

Sodexo K-12 Nutrition Program

Apr 10, 2017 thru Apr 28, 2017

Base Menu Spreadsheet

Combined: 6-12 BREAKFAST/9-12 Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Fiber (g)	Sugars (g)	Carb (g)
Mon - 04/10/2017					
6-12 BREAKFAST	Total				
BREAKFAST WRAP CH & EGG USDA	1 EACH	180	2.00	0	14.0
MUFFIN BLUEBERRY LOAF WG USDA	1 EACH	211	3.00	17	34.0
BAGEL & CREAM CHEESE	bagel+crm chez	240	3.00	*N/A*	40.0
CEREAL COLD CHEERIOS FRUITY	1 bowl	123	2.06	*N/A*	26.75
CEREAL COLD CIN TOAST CRCH 1OZ	1 EACH	110	2.00	8	22.0
CEREAL COLD FRST MIN WHEAT 1OZ	1 OZ	101	3.04	6	24.3
JUICE APPLE 100% SUNCUP CARTON	1 EACH	60	0.00	*N/A*	14.0
JUICE ORANGE 100%	1 EACH	60	0.00	12	14.0
ORANGE WHOLE:138ct	1 EACH	63	3.20	*N/A*	15.66
APPLE 125-138 CT	EACH	130	5.00	*N/A*	34.0
PINEAPPLE TIDBITS CND	1 CUP	135	1.93	29	30.86
MILK WHITE 1% DARIGOLD	HALF PINT	110	0.00	12	13.0
MILK WHITE FF DARIGOLD	HALF PINT	90	0.00	12	13.0
MILK CHOCOLATE FF DARIGOLD	HALF PINT	130	0.00	22	24.0
9-12 Lunch	Total				
BOWL CHICK NUG POTATO USDA-NEW	SERVING	373	3.59	3	43.04
ROLL DINNER 2 ea 1G ROLL FRANZ	2 EACH	140	4.00	4	26.0
PIZZA SCR CHK GAR RANCH 16"HS	SLICE	404	3.62	4	35.96
PIZZA SCR CHEESE 16" HS	SLICE	343	3.85	4	37.25
PIZZA SCR PEPPERONI 16" HS	SLICE	375	3.85	4	37.37
SAND COLD DELI BAR--7.5 OZ BRE	1 EACH	314	1.91	*4	28.9
CORN DOG:K12	1 corn dog	243	5.06	5	30.37
SAND HOT CHICK PATTY SYS	1 sandwich	350	3.00	3	30.0
SAND BURGER CHEESE JTM SEC	1 EACH	331	2.98	5	27.98
POTATO TATER TOTS	1/2 cup	130	2.00	0	16.0
SALAD ENT ASIAN CHICKEN SEC	PORTION	127	3.24	5	15.14
SALAD ENT CHEF SYS SEC	PORTION	206	2.56	3	13.03
SALAD ENT CHICK CAESAR SEC	PORTION	274	1.21	1	10.75
ROLL DINNER 2 ea 1G ROLL FRANZ	EACH	70	2.00	2	13.0
FIESTA BAR	1 each	577	8.07	*3	58.63
BROCCOLI FRESH	1/2 CUP	15	1.14	1	2.92
CARROTS BABY FRESH	1/2 cup	25	2.05	3	5.78
PEAS GREEN FROZEN 1/2 C	1/2 CUP	62	4.40	*N/A*	11.41
BANANAS PETITE:150ct	1 EACH	105	3.07	*N/A*	26.95
APPLE 125-138 CT	EACH	130	5.00	*N/A*	34.0
PEACHES XTRA LT DCD USDA 1/2 C	1/2 CUP	53	1.30	13	13.99
SALAD MIX	1/2 CUP	6	0.49	0	1.04
DRESSING RANCH	1 TBSP	50	0.00	0	1.0
DRESSING ITALIAN	1 TBSP	5	0.00	*N/A*	1.5
LETTUCE SHRED	1/2 CUP	5	0.56	*N/A*	0.83
TOMATO FRESH RAW	1 CUP	38	2.55	6	8.27
PICKLE DILL SLICE	1/4 CUP	5	0.39	0	0.93
MAYONNAISE	1 TBSP	45	0.00	*N/A*	2.0
MUSTARD	1 TBSP	0	0.00	0	0.0
KETCHUP USDA	1 TBSP	20	0.00	4	4.0
MILK CHOCOLATE FF DARIGOLD	HALF PINT	130	0.00	22	24.0
MILK WHITE 1% DARIGOLD	HALF PINT	110	0.00	12	13.0
Weighted Daily Average		642	10.23	*39	105.47
% of Calories				*24.1%	65.7%
Nutrient Guideline		688-462			

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

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Sodexo K-12 Nutrition Program

Apr 10, 2017 thru Apr 28, 2017

Base Menu Spreadsheet

Combined: 6-12 BREAKFAST/9-12 Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Fiber (g)	Sugars (g)	Carb (g)
Tue - 04/11/2017					
6-12 BREAKFAST	Total				
SAND BRKFST E,H,C MUFFIN SYS	1 EACH	284	3.00	*2	27.34
BAGEL & CREAM CHEESE	bagel+crm chez	240	3.00	*N/A*	40.0
MUFFIN BLUEBERRY IW OTIS	1 EACH	220	1.00	*N/A*	32.0
CEREAL COLD CHEERIOS FRUITY	1 bowl	123	2.06	*N/A*	26.75
CEREAL COLD CIN TOAST CRCH 1OZ	1 EACH	110	2.00	8	22.0
CEREAL COLD FRST MIN WHEAT 1OZ	SERVING	101	3.04	6	24.3
BANANAS:150ct	1 EACH	0	0.00	0	0.0
ORANGE WHOLE:138ct	1 EACH	63	3.20	*N/A*	15.66
PEACHES XTRA LT SL USDA 1/2C	1 CUP	106	2.60	25	27.98
JUICE APPLE 100% SUNCUP CARTON	1 EACH	60	0.00	*N/A*	14.0
JUICE ORANGE 100%	1 EACH	60	0.00	12	14.0
MILK WHITE 1% DARIGOLD	HALF PINT	110	0.00	12	13.0
MILK WHITE FF DARIGOLD	HALF PINT	90	0.00	12	13.0
MILK CHOCOLATE FF DARIGOLD	HALF PINT	130	0.00	22	24.0
9-12 Lunch	Total				
CASSEROLE NOODLE TUNA:K12	1 cup	362	5.30	*9	43.86
ROLL DINNER WG 1.75 G RICHS	1 EACH	140	4.75	4	24.0
PIZZA SCR HAWAIIAN 16" HS	SLICE	335	3.97	6	38.86
PIZZA SCR CHEESE 16" HS	SLICE	343	3.85	4	37.25
PIZZA SCR PEPPERONI 16" HS	SLICE	375	3.85	4	37.37
SAND COLD DELI BAR--7.5 OZ BRE	1 EACH	314	1.91	*4	28.9
SAND HOT BBQ BEEF RIBLET:G9-12	1 sandwich	318	5.02	*5	31.05
SAND HOT CHICK PATTY SYS	1 sandwich	350	3.00	3	30.0
SAND BURGER CHEESE JTM SEC	1 EACH	331	2.98	5	27.98
POTATO FRENCH FRIES	1/2 cup	80	1.00	0	13.97
SALAD ENT ASIAN CHICKEN SEC	PORTION	127	3.24	5	15.14
SALAD ENT CHEF SYS SEC	PORTION	206	2.56	3	13.03
SALAD ENT CHICK CAESAR SEC	PORTION	274	1.21	1	10.75
ROLL DINNER 2 ea 1G ROLL FRANZ	EACH	70	2.00	2	13.0
FIESTA BAR	1 each	577	8.07	*3	58.63
TAQUITO CHICKEN SHREDD HS	1 EACH	327	3.36	*2	31.78
RICE SPANISH W/ BLACK BEAN	.5 CUP	95	2.44	*0	19.33
BROCCOLI FRESH	1/2 CUP	15	1.14	1	2.92
CARROTS BABY FRESH	1/2 cup	25	2.05	3	5.78
BEANS VEGETARIAN LO NA 1/2 C	1/2 CUP	119	5.20	10	26.85
CUCUMBERS 1/2 C	1/2 cup	9	0.30	1	2.16
APPLE WHOLE:163ct	EACH	57	2.65	*N/A*	15.27
APPLESAUCE CND UNSWT USDA	1/2 CUP	53	1.03	11	14.46
ORANGE WHOLE:138ct	1 EACH	63	3.20	*N/A*	15.66
SALAD MIX	1/2 CUP	6	0.49	0	1.04
POTATO BAKER FRESH:baked	1 small potato	157	4.08	*0	26.71

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Base Menu Spreadsheet

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Portion Values - Detailed

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	Portion Size	Cals (kcal)	Fiber (g)	Sugars (g)	Carb (g)
CHILI RAINBOW, WA/MT 8oz	8 OZ	363	14.10	*1	44.56
CHEESE SHRED CHEDDAR	2 TBSP	55	0.00	0	0.0
SALSA CANNED USDA	2 TBSP	7	0.00	0	1.48
SOUR CREAM	1 TBSP	30	0.00	1	0.5
ROLL DINNER WG 1.75 G RICHES	1 EACH	140	4.75	4	24.0
DRESSING RANCH	1 TBSP	50	0.00	0	1.0
DRESSING ITALIAN	1 TBSP	5	0.00	*N/A*	1.5
LETTUCE SHRED	1/2 CUP	5	0.56	*N/A*	0.83
TOMATO FRESH RAW	1 CUP	38	2.55	6	8.27
PICKLE DILL SLICE	1/4 CUP	5	0.39	0	0.93
MAYONNAISE	1 TBSP	45	0.00	*N/A*	2.0
MUSTARD	1 TBSP	0	0.00	0	0.0
KETCHUP USDA	1 TBSP	20	0.00	4	4.0
MILK CHOCOLATE FF DARIGOLD	HALF PINT	130	0.00	22	24.0
MILK WHITE 1% DARIGOLD	HALF PINT	110	0.00	12	13.0
Weighted Daily Average		623	12.91	*48	107.44
% of Calories				*30.5%	69.0%
Nutrient Guideline		688-462			

Wed - 04/12/2017					
6-12 BREAKFAST	Total				
YOGURT VANILLA	1/2 CUP	100	*N/A*	*N/A*	16.98
STRAWBERRIES	1/2 cup	24	1.52	4	5.84
Fresh Blueberries	1/4 cup	18	1.00	*N/A*	4.25
PEACHES DICED CND	1/2 CUP	50	0.00	10	11.99
PANCAKE ON A STICK: TRK SSG WG	1 EACH	170	3.00	6	18.0
BAGEL & CREAM CHEESE	bagel+crm chez	240	3.00	*N/A*	40.0
CEREAL COLD FRST MIN WHEAT 1OZ	1 OZ	101	3.04	6	24.3
CEREAL COLD CHEERIOS	1 bowl	101	3.04	*N/A*	20.25
CEREAL COLD CIN TOAST CRCH 1OZ	1 OZ	110	2.00	8	22.0
ORANGE WHOLE:138ct	1 EACH	63	3.20	*N/A*	15.66
APPLE 125-138 CT	EACH	130	5.00	*N/A*	34.0
FRUIT MIX XTRA LT USDA 1 C	1 CUP	120	0.00	26	34.0
MILK WHITE 1% DARIGOLD	HALF PINT	110	0.00	12	13.0
MILK WHITE FF DARIGOLD	HALF PINT	90	0.00	12	13.0
MILK CHOCOLATE FF DARIGOLD	HALF PINT	130	0.00	22	24.0

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Portion Values - Detailed

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	Portion Size	Cals (kcal)	Fiber (g)	Sugars (g)	Carb (g)
9-12 Lunch	Total				
CHICKEN SWEET & SOUR LING'S	SERVING	140	0.00	*N/A*	18.0
PASTA SPAGHETTI 1%:oven	1 cup	201	3.90	1	38.11
VEGGIE BLEND AROMATIC MIX	1/2 CUP	49	1.32	1	10.93
PIZZA SCR BBQ CHICK 16" HS	SLICE	315	3.69	*6	38.05
PIZZA SCR CHEESE 16" HS	SLICE	343	3.85	4	37.25
PIZZA SCR PEPPERONI 16" HS	SLICE	375	3.85	4	37.37
SAND COLD DELI BAR--7.5 OZ BRE	1 EACH	314	1.91	*4	28.9
SAND BURGER WESTERN SYS SEC	1 EACH	438	3.01	*8	42.66
SAND HOT CHICK PATTY SYS	1 sandwich	350	3.00	3	30.0
SAND BURGER CHEESE JTM SEC	1 EACH	331	2.98	5	27.98
POTATO FRENCH FRIES	1/2 cup	80	1.00	0	13.97
SALAD ENT ASIAN CHICKEN SEC	PORTION	133	3.24	5	15.14
SALAD ENT CHEF SYS SEC	PORTION	206	2.56	3	13.03
SALAD ENT CHICK CAESAR SEC	PORTION	274	1.21	1	10.75
ROLL DINNER 2 ea 1G ROLL FRANZ	EACH	70	2.00	2	13.0
FIESTA BAR	1 each	577	8.07	*3	58.63
BROCCOLI FRESH	1/2 CUP	15	1.14	1	2.92
SPINACH LEAVES FRESH 1/2 CUP	1/2 CUP	3	0.33	0	0.54
CARROTS BABY FRESH	1/2 cup	25	2.05	3	5.78
CORN WHOLE KERNEL CND 1/2 C	1/2 CUP	78	2.20	3	18.0
BEANS GREEN CND USDA 1/2 C	1/2 cup	14	1.70	1	2.89
APPLE 125-138 CT	EACH	130	5.00	*N/A*	34.0
PEARS XTRA LT DCD USDA 1/2 C	1/2 cup	60	2.00	12	16.0
SALAD MIX	1/2 CUP	6	0.49	0	1.04
DRESSING RANCH	1 TBSP	50	0.00	0	1.0
DRESSING ITALIAN	1 TBSP	5	0.00	*N/A*	1.5
LETTUCE SHRED	1/2 CUP	5	0.56	*N/A*	0.83
TOMATO FRESH RAW	1 CUP	38	2.55	6	8.27
PICKLE DILL SLICE	1/4 CUP	5	0.39	0	0.93
x14-SALSA PINEAPPLE	2 CUP	277	5.28	*57	64.8
MAYONNAISE	1 TBSP	45	0.00	*N/A*	2.0
MUSTARD	1 TBSP	0	0.00	0	0.0
KETCHUP USDA	1 TBSP	20	0.00	4	4.0
MILK CHOCOLATE FF DARIGOLD	HALF PINT	130	0.00	22	24.0
MILK WHITE 1% DARIGOLD	HALF PINT	110	0.00	12	13.0
Weighted Daily Average		546	*8.65	*35	94.29
% of Calories				*25.8%	69.0%
Nutrient Guideline		688-462			

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Portion Values - Detailed

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	Portion Size	Cals (kcal)	Fiber (g)	Sugars (g)	Carb (g)
Thu - 04/13/2017					
6-12 BREAKFAST	Total				
BISCUIT & COUNTRY GRAVY	biscuit + gravy	379	1.99	*0	43.87
EGG SCRAMBLED	2 OZ	843	0.00	*N/A*	0.0
TOAST BUTTERY	1 toast	89	2.00	*N/A*	14.0
HASHBROWN STICKS USDA	1/2 CUP	190	2.00	0	22.0
BAGEL & CREAM CHEESE	bagel+crm chez	240	3.00	*N/A*	40.0
CEREAL COLD CIN TOAST CRCH 1OZ	1 EACH	110	2.00	8	22.0
CEREAL COLD FRST MIN WHEAT 1OZ	1 OZ	101	3.04	6	24.3
CEREAL COLD CHEERIOS	1 bowl	101	3.04	*N/A*	20.25
APPLE 125-138 CT	EACH	130	5.00	*N/A*	34.0
ORANGE WHOLE:138ct	1 EACH	63	3.20	*N/A*	15.66
PEARS XTRA LT SL USDA 1 C	1 CUP	120	4.00	24	30.0
JUICE APPLE 100% SUNCUP CARTON	1 EACH	60	0.00	*N/A*	14.0
JUICE ORANGE 100%	1 EACH	60	0.00	12	14.0
MILK WHITE 1% DARIGOLD	HALF PINT	110	0.00	12	13.0
MILK WHITE FF DARIGOLD	HALF PINT	90	0.00	12	13.0
MILK CHOCOLATE FF DARIGOLD	HALF PINT	130	0.00	22	24.0
9-12 Lunch	Total				
WRAP CHICKEN CAESAR 10" USDA	WRAP	309	3.61	2	31.84
MELON WATERMELON CUBES	1/2 cup	45	0.60	*N/A*	11.42
PIZZA SCR TACO 16" HS	SLICE	334	3.85	*4	37.55
PIZZA SCR CHEESE 16" HS	SLICE	343	3.85	4	37.25
PIZZA SCR PEPPERONI 16" HS	SLICE	375	3.85	4	37.37
SAND COLD DELI BAR--7.5 OZ BRE	1 EACH	314	1.91	*4	28.9
SAND HOT FISH USDA SEC	SANDWICH	354	3.20	3	42.8
SAND HOT CHICK PATTY SYS	1 sandwich	350	3.00	3	30.0
SAND BURGER CHEESE JTM SEC	1 EACH	331	2.98	5	27.98
POTATO FRENCH FRIES	1/2 cup	80	1.00	0	13.97
SALAD ENT ASIAN CHICKEN SEC	PORTION	133	3.24	5	15.14
SALAD ENT CHEF SYS SEC	PORTION	206	2.56	3	13.03
SALAD ENT CHICK CAESAR SEC	PORTION	274	1.21	1	10.75
ROLL DINNER 2 ea 1G ROLL FRANZ	EACH	70	2.00	2	13.0
FIESTA BAR	1 each	577	8.07	*3	58.63
CARROTS BABY FRESH	1/2 cup	25	2.05	3	5.78
BEANS BLACK CANNED 1/2 CUP	1/2 CUP	120	7.60	0	22.52
ZUCCHINI FRESH 1/2 C	1/2 CUP	11	0.64	0	1.93
ORANGE WHOLE:138ct	1 EACH	63	3.20	*N/A*	15.66
PINEAPPLE TIDBITS CND	1/2 CUP	68	0.96	14	15.43
APPLE 125-138 CT	EACH	130	5.00	*N/A*	34.0
SALAD MIX	1/2 CUP	6	0.49	0	1.04
HUMMUS VEGGIE PLATE	1 EACH	367	7.49	*4	46.94
x15-WRAP FT ASIAN:G6-12	1 wrap	331	4.80	*4	42.39
DRESSING RANCH	1 TBSP	50	0.00	0	1.0
DRESSING ITALIAN	1 TBSP	5	0.00	*N/A*	1.5
LETTUCE SHRED	1/2 CUP	5	0.56	*N/A*	0.83
TOMATO FRESH RAW	1 CUP	38	2.55	6	8.27
PICKLE DILL SLICE	1/4 CUP	5	0.39	0	0.93
MAYONNAISE	1 TBSP	45	0.00	*N/A*	2.0
MUSTARD	1 TBSP	0	0.00	0	0.0
KETCHUP USDA	1 TBSP	20	0.00	4	4.0
MILK CHOCOLATE FF DARIGOLD	HALF PINT	130	0.00	22	24.0
MILK WHITE 1% DARIGOLD	HALF PINT	110	0.00	12	13.0
Weighted Daily Average		805	11.27	*38	99.98
% of Calories				*18.7%	49.7%
Nutrient Guideline		688-462			

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	Portion Size	Cals (kcal)	Fiber (g)	Sugars (g)	Carb (g)
Fri - 04/14/2017					
6-12 BREAKFAST	Total				
PIZZA BRKFST SAUSAGE USDA	1 EACH	190	3.00	2	22.0
BAGEL & CREAM CHEESE	bagel+crm chez	240	3.00	*N/A*	40.0
MUFFIN BLUEBERRY IW OTIS	1 EACH	220	1.00	*N/A*	32.0
CEREAL COLD CIN TOAST CRCH 1OZ	1 EACH	110	2.00	8	22.0
CEREAL COLD FRST MIN WHEAT 1OZ	1 OZ	101	3.04	6	24.3
CEREAL COLD CHEERIOS 1 OZ	SERVING	101	3.04	*N/A*	20.25
PEARS XTRA LT DCD USDA 1/2 C	1/2 cup	60	2.00	12	16.0
APPLE 125-138 CT	EACH	130	5.00	*N/A*	34.0
ORANGE WHOLE:138ct	1 EACH	63	3.20	*N/A*	15.66
MILK WHITE 1% DARIGOLD	HALF PINT	110	0.00	12	13.0
MILK WHITE FF DARIGOLD	HALF PINT	90	0.00	12	13.0
MILK CHOCOLATE FF DARIGOLD	HALF PINT	130	0.00	22	24.0
9-12 Lunch	Total				
MAC & CHEESE:JTM SEC	1 CUP	484	4.06	4	56.94
CHICKEN NUGGETS:K12	5 nuggets	250	2.00	0	17.96
PIZZA SCR SUPREME 16" HS	SLICE	384	4.51	*5	39.86
PIZZA SCR CHEESE 16" HS	SLICE	343	3.85	4	37.25
PIZZA SCR PEPPERONI 16" HS	SLICE	375	3.85	4	37.37
SAND COLD DELI BAR--7.5 OZ BRE	1 EACH	314	1.91	*4	28.9
SAND HOT CHICK CORBLEU USD-OLD	1 EACH	378	3.00	4	36.45
SAND HOT CHICK PATTY SYS	1 sandwich	350	3.00	3	30.0
SAND BURGER CHEESE JTM SEC	1 EACH	331	2.98	5	27.98
POTATO TATER TOTS USDA	1/2 cup	143	1.19	0	16.67
SALAD ENT ASIAN CHICKEN SEC	PORTION	133	3.24	5	15.14
SALAD ENT CHEF SYS SEC	PORTION	206	2.56	3	13.03
SALAD ENT CHICK CAESAR SEC	PORTION	274	1.21	1	10.75
ROLL DINNER 2 ea 1G ROLL FRANZ	EACH	70	2.00	2	13.0
FIESTA BAR	1 each	577	8.07	*3	58.63
BROCCOLI FRESH	1/2 CUP	15	1.14	1	2.92
CARROTS BABY FRESH	1/2 cup	25	2.05	3	5.78
CORN WHOLE KERNEL CND 1/2 C	1/2 CUP	78	2.20	3	18.0
BEANS GREEN CND USDA 1/2 C	1/2 cup	14	1.70	1	2.89
APPLE 125-138 CT	EACH	130	5.00	*N/A*	34.0
FRUIT MIX XTRA LT USDA 1/2 C	1/2 CUP	60	0.00	13	17.0
SALAD MIX	1/2 CUP	6	0.49	0	1.04
DRESSING RANCH	1 TBSP	50	0.00	0	1.0
DRESSING ITALIAN	1 TBSP	5	0.00	*N/A*	1.5
LETTUCE SHRED	1/2 CUP	5	0.56	*N/A*	0.83
TOMATO FRESH RAW	1 CUP	38	2.55	6	8.27
PICKLE DILL SLICE	1/4 CUP	5	0.39	0	0.93
MAYONNAISE	1 TBSP	45	0.00	*N/A*	2.0
MUSTARD	1 TBSP	0	0.00	0	0.0
KETCHUP USDA	1 TBSP	20	0.00	4	4.0
MILK CHOCOLATE FF DARIGOLD	HALF PINT	130	0.00	22	24.0
MILK WHITE 1% DARIGOLD	HALF PINT	110	0.00	12	13.0
Weighted Daily Average		545	9.19	*31	89.04
% of Calories				*22.5%	65.4%
Nutrient Guideline		688-462			

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Sodexo K-12 Nutrition Program

Apr 10, 2017 thru Apr 28, 2017

Base Menu Spreadsheet

Combined: 6-12 BREAKFAST/9-12 Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Fiber (g)	Sugars (g)	Carb (g)
Mon - 04/17/2017					
6-12 BREAKFAST	Total				
WAFFLE DUTCH	1 WAFFLE	300	3.00	12	43.0
EGG SCRAMBLED USDA	1/4 CUP	98	0.00	*0	0.0
MUFFIN BLUEBERRY LOAF WG USDA	1 EACH	211	3.00	17	34.0
x14-SYRUP PANCAKE	1 FL OZ	105	0.00	*N/A*	26.0
BAGEL & CREAM CHEESE	bagel+crm chez	240	3.00	*N/A*	40.0
CEREAL COLD CHEERIOS FRUITY	1 bowl	123	2.06	*N/A*	26.75
CEREAL COLD CIN TOAST CRCH 1OZ	1 EACH	110	2.00	8	22.0
CEREAL COLD FRST MIN WHEAT 1OZ	1 OZ	101	3.04	6	24.3
JUICE APPLE 100% SUNCUP CARTON	1 EACH	60	0.00	*N/A*	14.0
JUICE ORANGE 100%	1 EACH	60	0.00	12	14.0
ORANGE WHOLE:138ct	1 EACH	63	3.20	*N/A*	15.66
APPLE 125-138 CT	EACH	130	5.00	*N/A*	34.0
STRAWBERRIES	1/2 cup	24	1.52	4	5.84
MILK WHITE 1% DARIGOLD	HALF PINT	110	0.00	12	13.0
MILK WHITE FF DARIGOLD	HALF PINT	90	0.00	12	13.0
MILK CHOCOLATE FF DARIGOLD	HALF PINT	130	0.00	22	24.0
9-12 Lunch	Total				
SPAGHETTI & MEATBALLS SYS SEC	pasta+meatballs	431	6.59	*9	49.21
BREADSTICK WG RICH'S 1 OZ	1 EACH	70	1.50	1	13.0
PIZZA SCR CHK GAR RANCH 16"HS	SLICE	404	3.62	4	35.96
PIZZA SCR CHEESE 16" HS	SLICE	343	3.85	4	37.25
PIZZA SCR PEPPERONI 16" HS	SLICE	375	3.85	4	37.37
SAND COLD DELI BAR--7.5 OZ BRE	1 EACH	314	1.91	*4	28.9
CORN DOG:K12	1 corn dog	243	5.06	5	30.37
SAND HOT CHICK PATTY SYS	1 sandwich	350	3.00	3	30.0
SAND BURGER CHEESE JTM SEC	1 EACH	331	2.98	5	27.98
POTATO TATER TOTS	1/2 cup	130	2.00	0	16.0
SALAD ENT ASIAN CHICKEN SEC	PORTION	133	3.24	5	15.14
SALAD ENT CHEF SYS SEC	PORTION	206	2.56	3	13.03
SALAD ENT CHICK CAESAR SEC	PORTION	274	1.21	1	10.75
ROLL DINNER 2 ea 1G ROLL FRANZ	EACH	70	2.00	2	13.0
FIESTA BAR	1 each	577	8.07	*3	58.63
BROCCOLI FRESH	1/2 CUP	15	1.14	1	2.92
CARROTS BABY FRESH	1/2 cup	25	2.05	3	5.78
PEAS GREEN FROZEN 1/2 C	1/2 CUP	62	4.40	*N/A*	11.41
BANANAS PETITE:150ct	1 EACH	105	3.07	*N/A*	26.95
APPLE 125-138 CT	EACH	130	5.00	*N/A*	34.0
PEACHES XTRA LT DCD USDA 1/2 C	1/2 CUP	53	1.30	13	13.99
SALAD MIX	1/2 CUP	6	0.49	0	1.04
HUMMUS VEGGIE PLATE	1 EACH	367	7.49	*4	46.94
PARFAIT DOUBLE BERRY:G912	1 parfait	435	5.00	*N/A*	85.05
DRESSING RANCH	1 TBSP	50	0.00	0	1.0
DRESSING ITALIAN	1 TBSP	5	0.00	*N/A*	1.5
LETTUCE SHRED	1/2 CUP	5	0.56	*N/A*	0.83
TOMATO FRESH RAW	1 CUP	38	2.55	6	8.27
PICKLE DILL SLICE	1/4 CUP	5	0.39	0	0.93
MAYONNAISE	1 TBSP	45	0.00	*N/A*	2.0
MUSTARD	1 TBSP	0	0.00	0	0.0
KETCHUP USDA	1 TBSP	20	0.00	4	4.0
MILK CHOCOLATE FF DARIGOLD	HALF PINT	130	0.00	22	24.0
MILK WHITE 1% DARIGOLD	HALF PINT	110	0.00	12	13.0

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Sodexo K-12 Nutrition Program

Apr 10, 2017 thru Apr 28, 2017

Base Menu Spreadsheet

Combined: 6-12 BREAKFAST/9-12 Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Fiber (g)	Sugars (g)	Carb (g)
Weighted Daily Average % of Calories		697	10.92	*38 *21.6%	118.63 68.1%
Nutrient Guideline		688-462			

Tue - 04/18/2017					
6-12 BREAKFAST	Total				
SAND BRKFST BISCUIT SAUSAG:K12	1 sandwich	269	1.99	*N/A*	26.86
MUFFIN BLUEBERRY MINI WG USDA	1 EACH	118	2.00	28	20.0
BAGEL & CREAM CHEESE	bagel+crm chez	240	3.00	*N/A*	40.0
CEREAL COLD CHEERIOS FRUITY	1 bowl	123	2.06	*N/A*	26.75
CEREAL COLD CIN TOAST CRCH 1OZ	1 EACH	110	2.00	8	22.0
CEREAL COLD FRST MIN WHEAT 1OZ	SERVING	101	3.04	6	24.3
BANANAS:150ct	1 EACH	0	0.00	0	0.0
ORANGE WHOLE:138ct	1 EACH	63	3.20	*N/A*	15.66
PEACHES XTRA LT SL USDA 1/2C	1 CUP	106	2.60	25	27.98
JUICE APPLE 100% SUNCUP CARTON	1 EACH	60	0.00	*N/A*	14.0
JUICE ORANGE 100%	1 EACH	60	0.00	12	14.0
MILK WHITE 1% DARIGOLD	HALF PINT	110	0.00	12	13.0
MILK WHITE FF DARIGOLD	HALF PINT	90	0.00	12	13.0
MILK CHOCOLATE FF DARIGOLD	HALF PINT	130	0.00	22	24.0
9-12 Lunch	Total				
FAJITA CHICKEN W/ RICE HS	1 EACH	308	3.74	*4	41.38
PIZZA SCR HAWAIIAN 16" HS	SLICE	335	3.97	6	38.86
PIZZA SCR CHEESE 16" HS	SLICE	343	3.85	4	37.25
PIZZA SCR PEPPERONI 16" HS	SLICE	375	3.85	4	37.37
SAND COLD DELI BAR--7.5 OZ BRE	1 EACH	314	1.91	*4	28.9
SAND HOT BBQ BEEF RIBLET:G9-12	1 sandwich	318	5.02	*5	31.05
SAND HOT CHICK PATTY SYS	1 sandwich	350	3.00	3	30.0
SAND BURGER CHEESE JTM SEC	1 EACH	331	2.98	5	27.98
POTATO FRENCH FRIES	1/2 cup	80	1.00	0	13.97
SALAD ENT TACO BEEF SYS SEC	1 SALAD	482	4.34	*2	42.35
SALAD ENT CHEF SYS SEC	PORTION	206	2.56	3	13.03
SALAD ENT CHICK CAESAR SEC	PORTION	274	1.21	1	10.75
ROLL DINNER 2 ea 1G ROLL FRANZ	EACH	70	2.00	2	13.0
FIESTA BAR	1 each	577	8.07	*3	58.63
TAQUITO CHICKEN SHREDD HS	1 EACH	327	3.36	*2	31.78
RICE SPANISH W/ BLACK BEAN	.5 CUP	95	2.44	*0	19.33
BROCCOLI FRESH	1/2 CUP	15	1.14	1	2.92
CARROTS BABY FRESH	1/2 cup	25	2.05	3	5.78
BEANS VEGETARIAN LO NA 1/2 C	1/2 CUP	119	5.20	10	26.85
CUCUMBERS 1/2 C	1/2 cup	9	0.30	1	2.16
APPLE WHOLE:163ct	EACH	57	2.65	*N/A*	15.27
APPLESAUCE CND UNSWT USDA	1/2 CUP	53	1.03	11	14.46
ORANGE WHOLE:138ct	1 EACH	63	3.20	*N/A*	15.66
SALAD MIX	1/2 CUP	6	0.49	0	1.04
DRESSING RANCH	1 TBSP	50	0.00	0	1.0
DRESSING ITALIAN	1 TBSP	5	0.00	*N/A*	1.5

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Sodexo K-12 Nutrition Program

Apr 10, 2017 thru Apr 28, 2017

Base Menu Spreadsheet

Combined: 6-12 BREAKFAST/9-12 Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Fiber (g)	Sugars (g)	Carb (g)
LETTUCE SHRED	1/2 CUP	5	0.56	*N/A*	0.83
TOMATO FRESH RAW	1 CUP	38	2.55	6	8.27
PICKLE DILL SLICE	1/4 CUP	5	0.39	0	0.93
MAYONNAISE	1 TBSP	45	0.00	*N/A*	2.0
MUSTARD	1 TBSP	0	0.00	0	0.0
KETCHUP USDA	1 TBSP	20	0.00	4	4.0
MILK CHOCOLATE FF DARIGOLD	HALF PINT	130	0.00	22	24.0
MILK WHITE 1% DARIGOLD	HALF PINT	110	0.00	12	13.0
Weighted Daily Average		688	13.39	*51	115.91
% of Calories				*29.5%	67.4%
Nutrient Guideline		688-462			

Wed - 04/19/2017					
6-12 BREAKFAST	Total				
YOGURT VANILLA	1/2 CUP	100	*N/A*	*N/A*	16.98
STRAWBERRIES	1/2 cup	24	1.52	4	5.84
Fresh Blueberries	1/4 cup	18	1.00	*N/A*	4.25
PEACHES DICED CND	1/2 CUP	50	0.00	10	11.99
CEREAL COLD GRANOLA	1/4 cup	80	1.00	*N/A*	12.67
PANCAKE ON A STICK: TRK SSG WG	1 EACH	170	3.00	6	18.0
BAGEL & CREAM CHEESE	bagel+crm chez	240	3.00	*N/A*	40.0
CEREAL COLD FRST MIN WHEAT 1OZ	1 OZ	101	3.04	6	24.3
CEREAL COLD CHEERIOS	1 bowl	101	3.04	*N/A*	20.25
CEREAL COLD CIN TOAST CRCH 1OZ	1 OZ	110	2.00	8	22.0
ORANGE WHOLE:138ct	1 EACH	63	3.20	*N/A*	15.66
APPLE 125-138 CT	EACH	130	5.00	*N/A*	34.0
FRUIT MIX XTRA LT USDA 1 C	1 CUP	120	0.00	26	34.0
MILK WHITE 1% DARIGOLD	HALF PINT	110	0.00	12	13.0
MILK WHITE FF DARIGOLD	HALF PINT	90	0.00	12	13.0
MILK CHOCOLATE FF DARIGOLD	HALF PINT	130	0.00	22	24.0
9-12 Lunch	Total				
CHICKEN MANDARIN ORANGE CONV	SERVING	150	0.00	*N/A*	19.0
PASTA SPAGHETTI 1%:boil	1/2 cup	100	1.95	0	19.06
VEGGIE BLEND AROMATIC MIX	1/2 CUP	49	1.32	1	10.93
PIZZA SCR BBQ CHICK 16" HS	SLICE	315	3.69	*6	38.05
PIZZA SCR CHEESE 16" HS	SLICE	343	3.85	4	37.25
PIZZA SCR PEPPERONI 16" HS	SLICE	375	3.85	4	37.37
SAND COLD DELI BAR--7.5 OZ BRE	1 EACH	314	1.91	*4	28.9
SAND BURGER WESTERN SYS SEC	1 EACH	438	3.01	*8	42.66
SAND HOT CHICK PATTY SYS	1 sandwich	350	3.00	3	30.0
SAND BURGER CHEESE JTM SEC	1 EACH	331	2.98	5	27.98
POTATO FRENCH FRIES	1/2 cup	80	1.00	0	13.97
SALAD ENT ASIAN CHICKEN SEC	PORTION	133	3.24	5	15.14
SALAD ENT CHEF SYS SEC	PORTION	206	2.56	3	13.03
SALAD ENT CHICK CAESAR SEC	PORTION	274	1.21	1	10.75
ROLL DINNER 2 ea 1G ROLL FRANZ	1 EACH	70	2.00	2	13.0
FIESTA BAR	1 each	577	8.07	*3	58.63
SPINACH LEAVES FRESH 1/2 CUP	1/2 CUP	3	0.33	0	0.54
CARROTS BABY FRESH	1/2 cup	25	2.05	3	5.78
CORN WHOLE KERNEL CND 1/2 C	1/2 CUP	78	2.20	3	18.0
BEANS GREEN CND USDA 1/2 C	1/2 cup	14	1.70	1	2.89
APPLE 125-138 CT	EACH	130	5.00	*N/A*	34.0
PEARS XTRA LT DCD USDA 1/2 C	1/2 cup	60	2.00	12	16.0
SALAD MIX	1/2 CUP	6	0.49	0	1.04
DRESSING RANCH	1 TBSP	50	0.00	0	1.0

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Sodexo K-12 Nutrition Program

Apr 10, 2017 thru Apr 28, 2017

Base Menu Spreadsheet

Combined: 6-12 BREAKFAST/9-12 Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Fiber (g)	Sugars (g)	Carb (g)
DRESSING ITALIAN	1 TBSP	5	0.00	*N/A*	1.5
LETTUCE SHRED	1/2 CUP	5	0.56	*N/A*	0.83
TOMATO FRESH RAW	1 CUP	38	2.55	6	8.27
PICKLE DILL SLICE	1/4 CUP	5	0.39	0	0.93
x14-SALSA PINEAPPLE	2 CUP	277	5.28	*57	64.8
MAYONNAISE	1 TBSP	45	0.00	*N/A*	2.0
MUSTARD	1 TBSP	0	0.00	0	0.0
KETCHUP USDA	1 TBSP	20	0.00	4	4.0
MILK CHOCOLATE FF DARIGOLD	HALF PINT	130	0.00	22	24.0
MILK WHITE 1% DARIGOLD	HALF PINT	110	0.00	12	13.0
Weighted Daily Average % of Calories		554	*8.56	*35 *25.4%	95.05 68.7%
Nutrient Guideline		688-462			

Thu - 04/20/2017					
6-12 BREAKFAST	Total				
BISCUIT & COUNTRY GRAVY	biscuit + gravy	379	1.99	*0	43.87
EGG SCRAMBLED	2 OZ	843	0.00	*N/A*	0.0
TOAST BUTTERY	1 toast	89	2.00	*N/A*	14.0
HASHBROWN STICKS USDA	1/2 CUP	190	2.00	0	22.0
BAGEL & CREAM CHEESE	bagel+crm chez	240	3.00	*N/A*	40.0
CEREAL COLD CIN TOAST CRCH 1OZ	1 EACH	110	2.00	8	22.0
CEREAL COLD FRST MIN WHEAT 1OZ	1 OZ	101	3.04	6	24.3
CEREAL COLD CHEERIOS	1 bowl	101	3.04	*N/A*	20.25
APPLE 125-138 CT	EACH	130	5.00	*N/A*	34.0
ORANGE WHOLE:138ct	1 EACH	63	3.20	*N/A*	15.66
PEARS XTRA LT SL USDA 1 C	1 CUP	120	4.00	24	30.0
JUICE APPLE 100% SUNCUP CARTON	1 EACH	60	0.00	*N/A*	14.0
JUICE ORANGE 100%	1 EACH	60	0.00	12	14.0
MILK WHITE 1% DARIGOLD	HALF PINT	110	0.00	12	13.0
MILK WHITE FF DARIGOLD	HALF PINT	90	0.00	12	13.0
MILK CHOCOLATE FF DARIGOLD	HALF PINT	130	0.00	22	24.0

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Sodexo K-12 Nutrition Program

Apr 10, 2017 thru Apr 28, 2017

Base Menu Spreadsheet

Combined: 6-12 BREAKFAST/9-12 Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Fiber (g)	Sugars (g)	Carb (g)
9-12 Lunch	Total				
MEATBALLS SWEDISH WA COMM	1 EACH	229	1.80	*3	10.8
POTATO MASHED:instant	1/2 cup	112	2.03	1	21.36
ROLL DINNER 2 G FRANZ	1 EACH	130	4.00	2	26.0
PIZZA SCR TACO 16" HS	SLICE	334	3.85	*4	37.55
PIZZA SCR CHEESE 16" HS	SLICE	343	3.85	4	37.25
PIZZA SCR PEPPERONI 16" HS	SLICE	375	3.85	4	37.37
SAND COLD DELI BAR--7.5 OZ BRE	1 EACH	314	1.91	*4	28.9
FIESTA BAR	1 each	577	8.07	*3	58.63
SAND HOT FISH USDA SEC	SANDWICH	354	3.20	3	42.8
SAND HOT CHICK PATTY SYS	1 sandwich	350	3.00	3	30.0
SAND BURGER CHEESE JTM SEC	1 EACH	331	2.98	5	27.98
POTATO FRENCH FRIES	1/2 cup	80	1.00	0	13.97
SALAD ENT TACO BEEF SYS SEC	1 SALAD	482	4.34	*2	42.35
SALAD ENT CHEF SYS SEC	PORTION	206	2.56	3	13.03
SALAD ENT CHICK CAESAR SEC	PORTION	274	1.21	1	10.75
ROLL DINNER 2 ea 1G ROLL FRANZ	EACH	70	2.00	2	13.0
CARROTS BABY FRESH	1/2 cup	25	2.05	3	5.78
BEANS BLACK CANNED 1/2 CUP	1/2 CUP	120	7.60	0	22.52
ZUCCHINI FRESH 1/2 C	1/2 CUP	11	0.64	0	1.93
ORANGE WHOLE:138ct	1 EACH	63	3.20	*N/A*	15.66
PINEAPPLE TIDBITS CND	1/2 CUP	68	0.96	14	15.43
APPLE 125-138 CT	EACH	130	5.00	*N/A*	34.0
SALAD MIX	1/2 CUP	6	0.49	0	1.04
DRESSING RANCH	1 TBSP	50	0.00	0	1.0
DRESSING ITALIAN	1 TBSP	5	0.00	*N/A*	1.5
LETTUCE SHRED	1/2 CUP	5	0.56	*N/A*	0.83
TOMATO FRESH RAW	1 CUP	38	2.55	6	8.27
PICKLE DILL SLICE	1/4 CUP	5	0.39	0	0.93
MAYONNAISE	1 TBSP	45	0.00	*N/A*	2.0
MUSTARD	1 TBSP	0	0.00	0	0.0
KETCHUP USDA	1 TBSP	20	0.00	4	4.0
MILK CHOCOLATE FF DARIGOLD	HALF PINT	130	0.00	22	24.0
MILK WHITE 1% DARIGOLD	HALF PINT	110	0.00	12	13.0
Weighted Daily Average		801	11.10	*38	97.88
% of Calories				*18.8%	48.9%
Nutrient Guideline		688-462			

Fri - 04/21/2017					
6-12 BREAKFAST	Total				
WRAP BRKFST SAUSAGE GRAVY	1 wrap	698	7.00	*2	74.76
BAGEL & CREAM CHEESE	bagel+crm chez	240	3.00	*N/A*	40.0
MUFFIN BLUEBERRY IW OTIS	1 EACH	220	1.00	*N/A*	32.0
CEREAL COLD CIN TOAST CRCH 1OZ	1 EACH	110	2.00	8	22.0
CEREAL COLD FRST MIN WHEAT 1OZ	1 OZ	101	3.04	6	24.3
CEREAL COLD CHEERIOS 1 OZ	SERVING	101	3.04	*N/A*	20.25
PEARS XTRA LT DCD USDA 1/2 C	1/2 cup	60	2.00	12	16.0
APPLE 125-138 CT	EACH	130	5.00	*N/A*	34.0
ORANGE WHOLE:138ct	1 EACH	63	3.20	*N/A*	15.66
MILK WHITE 1% DARIGOLD	HALF PINT	110	0.00	12	13.0
MILK WHITE FF DARIGOLD	HALF PINT	90	0.00	12	13.0
MILK CHOCOLATE FF DARIGOLD	HALF PINT	130	0.00	22	24.0

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Sodexo K-12 Nutrition Program

Apr 10, 2017 thru Apr 28, 2017

Base Menu Spreadsheet

Combined: 6-12 BREAKFAST/9-12 Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Fiber (g)	Sugars (g)	Carb (g)
9-12 Lunch	Total				
SAND HOT BBQ PULLED PORK K12	1 EACH	781	2.68	*12	38.35
POTATO OVEN KRINKLE CUT USDA	1/2 CUP	113	1.41	0	19.75
COOKIE SUGAR 1 OZ	1 EACH	100	1.00	8	18.0
PIZZA SCR SUPREME 16" HS	SLICE	384	4.51	*5	39.86
PIZZA SCR CHEESE 16" HS	SLICE	343	3.85	4	37.25
PIZZA SCR PEPPERONI 16" HS	SLICE	375	3.85	4	37.37
SAND COLD DELI BAR--7.5 OZ BRE	1 EACH	314	1.91	*4	28.9
SAND COLD CHICK SALAD SUB SEC	1 EACH	411	3.42	*0	34.15
SAND HOT CHICK CORBLEU USD-OLD	1 EACH	378	3.00	4	36.45
SAND HOT CHICK PATTY SYS	1 sandwich	350	3.00	3	30.0
SAND BURGER CHEESE JTM SEC	1 EACH	331	2.98	5	27.98
POTATO FRENCH FRIES	1/2 cup	80	1.00	0	13.97
SALAD ENT TACO BEEF USDA SEC	1 SALAD	467	5.84	*2	42.31
SALAD ENT CHEF SYS SEC	PORTION	206	2.56	3	13.03
SALAD ENT CHICK CAESAR SEC	PORTION	274	1.21	1	10.75
ROLL DINNER 2 ea 1G ROLL FRANZ	EACH	70	2.00	2	13.0
FIESTA BAR	1 each	577	8.07	*3	58.63
GRAPES WHOLE	1/2 cup	57	0.77	14	14.59
BROCCOLI FRESH	1/2 CUP	15	1.14	1	2.92
CARROTS BABY FRESH	1/2 cup	25	2.05	3	5.78
APPLE 125-138 CT	EACH	130	5.00	*N/A*	34.0
FRUIT MIX XTRA LT USDA 1/2 C	1/2 CUP	60	0.00	13	17.0
SALAD MIX	1/2 CUP	6	0.49	0	1.04
DRESSING RANCH	1 TBSP	50	0.00	0	1.0
DRESSING ITALIAN	1 TBSP	5	0.00	*N/A*	1.5
LETTUCE SHRED	1/2 CUP	5	0.56	*N/A*	0.83
TOMATO FRESH RAW	1 CUP	38	2.55	6	8.27
PICKLE DILL SLICE	1/4 CUP	5	0.39	0	0.93
MAYONNAISE	1 TBSP	45	0.00	*N/A*	2.0
MUSTARD	1 TBSP	0	0.00	0	0.0
KETCHUP USDA	1 TBSP	20	0.00	4	4.0
MILK CHOCOLATE FF DARIGOLD	HALF PINT	130	0.00	22	24.0
MILK WHITE 1% DARIGOLD	HALF PINT	110	0.00	12	13.0
Weighted Daily Average		905	12.83	*47	132.34
% of Calories				*20.6%	58.5%
Nutrient Guideline		688-462			

Mon - 04/24/2017					
6-12 BREAKFAST	Total				
FRENCH TST STICK (4) WA COMM	4 STICKS	293	4.00	11	40.0
MUFFIN BLUEBERRY LOAF WG USDA	1 EACH	211	3.00	17	34.0
SYRUP PANCAKE	1 OZ	105	0.00	14	26.0
BAGEL & CREAM CHEESE	bagel+crm chez	240	3.00	*N/A*	40.0
CEREAL COLD CHEERIOS FRUITY	1 bowl	123	2.06	*N/A*	26.75
CEREAL COLD CIN TOAST CRCH 1OZ	1 EACH	110	2.00	8	22.0
CEREAL COLD FRST MIN WHEAT 1OZ	1 OZ	101	3.04	6	24.3
JUICE APPLE 100% SUNCUP CARTON	1 EACH	60	0.00	*N/A*	14.0
JUICE ORANGE 100%	1 EACH	60	0.00	12	14.0
ORANGE WHOLE:138ct	1 EACH	63	3.20	*N/A*	15.66
APPLE 125-138 CT	EACH	130	5.00	*N/A*	34.0
PINEAPPLE TIDBITS CND	1 CUP	135	1.93	29	30.86
MILK WHITE 1% DARIGOLD	HALF PINT	110	0.00	12	13.0
MILK WHITE FF DARIGOLD	HALF PINT	90	0.00	12	13.0
MILK CHOCOLATE FF DARIGOLD	HALF PINT	130	0.00	22	24.0

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Sodexo K-12 Nutrition Program

Apr 10, 2017 thru Apr 28, 2017

Base Menu Spreadsheet

Combined: 6-12 BREAKFAST/9-12 Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Fiber (g)	Sugars (g)	Carb (g)
9-12 Lunch	Total				
SAND HOT SLOPPY JOE CRUMB SEC	1 EACH	339	3.11	*13	41.18
POTATO OVEN KRINKLE CUT USDA	1/2 CUP	113	1.41	0	19.75
PIZZA SCR CHK GAR RANCH 16"HS	SLICE	404	3.62	4	35.96
PIZZA SCR CHEESE 16" HS	SLICE	343	3.85	4	37.25
PIZZA SCR PEPPERONI 16" HS	SLICE	375	3.85	4	37.37
SAND COLD DELI BAR--7.5 OZ BRE	1 EACH	314	1.91	*4	28.9
CORN DOG:K12	1 corn dog	243	5.06	5	30.37
SAND HOT CHICK PATTY SYS	1 sandwich	350	3.00	3	30.0
SAND BURGER CHEESE JTM SEC	1 EACH	331	2.98	5	27.98
POTATO TATER TOTS	1/2 cup	130	2.00	0	16.0
SALAD ENT COBB SALAD SYS SEC	PORTION	200	2.32	2	11.13
SALAD ENT CHEF SYS SEC	PORTION	206	2.56	3	13.03
SALAD ENT CHICK CAESAR SEC	PORTION	274	1.21	1	10.75
ROLL DINNER 2 ea 1G ROLL FRANZ	EACH	70	2.00	2	13.0
FIESTA BAR	1 each	577	8.07	*3	58.63
BROCCOLI FRESH	1/2 CUP	15	1.14	1	2.92
CARROTS BABY FRESH	1/2 cup	25	2.05	3	5.78
PEAS GREEN FROZEN 1/2 C	1/2 CUP	62	4.40	*N/A*	11.41
BANANAS PETITE:150ct	1 EACH	105	3.07	*N/A*	26.95
APPLE 125-138 CT	EACH	130	5.00	*N/A*	34.0
PEACHES XTRA LT DCD USDA 1/2 C	1/2 CUP	53	1.30	13	13.99
SALAD MIX	1/2 CUP	6	0.49	0	1.04
DRESSING RANCH	1 TBSP	50	0.00	0	1.0
DRESSING ITALIAN	1 TBSP	5	0.00	*N/A*	1.5
LETTUCE SHRED	1/2 CUP	5	0.56	*N/A*	0.83
TOMATO FRESH RAW	1 CUP	38	2.55	6	8.27
PICKLE DILL SLICE	1/4 CUP	5	0.39	0	0.93
MAYONNAISE	1 TBSP	45	0.00	*N/A*	2.0
MUSTARD	1 TBSP	0	0.00	0	0.0
KETCHUP USDA	1 TBSP	20	0.00	4	4.0
MILK CHOCOLATE FF DARIGOLD	HALF PINT	130	0.00	22	24.0
MILK WHITE 1% DARIGOLD	HALF PINT	110	0.00	12	13.0
Weighted Daily Average		705	10.74	*49	122.08
% of Calories				*27.7%	69.2%
Nutrient Guideline		688-462			

Tue - 04/25/2017					
6-12 BREAKFAST	Total				
SAND BRKFST E,H,C MUFFIN SYS	1 EACH	284	3.00	*2	27.34
BAGEL & CREAM CHEESE	bagel+crm chez	240	3.00	*N/A*	40.0
MUFFIN BLUEBERRY IW OTIS	1 EACH	220	1.00	*N/A*	32.0
CEREAL COLD CHEERIOS FRUITY	1 bowl	123	2.06	*N/A*	26.75
CEREAL COLD CIN TOAST CRCH 1OZ	1 EACH	110	2.00	8	22.0
CEREAL COLD FRST MIN WHEAT 1OZ	SERVING	101	3.04	6	24.3
BANANAS:150ct	1 EACH	0	0.00	0	0.0
ORANGE WHOLE:138ct	1 EACH	63	3.20	*N/A*	15.66
PEACHES XTRA LT SL USDA 1/2C	1 CUP	106	2.60	25	27.98
JUICE APPLE 100% SUNCUP CARTON	1 EACH	60	0.00	*N/A*	14.0
JUICE ORANGE 100%	1 EACH	60	0.00	12	14.0
MILK WHITE 1% DARIGOLD	HALF PINT	110	0.00	12	13.0
MILK WHITE FF DARIGOLD	HALF PINT	90	0.00	12	13.0
MILK CHOCOLATE FF DARIGOLD	HALF PINT	130	0.00	22	24.0

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Sodexo K-12 Nutrition Program

Apr 10, 2017 thru Apr 28, 2017

Base Menu Spreadsheet

Combined: 6-12 BREAKFAST/9-12 Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Fiber (g)	Sugars (g)	Carb (g)
9-12 Lunch	Total				
WAFFLE DUTCH	1 WAFFLE	300	3.00	12	43.0
STRAWBERRIES	1/2 cup	24	1.52	4	5.84
Whipped Topping	TBLS	21	0.00	2	2.21
EGG SCRAMBLED USDA	1/4 CUP	98	0.00	*0	0.0
PIZZA SCR HAWAIIAN 16" HS	SLICE	335	3.97	6	38.86
PIZZA SCR CHEESE 16" HS	SLICE	343	3.85	4	37.25
PIZZA SCR PEPPERONI 16" HS	SLICE	375	3.85	4	37.37
SAND COLD DELI BAR--7.5 OZ BRE	1 EACH	314	1.91	*4	28.9
SAND COLD CHICK SALAD SUB SEC	1 EACH	411	3.42	*0	34.15
SAND HOT BBQ BEEF RIBLET:G9-12	1 sandwich	318	5.02	*5	31.05
SAND HOT CHICK PATTY SYS	1 sandwich	350	3.00	3	30.0
SAND BURGER CHEESE JTM SEC	1 EACH	331	2.98	5	27.98
POTATO FRENCH FRIES	1/2 cup	80	1.00	0	13.97
SALAD ENT COBB SALAD SYS SEC	PORTION	200	2.32	2	11.13
SALAD ENT CHEF SYS SEC	PORTION	206	2.56	3	13.03
SALAD ENT CHICK CAESAR SEC	PORTION	274	1.21	1	10.75
ROLL DINNER 2 ea 1G ROLL FRANZ	EACH	70	2.00	2	13.0
FIESTA BAR	1 each	577	8.07	*3	58.63
TAQUITO CHICKEN SHREDD HS	1 EACH	327	3.36	*2	31.78
RICE SPANISH W/ BLACK BEAN	.5 CUP	95	2.44	*0	19.33
BROCCOLI FRESH	1/2 CUP	15	1.14	1	2.92
CARROTS BABY FRESH	1/2 cup	25	2.05	3	5.78
BEANS VEGETARIAN LO NA 1/2 C	1/2 CUP	119	5.20	10	26.85
CUCUMBERS 1/2 C	1/2 cup	9	0.30	1	2.16
APPLE WHOLE:163ct	EACH	57	2.65	*N/A*	15.27
APPLESAUCE CND UNSWT USDA	1/2 CUP	53	1.03	11	14.46
ORANGE WHOLE:138ct	1 EACH	63	3.20	*N/A*	15.66
SALAD MIX	1/2 CUP	6	0.49	0	1.04
DRESSING RANCH	1 TBSP	50	0.00	0	1.0
DRESSING ITALIAN	1 TBSP	5	0.00	*N/A*	1.5
LETTUCE SHRED	1/2 CUP	5	0.56	*N/A*	0.83
TOMATO FRESH RAW	1 CUP	38	2.55	6	8.27
PICKLE DILL SLICE	1/4 CUP	5	0.39	0	0.93
MAYONNAISE	1 TBSP	45	0.00	*N/A*	2.0
MUSTARD	1 TBSP	0	0.00	0	0.0
KETCHUP USDA	1 TBSP	20	0.00	4	4.0
MILK CHOCOLATE FF DARIGOLD	HALF PINT	130	0.00	22	24.0
MILK WHITE 1% DARIGOLD	HALF PINT	110	0.00	12	13.0
Weighted Daily Average		631	12.82	*48	108.76
% of Calories				*30.4%	68.9%
Nutrient Guideline		688-462			

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Sodexo K-12 Nutrition Program

Apr 10, 2017 thru Apr 28, 2017

Base Menu Spreadsheet

Combined: 6-12 BREAKFAST/9-12 Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Fiber (g)	Sugars (g)	Carb (g)
Wed - 04/26/2017					
6-12 BREAKFAST	Total				
YOGURT VANILLA	1/2 CUP	100	*N/A*	*N/A*	16.98
STRAWBERRIES	1/2 cup	24	1.52	4	5.84
Fresh Blueberries	1/4 cup	18	1.00	*N/A*	4.25
PEACHES DICED CND	1/2 CUP	50	0.00	10	11.99
PANCAKE ON A STICK: TRK SSG WG	1 EACH	170	3.00	6	18.0
BAGEL & CREAM CHEESE	bagel+crm chez	240	3.00	*N/A*	40.0
CEREAL COLD FRST MIN WHEAT 1OZ	1 OZ	101	3.04	6	24.3
CEREAL COLD CHEERIOS	1 bowl	101	3.04	*N/A*	20.25
CEREAL COLD CIN TOAST CRCH 1OZ	1 OZ	110	2.00	8	22.0
ORANGE WHOLE:138ct	1 EACH	63	3.20	*N/A*	15.66
APPLE 125-138 CT	EACH	130	5.00	*N/A*	34.0
FRUIT MIX XTRA LT USDA 1 C	1 CUP	120	0.00	26	34.0
MILK WHITE 1% DARIGOLD	HALF PINT	110	0.00	12	13.0
MILK WHITE FF DARIGOLD	HALF PINT	90	0.00	12	13.0
MILK CHOCOLATE FF DARIGOLD	HALF PINT	130	0.00	22	24.0
9-12 Lunch	Total				
WRAP ITALIAN USDA SEC	WRAP	373	3.91	*3	33.86
MELON WATERMELON CUBES	1/2 cup	45	0.60	*N/A*	11.42
PIZZA SCR BBQ CHICK 16" HS	SLICE	315	3.69	*6	38.05
PIZZA SCR CHEESE 16" HS	SLICE	343	3.85	4	37.25
PIZZA SCR PEPPERONI 16" HS	SLICE	375	3.85	4	37.37
SAND COLD DELI BAR--7.5 OZ BRE	1 EACH	314	1.91	*4	28.9
SAND COLD CHICK SALAD SUB SEC	1 EACH	411	3.42	*0	34.15
SAND BURGER WESTERN SYS SEC	1 EACH	438	3.01	*8	42.66
SAND HOT CHICK PATTY SYS	1 sandwich	350	3.00	3	30.0
SAND BURGER CHEESE JTM SEC	1 EACH	331	2.98	5	27.98
POTATO FRENCH FRIES	1/2 cup	80	1.00	0	13.97
SALAD ENT COBB SALAD SYS SEC	PORTION	200	2.32	2	11.13
SALAD ENT CHEF SYS SEC	PORTION	206	2.56	3	13.03
SALAD ENT CHICK CAESAR SEC	PORTION	274	1.21	1	10.75
ROLL DINNER 2 ea 1G ROLL FRANZ	EACH	70	2.00	2	13.0
FIESTA BAR	1 each	577	8.07	*3	58.63
BROCCOLI FRESH	1/2 CUP	15	1.14	1	2.92
SPINACH LEAVES FRESH 1/2 CUP	1/2 CUP	3	0.33	0	0.54
CARROTS BABY FRESH	1/2 cup	25	2.05	3	5.78
CORN WHOLE KERNEL CND 1/2 C	1/2 CUP	78	2.20	3	18.0
BEANS GREEN CND USDA 1/2 C	1/2 cup	14	1.70	1	2.89
APPLE 125-138 CT	EACH	130	5.00	*N/A*	34.0
PEARS XTRA LT DCD USDA 1/2 C	1/2 cup	60	2.00	12	16.0
SALAD MIX	1/2 CUP	6	0.49	0	1.04
DRESSING RANCH	1 TBSP	50	0.00	0	1.0
DRESSING ITALIAN	1 TBSP	5	0.00	*N/A*	1.5
LETTUCE SHRED	1/2 CUP	5	0.56	*N/A*	0.83
TOMATO FRESH RAW	1 CUP	38	2.55	6	8.27
PICKLE DILL SLICE	1/4 CUP	5	0.39	0	0.93
x14-SALSA PINEAPPLE	2 CUP	277	5.28	*57	64.8
MAYONNAISE	1 TBSP	45	0.00	*N/A*	2.0
MUSTARD	1 TBSP	0	0.00	0	0.0
KETCHUP USDA	1 TBSP	20	0.00	4	4.0
MILK CHOCOLATE FF DARIGOLD	HALF PINT	130	0.00	22	24.0
MILK WHITE 1% DARIGOLD	HALF PINT	110	0.00	12	13.0
Weighted Daily Average		584	*9.15	*36	97.14
% of Calories				*24.4%	66.6%
Nutrient Guideline		688-462			

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Sodexo K-12 Nutrition Program

Apr 10, 2017 thru Apr 28, 2017

Base Menu Spreadsheet

Combined: 6-12 BREAKFAST/9-12 Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Fiber (g)	Sugars (g)	Carb (g)
Thu - 04/27/2017					
6-12 BREAKFAST	Total				
BISCUIT & COUNTRY GRAVY	biscuit + gravy	379	1.99	*0	43.87
EGG SCRAMBLED	2 OZ	843	0.00	*N/A*	0.0
TOAST BUTTERY	1 toast	89	2.00	*N/A*	14.0
HASHBROWN STICKS USDA	1/2 CUP	190	2.00	0	22.0
BAGEL & CREAM CHEESE	bagel+crm chez	240	3.00	*N/A*	40.0
CEREAL COLD CIN TOAST CRCH 1OZ	1 EACH	110	2.00	8	22.0
CEREAL COLD FRST MIN WHEAT 1OZ	1 OZ	101	3.04	6	24.3
CEREAL COLD CHEERIOS	1 bowl	101	3.04	*N/A*	20.25
APPLE 125-138 CT	EACH	130	5.00	*N/A*	34.0
ORANGE WHOLE:138ct	1 EACH	63	3.20	*N/A*	15.66
PEARS XTRA LT SL USDA 1 C	1 CUP	120	4.00	24	30.0
JUICE APPLE 100% SUNCUP CARTON	1 EACH	60	0.00	*N/A*	14.0
JUICE ORANGE 100%	1 EACH	60	0.00	12	14.0
MILK WHITE 1% DARIGOLD	HALF PINT	110	0.00	12	13.0
MILK WHITE FF DARIGOLD	HALF PINT	90	0.00	12	13.0
MILK CHOCOLATE FF DARIGOLD	HALF PINT	130	0.00	22	24.0
9-12 Lunch	Total				
SALISBURY STEAK	1 steak	165	0.00	*0	8.06
POTATO MASHED:instant	1/2 cup	112	2.03	1	21.36
GRAVY BROWN MIX	1 fl oz	13	0.00	*0	2.53
ROLL DINNER:2G	1 roll	169	3.39	3	27.92
PIZZA SCR TACO 16" HS	SLICE	334	3.85	*4	37.55
PIZZA SCR CHEESE 16" HS	SLICE	343	3.85	4	37.25
PIZZA SCR PEPPERONI 16" HS	SLICE	375	3.85	4	37.37
SAND COLD DELI BAR--7.5 OZ BRE	1 EACH	314	1.91	*4	28.9
SAND COLD CHICK SALAD SUB SEC	1 EACH	411	3.42	*0	34.15
FIESTA BAR	1 each	577	8.07	*3	58.63
SAND HOT FISH USDA SEC	SANDWICH	354	3.20	3	42.8
SAND HOT CHICK PATTY SYS	1 sandwich	350	3.00	3	30.0
SAND BURGER CHEESE JTM SEC	1 EACH	331	2.98	5	27.98
POTATO FRENCH FRIES	1/2 cup	80	1.00	0	13.97
SALAD ENT COBB SALAD SYS SEC	PORTION	200	2.32	2	11.13
SALAD ENT CHEF SYS SEC	PORTION	206	2.56	3	13.03
SALAD ENT CHICK CAESAR SEC	PORTION	274	1.21	1	10.75
ROLL DINNER 2 ea 1G ROLL FRANZ	1 EACH	70	2.00	2	13.0
CARROTS BABY FRESH	1/2 cup	25	2.05	3	5.78
BEANS BLACK CANNED 1/2 CUP	1/2 CUP	120	7.60	0	22.52
ZUCCHINI FRESH 1/2 C	1/2 CUP	11	0.64	0	1.93
ORANGE WHOLE:138ct	1 EACH	63	3.20	*N/A*	15.66
PINEAPPLE TIDBITS CND	1/2 CUP	68	0.96	14	15.43
APPLE 125-138 CT	EACH	130	5.00	*N/A*	34.0
SALAD MIX	1/2 CUP	6	0.49	0	1.04
DRESSING RANCH	1 TBSP	50	0.00	0	1.0
DRESSING ITALIAN	1 TBSP	5	0.00	*N/A*	1.5
LETTUCE SHRED	1/2 CUP	5	0.56	*N/A*	0.83
TOMATO FRESH RAW	1 CUP	38	2.55	6	8.27
PICKLE DILL SLICE	1/4 CUP	5	0.39	0	0.93
MAYONNAISE	1 TBSP	45	0.00	*N/A*	2.0
MUSTARD	1 TBSP	0	0.00	0	0.0
KETCHUP USDA	1 TBSP	20	0.00	4	4.0
MILK CHOCOLATE FF DARIGOLD	HALF PINT	130	0.00	22	24.0
MILK WHITE 1% DARIGOLD	HALF PINT	110	0.00	12	13.0

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

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Sodexo K-12 Nutrition Program

Apr 10, 2017 thru Apr 28, 2017

Base Menu Spreadsheet

Combined: 6-12 BREAKFAST/9-12 Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Fiber (g)	Sugars (g)	Carb (g)
Weighted Daily Average % of Calories		789	10.84	*37 *18.9%	97.12 49.2%
Nutrient Guideline		688-462			

Fri - 04/28/2017					
6-12 BREAKFAST	Total				
PIZZA BRKFST SAUSAGE USDA	1 EACH	190	3.00	2	22.0
BAGEL & CREAM CHEESE	bagel+crm chez	240	3.00	*N/A*	40.0
MUFFIN BLUEBERRY IW OTIS	1 EACH	220	1.00	*N/A*	32.0
CEREAL COLD CIN TOAST CRCH 1OZ	1 EACH	110	2.00	8	22.0
CEREAL COLD FRST MIN WHEAT 1OZ	1 OZ	101	3.04	6	24.3
CEREAL COLD CHEERIOS 1 OZ	SERVING	101	3.04	*N/A*	20.25
PEARS XTRA LT DCD USDA 1/2 C	1/2 cup	60	2.00	12	16.0
APPLE 125-138 CT	EACH	130	5.00	*N/A*	34.0
ORANGE WHOLE:138ct	1 EACH	63	3.20	*N/A*	15.66
MILK WHITE 1% DARIGOLD	HALF PINT	110	0.00	12	13.0
MILK WHITE FF DARIGOLD	HALF PINT	90	0.00	12	13.0
MILK CHOCOLATE FF DARIGOLD	HALF PINT	130	0.00	22	24.0
9-12 Lunch	Total				
SAND HOT PHILLY CHS STK WA/MT	SANDWICH	297	5.03	*5	30.43
POTATO OVEN KRINKLE CUT USDA	1/2 CUP	113	1.41	0	19.75
COOKIE SUGAR 1 OZ	1 EACH	100	1.00	8	18.0
PIZZA SCR SUPREME 16" HS	SLICE	384	4.51	*5	39.86
PIZZA SCR CHEESE 16" HS	SLICE	343	3.85	4	37.25
PIZZA SCR PEPPERONI 16" HS	SLICE	375	3.85	4	37.37
SAND COLD DELI BAR--7.5 OZ BRE	1 EACH	314	1.91	*4	28.9
SAND COLD CHICK SALAD SUB SEC	1 EACH	411	3.42	*0	34.15
SAND HOT CHICK CORBLEU USD-OLD	1 EACH	378	3.00	4	36.45
SAND HOT CHICK PATTY SYS	1 sandwich	350	3.00	3	30.0
SAND BURGER CHEESE JTM SEC	1 EACH	331	2.98	5	27.98
POTATO FRENCH FRIES	1/2 cup	80	1.00	0	13.97
SALAD ENT COBB SALAD SYS SEC	PORTION	200	2.32	2	11.13
SALAD ENT CHEF SYS SEC	PORTION	206	2.56	3	13.03
SALAD ENT CHICK CAESAR SEC	PORTION	274	1.21	1	10.75
ROLL DINNER 2 ea 1G ROLL FRANZ	EACH	70	2.00	2	13.0
FIESTA BAR	1 each	577	8.07	*3	58.63
GRAPES WHOLE	1/2 cup	57	0.77	14	14.59
BROCCOLI FRESH	1/2 CUP	15	1.14	1	2.92
CARROTS BABY FRESH	1/2 cup	25	2.05	3	5.78
APPLE 125-138 CT	EACH	130	5.00	*N/A*	34.0
FRUIT MIX XTRA LT USDA 1/2 C	1/2 CUP	60	0.00	13	17.0
SALAD MIX	1/2 CUP	6	0.49	0	1.04
DRESSING RANCH	1 TBSP	50	0.00	0	1.0
DRESSING ITALIAN	1 TBSP	5	0.00	*N/A*	1.5
LETTUCE SHRED	1/2 CUP	5	0.56	*N/A*	0.83
TOMATO FRESH RAW	1 CUP	38	2.55	6	8.27
PICKLE DILL SLICE	1/4 CUP	5	0.39	0	0.93
MAYONNAISE	1 TBSP	45	0.00	*N/A*	2.0
MUSTARD	1 TBSP	0	0.00	0	0.0
KETCHUP USDA	1 TBSP	20	0.00	4	4.0
MILK CHOCOLATE FF DARIGOLD	HALF PINT	130	0.00	22	24.0
MILK WHITE 1% DARIGOLD	HALF PINT	110	0.00	12	13.0

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Sodexo K-12 Nutrition Program

Apr 10, 2017 thru Apr 28, 2017

Base Menu Spreadsheet

Combined: 6-12 BREAKFAST/9-12 Lunch

Portion Values - Detailed

Page 18

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	Portion Size	Cals (kcal)	Fiber (g)	Sugars (g)	Carb (g)
Weighted Daily Average % of Calories		687	11.89	*46 *26.6%	115.12 67.1%
Nutrient Guideline		688-462			

Weighted Average		680	*10.97	*41 *54.1%	106.42 62.6%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	680		688 - 462	99%		8		Correction Required - Calories too High
Fiber (g)	10.97				Missing			
Sugars (g)	41	24.04%			Missing			
Carbohydrate (g)	106.42	62.59%						

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