Mar 1, 2024 thru Mar 29, 2024

ECE LUNCH

Base Menu Spreadsheet Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
Fri - 03/01/2024		, ,		
ECE LUNCH	Total			
		400	40.0	40.0
CRISPY BEEF & CHEESE TACOS	1 EACH	180	12.0	12.0
BROCCOLI ALFREDO PASTA	SVG	397	47.0	13.0
CORN, CANNED ,HOT	1/2 CUP	80	17.0	2.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	10.41	*0.04
MILK, WHITE 1%	1 CARTON	130	16.0	2.5
IVIILIX, VVI II I L 170	TCARTON	130	10.0	2.0
Mon - 03/04/2024				
ECE LUNCH	Total			
ENCHILADAS,CHEESE	PORTION	345	30.83	12.0
CARROT STICKS	1/2 CUP	0 0	0.0	0.0
	1	-		
PEARS,CANNED	1/2 CUP	60	16.0	0.0
MILK, WHITE 1%	1 CARTON	130	16.0	2.5
Tue - 03/05/2024				
ECE LUNCH	Total			
CHKN TENDERS W/MINI BUN	SERVING	340	29.9	16.0
CHEESE PIZZA ,GALAXY	1 EACH	280	26.0	12.0
CORN, CANNED ,HOT	1/2 CUP	80	17.0	2.0
		l I		
APPLES, SLICED ,IW	PKT	34	8.0	*N/A*
MILK, WHITE 1%	1 CARTON	130	16.0	2.5
West 00/00/0004	T			
Wed - 03/06/2024				
ECE LUNCH	Total			
CHKN DRUMSTK& BUN	1 DRMST & 1 BU	300	20.0	14.0
BURRITO,WG BEAN & CH	1 EACH	292	30.99	11.65
BROCCOLI FRESH	1/2 CUP	25	4.0	0.0
APPLESAUCE CUP ,IW	1 EACH	60	14.0	0.0
MILK, WHITE 1%				
IVIILIN, VVIIII E 170	1 CARTON	130	16.0	2.5

Mar 1, 2024 thru Mar 29, 2024

Base Menu Spreadsheet Portion Values - Detailed ECE LUNCH

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	Portion	Cals	Carb	T-Fat
TI 00/07/0004	Size	(kcal)	(g)	(g)
Thu - 03/07/2024				
ECE LUNCH	Total			
CRISPY BEEF & CHEESE TACOS	2 EACH	360	24.0	24.0
PROTEIN BOX	SERVING	335	38.0	14.0
BEAN VARIETY, CND COLD	1/2 CUP	118	21.0	1.0
APPLES, SLICED ,IW	PKT	34	8.0	*N/A*
MILK, WHITE 1%	1 CARTON	130	16.0	2.5
Weighted Daily Average		538	55.00	*25.90
% of Calories			40.9%	*43.4%
Nutrient Guideline		558		<=30.0
Fri - 03/08/2024			ı	
ECE LUNCH	Total			
CHEESE PULL APARTS (no sauce)	SERVING	290	29.0	14.0
CARROT STICKS	1/2 CUP	0	0.0	0.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	10.41	*0.04
MILK, WHITE 1%	1 CARTON	130	16.0	2.5
Weighted Daily Average		460	55.41	*16.54
% of Calories			48.2%	*32.3%
Nutrient Guideline		558		<=30.0
14 00/44/0004				
Mon - 03/11/2024				
ECE LUNCH	Total			
CRISPY BEEF & CHEESE TACOS	2 EACH	360	24.0	24.0
BURRITO,WG BEAN & CH	1 EACH	292	30.99	11.65
CARROT STICKS	1/2 CUP	0	0.0	0.0
PEACHES,CANNED	1/2 CUP	60	14.0	0.0
MILK, WHITE 1%	1 CARTON	130	16.0	2.5
Weighted Daily Average		536	55.40	24.03
% of Calories			41.3%	40.3%
/v c. ca.ccc				10.070
Nutrient Guideline		558		<=30.0
Tue - 03/12/2024		T	1	
ECE LUNCH	Total			
		222	27.04	2 00
SWEET& SOUR CHICKEN & RICE	SERVING	233	37.64	3.82
PROTEIN BOX	SERVING	335	38.0	14.0
GREEN BEANS, CND, HOT	1/2 CUP	25	4.0	0.0
APPLES, SLICED ,IW	PKT	34	8.0	*N/A*
MILK, WHITE 1%	1 CARTON	130	16.0	2.5
Weighted Daily Average		419	61.95	*7.97
% of Calories			59.1%	*17.1%
Nutrient Guideline		558		<=30.0

Mar 1, 2024 thru Mar 29, 2024

Base Menu Spreadsheet Portion Values - Detailed Page 3 ECE LUNCH

	Portion Size	Cals (kcal)	Carb	T-Fat
Wed - 03/13/2024		`		\3/
ECE LUNCH CHEESE PIZZA ,GALAXY BROCCOLI FRESH SALAD MIX	Total 1 EACH 1/2 CUP 1 CUP	280 25 10	26.0 4.0 2.0	12.0
			- 1	0.0
PEARS,CANNED	1/2 CUP	60	16.0	0.0
MILK, WHITE 1%	1 CARTON	130	16.0	2.5
Thu - 03/14/2024				
ECE LUNCH COUNTRY CHICKEN BOWL CHEESE PULL APARTS (no sauce) BEAN VARIETY,CND COLD APPLESAUCE CUP,IW	Total BOWL SERVING 1/2 CUP 1 EACH	480 290 118 60	56.17 29.0 21.0 14.0	19.93 14.0 1.0 0.0
MILK, WHITE 1%	1 CARTON	130	16.0	2.5
Fri - 03/15/2024				
ECE LUNCH	Total			
CHKN TENDERS W/MINI BUN	SERVING	340	29.9	16.0
BURRITO.WG BEAN & CH	1 EACH	292	30.99	11.65
CORN, CANNED ,HOT	1/2 CUP	80	17.0	2.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	10.41	*0.04
MILK, WHITE 1%	1 CARTON	130	16.0	2.5
WILK, WHITE 170	TOAKTON	130	10.0	2.3
N. 00/40/0004	T	T I		
Mon - 03/18/2024	T-4-1			
ECE LUNCH	Total	000	04.0	04.0
CRISPY BEEF & CHEESE TACOS	2 EACH	360	24.0	24.0
ENCHILADAS, CHEESE	PORTION	345	30.83	12.0
CARROT STICKS	1/2 CUP	0	0.0	0.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	10.41	*0.04
MILK, WHITE 1%	1 CARTON	130	16.0	2.5

Mar 1, 2024 thru Mar 29, 2024

Base Menu Spreadsheet Portion Values - Detailed Page 4 ECE LUNCH

	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
Tue - 03/19/2024		, ,	,0/	
ECE LUNCH CHKN TENDERS W/MINI BUN PROTEIN BOX	Total SERVING SERVING	340 335	29.9 38.0	16.0 14.0
POTATO WEDGES (MCCAIN) JICAMA STICKS APPLES, SLICED .IW	SERVING SVG (3 STICKS) PKT	130 23 34	21.0 5.5 8.0	4.0 0.0 *N/A*
MILK, WHITE 1%	1 CARTON	130	16.0	2.5
Wed 02/20/2024	T			
Wed - 03/20/2024 ECE LUNCH	Total			
CHEESE PIZZA ,GALAXY BEAN VARIETY,CND COLD FRUIT, FRESH VARIETY	1 EACH 1/2 CUP SVG (1/2 CUP)	280 118 40	26.0 21.0 10.41	12.0 1.0 *0.04
MILK, WHITE 1%	1 CARTON	130	16.0	2.5
Thu - 03/21/2024				
ECE LUNCH COUNTRY CHICKEN BOWL BURRITO,WG BEAN & CH BROCCOLI FRESH	Total BOWL 1 EACH 1/2 CUP	480 292 25	56.17 30.99 4.0	19.93 11.65 0.0
APPLESAUCE CUP ,IW MILK, WHITE 1%	1 EACH 1 CARTON	60 130	14.0 16.0	0.0 2.5
F:: 02/22/2024				
Fri - 03/22/2024 ECE LUNCH	Total			
CHEESE PULL APARTS (no sauce)	SERVING	290	29.0	14.0
CARROT STICKS	1/2 CUP	0	0.0	0.0
SALAD MIX	1 CUP	10	2.0	0.0
FRUIT, FRESH VARIETY MILK, WHITE 1%	SVG (1/2 CUP) 1 CARTON	40 130	10.41 16.0	*0.04 2.5
	1			

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Base Menu Spreadsheet Portion Values - Detailed Page 5 ECE LUNCH

	Portion Size	Cals (kcal)	Carb (g)	T-Fat
Mon - 03/25/2024		, ,	,,,	, , ,
ECE LUNCH CRISPY BEEF & CHEESE TACOS ENCHILADAS, CHEESE CARROT STICKS PEARS, CANNED	Total 2 EACH PORTION 1/2 CUP 1/2 CUP	360 345 0 60	24.0 30.83 0.0 16.0	24.0 12.0 0.0 0.0
MILK, WHITE 1%	1 CARTON	130	16.0	2.5
Tue - 03/26/2024				
ECE LUNCH	Total			
CHKN TENDERS W/MINI BUN	SERVING	340	29.9	16.0
CHEESE PIZZA ,GALAXY	1 EACH	280	26.0	12.0
POTATO WEDGES (MCCAIN)	SERVING	130	21.0	4.0
APPLES, SLICED ,IW	PKT	34	8.0	*N/A*
MILK, WHITE 1%	1 CARTON	130	16.0	2.5
Wed - 03/27/2024				
ECE LUNCH PROTEIN BOX BROCCOLI FRESH JICAMA STICKS APPLESAUCE CUP,IW	Total SERVING 1/2 CUP SVG (3 STICKS) 1 EACH	335 25 23 60	38.0 4.0 5.5 14.0	14.0 0.0 0.0 0.0
MILK, WHITE 1%	1 CARTON	130	16.0	2.5
Thu - 03/28/2024				
ECE LUNCH	Total			
CRISPY BEEF & CHEESE TACOS	2 EACH	360	24.0	24.0
BURRITO, WG BEAN & CH	1 EACH	292	30.99	11.65
BEAN VARIETY, CND COLD	1/2 CUP	118	21.0	1.0
FRUIT, FRESH VARIETY MILK, WHITE 1%	SVG (1/2 CUP) 1 CARTON	40 130	10.41 16.0	*0.04 2.5
WILK, WHITE 176	TOARTON	130	10.0	2.5

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ECE LUNCH

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