

Base Menu Spreadsheet

Portion Values

Aug 3, 2026 thru Aug 31, 2026

Menu Name:

LUNCH MIDDLE AND K8

Include Cost:

No

Site:

Use Alternate Menu Name:

No

Monday - 08/03/2026

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990064 SANDWICH, PORK BBQ (USDA)	SANDWICH	1	493	414	*7.23	*N/A*	21.72	0.02	72	48.97	3.27	24.36
990527 SANDWICH, PBJ (Elem/Middle)	1 SANDWICH	1	548	468	17.62	*2.02	25.01	0.00	*0	65.18	*8.85	16.85
990139 SANDWICH, COUNTRY FRIED STEAK	1 EACH	1	430	580	5.00	*N/A*	19.50	0.00	30	45.00	4.00	21.00
001118 COLESLAW (KFC STYLE) 1/2 CUP	1/2 CUP	1	64	132	*5.54	*5.28	3.07	*0.00	*8	8.88	*0.94	0.88
990121 SALAD, CUCUMBER & TOMATO	1/2 CUP	1	75	132	*5.73	*4.07	4.58	*0.00	*0	9.23	*0.88	0.93
990883 FRUIT, MIXED, CANNED	1/2 CUP	1	170	13	*33.82	*N/A*	0.00	0.00	0	41.80	2.60	0.00
991170 WATERMELON, FRESH	1/2 CUP	1	45	1	9.28	*N/A*	0.22	0.00	0	11.30	0.60	0.91
000026 MILK - 1% LOWFAT	HALF PINT	1	102	120	11.11	*N/A*	2.31	0.00	9	12.03	0.00	7.41
000031 MILK, CHOCOLATE LACTOSE FREE	1/2 PINT	1	110	210	17.00	6.00	0.00	0.00	5	19.00	0.00	8.00
990331 MILK, CHOCOLATE, 1%	1/2 PINT	1	140	180	18.00	*N/A*	2.50	0.00	15	20.00	*N/A*	8.00
000069 MILK, STRAWBERRY LACTOSE FREE	HALF PINT	1	110	125	17.00	6.00	0.00	0.00	5	18.00	0.00	8.00
990237 SAUCE, MAYONAISE, LIGHT, IND	1 PACK	1	40	85	0.00	*N/A*	4.00	0.00	5	0.00	0.00	0.00
990391 SAUCE, MUSTARD, INDV	POUCH	1	5	50	0.00	*N/A*	0.00	0.00	0	0.50	0.00	0.50

Base Menu Spreadsheet

Richmond County Board of Education

Portion Values

Aug 3, 2026 thru Aug 31, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990059 LETTUCE & TOMATO (FOR SANDWICHES)	1 each	1	17	11	*0.34	*N/A*	0.27	*0.00	0	3.58	1.23	0.84
Weighted Daily Average			2349	2521	*147.68	*23.37	83.19	*0.02	*149	303.48	*22.37	97.67
% of Calories					*25.15 %	*3.98%	31.9%	*0.0%		51.7%		16.6%
Weekly Nutrient Guideline			600 - 650	<=1110		<10						

Tuesday - 08/04/2026

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
001238 TURKEY, CORN DOG	1 CORNDOG	1	280	700	9.00	*N/A*	14.00	0.00	45	27.00	1.00	10.00
001274 ES/MS WRAP, DELI RANCH	1 TORTILLA	1	362	827	*1.52	*0.00	19.42	*0.00	62	25.00	2.29	23.71
991072 YOGURT & MUFFIN PLATE- (BLUEBERRY MUFFIN)	SERVING	1	397	511	30.53	*N/A*	13.16	0.00	*25	58.30	0.00	14.06
990070 SALAD, CRISP GARDEN	1 CUP	1	24	19	*1.09	*0.00	0.37	*0.00	0	4.84	2.35	1.84
990178 POTATO WEDGES, SEASONED 1/2 CUP	1/2 CUP	1	104	290	0.00	*N/A*	5.20	0.00	0	13.36	1.48	1.48
990332 PEACHES, DICED CANNED	1/2 cup	1	59	7	3.96	*N/A*	0.00	0.00	0	18.49	1.32	0.00
991077 APPLES, FRESH, W/SKIN	1 EACH	1	72	1	14.34	0.00	0.23	0.00	0	19.06	3.31	0.36
990390 SAUCE, KETCHUP IND PKS	POUCH	1	10	100	2.00	*N/A*	0.00	0.00	0	3.00	0.00	0.00
990391 SAUCE, MUSTARD, INDV	POUCH	1	5	50	0.00	*N/A*	0.00	0.00	0	0.50	0.00	0.50
991073 DRESSING, RANCH 1 OZ SERVINGS	1oz PORTION	1	79	264	1.10	*N/A*	7.80	0.12	6	1.87	0.09	0.60

Base Menu Spreadsheet

Richmond County Board of Education

Portion Values

Aug 3, 2026 thru Aug 31, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000026 MILK - 1% LOWFAT	HALF PINT	1	102	120	11.11	*N/A*	2.31	0.00	9	12.03	0.00	7.41
000031 MILK, CHOCOLATE LACTOSE FREE	1/2 PINT	1	110	210	17.00	6.00	0.00	0.00	5	19.00	0.00	8.00
000069 MILK, STRAWBERRY LACTOSE FREE	HALF PINT	1	110	125	17.00	6.00	0.00	0.00	5	18.00	0.00	8.00
Weighted Daily Average			1714	3224	*108.64	*12.00	62.49	*0.12	*157	220.46	11.85	75.96
% of Calories					*25.35 %	*2.80%	32.8%	*0.1%		51.4%		17.7%
Weekly Nutrient Guideline			600 - 650	<=1110		<10						

Wednesday - 08/05/2026

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
991239 BEEF, HAMBURGER PATTY MAID RITE NEW	1 each	1	260	290	3.00	*0.00	9.50	0.00	45	26.00	2.00	20.00
990357 LETTUCE & TOMATO (FOR HAMBURGER/CHEESEBURGER)	1 each	1	17	200	*0.34	*N/A*	0.27	*0.00	0	3.58	1.23	0.84
990077 PIZZA, PEPPERONI	1 SLICE	1	370	560	9.00	*N/A*	17.00	0.00	45	35.00	3.00	21.00
990527 SANDWICH, PBJ (Elem/Middle)	1 SANDWICH	1	548	468	17.62	*2.02	25.01	0.00	*0	65.18	*8.85	16.85
990052 POTATO, FRENCH FRIES 1/2 CUP	1/2 CUP	1	77	23	*0.00	*N/A*	2.88	0.00	*0	12.17	*1.28	1.28
990609 BEANS, BAKED 3/4 CUP	3/4 CUP	1	170	408	17.01	*N/A*	0.00	0.00	0	35.72	6.80	5.10
990337 SIDEKICKS, STRAWBERRY MANGO	1 PORTION CUP	1	80	45	19.00	*N/A*	0.00	0.00	0	20.00	0.00	0.00
000177 ORANGES, FRESH	EACH	1	76	0	15.11	0.00	0.19	0.00	0	18.99	3.88	1.52

Portion Values

Aug 3, 2026 thru Aug 31, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000026 MILK - 1% LOWFAT	HALF PINT	1	102	120	11.11	*N/A*	2.31	0.00	9	12.03	0.00	7.41
000031 MILK, CHOCOLATE LACTOSE FREE	1/2 PINT	1	110	210	17.00	6.00	0.00	0.00	5	19.00	0.00	8.00
000069 MILK, STRAWBERRY LACTOSE FREE	HALF PINT	1	110	125	17.00	6.00	0.00	0.00	5	18.00	0.00	8.00
990237 SAUCE, MAYONAISE, LIGHT, IND	1 PACK	1	40	85	0.00	*N/A*	4.00	0.00	5	0.00	0.00	0.00
990390 SAUCE, KETCHUP IND PKS	POUCH	1	10	100	2.00	*N/A*	0.00	0.00	0	3.00	0.00	0.00
990391 SAUCE, MUSTARD, INDV	POUCH	1	5	50	0.00	*N/A*	0.00	0.00	0	0.50	0.00	0.50
Weighted Daily Average			1974	2684	*128.20	*14.02	61.18	*0.00	*114	269.17	*27.04	90.50
% of Calories					*25.98 %	*2.84%	27.9%	*0.0%		54.5%		18.3%
Weekly Nutrient Guideline			600 - 650	<=1110		<10						

Thursday - 08/06/2026

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
001716 SANDWICH, SOUTHERN STYLE CHICKEN	1 EACH	1	360	560	5.00	*N/A*	9.50	0.00	65	41.00	3.00	27.00
990059 LETTUCE & TOMATO (FOR SANDWICHES)	1 each	1	17	11	*0.34	*N/A*	0.27	*0.00	0	3.58	1.23	0.84
990279 SAUSAGE DOG	2 OZ; 1 PIECE	1	399	860	7.00	*N/A*	20.00	0.00	60	37.00	*2.00	18.00
990228 YOGURT & MUFFIN PLATE- (BANANA MUFFIN)	SERVING	1	409	462	34.96	*N/A*	12.92	0.00	60	60.92	2.00	13.92
990060 POTATO, SWEET FRIES 1/2 CUP	1/2 CUP	1	145	196	7.25	*N/A*	4.35	0.00	0	24.65	2.90	0.72

Portion Values

Aug 3, 2026 thru Aug 31, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990617 BROCCOLI, SEASONED ES/K8/MS 3/4 CUP	3/4 CUP	1	27	35	*1.02	*N/A*	0.00	0.00	0	4.38	*3.05	3.05
990339 PEACHES, FRESH DOD	1 EACH	1	51	0	10.91	0.00	0.32	0.00	0	12.40	1.95	1.18
990333 PEARS, DICED CANNED	1/2 cup	1	119	0	*N/A*	*N/A*	0.00	0.00	0	29.15	3.98	0.00
000026 MILK - 1% LOWFAT	HALF PINT	1	102	120	11.11	*N/A*	2.31	0.00	9	12.03	0.00	7.41
000031 MILK, CHOCOLATE LACTOSE FREE	1/2 PINT	1	110	210	17.00	6.00	0.00	0.00	5	19.00	0.00	8.00
000069 MILK, STRAWBERRY LACTOSE FREE	HALF PINT	1	110	125	17.00	6.00	0.00	0.00	5	18.00	0.00	8.00
990237 SAUCE, MAYONAISE, LIGHT, IND	1 PACK	1	40	85	0.00	*N/A*	4.00	0.00	5	0.00	0.00	0.00
990390 SAUCE, KETCHUP IND PKS	POUCH	1	10	100	2.00	*N/A*	0.00	0.00	0	3.00	0.00	0.00
990391 SAUCE, MUSTARD, INDV	POUCH	1	5	50	0.00	*N/A*	0.00	0.00	0	0.50	0.00	0.50
Weighted Daily Average			1903	2815	*113.58	*12.00	53.68	*0.00	209	265.62	*20.10	88.62
% of Calories					*23.87 %	*2.52%	25.4%	*0.0%		55.8%		18.6%
Weekly Nutrient Guideline			600 - 650	<=1110		<10						

Friday - 08/07/2026

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
001444 TURKEY, HOTDOG	2 oz	1	309	450	6.00	*N/A*	13.00	0.00	50	34.00	2.00	13.00
990864 PORK, BBQ RIBLET ON HOAGIE	1 SANDWICH	1	412	976	18.47	*N/A*	13.10	0.00	38	51.40	1.40	16.40

Portion Values

Aug 3, 2026 thru Aug 31, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
991111 SANDWICH, PIMENTO CHEESE	1 SANDWICH	1	258	533	*2.03	*2.02	15.54	*0.00	*46	26.62	*4.07	12.22
990338 CARROTS, BABY, DOD	1/2 cup	1	25	55	3.35	*N/A*	0.09	0.00	0	5.79	2.04	0.45
990782 CORN ON COB-DOD	1/2 CUP	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
000229 FRUIT, FRESH ASST (1/2 CUP)	1/2 cup	1	56	2	*5.48	*0.00	0.24	*0.00	0	14.41	2.58	0.56
990917 FRUIT CUP, MANAGER'S CHOICE, CHILLED	1/2 CUP	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
000026 MILK - 1% LOWFAT	HALF PINT	1	102	120	11.11	*N/A*	2.31	0.00	9	12.03	0.00	7.41
000031 MILK, CHOCOLATE LACTOSE FREE	1/2 PINT	1	110	210	17.00	6.00	0.00	0.00	5	19.00	0.00	8.00
000069 MILK, STRAWBERRY LACTOSE FREE	HALF PINT	1	110	125	17.00	6.00	0.00	0.00	5	18.00	0.00	8.00
990390 SAUCE, KETCHUP IND PKS	POUCH	1	10	100	2.00	*N/A*	0.00	0.00	0	3.00	0.00	0.00
990391 SAUCE, MUSTARD, INDV	POUCH	1	5	50	0.00	*N/A*	0.00	0.00	0	0.50	0.00	0.50
Weighted Daily Average			1396	2621	*82.44	*14.02	44.29	*0.00	*154	184.76	*12.09	66.53
% of Calories					*23.62 %	*4.02%	28.6%	*0.0%		52.9%		19.1%
Weekly Nutrient Guideline			600 - 650	<=1110		<10						

Monday - 08/10/2026

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
991246 CHICKEN, BONELESS CHUNKS, RICH CHICKS NEW	4 EACH	1	215	332	0.00	0.00	6.84	0.00	41	15.08	2.01	20.11

Base Menu Spreadsheet

Portion Values

Aug 3, 2026 thru Aug 31, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990067 ROLLS, 2oz PROOF AND BAKE	1 ROLL	1	140	190	3.00	*N/A*	2.50	0.00	0	24.00	5.00	6.00
990138 COUNTRY FRIED STEAK WITH GRAVY	1 EACH	1	573	1954	2.00	*N/A*	29.34	0.00	30	53.02	2.00	15.00
991267 PIZZA, CHEESE STUFFED CRUST 2025	4.84 oz slice	1	330	820	4.00	*N/A*	14.00	0.00	15	35.00	3.00	16.00
990290 COLLARD GREENS, SOUTHERN	1/2 CUP	1	83	199	*2.86	*N/A*	2.53	*0.00	0	9.60	2.32	2.86
990783 GLAZED SWEET POTATOES, ES/K8/MIDDLE 1/2 CUPS	1/2 CUP	1	252	*111	*26.82	*N/A*	*5.09	*0.00	*0	*49.81	*3.28	*1.09
991182 HONEYDEW, FRESH	1/2 CUP	1	67	33	15.10	*N/A*	0.26	0.00	0	16.90	1.49	1.00
991075 APPLESAUCE, CUPS, ASST FLAVORS	4.5 OZ CUP	1	54	1	11.79	0.00	0.00	0.00	0	14.39	1.20	0.00
000026 MILK - 1% LOWFAT	HALF PINT	1	102	120	11.11	*N/A*	2.31	0.00	9	12.03	0.00	7.41
000031 MILK, CHOCOLATE LACTOSE FREE	1/2 PINT	1	110	210	17.00	6.00	0.00	0.00	5	19.00	0.00	8.00
000069 MILK, STRAWBERRY LACTOSE FREE	HALF PINT	1	110	125	17.00	6.00	0.00	0.00	5	18.00	0.00	8.00
990390 SAUCE, KETCHUP IND PKS	POUCH	1	10	100	2.00	*N/A*	0.00	0.00	0	3.00	0.00	0.00
991069 DRESSING, HONEY MUSTARD BULK	1OZ PORTION CUP	1	120	127	6.97	*N/A*	86.32	0.14	7	8.22	0.08	0.28
Weighted Daily Average			2167	*4323	*119.65	*12.00	*149.20	*0.14	*112	*278.06	*20.38	*85.76
% of Calories					*22.09 %	*2.22%	*62.0%	*0.1%		*51.3%		*15.8%
Weekly Nutrient Guideline			600 - 650	<=1110		<10						

Tuesday - 08/11/2026

Reimbursable Meal Total 1

Base Menu Spreadsheet

Richmond County Board of Education

Portion Values

Aug 3, 2026 thru Aug 31, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990734 SANDWICH, GRILLED CHICKEN CLUB	1 EACH	1	357	530	3.00	*0.00	11.45	0.00	63	27.51	2.00	27.21
990328 SALAD, COBB ES/MS	1 SALAD	1	274	696	*1.71	*0.00	13.10	*0.00	173	9.94	4.00	28.30
990466 YOGURT & MUFFIN PLATE- (CHOCOLATE MUFFIN)	SERVING	1	267	338	22.78	*N/A*	9.52	0.00	41	35.55	0.80	11.52
990783 GLAZED SWEET POTATOES, ES/K8/MIDDLE 1/2 CUPS	1/2 CUP	1	252	*111	*26.82	*N/A*	*5.09	*0.00	*0	*49.81	*3.28	*1.09
100006 TATER TOTS, CHEESY	1/2 CUP	1	253	895	0.00	*N/A*	15.27	0.00	*22	20.36	2.05	8.35
991187 STRAWBERRY DELIGHT 3/4 CUP	3/4 cup	1	217	0	48.63	*N/A*	1.00	0.00	0	49.99	2.72	0.68
000229 FRUIT, FRESH ASST (1/2 CUP)	1/2 cup	1	56	2	*5.48	*0.00	0.24	*0.00	0	14.41	2.58	0.56
000026 MILK - 1% LOWFAT	HALF PINT	1	102	120	11.11	*N/A*	2.31	0.00	9	12.03	0.00	7.41
000031 MILK, CHOCOLATE LACTOSE FREE	1/2 PINT	1	110	210	17.00	6.00	0.00	0.00	5	19.00	0.00	8.00
000069 MILK, STRAWBERRY LACTOSE FREE	HALF PINT	1	110	125	17.00	6.00	0.00	0.00	5	18.00	0.00	8.00
990237 SAUCE, MAYONAISE, LIGHT, IND	1 PACK	1	40	85	0.00	*N/A*	4.00	0.00	5	0.00	0.00	0.00
990390 SAUCE, KETCHUP IND PKS	POUCH	1	10	100	2.00	*N/A*	0.00	0.00	0	3.00	0.00	0.00
991287 DRESSING, ITALIAN 1 OZ SERVINGS	1 oz PORTION	1	43	287	2.13	*N/A*	3.72	*N/A*	0	2.13	0.00	0.00
991073 DRESSING, RANCH 1 OZ SERVINGS	1oz PORTION	1	79	264	1.10	*N/A*	7.80	0.12	6	1.87	0.09	0.60

Base Menu Spreadsheet

Richmond County Board of Education

Portion Values

Aug 3, 2026 thru Aug 31, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990059 LETTUCE & TOMATO (FOR SANDWICHES)	1 each	1	17	11	*0.34	*N/A*	0.27	*0.00	0	3.58	1.23	0.84
Weighted Daily Average			2185	*3776	*159.09	*12.00	*73.78	*0.12	*330	*267.17	*18.76	*102.55
% of Calories					*29.12 %	*2.20%	*30.4%	*0.0%		*48.9%		*18.8%
Weekly Nutrient Guideline			600 - 650	<=1110		<10						

Wednesday - 08/12/2026

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990279 SAUSAGE DOG	2 OZ; 1 PIECE	1	399	860	7.00	*N/A*	20.00	0.00	60	37.00	*2.00	18.00
991074 PIZZA, FIESTA FLATBREAD ES/MS	1 EACH	1	437	928	3.14	*0.00	22.16	0.04	77	30.34	3.99	29.22
991111 SANDWICH, PIMENTO CHEESE	1 SANDWICH	1	258	533	*2.03	*2.02	15.54	*0.00	*46	26.62	*4.07	12.22
990882 Potato, Curly Spiral Cut Fries 1/2 CUP	1/2 CUP	1	130	290	0.00	*N/A*	5.00	0.00	0	21.00	1.00	1.00
990208 BEANS, GREEN, SEASONED	1/2 CUP	1	28	308	*1.48	*N/A*	0.44	0.00	*0	*4.46	*2.97	*1.48
990332 PEACHES, DICED CANNED	1/2 cup	1	59	7	3.96	*N/A*	0.00	0.00	0	18.49	1.32	0.00
000229 FRUIT, FRESH ASST (1/2 CUP)	1/2 cup	1	56	2	*5.48	*0.00	0.24	*0.00	0	14.41	2.58	0.56
000026 MILK - 1% LOWFAT	HALF PINT	1	102	120	11.11	*N/A*	2.31	0.00	9	12.03	0.00	7.41
000031 MILK, CHOCOLATE LACTOSE FREE	1/2 PINT	1	110	210	17.00	6.00	0.00	0.00	5	19.00	0.00	8.00
000069 MILK, STRAWBERRY LACTOSE FREE	HALF PINT	1	110	125	17.00	6.00	0.00	0.00	5	18.00	0.00	8.00

Base Menu Spreadsheet

Richmond County Board of Education

Portion Values

Aug 3, 2026 thru Aug 31, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990390 SAUCE, KETCHUP IND PKS	POUCH	1	10	100	2.00	*N/A*	0.00	0.00	0	3.00	0.00	0.00
990391 SAUCE, MUSTARD, INDV	POUCH	1	5	50	0.00	*N/A*	0.00	0.00	0	0.50	0.00	0.50
Weighted Daily Average			1703	3533	*70.20	*14.02	65.70	*0.04	*203	*204.85	*17.94	*86.38
% of Calories					*16.49 %	*3.29%	34.7%	*0.0%		*48.1%		*20.3%
Weekly Nutrient Guideline			600 - 650	<=1110		<10						

Thursday - 08/13/2026

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990938 WALKING TACO, BEEF AND DORITOS	1 SERVING	1	355	721	1.44	*1.00	16.63	0.00	59	31.48	3.49	19.51
990274 QUESADILLA, CHEESE, ELEM/MIDDLE	1 QUESADILLA	1	431	649	1.00	*N/A*	29.24	0.00	73	21.92	2.00	23.41
990527 SANDWICH, PBJ (Elem/Middle)	1 SANDWICH	1	548	468	17.62	*2.02	25.01	0.00	*0	65.18	*8.85	16.85
990343 CORN, MEXICAN, CANNED	1/2 CUP	1	*5	*5	*0.02	*N/A*	*0.48	*0.00	*0	*0.13	*0.07	*0.04
990452 BEANS, BLACK, SEASONED	1/2 CUP	1	145	207	1.15	*N/A*	0.84	0.00	0	25.41	5.73	8.02
990264 RIPS, KIWI STRAWBERRY	1 pOUCH	1	60	15	12.00	*N/A*	0.00	0.00	0	15.00	0.00	0.00
990627 FRUIT, FRESH ASST HS 1 CUP	1 cup	1	111	5	*10.71	*0.00	0.44	*0.00	0	28.93	5.34	0.99
000026 MILK - 1% LOWFAT	HALF PINT	1	102	120	11.11	*N/A*	2.31	0.00	9	12.03	0.00	7.41
000031 MILK, CHOCOLATE LACTOSE FREE	1/2 PINT	1	110	210	17.00	6.00	0.00	0.00	5	19.00	0.00	8.00
000069 MILK, STRAWBERRY LACTOSE FREE	HALF PINT	1	110	125	17.00	6.00	0.00	0.00	5	18.00	0.00	8.00

Base Menu Spreadsheet

Richmond County Board of Education

Portion Values

Aug 3, 2026 thru Aug 31, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990086 SOUR CREAM, IND.	1 PACK	1	61	15	1.01	*N/A*	5.06	0.00	20	1.01	0.00	1.01
Weighted Daily Average			*2037	*2541	*90.05	*15.02	*80.03	*0.00	*172	*238.09	*25.49	*93.24
% of Calories					*17.68 %	*2.95%	*35.4%	*0.0%		*46.8%		*18.3%
Weekly Nutrient Guideline			600 - 650	<=1110		<10						

Friday - 08/14/2026

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
991045 CHICKEN SALAD ON A BUN	1/2 CUP	1	279	802	6.54	*1.85	8.75	0.00	40	34.89	3.04	16.62
990119 CHEESE DUNKERS W. MARINARA	2 STICKS	1	327	913	9.10	*N/A*	12.66	0.00	10	38.43	4.89	14.89
000145 CHEESEBURGER	EACH	1	331	623	4.51	*N/A*	14.06	0.00	48	29.01	3.00	24.53
990523 SALAD, KALE CAESAR	1 CUP	1	34	*6	1.36	*0.00	0.23	*0.00	*0	5.42	3.04	2.49
990463 VEGGIES, FRESH, RED PEPPERS AND CELERY	1/2 CUP	1	43	47	*5.14	*N/A*	0.45	*0.00	0	9.18	3.20	1.87
990627 FRUIT, FRESH ASST HS 1 CUP	1 cup	1	111	5	*10.71	*0.00	0.44	*0.00	0	28.93	5.34	0.99
990917 FRUIT CUP, MANAGER'S CHOICE, CHILLED	1/2 CUP	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
000026 MILK - 1% LOWFAT	HALF PINT	1	102	120	11.11	*N/A*	2.31	0.00	9	12.03	0.00	7.41
000031 MILK, CHOCOLATE LACTOSE FREE	1/2 PINT	1	110	210	17.00	6.00	0.00	0.00	5	19.00	0.00	8.00
000069 MILK, STRAWBERRY LACTOSE FREE	HALF PINT	1	110	125	17.00	6.00	0.00	0.00	5	18.00	0.00	8.00

Base Menu Spreadsheet

Portion Values

Aug 3, 2026 thru Aug 31, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990237 SAUCE, MAYONAISE, LIGHT, IND	1 PACK	1	40	85	0.00	*N/A*	4.00	0.00	5	0.00	0.00	0.00
990390 SAUCE, KETCHUP IND PKS	POUCH	1	10	100	2.00	*N/A*	0.00	0.00	0	3.00	0.00	0.00
990391 SAUCE, MUSTARD, INDV	POUCH	1	5	50	0.00	*N/A*	0.00	0.00	0	0.50	0.00	0.50
991073 DRESSING, RANCH 1 OZ SERVINGS	1oz PORTION	1	79	264	1.10	*N/A*	7.80	0.12	6	1.87	0.09	0.60
Weighted Daily Average			1581	*3351	*85.56	*13.85	50.70	*0.12	*128	200.26	22.61	85.88
% of Calories					*21.65 %	*3.50%	28.9%	*0.1%		50.7%		21.7%
Weekly Nutrient Guideline			600 - 650	<=1110		<10						

Monday - 08/17/2026

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990064 SANDWICH, PORK BBQ (USDA)	SANDWICH	1	493	414	*7.23	*N/A*	21.72	0.02	72	48.97	3.27	24.36
990527 SANDWICH, PBJ (Elem/Middle)	1 SANDWICH	1	548	468	17.62	*2.02	25.01	0.00	*0	65.18	*8.85	16.85
990139 SANDWICH, COUNTRY FRIED STEAK	1 EACH	1	430	580	5.00	*N/A*	19.50	0.00	30	45.00	4.00	21.00
001118 COLESLAW (KFC STYLE) 1/2 CUP	1/2 CUP	1	64	132	*5.54	*5.28	3.07	*0.00	*8	8.88	*0.94	0.88
990121 SALAD, CUCUMBER & TOMATO	1/2 CUP	1	75	132	*5.73	*4.07	4.58	*0.00	*0	9.23	*0.88	0.93
990883 FRUIT, MIXED, CANNED	1/2 CUP	1	170	13	*33.82	*N/A*	0.00	0.00	0	41.80	2.60	0.00
991170 WATERMELON, FRESH	1/2 CUP	1	45	1	9.28	*N/A*	0.22	0.00	0	11.30	0.60	0.91
000026 MILK - 1% LOWFAT	HALF PINT	1	102	120	11.11	*N/A*	2.31	0.00	9	12.03	0.00	7.41

Base Menu Spreadsheet

Portion Values

Aug 3, 2026 thru Aug 31, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000031 MILK, CHOCOLATE LACTOSE FREE	1/2 PINT	1	110	210	17.00	6.00	0.00	0.00	5	19.00	0.00	8.00
990331 MILK, CHOCOLATE, 1%	1/2 PINT	1	140	180	18.00	*N/A*	2.50	0.00	15	20.00	*N/A*	8.00
000069 MILK, STRAWBERRY LACTOSE FREE	HALF PINT	1	110	125	17.00	6.00	0.00	0.00	5	18.00	0.00	8.00
990237 SAUCE, MAYONAISE, LIGHT, IND	1 PACK	1	40	85	0.00	*N/A*	4.00	0.00	5	0.00	0.00	0.00
990391 SAUCE, MUSTARD, INDV	POUCH	1	5	50	0.00	*N/A*	0.00	0.00	0	0.50	0.00	0.50
990059 LETTUCE & TOMATO (FOR SANDWICHES)	1 each	1	17	11	*0.34	*N/A*	0.27	*0.00	0	3.58	1.23	0.84
Weighted Daily Average			2349	2521	*147.68	*23.37	83.19	*0.02	*149	303.48	*22.37	97.67
% of Calories					*25.15 %	*3.98%	31.9%	*0.0%		51.7%		16.6%
Weekly Nutrient Guideline			600 - 650	<=1110		<10						

Tuesday - 08/18/2026

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
001238 TURKEY, CORN DOG	1 CORNDOG	1	280	700	9.00	*N/A*	14.00	0.00	45	27.00	1.00	10.00
001274 ES/MS WRAP, DELI RANCH	1 TORTILLA	1	362	827	*1.52	*0.00	19.42	*0.00	62	25.00	2.29	23.71
991072 YOGURT & MUFFIN PLATE- (BLUEBERRY MUFFIN)	SERVING	1	397	511	30.53	*N/A*	13.16	0.00	*25	58.30	0.00	14.06
990070 SALAD, CRISP GARDEN	1 CUP	1	24	19	*1.09	*0.00	0.37	*0.00	0	4.84	2.35	1.84
990178 POTATO WEDGES, SEASONED 1/2 CUP	1/2 CUP	1	104	290	0.00	*N/A*	5.20	0.00	0	13.36	1.48	1.48

Base Menu Spreadsheet

Richmond County Board of Education

Portion Values

Aug 3, 2026 thru Aug 31, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990332 PEACHES, DICED CANNED	1/2 cup	1	59	7	3.96	*N/A*	0.00	0.00	0	18.49	1.32	0.00
991077 APPLES, FRESH, W/SKIN	1 EACH	1	72	1	14.34	0.00	0.23	0.00	0	19.06	3.31	0.36
990390 SAUCE, KETCHUP IND PKS	POUCH	1	10	100	2.00	*N/A*	0.00	0.00	0	3.00	0.00	0.00
990391 SAUCE, MUSTARD, INDV	POUCH	1	5	50	0.00	*N/A*	0.00	0.00	0	0.50	0.00	0.50
991073 DRESSING, RANCH 1 OZ SERVINGS	1oz PORTION	1	79	264	1.10	*N/A*	7.80	0.12	6	1.87	0.09	0.60
000026 MILK - 1% LOWFAT	HALF PINT	1	102	120	11.11	*N/A*	2.31	0.00	9	12.03	0.00	7.41
000031 MILK, CHOCOLATE LACTOSE FREE	1/2 PINT	1	110	210	17.00	6.00	0.00	0.00	5	19.00	0.00	8.00
000069 MILK, STRAWBERRY LACTOSE FREE	HALF PINT	1	110	125	17.00	6.00	0.00	0.00	5	18.00	0.00	8.00
Weighted Daily Average			1714	3224	*108.64	*12.00	62.49	*0.12	*157	220.46	11.85	75.96
% of Calories					*25.35 %	*2.80%	32.8%	*0.1%		51.4%		17.7%
Weekly Nutrient Guideline			600 - 650	<=1110		<10						

Wednesday - 08/19/2026

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
991239 BEEF, HAMBURGER PATTY MAID RITE NEW	1 each	1	260	290	3.00	*0.00	9.50	0.00	45	26.00	2.00	20.00
990357 LETTUCE & TOMATO (FOR HAMBURGER/CHEESEBURGER)	1 each	1	17	200	*0.34	*N/A*	0.27	*0.00	0	3.58	1.23	0.84
990077 PIZZA, PEPPERONI	1 SLICE	1	370	560	9.00	*N/A*	17.00	0.00	45	35.00	3.00	21.00

Base Menu Spreadsheet

Richmond County Board of Education

Portion Values

Aug 3, 2026 thru Aug 31, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990527 SANDWICH, PBJ (Elem/Middle)	1 SANDWICH	1	548	468	17.62	*2.02	25.01	0.00	*0	65.18	*8.85	16.85
990052 POTATO, FRENCH FRIES 1/2 CUP	1/2 CUP	1	77	23	*0.00	*N/A*	2.88	0.00	*0	12.17	*1.28	1.28
990609 BEANS, BAKED 3/4 CUP	3/4 CUP	1	170	408	17.01	*N/A*	0.00	0.00	0	35.72	6.80	5.10
990337 SIDEKICKS, STRAWBERRY MANGO	1 PORTION CUP	1	80	45	19.00	*N/A*	0.00	0.00	0	20.00	0.00	0.00
000177 ORANGES, FRESH	EACH	1	76	0	15.11	0.00	0.19	0.00	0	18.99	3.88	1.52
000026 MILK - 1% LOWFAT	HALF PINT	1	102	120	11.11	*N/A*	2.31	0.00	9	12.03	0.00	7.41
000031 MILK, CHOCOLATE LACTOSE FREE	1/2 PINT	1	110	210	17.00	6.00	0.00	0.00	5	19.00	0.00	8.00
000069 MILK, STRAWBERRY LACTOSE FREE	HALF PINT	1	110	125	17.00	6.00	0.00	0.00	5	18.00	0.00	8.00
990237 SAUCE, MAYONAISE, LIGHT, IND	1 PACK	1	40	85	0.00	*N/A*	4.00	0.00	5	0.00	0.00	0.00
990390 SAUCE, KETCHUP IND PKS	POUCH	1	10	100	2.00	*N/A*	0.00	0.00	0	3.00	0.00	0.00
990391 SAUCE, MUSTARD, INDV	POUCH	1	5	50	0.00	*N/A*	0.00	0.00	0	0.50	0.00	0.50
Weighted Daily Average			1974	2684	*128.20	*14.02	61.18	*0.00	*114	269.17	*27.04	90.50
% of Calories					*25.98 %	*2.84%	27.9%	*0.0%		54.5%		18.3%
Weekly Nutrient Guideline			600 - 650	<=1110		<10						

Thursday - 08/20/2026

Reimbursable Meal Total 1

Base Menu Spreadsheet

Richmond County Board of Education

Portion Values

Aug 3, 2026 thru Aug 31, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
001716 SANDWICH, SOUTHERN STYLE CHICKEN	1 EACH	1	360	560	5.00	*N/A*	9.50	0.00	65	41.00	3.00	27.00
990059 LETTUCE & TOMATO (FOR SANDWICHES)	1 each	1	17	11	*0.34	*N/A*	0.27	*0.00	0	3.58	1.23	0.84
990279 SAUSAGE DOG	2 OZ; 1 PIECE	1	399	860	7.00	*N/A*	20.00	0.00	60	37.00	*2.00	18.00
990228 YOGURT & MUFFIN PLATE- (BANANA MUFFIN)	SERVING	1	409	462	34.96	*N/A*	12.92	0.00	60	60.92	2.00	13.92
990205 POTATO, SWEET FRIES 3/4 CUP	3/4 CUP	1	217	294	10.87	*N/A*	6.52	0.00	0	36.97	4.35	1.09
990617 BROCCOLI, SEASONED ES/K8/MS 3/4 CUP	3/4 CUP	1	27	35	*1.02	*N/A*	0.00	0.00	0	4.38	*3.05	3.05
990339 PEACHES, FRESH DOD	1 EACH	1	51	0	10.91	0.00	0.32	0.00	0	12.40	1.95	1.18
990333 PEARS, DICED CANNED	1/2 cup	1	119	0	*N/A*	*N/A*	0.00	0.00	0	29.15	3.98	0.00
000026 MILK - 1% LOWFAT	HALF PINT	1	102	120	11.11	*N/A*	2.31	0.00	9	12.03	0.00	7.41
000031 MILK, CHOCOLATE LACTOSE FREE	1/2 PINT	1	110	210	17.00	6.00	0.00	0.00	5	19.00	0.00	8.00
000069 MILK, STRAWBERRY LACTOSE FREE	HALF PINT	1	110	125	17.00	6.00	0.00	0.00	5	18.00	0.00	8.00
990237 SAUCE, MAYONAISE, LIGHT, IND	1 PACK	1	40	85	0.00	*N/A*	4.00	0.00	5	0.00	0.00	0.00
990390 SAUCE, KETCHUP IND PKS	POUCH	1	10	100	2.00	*N/A*	0.00	0.00	0	3.00	0.00	0.00
990391 SAUCE, MUSTARD, INDV	POUCH	1	5	50	0.00	*N/A*	0.00	0.00	0	0.50	0.00	0.50
Weighted Daily Average			1975	2913	*117.21	*12.00	55.85	*0.00	209	277.94	*21.55	88.98
% of Calories					*23.74 %	*2.43%	25.5%	*0.0%		56.3%		18.0%
Weekly Nutrient Guideline			600 - 650	<=1110		<10						

Base Menu Spreadsheet

Portion Values

Aug 3, 2026 thru Aug 31, 2026

Friday - 08/21/2026 Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
001444 TURKEY, HOTDOG	2 oz	1	309	450	6.00	*N/A*	13.00	0.00	50	34.00	2.00	13.00
990864 PORK, BBQ RIBLET ON HOAGIE	1 SANDWICH	1	412	976	18.47	*N/A*	13.10	0.00	38	51.40	1.40	16.40
991111 SANDWICH, PIMENTO CHEESE	1 SANDWICH	1	258	533	*2.03	*2.02	15.54	*0.00	*46	26.62	*4.07	12.22
990338 CARROTS, BABY, DOD	1/2 cup	1	25	55	3.35	*N/A*	0.09	0.00	0	5.79	2.04	0.45
990782 CORN ON COB-DOD	1/2 CUP	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
000229 FRUIT, FRESH ASST (1/2 CUP)	1/2 cup	1	56	2	*5.48	*0.00	0.24	*0.00	0	14.41	2.58	0.56
990917 FRUIT CUP, MANAGER'S CHOICE, CHILLED	1/2 CUP	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
000026 MILK - 1% LOWFAT	HALF PINT	1	102	120	11.11	*N/A*	2.31	0.00	9	12.03	0.00	7.41
000031 MILK, CHOCOLATE LACTOSE FREE	1/2 PINT	1	110	210	17.00	6.00	0.00	0.00	5	19.00	0.00	8.00
000069 MILK, STRAWBERRY LACTOSE FREE	HALF PINT	1	110	125	17.00	6.00	0.00	0.00	5	18.00	0.00	8.00
990390 SAUCE, KETCHUP IND PKS	POUCH	1	10	100	2.00	*N/A*	0.00	0.00	0	3.00	0.00	0.00
990391 SAUCE, MUSTARD, INDV	POUCH	1	5	50	0.00	*N/A*	0.00	0.00	0	0.50	0.00	0.50
Weighted Daily Average			1396	2621	*82.44	*14.02	44.29	*0.00	*154	184.76	*12.09	66.53
% of Calories					*23.62 %	*4.02%	28.6%	*0.0%		52.9%		19.1%
Weekly Nutrient Guideline			600 - 650	<=1110		<10						

Monday - 08/24/2026 Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
991246 CHICKEN, BONELESS CHUNKS, RICH CHICKS NEW	4 EACH	1	215	332	0.00	0.00	6.84	0.00	41	15.08	2.01	20.11
990067 ROLLS, 2oz PROOF AND BAKE	1 ROLL	1	140	190	3.00	*N/A*	2.50	0.00	0	24.00	5.00	6.00
990138 COUNTRY FRIED STEAK WITH GRAVY	1 EACH	1	573	1954	2.00	*N/A*	29.34	0.00	30	53.02	2.00	15.00
991267 PIZZA, CHEESE STUFFED CRUST 2025	4.84 oz slice	1	330	820	4.00	*N/A*	14.00	0.00	15	35.00	3.00	16.00
990290 COLLARD GREENS, SOUTHERN	1/2 CUP	1	83	199	*2.86	*N/A*	2.53	*0.00	0	9.60	2.32	2.86
990783 GLAZED SWEET POTATOES, ES/K8/MIDDLE 1/2 CUPS	1/2 CUP	1	252	*111	*26.82	*N/A*	*5.09	*0.00	*0	*49.81	*3.28	*1.09
991182 HONEYDEW, FRESH	1/2 CUP	1	67	33	15.10	*N/A*	0.26	0.00	0	16.90	1.49	1.00
991075 APPLESAUCE, CUPS, ASST FLAVORS	4.5 OZ CUP	1	54	1	11.79	0.00	0.00	0.00	0	14.39	1.20	0.00
000026 MILK - 1% LOWFAT	HALF PINT	1	102	120	11.11	*N/A*	2.31	0.00	9	12.03	0.00	7.41
000031 MILK, CHOCOLATE LACTOSE FREE	1/2 PINT	1	110	210	17.00	6.00	0.00	0.00	5	19.00	0.00	8.00
000069 MILK, STRAWBERRY LACTOSE FREE	HALF PINT	1	110	125	17.00	6.00	0.00	0.00	5	18.00	0.00	8.00
990390 SAUCE, KETCHUP IND PKS	POUCH	1	10	100	2.00	*N/A*	0.00	0.00	0	3.00	0.00	0.00
991069 DRESSING, HONEY MUSTARD BULK	1OZ PORTION CUP	1	120	127	6.97	*N/A*	86.32	0.14	7	8.22	0.08	0.28
Weighted Daily Average			2167	*4323	*119.65	*12.00	*149.20	*0.14	*112	*278.06	*20.38	*85.76
% of Calories					*22.09 %	*2.22%	*62.0%	*0.1%		*51.3%		*15.8%
Weekly Nutrient Guideline			600 - 650	<=1110		<10						

Tuesday - 08/25/2026

Reimbursable Meal Total 1

Base Menu Spreadsheet

Richmond County Board of Education

Portion Values

Aug 3, 2026 thru Aug 31, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990734 SANDWICH, GRILLED CHICKEN CLUB	1 EACH	1	357	530	3.00	*0.00	11.45	0.00	63	27.51	2.00	27.21
990328 SALAD, COBB ES/MS	1 SALAD	1	274	696	*1.71	*0.00	13.10	*0.00	173	9.94	4.00	28.30
990466 YOGURT & MUFFIN PLATE- (CHOCOLATE MUFFIN)	SERVING	1	267	338	22.78	*N/A*	9.52	0.00	41	35.55	0.80	11.52
990612 CARROTS, SWEET GLAZED 3/4 CUP	3/4 CUP	1	86	100	*13.37	*7.48	1.91	*0.00	*0	*17.33	*4.08	*0.97
100006 TATER TOTS, CHEESY	1/2 CUP	1	253	895	0.00	*N/A*	15.27	0.00	*22	20.36	2.05	8.35
991187 STRAWBERRY DELIGHT 3/4 CUP	3/4 cup	1	217	0	48.63	*N/A*	1.00	0.00	0	49.99	2.72	0.68
000229 FRUIT, FRESH ASST (1/2 CUP)	1/2 cup	1	56	2	*5.48	*0.00	0.24	*0.00	0	14.41	2.58	0.56
000026 MILK - 1% LOWFAT	HALF PINT	1	102	120	11.11	*N/A*	2.31	0.00	9	12.03	0.00	7.41
000031 MILK, CHOCOLATE LACTOSE FREE	1/2 PINT	1	110	210	17.00	6.00	0.00	0.00	5	19.00	0.00	8.00
000069 MILK, STRAWBERRY LACTOSE FREE	HALF PINT	1	110	125	17.00	6.00	0.00	0.00	5	18.00	0.00	8.00
990237 SAUCE, MAYONAISE, LIGHT, IND	1 PACK	1	40	85	0.00	*N/A*	4.00	0.00	5	0.00	0.00	0.00
990390 SAUCE, KETCHUP IND PKS	POUCH	1	10	100	2.00	*N/A*	0.00	0.00	0	3.00	0.00	0.00
991287 DRESSING, ITALIAN 1 OZ SERVINGS	1 oz PORTION	1	43	287	2.13	*N/A*	3.72	*N/A*	0	2.13	0.00	0.00
991073 DRESSING, RANCH 1 OZ SERVINGS	1oz PORTION	1	79	264	1.10	*N/A*	7.80	0.12	6	1.87	0.09	0.60

Base Menu Spreadsheet

Richmond County Board of Education

Portion Values

Aug 3, 2026 thru Aug 31, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990059 LETTUCE & TOMATO (FOR SANDWICHES)	1 each	1	17	11	*0.34	*N/A*	0.27	*0.00	0	3.58	1.23	0.84
Weighted Daily Average			2019	3765	*145.64	*19.48	70.60	*0.12	*330	*234.70	*19.56	*102.43
% of Calories					*28.85 %	*3.86%	31.5%	*0.1%		*46.5%		*20.3%
Weekly Nutrient Guideline			600 - 650	<=1110		<10						

Wednesday - 08/26/2026

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990279 SAUSAGE DOG	2 OZ; 1 PIECE	1	399	860	7.00	*N/A*	20.00	0.00	60	37.00	*2.00	18.00
991074 PIZZA, FIESTA FLATBREAD ES/MS	1 EACH	1	437	928	3.14	*0.00	22.16	0.04	77	30.34	3.99	29.22
991111 SANDWICH, PIMENTO CHEESE	1 SANDWICH	1	258	533	*2.03	*2.02	15.54	*0.00	*46	26.62	*4.07	12.22
990882 Potato, Curly Spiral Cut Fries 1/2 CUP	1/2 CUP	1	130	290	0.00	*N/A*	5.00	0.00	0	21.00	1.00	1.00
990208 BEANS, GREEN, SEASONED	1/2 CUP	1	28	308	*1.48	*N/A*	0.44	0.00	*0	*4.46	*2.97	*1.48
990332 PEACHES, DICED CANNED	1/2 cup	1	59	7	3.96	*N/A*	0.00	0.00	0	18.49	1.32	0.00
000229 FRUIT, FRESH ASST (1/2 CUP)	1/2 cup	1	56	2	*5.48	*0.00	0.24	*0.00	0	14.41	2.58	0.56
000026 MILK - 1% LOWFAT	HALF PINT	1	102	120	11.11	*N/A*	2.31	0.00	9	12.03	0.00	7.41
000031 MILK, CHOCOLATE LACTOSE FREE	1/2 PINT	1	110	210	17.00	6.00	0.00	0.00	5	19.00	0.00	8.00
000069 MILK, STRAWBERRY LACTOSE FREE	HALF PINT	1	110	125	17.00	6.00	0.00	0.00	5	18.00	0.00	8.00

Portion Values

Aug 3, 2026 thru Aug 31, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990390 SAUCE, KETCHUP IND PKS	POUCH	1	10	100	2.00	*N/A*	0.00	0.00	0	3.00	0.00	0.00
990391 SAUCE, MUSTARD, INDV	POUCH	1	5	50	0.00	*N/A*	0.00	0.00	0	0.50	0.00	0.50
Weighted Daily Average			1703	3533	*70.20	*14.02	65.70	*0.04	*203	*204.85	*17.94	*86.38
% of Calories					*16.49 %	*3.29%	34.7%	*0.0%		*48.1%		*20.3%
Weekly Nutrient Guideline			600 - 650	<=1110		<10						

Thursday - 08/27/2026

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990938 WALKING TACO, BEEF AND DORITOS	1 SERVING	1	355	721	1.44	*1.00	16.63	0.00	59	31.48	3.49	19.51
990274 QUESADILLA, CHEESE, ELEM/MIDDLE	1 QUESADILLA	1	431	649	1.00	*N/A*	29.24	0.00	73	21.92	2.00	23.41
990527 SANDWICH, PBJ (Elem/Middle)	1 SANDWICH	1	548	468	17.62	*2.02	25.01	0.00	*0	65.18	*8.85	16.85
990343 CORN, MEXICAN, CANNED	1/2 CUP	1	*5	*5	*0.02	*N/A*	*0.48	*0.00	*0	*0.13	*0.07	*0.04
990452 BEANS, BLACK, SEASONED	1/2 CUP	1	145	207	1.15	*N/A*	0.84	0.00	0	25.41	5.73	8.02
990264 RIPS, KIWI STRAWBERRY	1 pOUCH	1	60	15	12.00	*N/A*	0.00	0.00	0	15.00	0.00	0.00
990627 FRUIT, FRESH ASST HS 1 CUP	1 cup	1	111	5	*10.71	*0.00	0.44	*0.00	0	28.93	5.34	0.99
000026 MILK - 1% LOWFAT	HALF PINT	1	102	120	11.11	*N/A*	2.31	0.00	9	12.03	0.00	7.41
000031 MILK, CHOCOLATE LACTOSE FREE	1/2 PINT	1	110	210	17.00	6.00	0.00	0.00	5	19.00	0.00	8.00
000069 MILK, STRAWBERRY LACTOSE FREE	HALF PINT	1	110	125	17.00	6.00	0.00	0.00	5	18.00	0.00	8.00

Base Menu Spreadsheet

Portion Values

Aug 3, 2026 thru Aug 31, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990086 SOUR CREAM, IND.	1 PACK	1	61	15	1.01	*N/A*	5.06	0.00	20	1.01	0.00	1.01
Weighted Daily Average			*2037	*2541	*90.05	*15.02	*80.03	*0.00	*172	*238.09	*25.49	*93.24
% of Calories					*17.68 %	*2.95%	*35.4%	*0.0%		*46.8%		*18.3%
Weekly Nutrient Guideline			600 - 650	<=1110		<10						

Friday - 08/28/2026

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
991045 CHICKEN SALAD ON A BUN	1/2 CUP	1	279	802	6.54	*1.85	8.75	0.00	40	34.89	3.04	16.62
990119 CHEESE DUNKERS W. MARINARA	2 STICKS	1	327	913	9.10	*N/A*	12.66	0.00	10	38.43	4.89	14.89
000145 CHEESEBURGER	EACH	1	331	623	4.51	*N/A*	14.06	0.00	48	29.01	3.00	24.53
990523 SALAD, KALE CAESAR	1 CUP	1	34	*6	1.36	*0.00	0.23	*0.00	*0	5.42	3.04	2.49
990463 VEGGIES, FRESH, RED PEPPERS AND CELERY	1/2 CUP	1	43	47	*5.14	*N/A*	0.45	*0.00	0	9.18	3.20	1.87
990627 FRUIT, FRESH ASST HS 1 CUP	1 cup	1	111	5	*10.71	*0.00	0.44	*0.00	0	28.93	5.34	0.99
990917 FRUIT CUP, MANAGER'S CHOICE, CHILLED	1/2 CUP	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
000026 MILK - 1% LOWFAT	HALF PINT	1	102	120	11.11	*N/A*	2.31	0.00	9	12.03	0.00	7.41
000031 MILK, CHOCOLATE LACTOSE FREE	1/2 PINT	1	110	210	17.00	6.00	0.00	0.00	5	19.00	0.00	8.00
000069 MILK, STRAWBERRY LACTOSE FREE	HALF PINT	1	110	125	17.00	6.00	0.00	0.00	5	18.00	0.00	8.00

Base Menu Spreadsheet

Portion Values

Aug 3, 2026 thru Aug 31, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990237 SAUCE, MAYONAISE, LIGHT, IND	1 PACK	1	40	85	0.00	*N/A*	4.00	0.00	5	0.00	0.00	0.00
990390 SAUCE, KETCHUP IND PKS	POUCH	1	10	100	2.00	*N/A*	0.00	0.00	0	3.00	0.00	0.00
990391 SAUCE, MUSTARD, INDV	POUCH	1	5	50	0.00	*N/A*	0.00	0.00	0	0.50	0.00	0.50
991073 DRESSING, RANCH 1 OZ SERVINGS	1oz PORTION	1	79	264	1.10	*N/A*	7.80	0.12	6	1.87	0.09	0.60
Weighted Daily Average			1581	*3351	*85.56	*13.85	50.70	*0.12	*128	200.26	22.61	85.88
% of Calories					*21.65 %	*3.50%	28.9%	*0.1%		50.7%		21.7%
Weekly Nutrient Guideline			600 - 650	<=1110		<10						

Monday - 08/31/2026

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990064 SANDWICH, PORK BBQ (USDA)	SANDWICH	1	493	414	*7.23	*N/A*	21.72	0.02	72	48.97	3.27	24.36
990527 SANDWICH, PBJ (Elem/Middle)	1 SANDWICH	1	548	468	17.62	*2.02	25.01	0.00	*0	65.18	*8.85	16.85
990139 SANDWICH, COUNTRY FRIED STEAK	1 EACH	1	430	580	5.00	*N/A*	19.50	0.00	30	45.00	4.00	21.00
001118 COLESLAW (KFC STYLE) 1/2 CUP	1/2 CUP	1	64	132	*5.54	*5.28	3.07	*0.00	*8	8.88	*0.94	0.88
990121 SALAD, CUCUMBER & TOMATO	1/2 CUP	1	75	132	*5.73	*4.07	4.58	*0.00	*0	9.23	*0.88	0.93
990883 FRUIT, MIXED, CANNED	1/2 CUP	1	170	13	*33.82	*N/A*	0.00	0.00	0	41.80	2.60	0.00
991170 WATERMELON, FRESH	1/2 CUP	1	45	1	9.28	*N/A*	0.22	0.00	0	11.30	0.60	0.91
000026 MILK - 1% LOWFAT	HALF PINT	1	102	120	11.11	*N/A*	2.31	0.00	9	12.03	0.00	7.41

Portion Values

Aug 3, 2026 thru Aug 31, 2026

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000031 MILK, CHOCOLATE LACTOSE FREE	1/2 PINT	1	110	210	17.00	6.00	0.00	0.00	5	19.00	0.00	8.00
990331 MILK, CHOCOLATE, 1%	1/2 PINT	1	140	180	18.00	*N/A*	2.50	0.00	15	20.00	*N/A*	8.00
000069 MILK, STRAWBERRY LACTOSE FREE	HALF PINT	1	110	125	17.00	6.00	0.00	0.00	5	18.00	0.00	8.00
990237 SAUCE, MAYONAISE, LIGHT, IND	1 PACK	1	40	85	0.00	*N/A*	4.00	0.00	5	0.00	0.00	0.00
990391 SAUCE, MUSTARD, INDV	POUCH	1	5	50	0.00	*N/A*	0.00	0.00	0	0.50	0.00	0.50
990059 LETTUCE & TOMATO (FOR SANDWICHES)	1 each	1	17	11	*0.34	*N/A*	0.27	*0.00	0	3.58	1.23	0.84
Weighted Daily Average			2349	2521	*147.68	*23.37	83.19	*0.02	*149	303.48	*22.37	97.67
% of Calories					*25.15 %	*3.98%	31.9%	*0.0%		51.7%		16.6%
Weekly Nutrient Guideline			600 - 650	<=1110		<10						

	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars ¹ (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
Weighted Averages	*1918	*3114	*111.81	*15.02	*72.89	*0.05	*172	*245.10	*20.09	*87.81
% of Calories			*23.32 %	*3.13%	*34.2%	*0.0%		*51.1%		*18.3%

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
¹ - denotes required nutrient values
Added Sugars target is informational only, with an effective date of July 1, 2027.
Per the Whole Milk for Healthy Kids Act of 2025, saturated fat from fluid milk is excluded from HHFKA menu analysis.

NOTICE: The data contained within this report and the Mosaic® 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.