

Sodexo K-12 Nutrition Program

Apr 10, 2017 thru Apr 28, 2017

Base Menu Spreadsheet

Combined: 6-12 BREAKFAST/6-8 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
6-8 Lunch	Total				
BOWL CHICK PATTY POT SEC - NEW	SERVING	480	6.57	6	64.87
ROLL DINNER WG 1.75 G RICHES	1 EACH	140	4.75	4	24.0
PIZZA SCR CHK GAR RANCH 16"/M/E	SLICE	337	2.90	3	28.77
PIZZA SCR CHEESE 14" MS/EL	SLICE	297	2.37	2	28.81
PIZZA SCR PEPPERONI 14" MS/EL	SLICE	330	2.37	2	28.93
SAND COLD DELI BAR--7.5 OZ BRE	1 EACH	314	1.91	*4	28.9
SAND COLD TUNA SUB SEC	1 sandwich	379	3.46	*4	29.0
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
SALAD FT SOUTHWEST:G612	1 salad	195	4.75	*2	14.43
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
NACHOS SUPREME GRD BF SEC	SERVING	553	2.02	*1	37.04
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
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		621	9.89	*39	100.06
% of Calories				*25.1%	64.5%
Nutrient Guideline		607-382			

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/6-8 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
6-8 Lunch	Total				
CASSEROLE NOODLE TUNA:K12	1 cup	362	5.30	*9	43.86
BREADSTICK WG RICH'S 1 OZ	1 EACH	70	1.50	1	13.0
PIZZA SCR HAWAIIAN 14" MS/EL	SLICE	295	2.49	4	31.1
PIZZA SCR CHEESE 14" MS/EL	SLICE	297	2.37	2	28.81
PIZZA SCR PEPPERONI 14" MS/EL	SLICE	330	2.37	2	28.93
SAND COLD DELI BAR--7.5 OZ BRE	1 EACH	314	1.91	*4	28.9
SAND COLD TUNA SUB SEC	1 sandwich	379	3.46	*4	29.0
SAND HOT BBQ BEEF RIBLET:G9-12	1 sandwich	318	5.02	*5	31.05
x13-POTATO FRENCH FRIES	1/2 cup	120	2.00	*N/A*	20.0
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
SALAD FT SOUTHWEST:G612	1 salad	195	4.75	*2	14.43
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
NACHOS SUPREME GRD BF SEC	SERVING	553	2.02	*1	37.04
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
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		443	6.39	*38	71.36
% of Calories				*34.6%	64.4%
Nutrient Guideline		607-382			

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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)
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
6-8 Lunch	Total				
CHICKEN SWEET & SOUR LING'S	SERVING	140	0.00	*N/A*	18.0
PASTA SPAGHETTI 1%:oven	2/3 cup	134	2.60	1	25.41
VEGGIE BLEND AROMATIC MIX	1/2 CUP	49	1.32	1	10.93
PIZZA SCR BBQ CHICK 14" MS/EL	SLICE	306	2.21	*4	29.61
PIZZA SCR CHEESE 14" MS/EL	SLICE	297	2.37	2	28.81
PIZZA SCR PEPPERONI 14" MS/EL	SLICE	330	2.37	2	28.93
SAND COLD DELI BAR--7.5 OZ BRE	1 EACH	314	1.91	*4	28.9
SAND COLD TUNA SUB SEC	1 sandwich	379	3.46	*4	29.0
SAND BURGER WESTERN JTM SEC	1 EACH	420	2.98	*9	42.33
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
SALAD FT SOUTHWEST:G612	1 salad	195	4.75	*2	14.43
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
NACHOS SUPREME GRD BF SEC	SERVING	553	2.02	*1	37.04
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
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		586	*9.55	*36	103.26
% of Calories				*24.4%	70.5%
Nutrient Guideline		607-382			

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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)
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
6-8 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 ITAL SAUS 14" MS/EL	SLICE	344	2.62	*2	29.55
PIZZA SCR CHEESE 14" MS/EL	SLICE	297	2.37	2	28.81
PIZZA SCR PEPPERONI 14" MS/EL	SLICE	330	2.37	2	28.93
SAND COLD DELI BAR--7.5 OZ BRE	1 EACH	314	1.91	*4	28.9
SAND COLD TUNA SUB SEC	1 sandwich	379	3.46	*4	29.0
SAND HOT FISH USDA SEC	SANDWICH	354	3.20	3	42.8
POTATO FRENCH FRIES	1/2 cup	80	1.00	0	13.97
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
SALAD FT SOUTHWEST:G612	1 salad	195	4.75	*2	14.43
SALAD ENT CHEF USDA EL	PORTION	169	1.92	2	11.2
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
NACHOS SUPREME GRD BF SEC	SERVING	553	2.02	*1	37.04
CARROTS BABY FRESH	1/2 cup	25	2.05	3	5.78
BEANS PLAIN PINTO:veg	1/2 CUP	79	5.53	0	14.23
CUCUMBERS 1/2 C	1/2 cup	9	0.30	1	2.16
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		846	11.44	*41	105.87
% of Calories				*19.2%	50.1%
Nutrient Guideline		607-382			

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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
6-8 Lunch	Total				
MAC & CHEESE:JTM SEC	1 CUP	484	4.06	4	56.94
COOKIE CHOC CHIP 1 OZ	1 EACH	110	0.00	9	19.0
PIZZA SCR SUPREME 14" MS/EL	SLICE	338	3.03	*3	31.42
PIZZA SCR CHEESE 14" MS/EL	SLICE	297	2.37	2	28.81
PIZZA SCR PEPPERONI 14" MS/EL	SLICE	330	2.37	2	28.93
SAND COLD DELI BAR--7.5 OZ BRE	1 EACH	314	1.91	*4	28.9
SAND COLD TUNA SUB SEC	1 sandwich	379	3.46	*4	29.0
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
SALAD FT SOUTHWEST:G612	1 salad	195	4.75	*2	14.43
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
NACHOS SUPREME GRD BF SEC	SERVING	553	2.02	*1	37.04
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
x14-SYRUP PANCAKE	1 FL OZ	105	0.00	*N/A*	26.0
Weighted Daily Average		723	13.40	*39	120.78
% of Calories				*21.6%	66.8%
Nutrient Guideline		607-382			

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Sodexo K-12 Nutrition Program

Apr 10, 2017 thru Apr 28, 2017

Base Menu Spreadsheet

Combined: 6-12 BREAKFAST/6-8 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
6-8 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 14"ME	SLICE	358	2.14	2	27.53
PIZZA SCR CHEESE 14" MS/EL	SLICE	297	2.37	2	28.81
PIZZA SCR PEPPERONI 14" MS/EL	SLICE	330	2.37	2	28.93
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
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
NACHOS SUPREME SYS JTM SEC	SERVING	479	2.02	*1	38.2
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 1000 ISLAND	1 TBSP	70	0.00	*N/A*	3.0
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
SALSA BASE:cnd	1/8 cup	10	0.70	*0	2.32
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/6-8 Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Fiber (g)	Sugars (g)	Carb (g)
Weighted Daily Average % of Calories		694	10.71	*37 *21.5%	117.69 67.8%
Nutrient Guideline		607-382			

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
6-8 Lunch	Total				
FAJITA CHICKEN W/ RICE HS	1 EACH	308	3.74	*4	41.38
PIZZA SCR HAWAIIAN 14" MS/EL	SLICE	295	2.49	4	31.1
PIZZA SCR CHEESE 14" MS/EL	SLICE	297	2.37	2	28.81
PIZZA SCR PEPPERONI 14" MS/EL	SLICE	330	2.37	2	28.93
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
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
NACHOS SUPREME USDA JTM SEC	SERVING	479	2.77	*1	37.79
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
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
SALSA CANNED USDA	2 TBSP	7	0.00	0	1.48
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/6-8 Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Fiber (g)	Sugars (g)	Carb (g)
Weighted Daily Average % of Calories		507	7.02	*42 *33.1%	79.60 62.8%
Nutrient Guideline		607-382			

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
6-8 Lunch	Total				
CHICKEN MANDARIN ORANGE CONV	SERVING	150	0.00	*N/A*	19.0
PASTA SPAGHETTI 1%:boil	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 14" MS/EL	SLICE	306	2.21	*4	29.61
PIZZA SCR CHEESE 14" MS/EL	SLICE	297	2.37	2	28.81
PIZZA SCR PEPPERONI 14" MS/EL	SLICE	330	2.37	2	28.93
SAND COLD DELI BAR--7.5 OZ BRE	1 EACH	314	1.91	*4	28.9
SAND BURGER WESTERN JTM SEC	1 EACH	420	2.98	*9	42.33
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
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
NACHOS SUPREME GRD BF SEC	SERVING	553	2.02	*1	37.04
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
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

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Sodexo K-12 Nutrition Program

Apr 10, 2017 thru Apr 28, 2017

Base Menu Spreadsheet

Combined: 6-12 BREAKFAST/6-8 Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Fiber (g)	Sugars (g)	Carb (g)
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
SALSA BASE:cnd	1/8 cup	10	0.70	*0	2.32
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		553	*8.31	*35	94.12
% of Calories				*25.2%	68.1%
Nutrient Guideline		607-382			

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/6-8 Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Fiber (g)	Sugars (g)	Carb (g)
6-8 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 WG 1.75 G RICHS	1 EACH	140	4.75	4	24.0
PIZZA SCR ITAL SAUS 14" MS/EL	SLICE	344	2.62	*2	29.55
PIZZA SCR CHEESE 14" MS/EL	SLICE	297	2.37	2	28.81
PIZZA SCR PEPPERONI 14" MS/EL	SLICE	330	2.37	2	28.93
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
POTATO CRINKLE WEDGE USDA	1/2 CUP	140	2.00	0	22.0
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
SALAD ENT TACO BEEF SYS SEC	1 SALAD	482	4.34	*2	42.35
SALAD ENT CHEF RST SYS SEC	PORTION	204	*2.56	3	12.77
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
NACHOS SUPREME JTM CHEDDAR EL	SERVING	414	1.77	*1	33.42
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		795	*10.87	*37	96.56
% of Calories				*18.8%	48.6%
Nutrient Guideline		607-382			

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/6-8 Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Fiber (g)	Sugars (g)	Carb (g)
6-8 Lunch	Total				
SAND HOT BBQ PULLED PORK K12	1 EACH	781	2.68	*12	38.35
POTATO FRENCH FRIES	1/2 cup	80	1.00	0	13.97
PIZZA SCR SUPREME 14" MS/EL	SLICE	338	3.03	*3	31.42
PIZZA SCR CHEESE 14" MS/EL	SLICE	297	2.37	2	28.81
PIZZA SCR PEPPERONI 14" MS/EL	SLICE	330	2.37	2	28.93
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
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
NACHOS SUPREME GRD BF SEC	SERVING	553	2.02	*1	37.04
BROCCOLI FRESH	1/2 CUP	15	1.14	1	2.92
CARROTS BABY FRESH	1/2 cup	25	2.05	3	5.78
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
SALSA BASE:cnd	1/8 cup	10	0.70	*0	2.32
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		682	9.84	*30	101.02
% of Calories				*17.5%	59.3%
Nutrient Guideline		607-382			

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/6-8 Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Fiber (g)	Sugars (g)	Carb (g)
6-8 Lunch	Total				
SAND HOT SLOPPY JOE CRUMB SEC	1 EACH	339	3.11	*13	41.18
POTATO FRENCH FRIES	1/2 cup	80	1.00	0	13.97
PIZZA SCR CHK GAR RANCH 14"M/E	SLICE	358	2.14	2	27.53
PIZZA SCR CHEESE 14" MS/EL	SLICE	297	2.37	2	28.81
PIZZA SCR PEPPERONI 14" MS/EL	SLICE	330	2.37	2	28.93
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
SALAD FT ASIAN:G612	1 salad	152	2.97	*4	11.55
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
NACHOS SUPREME GRD BF SEC	SERVING	553	2.02	*1	37.04
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 1000 ISLAND	1 TBSP	70	0.00	*N/A*	3.0
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
SALSA BASE:cnd	1/8 cup	10	0.70	*0	2.32
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		699	10.54	*49	120.89
% of Calories				*27.9%	69.2%
Nutrient Guideline		607-382			

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/6-8 Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Fiber (g)	Sugars (g)	Carb (g)
6-8 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 14" MS/EL	SLICE	295	2.49	4	31.1
PIZZA SCR CHEESE 14" MS/EL	SLICE	297	2.37	2	28.81
PIZZA SCR PEPPERONI 14" MS/EL	SLICE	330	2.37	2	28.93
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
SALAD FT ASIAN:G612	1 salad	152	2.97	*4	11.55
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
NACHOS SUPREME GRD BF SEC	SERVING	553	2.02	*1	37.04
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
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
SALSA CANNED USDA	2 TBSP	7	0.00	0	1.48
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		448	6.54	*39	72.08
% of Calories				*34.4%	64.3%
Nutrient Guideline		607-382			

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Sodexo K-12 Nutrition Program

Apr 10, 2017 thru Apr 28, 2017

Base Menu Spreadsheet

Combined: 6-12 BREAKFAST/6-8 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
6-8 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 14" MS/EL	SLICE	306	2.21	*4	29.61
PIZZA SCR CHEESE 14" MS/EL	SLICE	297	2.37	2	28.81
PIZZA SCR PEPPERONI 14" MS/EL	SLICE	330	2.37	2	28.93
SAND COLD DELI BAR--7.5 OZ BRE	1 EACH	314	1.91	*4	28.9
SAND BURGER WESTERN JTM SEC	1 EACH	420	2.98	*9	42.33
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
SALAD FT ASIAN:G612	1 salad	152	2.97	*4	11.55
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
NACHOS SUPREME GRD BF SEC	SERVING	553	2.02	*1	37.04
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
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
SALSA BASE:cnd	1/8 cup	10	0.70	*0	2.32
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		574	*8.75	*35	95.39
% of Calories				*24.6%	66.5%
Nutrient Guideline		607-382			

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Sodexo K-12 Nutrition Program

Apr 10, 2017 thru Apr 28, 2017

Base Menu Spreadsheet

Combined: 6-12 BREAKFAST/6-8 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
6-8 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	2 fl oz	25	0.00	*0	5.06
ROLL DINNER WG 1.75 G RICHS	1 EACH	140	4.75	4	24.0
PIZZA SCR ITAL SAUS 14" MS/EL	SLICE	344	2.62	*2	29.55
PIZZA SCR CHEESE 14" MS/EL	SLICE	297	2.37	2	28.81
PIZZA SCR PEPPERONI 14" MS/EL	SLICE	330	2.37	2	28.93
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
POTATO CRINKLE WEDGE USDA	1/2 CUP	140	2.00	0	22.0
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
SALAD FT ASIAN:G612	1 salad	152	2.97	*4	11.55
SALAD ENT CHEF RST SYS SEC	PORTION	204	*2.56	3	12.77
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
NACHOS SUPREME GRD BF SEC	SERVING	553	2.02	*1	37.04
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		783	*10.62	*37	95.78
% of Calories				*19.0%	49.0%
Nutrient Guideline		607-382			

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Sodexo K-12 Nutrition Program

Apr 10, 2017 thru Apr 28, 2017

Base Menu Spreadsheet

Combined: 6-12 BREAKFAST/6-8 Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Fiber (g)	Sugars (g)	Carb (g)
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
6-8 Lunch	Total				
SAND HOT PHILLY CHS STK WA/MT	SANDWICH	297	5.03	*5	30.43
POTATO FRENCH FRIES	1/2 cup	80	1.00	0	13.97
PIZZA SCR SUPREME 14" MS/EL	SLICE	338	3.03	*3	31.42
PIZZA SCR CHEESE 14" MS/EL	SLICE	297	2.37	2	28.81
PIZZA SCR PEPPERONI 14" MS/EL	SLICE	330	2.37	2	28.93
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
SALAD FT ASIAN:G612	1 salad	152	2.97	*4	11.55
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
NACHOS SUPREME GRD BF SEC	SERVING	553	2.02	*1	37.04
BROCCOLI FRESH	1/2 CUP	15	1.14	1	2.92
CARROTS BABY FRESH	1/2 cup	25	2.05	3	5.78
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
SALSA BASE:cnd	1/8 cup	10	0.70	*0	2.32
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		527	8.63	*30	84.98
% of Calories				*22.7%	64.6%
Nutrient Guideline		607-382			

Weighted Average		632	*9.50	*38	97.30
				*53.5%	61.6%

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 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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

Sodexo K-12 Nutrition Program

Apr 10, 2017 thru Apr 28, 2017

Base Menu Spreadsheet

Combined: 6-12 BREAKFAST/6-8 Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Fiber (g)	Sugars (g)	Carb (g)			
Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	632		607 - 382	165%			250	Correction Required - Calories too High
Fiber (g)	9.50				Missing			
Sugars (g)	38	23.78%			Missing			
Carbohydrate (g)	97.30	61.58%						

**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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