____	1 EACH	42	2.16	10.58
Broccoli Florets, 1.2 oz	1/2 CUP	12	0.88	2.26
Cucumber Coins Unpeeled, 2.2oz	1/2 CUP	9	0.31	2.26
SNACK: fill in _____	1 EACH	0	0.00	0.0
-- CHOICE OF MILK --	---	0	0.00	0.0
Milk, Chocolate, NF, 8 fl oz	1 CUP	120	0.00	21.0
Milk, Unflavored, NF, 8 fl oz	1 CUP	90	0.00	13.0
Milk, 1%, 8 fl oz	1 CUP	130	0.00	16.0
-- CONDIMENTS --	--	0	0.00	0.0
Ranch Dressing (12 gm packet)	1 EACH	49	0.00	1.05
Taco Sauce (9 gm packet)	EACH	5	0.06	1.03
Ketchup (7 gm packet)	1 EACH	8	0.00	2.06
Mustard (5.5 gm packet)	1 EACH	3	0.22	0.32
Mayonnaise (9 gm packet)	1 EACH	65	0.00	0.24
Soy Sauce (500 ml packet)	1 EACH	10	0.00	1.0
Weighted Daily Average		2291	22.57	259.33
% of Calories				45.3%
Nutrient Guideline		0		

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NUTRITION SERVICES

Base Menu Spreadsheet

Portion Values - Detailed

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Jul 3, 2023 thru Jul 31, 2023

LUNCH MENU, GRADES K-8

Generated on: 7/5/2023 1:24:01 PM

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Mon - 07/31/2023				
LUNCH MENU, GRADES K-CHICKEN BURRITO	Total			
RED BEANS & RICE	1 EACH	395	4.13	46.61
SUNBUTTER & JELLY SANDWICH	2 CUPS	394	11.95	81.23
SPICY CHICKEN WRAP	1 EACH	651	10.09	68.7
-- SIDES --	1 EACH	505	4.57	58.13
1st Fresh Fruit, (1/2c): _____	---	0	0.00	0.0
Baby Carrots, Peeled, 2.5 oz	EACH	42	2.16	10.58
Edamame, Shelled, 3.1 oz	1/2 CUP	25	2.06	5.84
SNACK: fill in _____	1/2 CUP	152	5.27	8.73
-- CHOICE OF MILK --	1 EACH	0	0.00	0.0
Milk, Chocolate, NF, 8 fl oz	---	0	0.00	0.0
Milk, 1%, 8 fl oz	1 CUP	120	0.00	21.0
Milk, Unflavored, NF, 8 fl oz	1 CUP	130	0.00	16.0
-- CONDIMENTS --	1 CUP	90	0.00	13.0
Ranch Dressing (12 gm packet)	--	0	0.00	0.0
Taco Sauce (9 gm packet)	1 EACH	49	0.00	1.05
Ketchup (7 gm packet)	EACH	5	0.06	1.03
Mustard (5.5 gm packet)	1 EACH	8	0.00	2.06
Mayonnaise (9 gm packet)	1 EACH	3	0.22	0.32
Soy Sauce (500 ml packet)	1 EACH	65	0.00	0.24
Weighted Daily Average	1 EACH	10	0.00	1.0
% of Calories		2644	40.52	335.50
Nutrient Guideline		0		50.8%

Weighted Average		2296	27.55	263.56
				45.9%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	2296		0					
Fiber (g)	27.55							
Carbohydrate (g)	263.56	45.91%						

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