Apr 1, 2024 thru Apr 30, 2024

Base Menu Spreadsheet Portion Values - Detailed Page 1 ELEM, K-8 LUNCH

	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
Mon - 04/01/2024	Size	(RCai)	(9)	(9)
ELEM ,K-8 LUNCH	Total			
CRISPY BEEF & CHEESE TACOS	2 EACH	360	24.0	24.0
ENCHILADAS,CHEESE	PORTION	345	30.83	12.0
CARROTS, PKG	2.6 OZ PK	25	6.0	0.0
GREEN BEANS, CND, HOT	1/2 CUP	25	4.0	0.0
JUICE ,100% FRUIT SLUSH	1 each	60	15.0	0.0
PEARS,CANNED	1/2 CUP	60	16.0	0.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	10.41	*0.04
MILK, WHITE 1%	1 CARTON	130	16.0	2.5
MILK, NONFAT CHOC	1 CARTON	120	20.0	0.0
RANCH DRESSING	SERVING	9	2.29	0.0
TACO SAUCE (PORTION PAC)	1 PACKET	5	1.0	0.0

Tue - 04/02/2024				
ELEM ,K-8 LUNCH	Total			
CHKN TENDERS W/MINI BUN	SERVING	340	29.9	16.0
VEGAN RICE BOWL	SERVING	196	29.59	2.07
CARROT STICKS	1/2 CUP	0	0.0	0.0
POTATO WEDGES (MCCAIN)	SERVING	130	21.0	4.0
PEAS, SUGAR SNAP	1/2 CUP	60	11.0	0.0
SALAD MIX	0.5 CUP	5	1.0	0.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	10.41	*0.04
APPLES, SLICED ,IW	PKT	34	8.0	*N/A*
MILK, WHITE 1%	1 CARTON	130	16.0	2.5
MILK, NONFAT CHOC	1 CARTON	120	20.0	0.0
KETCHUP PACKET	1 PACKET	20	4.0	0.0
BBQ SAUCE PACKET	1 OZ.	45	10.0	0.0

Wed - 04/03/2024				
ELEM ,K-8 LUNCH	Total			
KOREAN MEATBALL RICE BOWL	SVGS	392	52.64	10.82
PROTEIN BOX	SERVING	335	38.0	14.0
BROCCOLI FRESH	1/2 CUP	25	4.0	0.0
CARROT STICKS	1/2 CUP	0	0.0	0.0
CUCUMBER SLICES	1/2 CUP	8	1.9	0.1
JICAMA STICKS	SVG (3 STICKS)	23	5.5	0.0
SALAD MIX	1 CUP	10	2.0	0.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	10.41	*0.04
APPLESAUCE CUP ,IW	1 EACH	60	14.0	0.0
MILK, WHITE 1%	1 CARTON	130	16.0	2.5
MILK, NONFAT CHOC	1 CARTON	120	20.0	0.0
RANCH DRESSING	SERVING	9	2.29	0.0

Apr 1, 2024 thru Apr 30, 2024

Base Menu Spreadsheet Portion Values - Detailed Page 2 ELEM, K-8 LUNCH

	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
Thu - 04/04/2024				
ELEM K-8 LUNCH BBQ TURKEY SANDWICH BURRITO,WG BEAN & CH BEAN VARIETY,CND COLD VEGGIE JUICE ,100% PEAS, SUGAR SNAP SALAD MIX FRUIT, FRESH VARIETY MIXED FRUIT,CANNED MILK, WHITE 1% MILK, NONFAT CHOC TACO SAUCE (PORTION PAC) KETCHUP PACKET	Total SERVING 1 EACH 1/2 CUP 1 each 1/2 CUP 1 CUP SVG (1/2 CUP) 1/2 CUP 1 CARTON 1 CARTON 1 PACKET	472 292 118 60 60 10 40 60 130 120 5	56.13 30.99 21.0 13.0 11.0 2.0 10.41 17.0 16.0 20.0 1.0 4.0	17.07 11.65 1.0 0.0 0.0 *0.04 0.0 2.5 0.0 0.0
Fri - 04/05/2024				
ELEM ,K-8 LUNCH FISH STICKS & BUN CHEESE PULL APARTS W/MARINARA CELERY STICKS CARROT STICKS SALAD MIX FRUIT VARIETY ,CANNED FRUIT, FRESH VARIETY FRUIT, LOCAL FRESH VARIETY MILK, WHITE 1% MILK, NONFAT CHOC RANCH DRESSING	Total 4 EACH SERVING 1/2 CUP 1/2 CUP 1 CUP 1/2 CUP SVG (1/2 CUP) SVG (1/2 CUP) 1 CARTON 1 CARTON SERVING	310 320 8 0 10 60 40 39 130 120 9	32.0 34.44 1.5 0.0 2.0 15.67 10.41 9.98 16.0 20.0 2.29	12.0 14.56 0.09 0.0 0.0 *0.04 0.04 2.5 0.0 0.0
Mon - 04/08/2024 ELEM ,K-8 LUNCH CRISPY BEEF & CHEESE TACOS BURRITO,WG BEAN & CH CARROT STICKS VEGGIE JUICE ,100% SALAD MIX FRUIT, FRESH VARIETY PEACHES,CANNED RAISINS MILK, WHITE 1% MILK, NONFAT CHOC RANCH DRESSING	Total 2 EACH 1 EACH 1 EACH 1/2 CUP 1 each 1 CUP SVG (1/2 CUP) 1/2 CUP 1BOX 1 CARTON 1 CARTON SERVING	360 292 0 60 10 40 60 120 130 120 9	24.0 30.99 0.0 13.0 2.0 10.41 14.0 29.0 16.0 20.0 2.29	24.0 11.65 0.0 0.0 *0.04 0.0 0.0 2.5 0.0

Apr 1, 2024 thru Apr 30, 2024

Base Menu Spreadsheet Portion Values - Detailed Page 3 ELEM, K-8 LUNCH

	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
Tue - 04/09/2024 ELEM ,K-8 LUNCH SWEET& SOUR CHICKEN & RICE PROTEIN BOX GREEN BEANS,CND,HOT CELERY STICKS PEAS, SUGAR SNAP APPLES, SLICED ,IW FRUIT, FRESH VARIETY RAISINS MILK, WHITE 1% MILK, NONFAT CHOC RANCH DRESSING	Total SERVING SERVING 1/2 CUP 1/2 CUP 1/2 CUP PKT SVG (1/2 CUP) 1BOX 1 CARTON 1 CARTON SERVING	233 335 25 8 60 34 40 120 130 120 9	37.64 38.0 4.0 1.5 11.0 8.0 10.41 29.0 16.0 20.0 2.29	3.82 14.0 0.09 0.0 *N/A* *0.04 0.0 2.5 0.0
Wed - 04/10/2024 ELEM ,K-8 LUNCH KOREAN MEATBALL HOAGIE CHEESE PIZZA ,GALAXY BROCCOLI FRESH CARROT STICKS CUCUMBER SLICES SALAD MIX FRUIT, FRESH VARIETY PEARS,CANNED MILK, WHITE 1% MILK, NONFAT CHOC RANCH DRESSING	Total SVGS 1 EACH 1/2 CUP 1/2 CUP 1/2 CUP 1 CUP 1 CUP SVG (1/2 CUP) 1/2 CUP 1 CARTON 1 CARTON SERVING	420 280 25 0 8 10 40 60 130 120 9	53.15 26.0 4.0 0.0 1.9 2.0 10.41 16.0 20.0 2.29	12.58 12.0 0.0 0.0 0.1 0.0 *0.04 0.0 2.5 0.0
Thu - 04/11/2024				
ELEM ,K-8 LUNCH COUNTRY CHICKEN BOWL CHEESE PULL APARTS W/MARINARA VEGGIE JUICE ,100% BEAN VARIETY,CND COLD PEAS, SUGAR SNAP SALAD MIX FRUIT, FRESH VARIETY APPLESAUCE CUP ,IW MILK, WHITE 1% MILK, NONFAT CHOC BBQ SAUCE PACKET	Total BOWL SERVING 1 each 1/2 CUP 1/2 CUP 1 CUP SVG (1/2 CUP) 1 EACH 1 CARTON 1 CARTON 1 OZ.	480 320 60 118 60 10 40 60 130 120 45	56.17 34.44 13.0 21.0 11.0 2.0 10.41 14.0 16.0 20.0 10.0	19.93 14.56 0.0 1.0 0.0 *0.04 0.0 2.5 0.0

Apr 1, 2024 thru Apr 30, 2024

Base Menu Spreadsheet Portion Values - Detailed Page 4 ELEM, K-8 LUNCH

	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
Fri - 04/12/2024				
ELEM ,K-8 LUNCH	Total	4-0		4-0-
BBQ TURKEY SANDWICH	SERVING	472	56.13	17.07
VEGAN RICE BOWL	SERVING	196	29.59	2.07
CORN, CANNED ,HOT	1/2 CUP	80	17.0	2.0
CARROT STICKS	1/2 CUP	0	0.0	0.0
SALAD MIX	1 CUP	10	2.0	0.0
BROCCOLI FRESH	1/2 CUP	25	4.0	0.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	10.41	*0.04
FRUIT, LOCAL FRESH VARIETY	SVG (1/2 CUP)	39	9.98	0.04
FRUIT VARIETY ,CANNED	1/2 CUP	60	15.67	0.0
MILK, WHITE 1%	1 CARTON	130	16.0	2.5
MILK, NONFAT CHOC	1 CARTON	120	20.0	0.0
RANCH DRESSING TACO SAUCE (PORTION PAC)	SERVING 1 PACKET	9 5	2.29 1.0	0.0
KETCHUP PACKET	1 PACKET	20		0.0 0.0
RETORIOT TAGRET	TIMOREI	20	07.41	0.0
Mon - 04/15/2024				
ELEM .K-8 LUNCH	Total			
CRISPY BEEF & CHEESE TACOS	2 EACH	360	24.0	24.0
ENCHILADAS, CHEESE	PORTION	345	30.83	12.0
GREEN BEANS, CND, HOT	1/2 CUP	25	4.0	0.0
CARROT STICKS	1/2 CUP	0	0.0	0.0
SALAD MIX	1 CUP	10	2.0	0.0
CELERY STICKS	1/2 CUP	8	1.5	0.09
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	10.41	*0.04
JUICE ,100% FRUIT SLUSH	1 each	60	15.0	0.0
MILK, WHITE 1%	1 CARTON	130	16.0	2.5
MILK, NONFAT CHOC	1 CARTON	120	20.0	0.0
RANCH DRESSING	SERVING	9	2.29	0.0
BBQ SAUCE PACKET	1 OZ.	45	10.0	0.0

Apr 1, 2024 thru Apr 30, 2024

Base Menu Spreadsheet Portion Values - Detailed Page 5 ELEM, K-8 LUNCH

	Portion	Cals	Carb	T-Fat
	Size	(kcal)	(g)	(g)
Tue - 04/16/2024				
ELEM ,K-8 LUNCH	Total			
CHKN TENDERS W/MINI BUN	SERVING	340	29.9	16.0
PROTEIN BOX	SERVING	335	38.0	14.0
POTATO WEDGES (MCCAIN)	SERVING	130	21.0	4.0
JICAMA STICKS	SVG (3 STICKS)	23	5.5	0.0
PEAS, SUGAR SNAP	1/2 CUP	60	11.0	0.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	10.41	*0.04
APPLES, SLICED ,IW	PKT	34	8.0	*N/A*
MILK, WHITE 1%	1 CARTON	130	16.0	2.5
MILK, NONFAT CHOC	1 CARTON	120	20.0	0.0
KETCHUP PACKET	1 PACKET	20	4.0	0.0
RANCH DRESSING	SERVING	9	2.29	0.0
BBQ SAUCE PACKET	1 OZ.	45	10.0	0.0

Wed - 04/17/2024				
ELEM ,K-8 LUNCH	Total			
KOREAN MEATBALL RICE BOWL	SVGS	392	52.64	10.82
CHEESE PIZZA ,GALAXY	1 EACH	280	26.0	12.0
BEAN VARIETY, CND COLD	1/2 CUP	118	21.0	1.0
CELERY STICKS	1/2 CUP	8	1.5	0.09
CARROT STICKS	1/2 CUP	0	0.0	0.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	10.41	*0.04
RAISINS	1BOX	120	29.0	0.0
MILK, WHITE 1%	1 CARTON	130	16.0	2.5
MILK, NONFAT CHOC	1 CARTON	120	20.0	0.0
KETCHUP PACKET	1 PACKET	20	4.0	0.0
RANCH DRESSING	SERVING	9	2.29	0.0

Thu - 04/18/2024				
	T-4-1			
ELEM ,K-8 LUNCH	Total			
COUNTRY CHICKEN BOWL	BOWL	480	56.17	19.93
BURRITO,WG BEAN & CH	1 EACH	292	30.99	11.65
BROCCOLI FRESH	1/2 CUP	25	4.0	0.0
CARROT STICKS	1/2 CUP	0	0.0	0.0
SALAD MIX	1 CUP	10	2.0	0.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	10.41	*0.04
APPLESAUCE CUP ,IW	1 EACH	60	14.0	0.0
MILK, WHITE 1%	1 CARTON	130	16.0	2.5
MILK, NONFAT CHOC	1 CARTON	120	20.0	0.0
KETCHUP PACKET	1 PACKET	20	4.0	0.0
RANCH DRESSING	SERVING	9	2.29	0.0
TACO SAUCE (PORTION PAC)	1 PACKET	5	1.0	0.0

Apr 1, 2024 thru Apr 30, 2024

Base Menu Spreadsheet Portion Values - Detailed Page 6 ELEM, K-8 LUNCH

Fri - 04/19/2024	12.0 2.07 0.0 0.0 0.04 *0.04 0.0 2.5 0.0 0.0 0.0
Total	2.077 0.00 0.00 0.04 *0.04 0.00 2.55 0.00 0.00
FISH STICKS & BUN 4 EACH 310 32.0 VEGAN RICE BOWL SERVING 196 29.59 VEGGIE JUICE ,100% 1 each 60 13.0 CARROT STICKS 1/2 CUP 0 0.0 SALAD MIX 1 CUP 10 2.0 FRUIT, LOCAL FRESH VARIETY SVG (1/2 CUP) 39 9.98 FRUIT, FRESH VARIETY SVG (1/2 CUP) 40 10.41 FRUIT VARIETY, CANNED 1/2 CUP 60 15.67 MILK, WHITE 1% 1 CARTON 130 16.0 MILK, NONFAT CHOC 1 CARTON 120 20.0 KETCHUP PACKET 1 PACKET 20 4.0 TACO SAUCE (PORTION PAC) 1 PACKET 5 1.0 RANCH DRESSING SERVING 9 2.29 Mon - 04/22/2024	2.077 0.00 0.00 0.04 *0.04 0.00 2.55 0.00 0.00
VEGAN RICE BOWL SERVING 196 29.59 VEGGIE JUICE ,100% 1 each 60 13.0 CARROT STICKS 1/2 CUP 0 0.0 SALAD MIX 1 CUP 10 2.0 FRUIT, LOCAL FRESH VARIETY SVG (1/2 CUP) 39 9.98 FRUIT, FRESH VARIETY SVG (1/2 CUP) 40 10.41 FRUIT, FRESH VARIETY 1/2 CUP 60 15.67 MILK, NONFAT CHOC 1 CARTON 130 16.0 MILK, NONFAT CHOC 1 PACKET 20 4.0 TACO SAUCE (PORTION PAC) 1 PACKET 5 1.0 RANCH DRESSING SERVING 9 2.29 ELEM, K-8 LUNCH Total Total CRISTOR 2 CRISTOR SERVING 9 2.29 ELEM, K-8 LUNCH <t< td=""><td>2.077 0.00 0.00 0.04 *0.04 0.00 2.55 0.00 0.00</td></t<>	2.077 0.00 0.00 0.04 *0.04 0.00 2.55 0.00 0.00
VEGGIE JUICE ,100%	0.0 0.0 0.04 *0.04 0.0 2.5 0.0 0.0
CARROT STICKS	0.0 0.04 *0.04 0.0 2.5 0.0 0.0
SALAD MIX	0.0 0.04 *0.04 0.0 2.5 0.0 0.0
FRUIT, LOCAL FRESH VARIETY SVG (1/2 CUP) 39 9.98 FRUIT, FRESH VARIETY SVG (1/2 CUP) 40 10.41 FRUIT VARIETY, CANNED 1/2 CUP 60 15.67 MILK, WHITE 1% 1 CARTON 130 16.0 MILK, NONFAT CHOC 1 CARTON 120 20.0 KETCHUP PACKET 1 PACKET 20 4.0 TACO SAUCE (PORTION PAC) 1 PACKET 5 1.0 RANCH DRESSING SERVING 9 2.29 Mon - 04/22/2024 ELEM, K-8 LUNCH Total CRISPY BEEF & CHEESE TACOS 2 EACH 360 24.0 ENCHILADAS, CHEESE PORTION 345 30.83 SALAD MIX 1 CUP 10 2.0 CARROT STICKS 1/2 CUP 0 0.0 CELERY STICKS 1/2 CUP 8 1.5 JUICE, 100% FRUIT SLUSH 1 each 60 15.0 PEARS, CANNED 1/2 CUP 60 16.0 FRUIT, FRESH VARIETY SVG (1/2 CUP) 40 10.41 MILK, WHITE 1% 1 CARTON 130 16.0 MILK, NONFAT CHOC 1 CARTON 120 20.0	0.04 *0.04 0.0 2.5 0.0 0.0
FRUIT, FRESH VARIETY SVG (1/2 CUP) 40 10.41 FRUIT VARIETY ,CANNED 1/2 CUP 60 15.67 MILK, WHITE 1% 1 CARTON 130 16.0 MILK, NONFAT CHOC 1 CARTON 120 20.0 KETCHUP PACKET 1 PACKET 20 4.0 TACO SAUCE (PORTION PAC) 1 PACKET 5 1.0 RANCH DRESSING SERVING 9 2.29	*0.04 0.0 2.5 0.0 0.0
Total	0.0 2.5 0.0 0.0 0.0
MILK, WHITE 1%	2.5 0.0 0.0 0.0
MILK, NONFAT CHOC 1 CARTON 120 20.0 KETCHUP PACKET 1 PACKET 20 4.0 TACO SAUCE (PORTION PAC) 1 PACKET 5 1.0 RANCH DRESSING 9 2.29 Mon - 04/22/2024 Total 2 ELEM, K-8 LUNCH Total 360 24.0 CRISPY BEEF & CHEESE TACOS 2 EACH 360 24.0 ENCHILADAS, CHEESE PORTION 345 30.83 SALAD MIX 1 CUP 10 2.0 CARROT STICKS 1/2 CUP 0 0.0 CELERY STICKS 1/2 CUP 8 1.5 JUICE ,100% FRUIT SLUSH 1 each 60 15.0 PEARS, CANNED 1/2 CUP 60 16.0 FRUIT, FRESH VARIETY SVG (1/2 CUP) 40 10.41 MILK, WHITE 1% 1 CARTON 130 16.0 MILK, NONFAT CHOC 1 CARTON 120 20.0	0.0 0.0 0.0
Non - 04/22/2024 ELEM ,K-8 LUNCH CRISPY BEEF & CHEESE TACOS CARROT STICKS CARROT STI	0.0
TACO SAUCE (PORTION PAC)	0.0
Mon - 04/22/2024	
Mon - 04/22/2024	0.0
ELEM ,K-8 LUNCH Total CRISPY BEEF & CHEESE TACOS 2 EACH 360 24.0 ENCHILADAS,CHEESE PORTION 345 30.83 SALAD MIX 1 CUP 10 2.0 CARROT STICKS 1/2 CUP 0 0.0 CELERY STICKS 1/2 CUP 8 1.5 JUICE ,100% FRUIT SLUSH 1 each 60 15.0 PEARS,CANNED 1/2 CUP 60 16.0 FRUIT, FRESH VARIETY SVG (1/2 CUP) 40 10.41 MILK, WHITE 1% 1 CARTON 130 16.0 MILK, NONFAT CHOC 1 CARTON 120 20.0	
ELEM ,K-8 LUNCH Total CRISPY BEEF & CHEESE TACOS 2 EACH 360 24.0 ENCHILADAS,CHEESE PORTION 345 30.83 SALAD MIX 1 CUP 10 2.0 CARROT STICKS 1/2 CUP 0 0.0 CELERY STICKS 1/2 CUP 8 1.5 JUICE ,100% FRUIT SLUSH 1 each 60 15.0 PEARS,CANNED 1/2 CUP 60 16.0 FRUIT, FRESH VARIETY SVG (1/2 CUP) 40 10.41 MILK, WHITE 1% 1 CARTON 130 16.0 MILK, NONFAT CHOC 1 CARTON 120 20.0	
ELEM ,K-8 LUNCH Total CRISPY BEEF & CHEESE TACOS 2 EACH 360 24.0 ENCHILADAS,CHEESE PORTION 345 30.83 SALAD MIX 1 CUP 10 2.0 CARROT STICKS 1/2 CUP 0 0.0 CELERY STICKS 1/2 CUP 8 1.5 JUICE ,100% FRUIT SLUSH 1 each 60 15.0 PEARS,CANNED 1/2 CUP 60 16.0 FRUIT, FRESH VARIETY SVG (1/2 CUP) 40 10.41 MILK, WHITE 1% 1 CARTON 130 16.0 MILK, NONFAT CHOC 1 CARTON 120 20.0	
CRISPY BEEF & CHEESE TACOS 2 EACH 360 24.0 ENCHILADAS, CHEESE PORTION 345 30.83 SALAD MIX 1 CUP 10 2.0 CARROT STICKS 1/2 CUP 0 0.0 CELERY STICKS 1/2 CUP 8 1.5 JUICE ,100% FRUIT SLUSH 1 each 60 15.0 PEARS, CANNED 1/2 CUP 60 16.0 FRUIT, FRESH VARIETY SVG (1/2 CUP) 40 10.41 MILK, WHITE 1% 1 CARTON 130 16.0 MILK, NONFAT CHOC 1 CARTON 120 20.0	
ENCHILADAS, CHEESE PORTION 345 30.83 SALAD MIX 1 CUP 10 2.0 CARROT STICKS 1/2 CUP 0 0.0 CELERY STICKS 1/2 CUP 8 1.5 JUICE ,100% FRUIT SLUSH 1 each 60 15.0 PEARS, CANNED 1/2 CUP 60 16.0 FRUIT, FRESH VARIETY SVG (1/2 CUP) 40 10.41 MILK, WHITE 1% 1 CARTON 130 16.0 MILK, NONFAT CHOC 1 CARTON 120 20.0	24.0
SALAD MIX 1 CUP 10 2.0 CARROT STICKS 1/2 CUP 0 0.0 CELERY STICKS 1/2 CUP 8 1.5 JUICE ,100% FRUIT SLUSH 1 each 60 15.0 PEARS,CANNED 1/2 CUP 60 16.0 FRUIT, FRESH VARIETY SVG (1/2 CUP) 40 10.41 MILK, WHITE 1% 1 CARTON 130 16.0 MILK, NONFAT CHOC 1 CARTON 120 20.0	12.0
CARROT STICKS 1/2 CUP 0 0.0 CELERY STICKS 1/2 CUP 8 1.5 JUICE ,100% FRUIT SLUSH 1 each 60 15.0 PEARS,CANNED 1/2 CUP 60 16.0 FRUIT, FRESH VARIETY SVG (1/2 CUP) 40 10.41 MILK, WHITE 1% 1 CARTON 130 16.0 MILK, NONFAT CHOC 1 CARTON 120 20.0	0.0
CELERY STICKS 1/2 CUP 8 1.5 JUICE ,100% FRUIT SLUSH 1 each 60 15.0 PEARS,CANNED 1/2 CUP 60 16.0 FRUIT, FRESH VARIETY SVG (1/2 CUP) 40 10.41 MILK, WHITE 1% 1 CARTON 130 16.0 MILK, NONFAT CHOC 1 CARTON 120 20.0	0.0
JUICE ,100% FRUIT SLUSH 1 each 60 15.0 PEARS,CANNED 1/2 CUP 60 16.0 FRUIT, FRESH VARIETY SVG (1/2 CUP) 40 10.41 MILK, WHITE 1% 1 CARTON 130 16.0 MILK, NONFAT CHOC 1 CARTON 120 20.0	0.09
PEARS,CANNED 1/2 CUP 60 16.0 FRUIT, FRESH VARIETY SVG (1/2 CUP) 40 10.41 MILK, WHITE 1% 1 CARTON 130 16.0 MILK, NONFAT CHOC 1 CARTON 120 20.0	0.03
FRUIT, FRESH VARIETY SVG (1/2 CUP) 40 10.41 MILK, WHITE 1% 1 CARTON 130 16.0 MILK, NONFAT CHOC 1 CARTON 120 20.0	0.0
MILK, WHITE 1% 1 CARTON 130 16.0 MILK, NONFAT CHOC 1 CARTON 120 20.0	*0.04
MILK, NONFAT CHOC 1 CARTON 120 20.0	2.5
RANCH DRESSING SERVING 9 2.29	0.0
	0.0
TACO SAUCE (PORTION PAC) 1 PACKET 5 1.0	0.0
Tuo 04/22/2024	
Tue - 04/23/2024 ELEM ,K-8 LUNCH Total	
CHKN TENDERS W/MINI BUN SERVING 340 29.9	16.0
VEGAN RICE BOWL SERVING 196 29.59	2.07
CARROT STICKS 1/2 CUP 0 0.0	0.0
POTATO WEDGES (MCCAIN) SERVING 130 21.0	4.0
PEAS, SUGAR SNAP 1/2 CUP 60 11.0	0.0
SALAD MIX 0.5 CUP 5 1.0	0.0
FRUIT, FRESH VARIETY SVG (1/2 CUP) 40 10.41	*0.04
APPLES, SLICED ,IW PKT 34 8.0	*N/A*
MILK, WHITE 1% 1 1 CARTON 130 16.0	2.5
MILK, NONFAT CHOC 1 CARTON 120 20.0	
KETCHUP PACKET 1 PACKET 20 4.0	0.0
BBQ SAUCE PACKET 1 OZ. 45 10.0	0.0

Apr 1, 2024 thru Apr 30, 2024

Base Menu Spreadsheet Portion Values - Detailed ELEM, K-8 LUNCH

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	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
Wed - 04/24/2024				
ELEM .K-8 LUNCH	Total			
KOREAN MEATBALL RICE BOWL	SVGS	392	52.64	10.82
PROTEIN BOX	SERVING	335	38.0	14.0
BROCCOLI FRESH	1/2 CUP	25	4.0	0.0
CARROT STICKS	1/2 CUP	0	0.0	0.0
CUCUMBER SLICES	1/2 CUP	8	1.9	0.1
JICAMA STICKS	SVG (3 STICKS)	23	5.5	0.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	10.41	*0.04
APPLESAUCE CUP ,IW	1 EACH	60	14.0	0.0
MILK, WHITE 1%	1 CARTON	130	16.0	2.5
MILK, NONFAT CHOC	1 CARTON	120	20.0	0.0
RANCH DRESSING	SERVING	9	2.29	0.0
Thu - 04/25/2024				
ELEM .K-8 LUNCH	Total			
BBQ TURKEY SANDWICH	SERVING	472	56.13	17.07
BURRITO, WG BEAN & CH	1 EACH	292	30.13	11.65
BEAN VARIETY, CND COLD	1/2 CUP	118	21.0	1.03
VEGGIE JUICE ,100%	1 each	60	13.0	0.0
PEAS, SUGAR SNAP	1/2 CUP	60	11.0	0.0
SALAD MIX	1 CUP	10	2.0	0.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	10.41	*0.04
MIXED FRUIT, CANNED	1/2 CÙP	60	17.0	0.0
MILK, WHITE 1%	1 CARTON	130	16.0	2.5
MILK, NONFAT CHOC	1 CARTON	120	20.0	0.0
TACO SAUCE (PORTION PAC)	1 PACKET	5	1.0	0.0
KETCHUP PACKET	1 PACKET	20	4.0	0.0

Apr 1, 2024 thru Apr 30, 2024

Base Menu Spreadsheet Portion Values - Detailed Page 8 ELEM, K-8 LUNCH

	Portion Size	Cals (kcal)	Carb (g)	T-Fat (g)
Fri - 04/26/2024			,	
ELEM ,K-8 LUNCH	Total			
FISH STICKS & BUN	4 EACH	310	32.0	12.0
CHEESE PULL APARTS W/MARINARA	SERVING	320	34.44	14.56
CELERY STICKS	1/2 CUP	8	1.5	0.09
CARROT STICKS	1/2 CUP	0	0.0	0.0
SALAD MIX	1 CUP	10	2.0	0.0
FRUIT VARIETY ,CANNED	1/2 CUP	60	15.67	0.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	10.41	*0.04
FRUIT, LOCAL FRESH VARIETY	SVG (1/2 CUP)	39	9.98	0.04
MILK, WHITE 1%	1 CARTON	130	16.0	2.5
MILK, NONFAT CHOC	1 CARTON	120	20.0	0.0
RANCH DRESSING	SERVING	9	2.29	0.0

Mon - 04/29/2024				
ELEM ,K-8 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
VEGGIE JUICE ,100%	1 each	60	13.0	0.0
SALAD MIX	1 CUP	10	2.0	0.0
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	10.41	*0.04
PEACHES,CANNED	1/2 CUP	60	14.0	0.0
RAISINS	1BOX	120	29.0	0.0
MILK, WHITE 1%	1 CARTON	130	16.0	2.5
MILK, NONFAT CHOC	1 CARTON	120	20.0	0.0
RANCH DRESSING	SERVING	9	2.29	0.0
TACO SAUCE (PORTION PAC)	1 PACKET	5	1.0	0.0

Tue - 04/30/2024				
ELEM .K-8 LUNCH	Total			
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
CELERY STICKS	1/2 CUP	8	1.5	0.09
PEAS, SUGAR SNAP	1/2 CUP	60	11.0	0.0
APPLES, SLICED, IW	PKT	34	8.0	*N/A*
FRUIT, FRESH VARIETY	SVG (1/2 CUP)	40	10.41	*0.04
RAISINS	1BOX ´	120	29.0	0.0
MILK, WHITE 1%	1 CARTON	130	16.0	2.5
MILK, NONFAT CHOC	1 CARTON	120	20.0	0.0
RANCH DRESSING	SERVING	9	2.29	0.0