

ESUHSD

Base Menu Spreadsheet Portion Values - Detailed

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Jan 8, 2018 thru Jan 31, 2018

Nutrient Info-Lunch

Generated on: 12/20/2017 9:41:59 AM

	Portion Size	Carb (g)
Mon - 01/08/2018		
Nutrient Info-Lunch	Total	
Beef Dunkers, Teriyakiw/rice	serving	103.97
Beef Dipper only	4 each	6.11
Rice,Brown Cooked	cups	73.92
Corn, bulk w/ margerine	1/2 cup	23.94
.	.	0.0
Italian Meatball Sandwich	1 each	35.74
.	.	0.0
Corn Dog w/ french fries	1 each	56.68
Corn Dog-only	1 each	30.0
Potatoes,French Fries- only	1/2 cup	26.68
.	.	0.0
Turkey & Cheese Sandwich	1 each	23.29
.	.	0.0
Vegetable Sticks w/ Sun Butter	serving	40.08
Sun Butter-only	serving	14.92
Roll, Whole Grain Dinner	1 each	28.0
.	.	0.0
PB&Grape Jelly on Wheat Bread	Serving(s)	52.0
.	.	0.0
Applesauce	1/2 cup	21.47
Juice, Orange, 100% (4oz.)	1/2 cup	16.46
Potatoes, sweet, mashed-USDA	1/2 cup	27.0
Beans,Green, canned	1/2 cup	4.0
.	.	0.0
Milk, White, Foster Farms	8 oz	16.0
Milk,Strawberry,Foster Farms	8 oz	22.0
Milk,Chocolate, Foster Farms	8 oz	22.0
.	.	0.0
Mayo, packet, 9g	1 each	0.23
Ketchup, packet, 9 gram	1 each	3.0
Mustard, packet, 1/5 oz	1 each	0.0
Soy Sauce packet	.5 oz	0.48
.	.	0.0
Salad Bar	servings	112.31
Salad mix, kitchen cut	1 cup	1.92
Cucumber, w/ peel	.8 oz	0.82
Carrots, baby	.8 oz	1.88
Peaches, sliced	1/4 cup	7.26
Cheese, Cottage, 2%	1/4 cup	2.07
Beans, Garbanzo	1/4 cup	7.0
Bean, Kidney, red	1/4 cup	7.0
Cheese, Cheddar, Yellow, Shred	1 oz	1.01
Broccoli, raw	.8 oz	1.51
Tomato, red ripe	1.2 oz	1.32
Roll, Whole Grain(1.5 oz.)	1 Each	33.6
Dressing, Ranch, 12 gm	1 ea	0.64
Dressing, Italian, 12 gm	1 ea	1.22
Jalapeno, sliced	.4 oz	0.38
Turkey Taco Filling	3.4 oz	4.19
Chips, Tortilla	1.8 oz	40.5
Soup, chicken Tortilla	Serving (1 Cup)	51.25
Chili Cheese Bowl	1/2 cup	22.43

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

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Jan 8, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

Nutrient Info-Lunch

Portion Values - Detailed

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	Portion Size	Carb (g)
Weighted Daily Average		9.46
% of Calories		45.7%
Nutrient Guideline		

Tue - 01/09/2018		
Nutrient Info-Lunch	Total	
Burrito, Chick w/Pico de Gallo	Servings	90.26
Burrito, Chick Pico-only	Servings	87.2
Pico de Gallo	servings	1.18
Salsa, commodity	1 each	1.89
.	.	0.0
Beef,Rib,Grill HoneyBBQw/fries	1 each	70.68
Beef,Rib,Grill HoneyBBQ-only	1 each	44.0
Potatoes,French Fries- only	1/2 cup	26.68
.	.	0.0
Chicken, Spicy Sandwich only	1 each	43.0
.	.	0.0
Wrap,Spicy Chicken	1 each	41.79
.	.	0.0
Pizza, Veggie	Slice	35.21
.	.	0.0
PB&Grape Jelly on Wheat Bread	Serving(s)	52.0
.	.	0.0
Peach Cup	serving(s)	59.95
Apple, fresh, wh, 163 ct	1/2 cup	13.98
Broccoli,Fresh,Raw	1/2 CUP	2.92
Corn, bulk w/ margerine	1/2 cup	23.94
.	.	0.0
Milk, White, Foster Farms	8 oz	16.0
Milk,Strawberry,Foster Farms	8 oz	22.0
Milk,Chocolate, Foster Farms	8 oz	22.0
.	.	0.0
Mayo, packet, 9g	1 each	0.23
Ketchup, packet, 9 gram	1 each	3.0
Mustard, packet, 1/5 oz	1 each	0.0
Ranch packet, 12 gram	1 ea	0.64
Sauce, Taco, packet, 9 gram	1 each	1.0
.	.	0.0
Salad Bar	servings	112.31
Salad mix, kitchen cut	1 cup	1.92
Cucumber, w/ peel	.8 oz	0.82
Carrots, baby	.8 oz	1.88
Peaches, sliced	1/4 cup	7.26
Cheese, Cottage, 2%	1/4 cup	2.07
Beans, Garbanzo	1/4 cup	7.0
Bean, Kidney, red	1/4 cup	7.0

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	Portion Size	Carb (g)
Cheese, Cheddar, Yellow, Shred	1 oz	1.01
Broccoli, raw	.8 oz	1.51
Tomato, red ripe	1.2 oz	1.32
Dressing, Ranch, 12 gm	1 ea	0.64
Dressing, Italian, 12 gm	1 ea	1.22
Jalapeno, sliced	.4 oz	0.38
Chips, Tortilla	1.8 oz	40.5
Soup, chicken Tortilla	Serving (1 Cup)	51.25
Chili Cheese Bowl	1/2 cup	22.43
Weighted Daily Average		9.20
% of Calories		48.1%
Nutrient Guideline		

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Portion Values - Detailed

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	Portion Size	Carb (g)
Wed - 01/10/2018		
Nutrient Info-Lunch	Total	
Meatloafw/Mashed Potatoes&roll	1 each	73.67
Meatloaf only	1 each	23.52
Potatoes,Mashed	1/2 cup serving	38.54
Gravy,Brown Trio	SERVINGS	2.88
Roll, Whole Grain Dinner	1 each	28.0
.	.	0.0
Cheeseburger on a bun w/Fries	1 each	59.68
Cheeseburger on a bun-only	1 each	33.0
Potatoes,French Fries- only	1/2 cup	26.68
.	.	0.0
Pizza, Pepperoni	Slice	36.0
.	.	0.0
Salad, Chicken Fajita w/chps	Servings	64.71
Salad, Chicken Fajita-only	Servings	6.82
Gelatin, Strawberry,no fruit	1/2 cup	17.39
Tortilla chips-only	2 oz	40.5
.	.	0.0
Bread Sticks, cheese, homemade	1 each	32.15
.	.	0.0
PB&Grape Jelly on Wheat Bread	Serving(s)	52.0
.	.	0.0
Apple, fresh, wh, 163 ct	1/2 cup	13.98
Juice,Fruit Punch,4oz-FIX	1 each	15.56
Carrots, Coins	1/2 cup	3.65
Beans,Green, canned	1/2 cup	4.0
.	.	0.0
Milk, White, Foster Farms	8 oz	16.0
Milk,Strawberry,Foster Farms	8 oz	22.0
Milk,Chocolate, Foster Farms	8 oz	22.0
.	.	0.0
Mayo, packet, 9g	1 each	0.23
Ketchup, packet, 9 gram	1 each	3.0
Mustard, packet, 1/5 oz	1 each	0.0
.	.	0.0
Salad Bar	servings	112.31
Salad mix, kitchen cut	1 cup	1.92
Cucumber, w/ peal	.8 oz	0.82
Carrots, baby	.8 oz	1.88
Peaches, sliced	1/4 cup	7.26
Cheese, Cottage, 2%	1/4 cup	2.07
Beans, Garbanzo	1/4 cup	7.0
Bean, Kidney, red	1/4 cup	7.0
Cheese, Cheddar, Yellow, Shred	1 oz	1.01
Broccoli, raw	.8 oz	1.51
Tomato, red ripe	1.2 oz	1.32
Roll, Whole Grain(1.5 oz.)	1 Each	33.6
Dressing, Ranch, 12 gm	1 ea	0.64
Dressing, Italian, 12 gm	1 ea	1.22
Jalapeno, sliced	.4 oz	0.38
Turkey Taco Filling	3.4 oz	4.19
Chips, Tortilla	1.8 oz	40.5
Soup, chicken Tortilla	Serving (1 Cup)	51.25
Chili Cheese Bowl	1/2 cup	22.43

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Nutrient Info-Lunch

Portion Values - Detailed

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	Portion Size	Carb (g)
Weighted Daily Average		9.34
% of Calories		40.9%
Nutrient Guideline		

Thu - 01/11/2018		
Nutrient Info-Lunch	Total	
Turkey Dinner-USDA	servings	51.32
Turkey -only	servings	0.0
Potatoes,Mashed	1/2 cup serving	38.54
Gravy, Turkey Flavor	1/4 cup	4.05
Roll, Whole Grain Dinner	1 each	28.0
.	.	0.0
Beef,Rib,Grill HoneyBBQw/fries	1 each	70.68
Beef,Rib,Grill HoneyBBQ-only	1 each	44.0
Potatoes,French Fries- only	1/2 cup	26.68
.	.	0.0
Chicken, Spicy Sandwich only	1 each	43.0
.	.	0.0
Chinese Chicken Salad w/ roll	serving	54.46
Chinese Chicken Salad-only	serving	20.86
Roll, Whole Grain(1.5 oz.)	1 Each	33.6
.	.	0.0
Burrito, Red Chili Bean&Chee	1 each	41.92
.	.	0.0
PB&Grape Jelly on Wheat Bread	Serving(s)	52.0
.	.	0.0
Oranges, Fresh Whole w/Tajin	1 Each	11.28
Juice, Apple(4oz.)	1/2 cup	8.0
Beans, Vegetarian	1/2 CUP	24.0
Peas, canned, Boiled	1/2	13.0
.	.	0.0
Milk, White, Foster Farms	8 oz	16.0
Milk,Strawberry,Foster Farms	8 oz	22.0
Milk,Chocolate, Foster Farms	8 oz	22.0
.	.	0.0
Mayo, packet, 9g	1 each	0.23
Ketchup, packet, 9 gram	1 each	3.0
Mustard, packet, 1/5 oz	1 each	0.0
Sauce, Taco, packet, 9 gram	1 each	1.0
.	.	0.0
Salad Bar	servings	112.31
Salad mix, kitchen cut	1 cup	1.92
Cucumber, w/ peel	.8 oz	0.82
Carrots, baby	.8 oz	1.88
Peaches, sliced	1/4 cup	7.26
Cheese, Cottage, 2%	1/4 cup	2.07

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	Portion Size	Carb (g)
Beans, Garbanzo	1/4 cup	7.0
Bean, Kidney, red	1/4 cup	7.0
Cheese, Cheddar, Yellow, Shred	1 oz	1.01
Broccoli, raw	.8 oz	1.51
Tomato, red ripe	1.2 oz	1.32
Roll, Whole Grain(1.5 oz.)	1 Each	33.6
Dressing, Ranch, 12 gm	1 ea	0.64
Dressing, Italian, 12 gm	1 ea	1.22
Jalapeno, sliced	.4 oz	0.38
Turkey Taco Filling	3.4 oz	4.19
Chips, Tortilla	1.8 oz	40.5
Soup, chicken Tortilla	Serving (1 Cup)	51.25
Chili Cheese Bowl	1/2 cup	22.43
Weighted Daily Average		9.28
% of Calories		44.4%
Nutrient Guideline		

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	Portion Size	Carb (g)
Fri - 01/12/2018		
Nutrient Info-Lunch	Total	
Soup, chicken Tortilla	Serving (1 Cup)	51.25
Soup, chicken Tortilla -only	Serving (1 Cup)	18.07
Tortilla chips-only	.5 oz	10.12
Grilled Mexi Cheese	1 ea	23.05
.	.	0.0
Corn Dog w/ french fries	1 each	56.68
Corn Dog-only	1 each	30.0
Potatoes,French Fries- only	1/2 cup	26.68
.	.	0.0
Cheeseburger on a bun w/Fries	1 each	59.68
Cheeseburger on a bun-only	1 each	33.0
Potatoes,French Fries- only	1/2 cup	26.68
.	.	0.0
Salad, Spicy Chicken w/ Roll	Servings	67.79
Salad, Spicy Chicken-only	Servings	16.8
Gelatin, Strawberry,no fruit	1/2 cup	17.39
Roll, Whole Grain(1.5 oz.)	1 Each	33.6
.	.	0.0
Pizza, 10-Cut Cheese	1 each	34.0
.	.	0.0
PB&Grape Jelly on Wheat Bread	Serving(s)	52.0
.	.	0.0
Pear cup, commodity	1/2 cup	14.56
Oranges, Fresh Whole(113ct.)	1 Each	11.28
Beans,Green, canned	1/2 cup	4.0
Potato, Sweet Crinkle Cut	1/2 cup	20.28
.	.	0.0
Milk, White, Foster Farms	8 oz	16.0
Milk,Strawberry,Foster Farms	8 oz	22.0
Milk,Chocolate, Foster Farms	8 oz	22.0
.	.	0.0
Mayo, packet, 9g	1 each	0.23
Ketchup, packet, 9 gram	1 each	3.0
Mustard, packet, 1/5 oz	1 each	0.0
.	.	0.0
Salad Bar	servings	112.31
Salad mix, kitchen cut	1 cup	1.92
Cucumber, w/ peel	.8 oz	0.82
Carrots, baby	.8 oz	1.88
Peaches, sliced	1/4 cup	7.26

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	Portion Size	Carb (g)
Cheese, Cottage, 2%	1/4 cup	2.07
Beans, Garbanzo	1/4 cup	7.0
Bean, Kidney, red	1/4 cup	7.0
Cheese, Cheddar, Yellow, Shred	1 oz	1.01
Broccoli, raw	.8 oz	1.51
Tomato, red ripe	1.2 oz	1.32
Roll, Whole Grain(1.5 oz.)	1 Each	33.6
Dressing, Ranch, 12 gm	1 ea	0.64
Dressing, Italian, 12 gm	1 ea	1.22
Jalapeno, sliced	.4 oz	0.38
Turkey Taco Filling	3.4 oz	4.19
Chips, Tortilla	1.8 oz	40.5
Soup, chicken Tortilla	Serving (1 Cup)	51.25
Chili Cheese Bowl	1/2 cup	22.43
Weighted Daily Average		9.68
% of Calories		40.8%
Nutrient Guideline		

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Jan 8, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

Nutrient Info-Lunch

Portion Values - Detailed

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	Portion Size	Carb (g)
Tue - 01/16/2018		
Nutrient Info-Lunch	Total	
Chicken w/Mashed Potato Bowl	Serving	85.33
Chicken, popcorn-only	Serving	17.6
Potatoes,Mashed	1/2 cup serving	38.54
Gravy,Brown Trio	SERVINGS	2.88
Corn, bulk w/ margerine CC	1/4 cup	11.97
Roll, Whole Grain(1.5 oz.)	1 Each	33.6
.	.	0.0
Cheeseburger on a bun w/Fries	1 each	59.68
Cheeseburger on a bun-only	1 each	33.0
Potatoes,French Fries- only	1/2 cup	26.68
.	.	0.0
Chicken Tenders	serving	11.96
.	.	0.0
Salad, Taco	Servings	49.53
Salad, Taco-only	Servings	9.04
Tortilla chips-only	2 oz	40.5
.	.	0.0
Salad, Mediterranean Garden	servings	43.61
.	.	0.0
PB&Grape Jelly on Wheat Bread	Serving(s)	52.0
.	.	0.0
Peach Cup	serving(s)	59.95
Apple, fresh, wh, 163 ct	1/2 cup	13.98
Broccoli,Fresh,Raw	1/2 CUP	2.92
Corn, bulk w/ margerine	1/2 cup	23.94
.	.	0.0
Milk, White, Foster Farms	8 oz	16.0
Milk,Strawberry,Foster Farms	8 oz	22.0
Milk,Chocolate, Foster Farms	8 oz	22.0
.	.	0.0
Mayo, packet, 9g	1 each	0.23
Ketchup, packet, 9 gram	1 each	3.0
Mustard, packet, 1/5 oz	1 each	0.0
Ranch packet, 12 gram	1 ea	0.64
Sauce, Taco, packet, 9 gram	1 each	1.0
.	.	0.0
Salad Bar	servings	112.31
Salad mix, kitchen cut	1 cup	1.92
Cucumber, w/ peal	.8 oz	0.82
Carrots, baby	.8 oz	1.88

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	Portion Size	Carb (g)
Peaches, sliced	1/4 cup	7.26
Cheese, Cottage, 2%	1/4 cup	2.07
Beans, Garbanzo	1/4 cup	7.0
Bean, Kidney, red	1/4 cup	7.0
Cheese, Cheddar, Yellow, Shred	1 oz	1.01
Broccoli, raw	.8 oz	1.51
Tomato, red ripe	1.2 oz	1.32
Roll, Whole Grain(1.5 oz.)	1 Each	33.6
Dressing, Ranch, 12 gm	1 ea	0.64
Dressing, Italian, 12 gm	1 ea	1.22
Jalapeno, sliced	.4 oz	0.38
Turkey Taco Filling	3.4 oz	4.19
Chips, Tortilla	1.8 oz	40.5
Soup, chicken Tortilla	Serving (1 Cup)	51.25
Chili Cheese Bowl	1/2 cup	22.43
Weighted Daily Average		9.80
% of Calories		44.3%
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	Portion Size	Carb (g)
Wed - 01/17/2018		
Nutrient Info-Lunch	Total	
Penne Pasta w/Zesty Meatballs	servings	37.29
.	.	0.0
Pork,HoneyBBQw/fries	1 each	68.28
Pork,HoneyBBQ-only	1 each	41.6
Potatoes,French Fries- only	1/2 cup	26.68
.	.	0.0
Chicken Teriyaki, Grilled sand	1 each	35.0
.	.	0.0
Wrap,Spicy Chicken	1 each	41.79
.	.	0.0
Pizza, 10-Cut Cheese	1 each	34.0
.	.	0.0
PB&Grape Jelly on Wheat Bread	Serving(s)	52.0
.	.	0.0
Apple, fresh, wh, 163 ct	1/2 cup	13.98
Juice,Fruit Punch,4oz-FIX	1 each	15.56
Carrots, Coins	1/2 cup	3.65
Beans,Green, canned	1/2 cup	4.0
.	.	0.0
Milk, White, Foster Farms	8 oz	16.0
Milk,Strawberry,Foster Farms	8 oz	22.0
Milk,Chocolate, Foster Farms	8 oz	22.0
.	.	0.0
Mayo, packet, 9g	1 each	0.23
Ketchup, packet, 9 gram	1 each	3.0
Mustard, packet, 1/5 oz	1 each	0.0
.	.	0.0
Salad Bar	servings	112.31
Salad mix, kitchen cut	1 cup	1.92
Cucumber, w/ peal	.8 oz	0.82
Carrots, baby	.8 oz	1.88
Peaches, sliced	1/4 cup	7.26
Cheese, Cottage, 2%	1/4 cup	2.07
Beans, Garbanzo	1/4 cup	7.0
Bean, Kidney, red	1/4 cup	7.0
Cheese, Cheddar, Yellow, Shred	1 oz	1.01
Broccoli, raw	.8 oz	1.51
Tomato, red ripe	1.2 oz	1.32
Roll, Whole Grain(1.5 oz.)	1 Each	33.6
Dressing, Ranch, 12 gm	1 ea	0.64
Dressing, Italian, 12 gm	1 ea	1.22
Jalapeno, sliced	.4 oz	0.38
Turkey Taco Filling	3.4 oz	4.19
Chips, Tortilla	1.8 oz	40.5
Soup, chicken Tortilla	Serving (1 Cup)	51.25
Chili Cheese Bowl	1/2 cup	22.43
Weighted Daily Average		7.35
% of Calories		42.0%
Nutrient Guideline		

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	Portion Size	Carb (g)
Thu - 01/18/2018		
Nutrient Info-Lunch	Total	
Chicken,Mandarin Orange w/Rice	servings	90.96
Chicken,Mandarin Orange-only	servings	17.04
Rice,Brown Cooked	cups	73.92
.	.	0.0
Chicken, Spicy Sandwich only	1 each	43.0
.	.	0.0
Pizza, 10-Cut Pepperoni	1 Each	34.0
.	.	0.0
Ham & Cheese Sandwich	1 each	24.81
.	.	0.0
Bread Sticks, cheese, homemade	1 each	32.15
.	.	0.0
PB&Grape Jelly on Wheat Bread	Serving(s)	52.0
.	.	0.0
Oranges, Fresh Whole w/Tajin	1 Each	11.28
Juice, Apple(4oz.)	1/2 cup	8.0
Beans, Vegetarian	1/2 CUP	24.0
Peas, canned, Boiled	1/2	13.0
.	.	0.0
Milk, White, Foster Farms	8 oz	16.0
Milk,Strawberry,Foster Farms	8 oz	22.0
Milk,Chocolate, Foster Farms	8 oz	22.0
.	.	0.0
Mayo, packet, 9g	1 each	0.23
Ketchup, packet, 9 gram	1 each	3.0
Mustard, packet, 1/5 oz	1 each	0.0
Soy Sauce packet	.5 oz	0.48
.	1	0.0
Salad Bar	servings	112.31
Salad mix, kitchen cut	1 cup	1.92
Cucumber, w/ peal	.8 oz	0.82
Carrots, baby	.8 oz	1.88
Peaches, sliced	1/4 cup	7.26
Cheese, Cottage, 2%	1/4 cup	2.07
Beans, Garbanzo	1/4 cup	7.0
Bean, Kidney, red	1/4 cup	7.0
Cheese, Cheddar, Yellow, Shred	1 oz	1.01
Broccoli, raw	.8 oz	1.51
Tomato, red ripe	1.2 oz	1.32
Roll, Whole Grain(1.5 oz.)	1 Each	33.6
Dressing, Ranch, 12 gm	1 ea	0.64
Dressing, Italian, 12 gm	1 ea	1.22
Jalapeno, sliced	.4 oz	0.38
Turkey Taco Filling	3.4 oz	4.19
Chips, Tortilla	1.8 oz	40.5
Soup, chicken Tortilla	Serving (1 Cup)	51.25
Chili Cheese Bowl	1/2 cup	22.43
Weighted Daily Average		7.86
% of Calories		45.2%
Nutrient Guideline		

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	Portion Size	Carb (g)
Fri - 01/19/2018		
Nutrient Info-Lunch	Total	
Chili Cheese Bowlw/CornMuff	serving (s)	58.15
Chili Cheese Bowl-only	serving (s)	22.43
Cornbread	1 serving	35.72
.	.	0.0
Cheeseburger on a bun w/Fries	1 each	59.68
Cheeseburger on a bun-only	1 each	33.0
Potatoes,French Fries- only	1/2 cup	26.68
.	.	0.0
Burrito,Super	servings	55.34
.	.	0.0
Salad, Chicken Fajita w/chps	Servings	64.71
Salad, Chicken Fajita-only	Servings	6.82
Gelatin, Strawberry,no fruit	1/2 cup	17.39
Tortilla chips-only	2 oz	40.5
.	.	0.0
Pizza, Veggie	Slice	35.21
.	.	0.0
PB&Grape Jelly on Wheat Bread	Serving(s)	52.0
.	.	0.0
Pear cup, commodity	1/2 cup	14.56
Oranges, Fresh Whole(113ct.)	1 Each	11.28
Potato, Sweet Crinkle Cut	1/2 cup	20.28
Beans,Green, canned	1/2 cup	4.0
.	.	0.0
Milk, White, Foster Farms	8 oz	16.0
Milk, Strawberry,Foster Farms	8 oz	22.0
Milk,Chocolate, Foster Farms	8 oz	22.0
.	.	0.0
Mayo, packet, 9g	1 each	0.23
Ketchup, packet, 9 gram	1 each	3.0
Mustard, packet, 1/5 oz	1 each	0.0
Sauce, Taco, packet, 9 gram	1 each	1.0
.	.	0.0
Salad Bar	servings	112.31
Salad mix, kitchen cut	1 cup	1.92
Cucumber, w/ peel	.8 oz	0.82
Carrots, baby	.8 oz	1.88
Peaches, sliced	1/4 cup	7.26
Cheese, Cottage, 2%	1/4 cup	2.07
Beans, Garbanzo	1/4 cup	7.0
Bean, Kidney, red	1/4 cup	7.0
Cheese, Cheddar, Yellow, Shred	1 oz	1.01
Broccoli, raw	.8 oz	1.51
Tomato, red ripe	1.2 oz	1.32
Roll, Whole Grain(1.5 oz.)	1 Each	33.6
Dressing, Ranch, 12 gm	1 ea	0.64
Dressing, Italian, 12 gm	1 ea	1.22
Jalapeno, sliced	.4 oz	0.38
Turkey Taco Filling	3.4 oz	4.19
Chips, Tortilla	1.8 oz	40.5
Soup, chicken Tortilla	Serving (1 Cup)	51.25
Chili Cheese Bowl	1/2 cup	22.43

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ESUHSD

Jan 8, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

Nutrient Info-Lunch

Portion Values - Detailed

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	Portion Size	Carb (g)
Weighted Daily Average		9.20
% of Calories		41.3%
Nutrient Guideline		

Mon - 01/22/2018		
Nutrient Info-Lunch	Total	
Beef Dunkers, Teriyakiw/rice	serving	103.97
Beef Dipper only	4 each	6.11
Rice,Brown Cooked	cups	73.92
Corn, bulk w/ margerine	1/2 cup	23.94
.	.	0.0
Italian Meatball Sandwich	1 each	35.74
.	.	0.0
Corn Dog w/ french fries	1 each	56.68
Corn Dog-only	1 each	30.0
Potatoes,French Fries- only	1/2 cup	26.68
.	.	0.0
Turkey & Cheese Sandwich	1 each	23.29
.	.	0.0
Vegetable Sticks w/ Sun Butter	serving	40.08
Sun Butter-only	serving	14.92
Roll, Whole Grain Dinner	1 each	28.0
.	.	0.0
PB&Grape Jelly on Wheat Bread	Serving(s)	52.0
.	.	0.0
Applesauce	1/2 cup	21.47
Juice, Orange, 100% (4oz.)	1/2 cup	16.46
Potatoes, sweet, mashed-USDA	1/2 cup	27.0
Beans,Green, canned	1/2 cup	4.0
.	.	0.0
Milk, White, Foster Farms	8 oz	16.0
Milk,Strawberry,Foster Farms	8 oz	22.0
Milk,Chocolate, Foster Farms	8 oz	22.0
.	.	0.0
Mayo, packet, 9g	1 each	0.23
Ketchup, packet, 9 gram	1 each	3.0
Mustard, packet, 1/5 oz	1 each	0.0
Soy Sauce packet	.5 oz	0.48
.	.	0.0
Salad Bar	servings	112.31
Salad mix, kitchen cut	1 cup	1.92
Cucumber, w/ peal	.8 oz	0.82
Carrots, baby	.8 oz	1.88
Peaches, sliced	1/4 cup	7.26
Cheese, Cottage, 2%	1/4 cup	2.07
Beans, Garbanzo	1/4 cup	7.0

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	Portion Size	Carb (g)
Bean, Kidney, red	1/4 cup	7.0
Cheese, Cheddar, Yellow, Shred	1 oz	1.01
Broccoli, raw	.8 oz	1.51
Tomato, red ripe	1.2 oz	1.32
Roll, Whole Grain(1.5 oz.)	1 Each	33.6
Dressing, Ranch, 12 gm	1 ea	0.64
Dressing, Italian, 12 gm	1 ea	1.22
Jalapeno, sliced	.4 oz	0.38
Turkey Taco Filling	3.4 oz	4.19
Chips, Tortilla	1.8 oz	40.5
Soup, chicken Tortilla	Serving (1 Cup)	51.25
Chili Cheese Bowl	1/2 cup	22.43
Weighted Daily Average		9.46
% of Calories		45.7%
Nutrient Guideline		

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ESUHSD

Jan 8, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

Nutrient Info-Lunch

Portion Values - Detailed

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	Portion Size	Carb (g)
Tue - 01/23/2018		
Nutrient Info-Lunch	Total	
Burrito, Chick w/Pico de Gallo	Servings	90.26
Burrito, Chick Pico-only	Servings	87.2
Pico de Gallo	servings	1.18
Salsa, commodity	1 each	1.89
.	.	0.0
Beef,Rib,Grill HoneyBBQw/fries	1 each	70.68
Beef,Rib,Grill HoneyBBQ-only	1 each	44.0
Potatoes,French Fries- only	1/2 cup	26.68
.	.	0.0
Chicken, Spicy Sandwich only	1 each	43.0
.	.	0.0
Wrap,Spicy Chicken	1 each	41.79
.	.	0.0
Pizza, Veggie	Slice	35.21
.	.	0.0
PB&Grape Jelly on Wheat Bread	Serving(s)	52.0
.	.	0.0
Peach Cup	serving(s)	59.95
Apple, fresh, wh, 163 ct	1/2 cup	13.98
Broccoli,Fresh,Raw	1/2 CUP	2.92
Corn, bulk w/ margerine	1/2 cup	23.94
.	.	0.0
Milk, White, Foster Farms	8 oz	16.0
Milk,Strawberry,Foster Farms	8 oz	22.0
Milk,Chocolate, Foster Farms	8 oz	22.0
.	.	0.0
Mayo, packet, 9g	1 each	0.23
Ketchup, packet, 9 gram	1 each	3.0
Mustard, packet, 1/5 oz	1 each	0.0
Ranch packet, 12 gram	1 ea	0.64
Sauce, Taco, packet, 9 gram	1 each	1.0
.	.	0.0
Salad Bar	servings	112.31
Salad mix, kitchen cut	1 cup	1.92
Cucumber, w/ peal	.8 oz	0.82
Carrots, baby	.8 oz	1.88
Peaches, sliced	1/4 cup	7.26
Cheese, Cottage, 2%	1/4 cup	2.07
Beans, Garbanzo	1/4 cup	7.0
Bean, Kidney, red	1/4 cup	7.0
Cheese, Cheddar, Yellow, Shred	1 oz	1.01
Broccoli, raw	.8 oz	1.51
Tomato, red ripe	1.2 oz	1.32
Dressing, Ranch, 12 gm	1 ea	0.64
Dressing, Italian, 12 gm	1 ea	1.22
Jalapeno, sliced	.4 oz	0.38
Chips, Tortilla	1.8 oz	40.5
Soup, chicken Tortilla	Serving (1 Cup)	51.25
Chili Cheese Bowl	1/2 cup	22.43
Weighted Daily Average		9.20
% of Calories		48.1%
Nutrient Guideline		

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ESUHSD

Jan 8, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

Nutrient Info-Lunch

Portion Values - Detailed

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	Portion Size	Carb (g)
Wed - 01/24/2018		
Nutrient Info-Lunch	Total	
Meatloafw/Mashed Potatoes&roll	1 each	73.67
Meatloaf only	1 each	23.52
Potatoes,Mashed	1/2 cup serving	38.54
Gravy,Brown Trio	SERVINGS	2.88
Roll, Whole Grain Dinner	1 each	28.0
.	.	0.0
Cheeseburger on a bun w/Fries	1 each	59.68
Cheeseburger on a bun-only	1 each	33.0
Potatoes,French Fries- only	1/2 cup	26.68
.	.	0.0
Pizza, Pepperoni	Slice	36.0
.	.	0.0
Salad, Chicken Fajita w/chps	Servings	64.71
Salad, Chicken Fajita-only	Servings	6.82
Gelatin, Strawberry,no fruit	1/2 cup	17.39
Tortilla chips-only	2 oz	40.5
.	.	0.0
Bread Sticks, cheese, homemade	1 each	32.15
.	.	0.0
PB&Grape Jelly on Wheat Bread	Serving(s)	52.0
.	.	0.0
Apple, fresh, wh, 163 ct	1/2 cup	13.98
Juice,Fruit Punch,4oz-FIX	1 each	15.56
Carrots, Coins	1/2 cup	3.65
Beans,Green, canned	1/2 cup	4.0
.	.	0.0
Milk, White, Foster Farms	8 oz	16.0
Milk,Strawberry,Foster Farms	8 oz	22.0
Milk,Chocolate, Foster Farms	8 oz	22.0
.	.	0.0
Mayo, packet, 9g	1 each	0.23
Ketchup, packet, 9 gram	1 each	3.0
Mustard, packet, 1/5 oz	1 each	0.0
.	.	0.0
Salad Bar	servings	112.31
Salad mix, kitchen cut	1 cup	1.92
Cucumber, w/ peal	.8 oz	0.82
Carrots, baby	.8 oz	1.88
Peaches, sliced	1/4 cup	7.26
Cheese, Cottage, 2%	1/4 cup	2.07

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	Portion Size	Carb (g)
Beans, Garbanzo	1/4 cup	7.0
Bean, Kidney, red	1/4 cup	7.0
Cheese, Cheddar, Yellow, Shred	1 oz	1.01
Broccoli, raw	.8 oz	1.51
Tomato, red ripe	1.2 oz	1.32
Roll, Whole Grain(1.5 oz.)	1 Each	33.6
Dressing, Ranch, 12 gm	1 ea	0.64
Dressing, Italian, 12 gm	1 ea	1.22
Jalapeno, sliced	.4 oz	0.38
Turkey Taco Filling	3.4 oz	4.19
Chips, Tortilla	1.8 oz	40.5
Soup, chicken Tortilla	Serving (1 Cup)	51.25
Chili Cheese Bowl	1/2 cup	22.43
Weighted Daily Average		9.34
% of Calories		40.9%
Nutrient Guideline		

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	Portion Size	Carb (g)
Thu - 01/25/2018		
Nutrient Info-Lunch	Total	
Turkey Dinner-USDA	servings	51.32
Turkey -only	servings	0.0
Potatoes,Mashed	1/2 cup serving	38.54
Gravy, Turkey Flavor	1/4 cup	4.05
Roll, Whole Grain Dinner	1 each	28.0
.	.	0.0
Beef,Rib,Grill HoneyBBQw/fries	1 each	70.68
Beef,Rib,Grill HoneyBBQ-only	1 each	44.0
Potatoes,French Fries- only	1/2 cup	26.68
.	.	0.0
Chicken, Spicy Sandwich only	1 each	43.0
.	.	0.0
Chinese Chicken Salad w/ roll	serving	54.46
Chinese Chicken Salad-only	serving	20.86
Roll, Whole Grain(1.5 oz.)	1 Each	33.6
.	.	0.0
Burrito, Red Chili Bean&Chee	1 each	41.92
.	.	0.0
PB&Grape Jelly on Wheat Bread	Serving(s)	52.0
.	.	0.0
Oranges, Fresh Whole w/Tajin	1 Each	11.28
Juice, Apple(4oz.)	1/2 cup	8.0
Beans, Vegetarian	1/2 CUP	24.0
Peas, canned, Boiled	1/2	13.0
.	.	0.0
Milk, White, Foster Farms	8 oz	16.0
Milk,Strawberry,Foster Farms	8 oz	22.0
Milk,Chocolate, Foster Farms	8 oz	22.0
.	.	0.0
Mayo, packet, 9g	1 each	0.23
Ketchup, packet, 9 gram	1 each	3.0
Mustard, packet, 1/5 oz	1 each	0.0
Sauce, Taco, packet, 9 gram	1 each	1.0
.	.	0.0
Salad Bar	servings	112.31
Salad mix, kitchen cut	1 cup	1.92
Cucumber, w/ peal	.8 oz	0.82
Carrots, baby	.8 oz	1.88
Peaches, sliced	1/4 cup	7.26
Cheese, Cottage, 2%	1/4 cup	2.07
Beans, Garbanzo	1/4 cup	7.0
Bean, Kidney, red	1/4 cup	7.0
Cheese, Cheddar, Yellow, Shred	1 oz	1.01
Broccoli, raw	.8 oz	1.51
Tomato, red ripe	1.2 oz	1.32
Roll, Whole Grain(1.5 oz.)	1 Each	33.6
Dressing, Ranch, 12 gm	1 ea	0.64
Dressing, Italian, 12 gm	1 ea	1.22
Jalapeno, sliced	.4 oz	0.38
Turkey Taco Filling	3.4 oz	4.19
Chips, Tortilla	1.8 oz	40.5
Soup, chicken Tortilla	Serving (1 Cup)	51.25
Chili Cheese Bowl	1/2 cup	22.43

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	Portion Size	Carb (g)
Weighted Daily Average		9.28
% of Calories		44.4%
Nutrient Guideline		

Fri - 01/26/2018		
Nutrient Info-Lunch	Total	
Soup, chicken Tortilla	Serving (1 Cup)	51.25
Soup, chicken Tortilla -only	Serving (1 Cup)	18.07
Tortilla chips-only	.5 oz	10.12
Grilled Mexi Cheese	1 ea	23.05
.	.	0.0
Corn Dog w/ french fries	1 each	56.68
Corn Dog-only	1 each	30.0
Potatoes,French Fries- only	1/2 cup	26.68
.	.	0.0
Cheeseburger on a bun w/Fries	1 each	59.68
Cheeseburger on a bun-only	1 each	33.0
Potatoes,French Fries- only	1/2 cup	26.68
.	.	0.0
Salad, Spicy Chicken w/ Roll	Servings	67.79
Salad, Spicy Chicken-only	Servings	16.8
Gelatin, Strawberry,no fruit	1/2 cup	17.39
Roll, Whole Grain(1.5 oz.)	1 Each	33.6
.	.	0.0
Pizza, 10-Cut Cheese	1 each	34.0
.	.	0.0
PB&Grape Jelly on Wheat Bread	Serving(s)	52.0
.	.	0.0
Pear cup, commodity	1/2 cup	14.56
Oranges, Fresh Whole(113ct.)	1 Each	11.28
Beans,Green, canned	1/2 cup	4.0
Potato, Sweet Crinkle Cut	1/2 cup	20.28
.	.	0.0
Milk, White, Foster Farms	8 oz	16.0
Milk,Strawberry,Foster Farms	8 oz	22.0
Milk,Chocolate, Foster Farms	8 oz	22.0
.	.	0.0
Mayo, packet, 9g	1 each	0.23
Ketchup, packet, 9 gram	1 each	3.0
Mustard, packet, 1/5 oz	1 each	0.0
.	.	0.0
Salad Bar	servings	112.31
Salad mix, kitchen cut	1 cup	1.92
Cucumber, w/ peel	.8 oz	0.82
Carrots, baby	.8 oz	1.88
Peaches, sliced	1/4 cup	7.26

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	Portion Size	Carb (g)
Cheese, Cottage, 2%	1/4 cup	2.07
Beans, Garbanzo	1/4 cup	7.0
Bean, Kidney, red	1/4 cup	7.0
Cheese, Cheddar, Yellow, Shred	1 oz	1.01
Broccoli, raw	.8 oz	1.51
Tomato, red ripe	1.2 oz	1.32
Roll, Whole Grain(1.5 oz.)	1 Each	33.6
Dressing, Ranch, 12 gm	1 ea	0.64
Dressing, Italian, 12 gm	1 ea	1.22
Jalapeno, sliced	.4 oz	0.38
Turkey Taco Filling	3.4 oz	4.19
Chips, Tortilla	1.8 oz	40.5
Soup, chicken Tortilla	Serving (1 Cup)	51.25
Chili Cheese Bowl	1/2 cup	22.43
Weighted Daily Average		9.68
% of Calories		40.8%
Nutrient Guideline		

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Jan 8, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

Nutrient Info-Lunch

Portion Values - Detailed

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	Portion Size	Carb (g)
Mon - 01/29/2018		
Nutrient Info-Lunch	Total	
Pork Riblet w/ Brown Rice	serving	84.92
Pork Riblet-only	serving	7.0
Rice,Brown Cooked	cups	73.92
Beans,Green, canned	1/2 cup	4.0
.	.	0.0
Chicken, Spicy Sand w/ fr	1 each	69.68
Chicken, Spicy Sandwich only	1 each	43.0
Potatoes,French Fries- only	1/2 cup	26.68
.	.	0.0
Sloppy Joe on Ham Bun w/ fries	Servings	72.86
Sloppy Joe on Ham Bun-only	Servings	46.18
Potatoes,French Fries- only	1/2 cup	26.68
.	.	0.0
Turkey & Cheese Sandwich	1 each	23.29
.	.	0.0
Pizza, Neapolitan (Margarita)	1 each	32.36
.	.	0.0
PB&Grape Jelly on Wheat Bread	Serving(s)	52.0
.	.	0.0
Applesauce	1/2 cup	21.47
Juice, Orange, 100% (4oz.)	1/2 cup	16.46
Potatoes, sweet, mashed-USDA	1/2 cup	27.0
Beans,Green, canned	1/2 cup	4.0
.	.	0.0
Milk, White, Foster Farms	8 oz	16.0
Milk, Strawberry, Foster Farms	8 oz	22.0
Milk, Chocolate, Foster Farms	8 oz	22.0
.	.	0.0
Mayo, packet, 9g	1 each	0.23
Ketchup, packet, 9 gram	1 each	3.0
Mustard, packet, 1/5 oz	1 each	0.0
Soy Sauce packet	.5 oz	0.48
.	.	0.0
Salad Bar	servings	112.31
Salad mix, kitchen cut	1 cup	1.92
Cucumber, w/ peel	.8 oz	0.82
Carrots, baby	.8 oz	1.88
Peaches, sliced	1/4 cup	7.26
Cheese, Cottage, 2%	1/4 cup	2.07
Beans, Garbanzo	1/4 cup	7.0
Bean, Kidney, red	1/4 cup	7.0
Cheese, Cheddar, Yellow, Shred	1 oz	1.01
Broccoli, raw	.8 oz	1.51
Tomato, red ripe	1.2 oz	1.32
Roll, Whole Grain(1.5 oz.)	1 Each	33.6
Dressing, Ranch, 12 gm	1 ea	0.64
Dressing, Italian, 12 gm	1 ea	1.22
Jalapeno, sliced	.4 oz	0.38
Chips, Tortilla	1.8 oz	40.5
Soup, chicken Tortilla	Serving (1 Cup)	51.25
Chili Cheese Bowl	1/2 cup	22.43

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	Portion Size	Carb (g)
Weighted Daily Average		9.89
% of Calories		49.5%
Nutrient Guideline		

Tue - 01/30/2018		
Nutrient Info-Lunch	Total	
Chicken w/Mashed Potato Bowl	Serving	85.33
Chicken, popcorn-only	Serving	17.6
Potatoes,Mashed	1/2 cup serving	38.54
Gravy,Brown Trio	SERVINGS	2.88
Corn, bulk w/ margerine CC	1/4 cup	11.97
Roll, Whole Grain(1.5 oz.)	1 Each	33.6
.	.	0.0
Cheeseburger on a bun w/Fries	1 each	59.68
Cheeseburger on a bun-only	1 each	33.0
Potatoes,French Fries- only	1/2 cup	26.68
.	.	0.0
Chicken Tenders	serving	11.96
.	.	0.0
Salad, Taco	Servings	49.53
Salad, Taco-only	Servings	9.04
Tortilla chips-only	2 oz	40.5
.	.	0.0
Salad, Mediterranean Garden	servings	43.61
.	.	0.0
PB&Grape Jelly on Wheat Bread	Serving(s)	52.0
.	.	0.0
Peach Cup	serving(s)	59.95
Apple, fresh, wh, 163 ct	1/2 cup	13.98
Broccoli,Fresh,Raw	1/2 CUP	2.92
Corn, bulk w/ margerine	1/2 cup	23.94
.	.	0.0
Milk, White, Foster Farms	8 oz	16.0
Milk, Strawberry, Foster Farms	8 oz	22.0
Milk, Chocolate, Foster Farms	8 oz	22.0
.	.	0.0
Mayo, packet, 9g	1 each	0.23
Ketchup, packet, 9 gram	1 each	3.0
Mustard, packet, 1/5 oz	1 each	0.0
Ranch packet, 12 gram	1 ea	0.64
Sauce, Taco, packet, 9 gram	1 each	1.0
.	.	0.0
Salad Bar	servings	112.31
Salad mix, kitchen cut	1 cup	1.92
Cucumber, w/ peal	.8 oz	0.82
Carrots, baby	.8 oz	1.88

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	Portion Size	Carb (g)
Peaches, sliced	1/4 cup	7.26
Cheese, Cottage, 2%	1/4 cup	2.07
Beans, Garbanzo	1/4 cup	7.0
Bean, Kidney, red	1/4 cup	7.0
Cheese, Cheddar, Yellow, Shred	1 oz	1.01
Broccoli, raw	.8 oz	1.51
Tomato, red ripe	1.2 oz	1.32
Roll, Whole Grain(1.5 oz.)	1 Each	33.6
Dressing, Ranch, 12 gm	1 ea	0.64
Dressing, Italian, 12 gm	1 ea	1.22
Jalapeno, sliced	.4 oz	0.38
Turkey Taco Filling	3.4 oz	4.19
Chips, Tortilla	1.8 oz	40.5
Soup, chicken Tortilla	Serving (1 Cup)	51.25
Chili Cheese Bowl	1/2 cup	22.43
Weighted Daily Average		9.80
% of Calories		44.3%
Nutrient Guideline		

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ESUHSD

Jan 8, 2018 thru Jan 31, 2018

Base Menu Spreadsheet

Nutrient Info-Lunch

Portion Values - Detailed

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	Portion Size	Carb (g)
Wed - 01/31/2018		
Nutrient Info-Lunch	Total	
Penne Pasta w/Zesty Meatballs	servings	37.29
.	.	0.0
Pork,HoneyBBQw/fries	1 each	68.28
Pork,HoneyBBQ-only	1 each	41.6
Potatoes,French Fries- only	1/2 cup	26.68
.	.	0.0
Chicken Teriyaki, Grilled sand	1 each	35.0
.	.	0.0
Wrap,Spicy Chicken	1 each	41.79
.	.	0.0
Pizza, 10-Cut Cheese	1 each	34.0
.	.	0.0
PB&Grape Jelly on Wheat Bread	Serving(s)	52.0
.	.	0.0
Apple, fresh, wh, 163 ct	1/2 cup	13.98
Juice,Fruit Punch,4oz-FIX	1 each	15.56
Carrots, Coins	1/2 cup	3.65
Beans,Green, canned	1/2 cup	4.0
.	.	0.0
Milk, White, Foster Farms	8 oz	16.0
Milk,Strawberry,Foster Farms	8 oz	22.0
Milk,Chocolate, Foster Farms	8 oz	22.0
.	.	0.0
Mayo, packet, 9g	1 each	0.23
Ketchup, packet, 9 gram	1 each	3.0
Mustard, packet, 1/5 oz	1 each	0.0
.	.	0.0
Salad Bar	servings	112.31
Salad mix, kitchen cut	1 cup	1.92
Cucumber, w/ peal	.8 oz	0.82
Carrots, baby	.8 oz	1.88
Peaches, sliced	1/4 cup	7.26
Cheese, Cottage, 2%	1/4 cup	2.07
Beans, Garbanzo	1/4 cup	7.0
Bean, Kidney, red	1/4 cup	7.0
Cheese, Cheddar, Yellow, Shred	1 oz	1.01
Broccoli, raw	.8 oz	1.51
Tomato, red ripe	1.2 oz	1.32
Roll, Whole Grain(1.5 oz.)	1 Each	33.6
Dressing, Ranch, 12 gm	1 ea	0.64
Dressing, Italian, 12 gm	1 ea	1.22
Jalapeno, sliced	.4 oz	0.38
Turkey Taco Filling	3.4 oz	4.19
Chips, Tortilla	1.8 oz	40.5
Soup, chicken Tortilla	Serving (1 Cup)	51.25
Chili Cheese Bowl	1/2 cup	22.43
Weighted Daily Average		7.35
% of Calories		42.0%
Nutrient Guideline		

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	Portion Size	Carb (g)
Weighted Average		9.13 43.9%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	9.13	43.90%						

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