

Cotati-Rohnert Park USD

May 1, 2019 thru May 31, 2019

Base Menu Spreadsheet

6-8 GRADE LUNCH CYCLE 1

Portion Values - Detailed

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	Portion Size	Reimb Qty	Protn (g)	Carb (g)
Wed - 05/01/2019				
6-8 GRADE LUNCH CYCLE	Total	100		
BEEF MEATLOAF 9300	EA 3 OZ	20	12.0	8.0
POTATO MASHED:instant 10326	#8 scoop	20	2.03	21.36
ROLL DINNER 2 OZ WG ARTISAN	1 EACH	20	5.0	34.0
SPICY CHICKEN SAND 70314 GIUL	1 sandwich	20	19.0	44.0
POTATO FRENCH FRIES CRNKL USDA	1/2 CUP	20	2.4	33.93
CHEESEBURGER 1-15-320 GIULIANO	1 EACH	20	17.5	27.0
POTATO FRENCH FRIES CRNKL USDA	1/2 CUP	20	2.4	33.93
HOT DOG TURKEY 51% WW GIULIANO	1 EACH	20	13.0	28.0
PIZZA BIG DADDY'S HT CHEESE	SLICE	20	18.02	36.04
ORANGE FRESH WHOLE 138 COUNT	1 EACH	40	1.25	15.66
PEARS CANNED IN JUICE	1/2 CUP	20	0.0	14.0
RAISINS BOX 1.5 OZ	BOX	40	1.0	31.0
PEAS GREEN	1/2 CUP	50	4.32	11.88
SALAD GREEN TOSSED BULK SIDE	1 CUP	50	1.23	2.9
MILK CHOCOLATE FF CLOVER	1 EACH	70	8.0	21.0
MILK WHITE 1% CLOVER	1 EACH	30	11.0	14.0
KETCHUP DISPENSER	.5 OZ	20	0.0	4.17
BBQ SAUCE 12GM PKT 27810	12 GM PKT	20	0.0	4.0
DRESSING RANCH LF DISPENSER	.5 OZ	20	0.0	3.34
MUSTARD 5.5 G PACKET 5390	PACKET	20	0.5	0.5
MAYONNAISE 9 GM PACKET	PACKET 9 GM	20	0.0	0.0
Weighted Daily Average			30.95	103.41
% of Calories			17.3%	57.7%
Nutrient Guideline				

Thu - 05/02/2019				
6-8 GRADE LUNCH CYCLE	Total	100		
PIZZA BIG DADDY'S HT SUPREME	SLICE	20	20.68	37.13
CHEESEBURGER 1-15-320 GIULIANO	1 EACH	20	17.5	27.0
POTATO TATER TOTS	1/2 cup	20	2.0	16.0
SPICY CHICKEN SAND 70314 GIUL	1 sandwich	20	19.0	44.0
POTATO TATER TOTS	1/2 cup	20	2.0	16.0
BEEF DIPPERS TERIYAKI	4 DIPPERS	20	14.25	6.11
RICE BROWN WG COOKED	1/2 CUP	20	2.76	25.51
SALAD CHICKEN CAESAR FAJITA K8	PORTION	20	19.11	5.24
ROLL DINNER 2 OZ WG ARTISAN	1 EACH	20	5.0	34.0
BANANAS:150ct	1 EACH	45	1.29	26.95
PEACHES CANNED DICED IN JUICE	1/2 CUP	45	0.0	12.0
RAISINS BOX 1.5 OZ	BOX	10	1.0	31.0
CORN CANNED 15483	1/2 CUP	50	3.0	17.0
SALAD CAESAR BULK SIDE	1 CUP	50	3.35	7.69
MILK CHOCOLATE FF CLOVER	1 EACH	70	8.0	21.0
MILK WHITE 1% CLOVER	1 EACH	30	11.0	14.0
KETCHUP DISPENSER	.5 OZ	20	0.0	4.17
BBQ SAUCE 12GM PKT 27810	12 GM PKT	10	0.0	4.0
DRESSING RANCH LF DISPENSER	.5 OZ	10	0.0	3.34
MUSTARD 5.5 G PACKET 5390	PACKET	10	0.5	0.5
MAYONNAISE 9 GM PACKET	PACKET 9 GM	10	0.0	0.0

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

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Portion Values - Detailed

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	Portion Size	Reimb Qty	Protn (g)	Carb (g)
Weighted Daily Average			33.26	95.69
% of Calories			17.7%	51.0%
Nutrient Guideline				

Fri - 05/03/2019				
6-8 GRADE LUNCH CYCLE	Total	100		
TURKEY GRAVY w/MASHED POTATOES	gravy+potato	20	18.03	23.36
ROLL DINNER 2 OZ WG ARTISAN	1 EACH	20	5.0	34.0
PIZZA BIG DADDY'S HT CHEESE	SLICE	20	18.02	36.04
CHEESEBURGER 1-15-320 GIULIANO	1 EACH	20	17.5	27.0
POTATO FRENCH FRIES CRNKL USDA	1/2 CUP	20	2.4	33.93
SPICY CHICKEN SAND 70314 GIUL	1 sandwich	20	19.0	44.0
POTATO FRENCH FRIES CRNKL USDA	1/2 CUP	20	2.4	33.93
PARFAIT TROPICAL 6-12-UP	1 parfait	20	9.89	74.3
ORANGE FRESH WHOLE 138 COUNT	1 EACH	45	1.25	15.66
FRUIT MIX CANNED IN JUICE	1/2 CUP	45	0.0	14.0
RAISINS BOX 1.5 OZ	BOX	10	1.0	31.0
BROCCOLI FRESH	1/2 CUP	50	1.24	2.92
SALAD GREEN TOSSED BULK SIDE	1 CUP	50	1.23	2.9
MILK CHOCOLATE FF CLOVER	1 EACH	70	8.0	21.0
MILK WHITE 1% CLOVER	1 EACH	30	11.0	14.0
KETCHUP DISPENSER	.5 OZ	20	0.0	4.17
BBQ SAUCE 12GM PKT 27810	12 GM PKT	20	0.0	4.0
DRESSING RANCH LF DISPENSER	.5 OZ	20	0.0	3.34
MUSTARD 5.5 G PACKET 5390	PACKET	20	0.5	0.5
MAYONNAISE 9 GM PACKET	PACKET 9 GM	10	0.0	0.0
Weighted Daily Average			29.35	101.97
% of Calories			17.3%	60.3%
Nutrient Guideline				

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Base Menu Spreadsheet

6-8 GRADE LUNCH CYCLE 1

Portion Values - Detailed

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	Portion Size	Reimb Qty	Protn (g)	Carb (g)
Mon - 05/06/2019				
6-8 GRADE LUNCH CYCLE	Total	100		
CHICKEN BBQ ROASTED 100098	SERVING	20	14.93	0.97
RICE BROWN WG COOKED	1/2 CUP	20	2.76	25.51
CHICKEN TENDER SPICY TYSON	3 tenders	20	15.0	17.0
POTATO FRENCH FRIES CRNKL USDA	1/2 CUP	20	2.4	33.93
PIZZA BIG DADDY'S HT PEPPERONI	SLICE	20	19.35	36.16
SPICY CHICKEN SAND 70314 GIUL	1 sandwich	20	19.0	44.0
POTATO FRENCH FRIES CRNKL USDA	1/2 CUP	20	2.4	33.93
CHEESEBURGER 1-15-320 GIULIANO	1 EACH	20	17.5	27.0
POTATO FRENCH FRIES CRNKL USDA	1/2 CUP	20	2.4	33.93
APPLE, WHOLE 198 COUNT	1 EACH	45	0.26	13.95
APPLESAUCE CND	1/2 CUP	45	0.0	13.0
RAISINS BOX 1.5 OZ	BOX	10	1.0	31.0
BEANS PINTO	1/2 CUP	25	6.0	18.0
CARROTS BABY FRESH	1/2 cup	50	0.45	5.78
SALAD CAESAR BULK SIDE	1 CUP	25	3.35	7.69
MILK CHOCOLATE FF CLOVER	1 EACH	70	8.0	21.0
MILK WHITE 1% CLOVER	1 EACH	30	11.0	14.0
KETCHUP DISPENSER	.5 OZ	20	0.0	4.17
BBQ SAUCE 12GM PKT 27810	12 GM PKT	20	0.0	4.0
DRESSING RANCH LF DISPENSER	.5 OZ	20	0.0	3.34
MUSTARD 5.5 G PACKET 5390	PACKET	20	0.5	0.5
MAYONNAISE 9 GM PACKET	PACKET 9 GM	20	0.0	0.0
Weighted Daily Average			30.93	96.32
% of Calories			17.1%	53.4%
Nutrient Guideline				

Tue - 05/07/2019				
6-8 GRADE LUNCH CYCLE	Total	100		
CHICKEN TERIYAKI FAJITA	serving	20	15.33	9.74
RICE BROWN WG COOKED	1/2 CUP	20	2.76	25.51
ROLL DINNER 2 OZ WG ARTISAN	1 EACH	20	5.0	34.0
SPICY CHICKEN SAND 70314 GIUL	1 sandwich	20	19.0	44.0
POTATO TATER TOTS	1/2 cup	20	2.0	16.0
CHEESEBURGER 1-15-320 GIULIANO	1 EACH	20	17.5	27.0
POTATO TATER TOTS	1/2 cup	20	2.0	16.0
NACHOS BEEF CHZ SAUCE 1-320410	1 EACH	20	16.38	37.46
PIZZA BIG DADDY'S HT CHEESE	SLICE	20	18.02	36.04
APPLE, WHOLE 198 COUNT	1 EACH	45	0.26	13.95
PINEAPPLE TIDBITS CND	1/2 CUP	45	0.0	15.0
RAISINS BOX 1.5 OZ	BOX	10	1.0	31.0
BLACK BEAN & JICAMA SALAD	1/2 cup	30	3.96	16.81
SALAD CAESAR BULK SIDE	1 CUP	35	3.35	7.69
MILK CHOCOLATE FF CLOVER	1 EACH	70	8.0	21.0
MILK WHITE 1% CLOVER	1 EACH	30	11.0	14.0
KETCHUP DISPENSER	.5 OZ	20	0.0	4.17
MUSTARD DISPENSER	.5 OZ	20	0.0	0.0
MAYONNAISE DISPENSER	.5 OZ	20	0.0	0.0
BBQ SAUCE DISPENSER	.5 OZ	20	0.0	3.75
DRESSING RANCH LF DISPENSER	.5 OZ	20	0.0	3.34

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Base Menu Spreadsheet

6-8 GRADE LUNCH CYCLE 1

Portion Values - Detailed

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	Portion Size	Reimb Qty	Protn (g)	Carb (g)
Weighted Daily Average			31.08	94.16
% of Calories			17.2%	52.1%
Nutrient Guideline				

Wed - 05/08/2019				
6-8 GRADE LUNCH CYCLE	Total	100		
CHILI CHEESE FRIES	1 cup	20	*N/A*	*N/A*
POTATO FRENCH FRIES CRNKL USDA	1/2 CUP	20	2.4	33.93
SPICY CHICKEN SAND 70314 GIUL	1 sandwich	20	19.0	44.0
POTATO FRENCH FRIES CRNKL USDA	1/2 CUP	20	2.4	33.93
CHEESEBURGER 1-15-320 GIULIANO	1 EACH	20	17.5	27.0
POTATO FRENCH FRIES CRNKL USDA	1/2 CUP	20	2.4	33.93
PIZZA BIG DADDY'S HT PEP OLIVE	SLICE	20	19.35	36.16
SAND COLD EGG SALAD GIULIANOS	1 EACH	20	10.85	28.34
ORANGE FRESH WHOLE 138 COUNT	1 EACH	45	1.25	15.66
PEARS CANNED IN JUICE	1/2 CUP	50	0.0	14.0
RAISINS BOX 1.5 OZ	BOX	5	1.0	31.0
PEAS GREEN	1/2 CUP	20	4.32	11.88
SALAD GREEN TOSSED BULK SIDE	1 CUP	80	1.23	2.9
MILK CHOCOLATE FF CLOVER	1 EACH	70	8.0	21.0
MILK WHITE 1% CLOVER	1 EACH	30	11.0	14.0
KETCHUP DISPENSER	.5 OZ	20	0.0	4.17
BBQ SAUCE 12GM PKT 27810	12 GM PKT	20	0.0	4.0
DRESSING RANCH LF DISPENSER	.5 OZ	20	0.0	3.34
MUSTARD 5.5 G PACKET 5390	PACKET	20	0.5	0.5
MAYONNAISE 9 GM PACKET	PACKET 9 GM	10	0.0	0.0
Weighted Daily Average			26.24	89.05
% of Calories			16.2%	54.9%
Nutrient Guideline				

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Base Menu Spreadsheet

6-8 GRADE LUNCH CYCLE 1

Portion Values - Detailed

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	Portion Size	Reimb Qty	Protn (g)	Carb (g)
Thu - 05/09/2019				
6-8 GRADE LUNCH CYCLE	Total	100		
SPAGHETTI & MEATBALLS 1-17-505	1CUP+5meatballs	20	23.09	50.96
ROLL DINNER 2 OZ WG ARTISAN	1 EACH	20	5.0	34.0
PIZZA BIG DADDY'S HT CHEESE	SLICE	40	18.02	36.04
RIB BEEF HONEY BBQ 3716 GIULIA	1 EACH	10	19.0	40.0
SPICY CHICKEN SAND 70314 GIUL	1 sandwich	10	19.0	44.0
POTATO TATER TOTS	1/2 cup	10	2.0	16.0
CHEESEBURGER 1-15-320 GIULIANO	1 EACH	20	17.5	27.0
POTATO TATER TOTS	1/2 cup	20	2.0	16.0
BANANAS:150ct	1 EACH	25	1.29	26.95
PEACHES CANNED DICED IN JUICE	1/2 CUP	65	0.0	12.0
RAISINS BOX 1.5 OZ	BOX	10	1.0	31.0
CORN CANNED 15483	1/2 CUP	30	3.0	17.0
SALAD CAESAR BULK SIDE	1 CUP	70	3.35	7.69
MILK CHOCOLATE FF CLOVER	1 EACH	70	8.0	21.0
MILK WHITE 1% CLOVER	1 EACH	30	11.0	14.0
KETCHUP DISPENSER	.5 OZ	20	0.0	4.17
BBQ SAUCE 12GM PKT 27810	12 GM PKT	20	0.0	4.0
DRESSING RANCH LF DISPENSER	.5 OZ	20	0.0	3.34
MUSTARD 5.5 G PACKET 5390	PACKET	20	0.5	0.5
MAYONNAISE 9 GM PACKET	PACKET 9 GM	10	0.0	0.0
Weighted Daily Average			33.39	99.43
% of Calories			18.3%	54.4%
Nutrient Guideline				

	Portion Size	Reimb Qty	Protn (g)	Carb (g)
Fri - 05/10/2019				
6-8 GRADE LUNCH CYCLE	Total	100		
PIZZA BIG DADDY'S HT PEPPERONI	SLICE	50	19.35	36.16
SPICY CHICKEN SAND 70314 GIUL	1 sandwich	10	19.0	44.0
POTATO FRENCH FRIES CRNKL USDA	1/2 CUP	10	2.4	33.93
CHEESEBURGER 1-15-320 GIULIANO	1 EACH	10	17.5	27.0
POTATO FRENCH FRIES CRNKL USDA	1/2 CUP	10	2.4	33.93
PASTA ALFREDO w/CHICKEN JTM	2 #8 SCOOPS	10	16.79	29.42
ROLL DINNER 2 OZ WG ARTISAN	1 EACH	10	5.0	34.0
WRAP CHICKEN RANCH K-8	WRAP	20	22.79	29.82
ORANGE FRESH WHOLE 138 COUNT	1 EACH	45	1.25	15.66
FRUIT MIX CANNED IN JUICE	1/2 CUP	45	0.0	14.0
RAISINS BOX 1.5 OZ	BOX	10	1.0	31.0
BROCCOLI FRESH	1/2 CUP	70	1.24	2.92
SALAD GREEN TOSSED BULK SIDE	1 CUP	30	1.23	2.9
MILK CHOCOLATE FF CLOVER	1 EACH	70	8.0	21.0
MILK WHITE 1% CLOVER	1 EACH	30	11.0	14.0
KETCHUP DISPENSER	.5 OZ	20	0.0	4.17
BBQ SAUCE 12GM PKT 27810	12 GM PKT	20	0.0	4.0
DRESSING RANCH LF DISPENSER	.5 OZ	10	0.0	3.34
MUSTARD 5.5 G PACKET 5390	PACKET	20	0.5	0.5
MAYONNAISE 9 GM PACKET	PACKET 9 GM	10	0.0	0.0
Weighted Daily Average			31.44	84.60
% of Calories			19.8%	53.2%
Nutrient Guideline				

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6-8 GRADE LUNCH CYCLE 1

Portion Values - Detailed

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	Portion Size	Reimb Qty	Protn (g)	Carb (g)
Mon - 05/13/2019				
6-8 GRADE LUNCH CYCLE	Total	100		
PIZZA BIG DADDY'S HT SAUSAGE	SLICE	20	20.91	37.05
SPICY CHICKEN SAND 70314 GIUL	1 sandwich	20	19.0	44.0
POTATO FRENCH FRIES CRNKL USDA	1/2 CUP	20	2.4	33.93
CHEESEBURGER 1-15-320 GIULIANO	1 EACH	20	17.5	27.0
POTATO FRENCH FRIES CRNKL USDA	1/2 CUP	20	2.4	33.93
SAND COLD TUNA GIULIANOS	1 sandwich	20	17.1	26.67
ENCHIRITO BEAN & CHEESE	1 EACH	20	15.0	49.02
APPLE, WHOLE 198 COUNT	1 EACH	45	0.26	13.95
APPLESAUCE CND	1/2 CUP	45	0.0	13.0
RAISINS BOX 1.5 OZ	BOX	10	1.0	31.0
BEANS PINTO	1/2 CUP	25	6.0	18.0
CARROTS BABY FRESH	1/2 cup	50	0.45	5.78
SALAD CAESAR BULK SIDE	1 CUP	25	3.35	7.69
MILK CHOCOLATE FF CLOVER	1 EACH	70	8.0	21.0
MILK WHITE 1% CLOVER	1 EACH	30	11.0	14.0
KETCHUP DISPENSER	.5 OZ	20	0.0	4.17
BBQ SAUCE 12GM PKT 27810	12 GM PKT	10	0.0	4.0
DRESSING RANCH LF DISPENSER	.5 OZ	20	0.0	3.34
MUSTARD 5.5 G PACKET 5390	PACKET	20	0.5	0.5
MAYONNAISE 9 GM PACKET	PACKET 9 GM	10	0.0	0.0
Weighted Daily Average			30.64	95.76
% of Calories			17.4%	54.2%
Nutrient Guideline				

	Portion Size	Reimb Qty	Protn (g)	Carb (g)
Tue - 05/14/2019				
6-8 GRADE LUNCH CYCLE	Total	100		
CHICKEN ORANGE POPCORN WG70368	12 EACH	20	15.25	30.92
RICE BROWN WG COOKED	1/2 CUP	20	2.76	25.51
SPICY CHICKEN SAND 70314 GIUL	1 sandwich	20	19.0	44.0
POTATO TATER TOTS	1/2 cup	20	2.0	16.0
CHEESEBURGER 1-15-320 GIULIANO	1 EACH	20	17.5	27.0
POTATO TATER TOTS	1/2 cup	20	2.0	16.0
PIZZA BIG DADDY'S HT PEPPERONI	SLICE	20	19.35	36.16
WRAP CHICKEN PESTO TYSON K-8	1 WRAP	20	21.69	27.22
APPLE, WHOLE 198 COUNT	1 EACH	45	0.26	13.95
PINEAPPLE TIDBITS CND	1/2 CUP	45	0.0	15.0
RAISINS BOX 1.5 OZ	BOX	10	1.0	31.0
TOMATOES, CHERRY	HALF CUP	50	0.65	2.87
SALAD CAESAR BULK SIDE	1 CUP	50	3.35	7.69
MILK CHOCOLATE FF CLOVER	1 EACH	70	8.0	21.0
MILK WHITE 1% CLOVER	1 EACH	30	11.0	14.0
KETCHUP DISPENSER	.5 OZ	20	0.0	4.17
MUSTARD DISPENSER	.5 OZ	20	0.0	0.0
BBQ SAUCE DISPENSER	.5 OZ	10	0.0	3.75
DRESSING RANCH LF DISPENSER	.5 OZ	20	0.0	3.34
MAYONNAISE DISPENSER	.5 OZ	10	0.0	0.0
Weighted Daily Average			31.03	86.74
% of Calories			17.6%	49.3%
Nutrient Guideline				

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	Portion Size	Reimb Qty	Protn (g)	Carb (g)
Wed - 05/15/2019				
6-8 GRADE LUNCH CYCLE	Total	100		
BEEF MEATLOAF 9300	EA 3 OZ	20	12.0	8.0
POTATO MASHED:instant 10326	#8 scoop	20	2.03	21.36
ROLL DINNER 2 OZ WG ARTISAN	1 EACH	20	5.0	34.0
SPICY CHICKEN SAND 70314 GIUL	1 sandwich	20	19.0	44.0
POTATO FRENCH FRIES CRNKL USDA	1/2 CUP	20	2.4	33.93
CHEESEBURGER 1-15-320 GIULIANO	1 EACH	20	17.5	27.0
POTATO FRENCH FRIES CRNKL USDA	1/2 CUP	20	2.4	33.93
HOT DOG TURKEY 51% WW GIULIANO	1 EACH	20	13.0	28.0
PIZZA BIG DADDY'S HT CHEESE	SLICE	20	18.02	36.04
ORANGE FRESH WHOLE 138 COUNT	1 EACH	40	1.25	15.66
PEARS CANNED IN JUICE	1/2 CUP	20	0.0	14.0
RAISINS BOX 1.5 OZ	BOX	40	1.0	31.0
PEAS GREEN	1/2 CUP	50	4.32	11.88
SALAD GREEN TOSSED BULK SIDE	1 CUP	50	1.23	2.9
MILK CHOCOLATE FF CLOVER	1 EACH	70	8.0	21.0
MILK WHITE 1% CLOVER	1 EACH	30	11.0	14.0
KETCHUP DISPENSER	.5 OZ	20	0.0	4.17
BBQ SAUCE 12GM PKT 27810	12 GM PKT	20	0.0	4.0
DRESSING RANCH LF DISPENSER	.5 OZ	20	0.0	3.34
MUSTARD 5.5 G PACKET 5390	PACKET	20	0.5	0.5
MAYONNAISE 9 GM PACKET	PACKET 9 GM	20	0.0	0.0
Weighted Daily Average			30.95	103.41
% of Calories			17.3%	57.7%
Nutrient Guideline				

	Portion Size	Reimb Qty	Protn (g)	Carb (g)
Thu - 05/16/2019				
6-8 GRADE LUNCH CYCLE	Total	100		
PIZZA BIG DADDY'S HT SUPREME	SLICE	20	20.68	37.13
CHEESEBURGER 1-15-320 GIULIANO	1 EACH	20	17.5	27.0
POTATO TATER TOTS	1/2 cup	20	2.0	16.0
SPICY CHICKEN SAND 70314 GIUL	1 sandwich	20	19.0	44.0
POTATO TATER TOTS	1/2 cup	20	2.0	16.0
BEEF DIPPERS TERIYAKI	4 DIPPERS	20	14.25	6.11
RICE BROWN WG COOKED	1/2 CUP	20	2.76	25.51
SALAD CHICKEN CAESAR FAJITA K8	PORTION	20	19.11	5.24
ROLL DINNER 2 OZ WG ARTISAN	1 EACH	20	5.0	34.0
BANANAS:150ct	1 EACH	45	1.29	26.95
PEACHES CANNED DICED IN JUICE	1/2 CUP	45	0.0	12.0
RAISINS BOX 1.5 OZ	BOX	10	1.0	31.0
CORN CANNED 15483	1/2 CUP	50	3.0	17.0
SALAD CAESAR BULK SIDE	1 CUP	50	3.35	7.69
MILK CHOCOLATE FF CLOVER	1 EACH	70	8.0	21.0
MILK WHITE 1% CLOVER	1 EACH	30	11.0	14.0
KETCHUP DISPENSER	.5 OZ	20	0.0	4.17
BBQ SAUCE 12GM PKT 27810	12 GM PKT	10	0.0	4.0
DRESSING RANCH LF DISPENSER	.5 OZ	10	0.0	3.34
MUSTARD 5.5 G PACKET 5390	PACKET	10	0.5	0.5
MAYONNAISE 9 GM PACKET	PACKET 9 GM	10	0.0	0.0

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

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Cotati-Rohnert Park USD

May 1, 2019 thru May 31, 2019

Base Menu Spreadsheet

6-8 GRADE LUNCH CYCLE 1

Portion Values - Detailed

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	Portion Size	Reimb Qty	Protn (g)	Carb (g)
Weighted Daily Average			33.26	95.69
% of Calories			17.7%	51.0%
Nutrient Guideline				

Fri - 05/17/2019				
6-8 GRADE LUNCH CYCLE	Total	100		
TURKEY GRAVY w/MASHED POTATOES	gravy+potato	20	18.03	23.36
ROLL DINNER 2 OZ WG ARTISAN	1 EACH	20	5.0	34.0
PIZZA BIG DADDY'S HT CHEESE	SLICE	20	18.02	36.04
CHEESEBURGER 1-15-320 GIULIANO	1 EACH	20	17.5	27.0
POTATO FRENCH FRIES CRNKL USDA	1/2 CUP	20	2.4	33.93
SPICY CHICKEN SAND 70314 GIUL	1 sandwich	20	19.0	44.0
POTATO FRENCH FRIES CRNKL USDA	1/2 CUP	20	2.4	33.93
PARFAIT TROPICAL 6-12-UP	1 parfait	20	9.89	74.3
ORANGE FRESH WHOLE 138 COUNT	1 EACH	45	1.25	15.66
FRUIT MIX CANNED IN JUICE	1/2 CUP	45	0.0	14.0
RAISINS BOX 1.5 OZ	BOX	10	1.0	31.0
BROCCOLI FRESH	1/2 CUP	50	1.24	2.92
SALAD GREEN TOSSED BULK SIDE	1 CUP	50	1.23	2.9
MILK CHOCOLATE FF CLOVER	1 EACH	70	8.0	21.0
MILK WHITE 1% CLOVER	1 EACH	30	11.0	14.0
KETCHUP DISPENSER	.5 OZ	20	0.0	4.17
BBQ SAUCE 12GM PKT 27810	12 GM PKT	20	0.0	4.0
DRESSING RANCH LF DISPENSER	.5 OZ	20	0.0	3.34
MUSTARD 5.5 G PACKET 5390	PACKET	20	0.5	0.5
MAYONNAISE 9 GM PACKET	PACKET 9 GM	10	0.0	0.0
Weighted Daily Average			29.35	101.97
% of Calories			17.3%	60.3%
Nutrient Guideline				

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Cotati-Rohnert Park USD

May 1, 2019 thru May 31, 2019

Base Menu Spreadsheet

6-8 GRADE LUNCH CYCLE 1

Portion Values - Detailed

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	Portion Size	Reimb Qty	Protn (g)	Carb (g)
Mon - 05/20/2019				
6-8 GRADE LUNCH CYCLE	Total	100		
CHICKEN BBQ ROASTED 100098	SERVING	20	14.93	0.97
RICE BROWN WG COOKED	1/2 CUP	20	2.76	25.51
CHICKEN TENDER SPICY TYSON	3 tenders	20	15.0	17.0
POTATO FRENCH FRIES CRNKL USDA	1/2 CUP	20	2.4	33.93
PIZZA BIG DADDY'S HT PEPPERONI	SLICE	20	19.35	36.16
SPICY CHICKEN SAND 70314 GIUL	1 sandwich	20	19.0	44.0
POTATO FRENCH FRIES CRNKL USDA	1/2 CUP	20	2.4	33.93
CHEESEBURGER 1-15-320 GIULIANO	1 EACH	20	17.5	27.0
POTATO FRENCH FRIES CRNKL USDA	1/2 CUP	20	2.4	33.93
APPLE, WHOLE 198 COUNT	1 EACH	45	0.26	13.95
APPLESAUCE CND	1/2 CUP	45	0.0	13.0
RAISINS BOX 1.5 OZ	BOX	10	1.0	31.0
BEANS PINTO	1/2 CUP	25	6.0	18.0
CARROTS BABY FRESH	1/2 cup	50	0.45	5.78
SALAD CAESAR BULK SIDE	1 CUP	25	3.35	7.69
MILK CHOCOLATE FF CLOVER	1 EACH	70	8.0	21.0
MILK WHITE 1% CLOVER	1 EACH	30	11.0	14.0
KETCHUP DISPENSER	.5 OZ	20	0.0	4.17
BBQ SAUCE 12GM PKT 27810	12 GM PKT	20	0.0	4.0
DRESSING RANCH LF DISPENSER	.5 OZ	20	0.0	3.34
MUSTARD 5.5 G PACKET 5390	PACKET	20	0.5	0.5
MAYONNAISE 9 GM PACKET	PACKET 9 GM	20	0.0	0.0
Weighted Daily Average			30.93	96.32
% of Calories			17.1%	53.4%
Nutrient Guideline				

Tue - 05/21/2019				
6-8 GRADE LUNCH CYCLE	Total	100		
CHICKEN TERIYAKI FAJITA	serving	20	15.33	9.74
RICE BROWN WG COOKED	1/2 CUP	20	2.76	25.51
ROLL DINNER 2 OZ WG ARTISAN	1 EACH	20	5.0	34.0
SPICY CHICKEN SAND 70314 GIUL	1 sandwich	20	19.0	44.0
POTATO TATER TOTS	1/2 cup	20	2.0	16.0
CHEESEBURGER 1-15-320 GIULIANO	1 EACH	20	17.5	27.0
POTATO TATER TOTS	1/2 cup	20	2.0	16.0
NACHOS BEEF CHZ SAUCE 1-320410	1 EACH	20	16.38	37.46
PIZZA BIG DADDY'S HT CHEESE	SLICE	20	18.02	36.04
APPLE, WHOLE 198 COUNT	1 EACH	45	0.26	13.95
PINEAPPLE TIDBITS CND	1/2 CUP	45	0.0	15.0
RAISINS BOX 1.5 OZ	BOX	10	1.0	31.0
BLACK BEAN & JICAMA SALAD	1/2 cup	30	3.96	16.81
SALAD CAESAR BULK SIDE	1 CUP	35	3.35	7.69
MILK CHOCOLATE FF CLOVER	1 EACH	70	8.0	21.0
MILK WHITE 1% CLOVER	1 EACH	30	11.0	14.0
KETCHUP DISPENSER	.5 OZ	20	0.0	4.17
MUSTARD DISPENSER	.5 OZ	20	0.0	0.0
MAYONNAISE DISPENSER	.5 OZ	20	0.0	0.0
BBQ SAUCE DISPENSER	.5 OZ	20	0.0	3.75
DRESSING RANCH LF DISPENSER	.5 OZ	20	0.0	3.34

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Cotati-Rohnert Park USD

May 1, 2019 thru May 31, 2019

Base Menu Spreadsheet

6-8 GRADE LUNCH CYCLE 1

Portion Values - Detailed

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	Portion Size	Reimb Qty	Protn (g)	Carb (g)
Weighted Daily Average			31.08	94.16
% of Calories			17.2%	52.1%
Nutrient Guideline				

Wed - 05/22/2019				
6-8 GRADE LUNCH CYCLE	Total	100		
CHILI CHEESE FRIES	1 cup	20	*N/A*	*N/A*
POTATO FRENCH FRIES CRNKL USDA	1/2 CUP	20	2.4	33.93
SPICY CHICKEN SAND 70314 GIUL	1 sandwich	20	19.0	44.0
POTATO FRENCH FRIES CRNKL USDA	1/2 CUP	20	2.4	33.93
CHEESEBURGER 1-15-320 GIULIANO	1 EACH	20	17.5	27.0
POTATO FRENCH FRIES CRNKL USDA	1/2 CUP	20	2.4	33.93
PIZZA BIG DADDY'S HT PEP OLIVE	SLICE	20	19.35	36.16
SAND COLD EGG SALAD GIULIANOS	1 EACH	20	10.85	28.34
ORANGE FRESH WHOLE 138 COUNT	1 EACH	45	1.25	15.66
PEARS CANNED IN JUICE	1/2 CUP	50	0.0	14.0
RAISINS BOX 1.5 OZ	BOX	5	1.0	31.0
PEAS GREEN	1/2 CUP	20	4.32	11.88
SALAD GREEN TOSSED BULK SIDE	1 CUP	80	1.23	2.9
MILK CHOCOLATE FF CLOVER	1 EACH	70	8.0	21.0
MILK WHITE 1% CLOVER	1 EACH	30	11.0	14.0
KETCHUP DISPENSER	.5 OZ	20	0.0	4.17
BBQ SAUCE 12GM PKT 27810	12 GM PKT	20	0.0	4.0
DRESSING RANCH LF DISPENSER	.5 OZ	20	0.0	3.34
MUSTARD 5.5 G PACKET 5390	PACKET	20	0.5	0.5
MAYONNAISE 9 GM PACKET	PACKET 9 GM	10	0.0	0.0
Weighted Daily Average			26.24	89.05
% of Calories			16.2%	54.9%
Nutrient Guideline				

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Cotati-Rohnert Park USD

May 1, 2019 thru May 31, 2019

Base Menu Spreadsheet

6-8 GRADE LUNCH CYCLE 1

Portion Values - Detailed

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	Portion Size	Reimb Qty	Protn (g)	Carb (g)
Thu - 05/23/2019				
6-8 GRADE LUNCH CYCLE	Total	100		
SPAGHETTI & MEATBALLS 1-17-505	1CUP+5meatballs	20	23.09	50.96
ROLL DINNER 2 OZ WG ARTISAN	1 EACH	20	5.0	34.0
PIZZA BIG DADDY'S HT CHEESE	SLICE	40	18.02	36.04
RIB BEEF HONEY BBQ 3716 GIULIA	1 EACH	10	19.0	40.0
SPICY CHICKEN SAND 70314 GIUL	1 sandwich	10	19.0	44.0
POTATO TATER TOTS	1/2 cup	10	2.0	16.0
CHEESEBURGER 1-15-320 GIULIANO	1 EACH	20	17.5	27.0
POTATO TATER TOTS	1/2 cup	20	2.0	16.0
BANANAS:150ct	1 EACH	25	1.29	26.95
PEACHES CANNED DICED IN JUICE	1/2 CUP	65	0.0	12.0
RAISINS BOX 1.5 OZ	BOX	10	1.0	31.0
CORN CANNED 15483	1/2 CUP	30	3.0	17.0
SALAD CAESAR BULK SIDE	1 CUP	70	3.35	7.69
MILK CHOCOLATE FF CLOVER	1 EACH	70	8.0	21.0
MILK WHITE 1% CLOVER	1 EACH	30	11.0	14.0
KETCHUP DISPENSER	.5 OZ	20	0.0	4.17
BBQ SAUCE 12GM PKT 27810	12 GM PKT	20	0.0	4.0
DRESSING RANCH LF DISPENSER	.5 OZ	20	0.0	3.34
MUSTARD 5.5 G PACKET 5390	PACKET	20	0.5	0.5
MAYONNAISE 9 GM PACKET	PACKET 9 GM	10	0.0	0.0
Weighted Daily Average			33.39	99.43
% of Calories			18.3%	54.4%
Nutrient Guideline				

	Portion Size	Reimb Qty	Protn (g)	Carb (g)
Fri - 05/24/2019				
6-8 GRADE LUNCH CYCLE	Total	100		
PIZZA BIG DADDY'S HT PEPPERONI	SLICE	50	19.35	36.16
SPICY CHICKEN SAND 70314 GIUL	1 sandwich	10	19.0	44.0
POTATO FRENCH FRIES CRNKL USDA	1/2 CUP	10	2.4	33.93
CHEESEBURGER 1-15-320 GIULIANO	1 EACH	10	17.5	27.0
POTATO FRENCH FRIES CRNKL USDA	1/2 CUP	10	2.4	33.93
PASTA ALFREDO w/CHICKEN JTM	2 #8 SCOOPS	10	16.79	29.42
ROLL DINNER 2 OZ WG ARTISAN	1 EACH	10	5.0	34.0
WRAP CHICKEN RANCH K-8	WRAP	20	22.79	29.82
ORANGE FRESH WHOLE 138 COUNT	1 EACH	45	1.25	15.66
FRUIT MIX CANNED IN JUICE	1/2 CUP	45	0.0	14.0
RAISINS BOX 1.5 OZ	BOX	10	1.0	31.0
BROCCOLI FRESH	1/2 CUP	70	1.24	2.92
SALAD GREEN TOSSED BULK SIDE	1 CUP	30	1.23	2.9
MILK CHOCOLATE FF CLOVER	1 EACH	70	8.0	21.0
MILK WHITE 1% CLOVER	1 EACH	30	11.0	14.0
KETCHUP DISPENSER	.5 OZ	20	0.0	4.17
BBQ SAUCE 12GM PKT 27810	12 GM PKT	20	0.0	4.0
DRESSING RANCH LF DISPENSER	.5 OZ	10	0.0	3.34
MUSTARD 5.5 G PACKET 5390	PACKET	20	0.5	0.5
MAYONNAISE 9 GM PACKET	PACKET 9 GM	10	0.0	0.0
Weighted Daily Average			31.44	84.60
% of Calories			19.8%	53.2%
Nutrient Guideline				

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Cotati-Rohnert Park USD

May 1, 2019 thru May 31, 2019

Base Menu Spreadsheet

6-8 GRADE LUNCH CYCLE 1

Portion Values - Detailed

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	Portion Size	Reimb Qty	Protn (g)	Carb (g)
Mon - 05/27/2019				
6-8 GRADE LUNCH CYCLE	Total	100		
PIZZA BIG DADDY'S HT SAUSAGE	SLICE	20	20.91	37.05
SPICY CHICKEN SAND 70314 GIUL	1 sandwich	20	19.0	44.0
POTATO FRENCH FRIES CRNKL USDA	1/2 CUP	20	2.4	33.93
CHEESEBURGER 1-15-320 GIULIANO	1 EACH	20	17.5	27.0
POTATO FRENCH FRIES CRNKL USDA	1/2 CUP	20	2.4	33.93
SAND COLD TUNA GIULIANOS	1 sandwich	20	17.1	26.67
ENCHIRITO BEAN & CHEESE	1 EACH	20	15.0	49.02
APPLE, WHOLE 198 COUNT	1 EACH	45	0.26	13.95
APPLESAUCE CND	1/2 CUP	45	0.0	13.0
RAISINS BOX 1.5 OZ	BOX	10	1.0	31.0
BEANS PINTO	1/2 CUP	25	6.0	18.0
CARROTS BABY FRESH	1/2 cup	50	0.45	5.78
SALAD CAESAR BULK SIDE	1 CUP	25	3.35	7.69
MILK CHOCOLATE FF CLOVER	1 EACH	70	8.0	21.0
MILK WHITE 1% CLOVER	1 EACH	30	11.0	14.0
KETCHUP DISPENSER	.5 OZ	20	0.0	4.17
BBQ SAUCE 12GM PKT 27810	12 GM PKT	10	0.0	4.0
DRESSING RANCH LF DISPENSER	.5 OZ	20	0.0	3.34
MUSTARD 5.5 G PACKET 5390	PACKET	20	0.5	0.5
MAYONNAISE 9 GM PACKET	PACKET 9 GM	10	0.0	0.0
Weighted Daily Average			30.64	95.76
% of Calories			17.4%	54.2%
Nutrient Guideline				

Tue - 05/28/2019				
6-8 GRADE LUNCH CYCLE	Total	100		
CHICKEN ORANGE POPCORN WG70368	12 EACH	20	15.25	30.92
RICE BROWN WG COOKED	1/2 CUP	20	2.76	25.51
SPICY CHICKEN SAND 70314 GIUL	1 sandwich	20	19.0	44.0
POTATO TATER TOTS	1/2 cup	20	2.0	16.0
CHEESEBURGER 1-15-320 GIULIANO	1 EACH	20	17.5	27.0
POTATO TATER TOTS	1/2 cup	20	2.0	16.0
PIZZA BIG DADDY'S HT PEPPERONI	SLICE	20	19.35	36.16
WRAP CHICKEN PESTO TYSON K-8	1 WRAP	20	21.69	27.22
APPLE, WHOLE 198 COUNT	1 EACH	45	0.26	13.95
PINEAPPLE TIDBITS CND	1/2 CUP	45	0.0	15.0
RAISINS BOX 1.5 OZ	BOX	10	1.0	31.0
TOMATOES, CHERRY	HALF CUP	50	0.65	2.87
SALAD CAESAR BULK SIDE	1 CUP	50	3.35	7.69
MILK CHOCOLATE FF CLOVER	1 EACH	70	8.0	21.0
MILK WHITE 1% CLOVER	1 EACH	30	11.0	14.0
KETCHUP DISPENSER	.5 OZ	20	0.0	4.17
MUSTARD DISPENSER	.5 OZ	20	0.0	0.0
BBQ SAUCE DISPENSER	.5 OZ	10	0.0	3.75
DRESSING RANCH LF DISPENSER	.5 OZ	20	0.0	3.34
MAYONNAISE DISPENSER	.5 OZ	10	0.0	0.0
Weighted Daily Average			31.03	86.74
% of Calories			17.6%	49.3%
Nutrient Guideline				

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Cotati-Rohnert Park USD

May 1, 2019 thru May 31, 2019

Base Menu Spreadsheet

6-8 GRADE LUNCH CYCLE 1

Portion Values - Detailed

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	Portion Size	Reimb Qty	Protn (g)	Carb (g)
Wed - 05/29/2019				
6-8 GRADE LUNCH CYCLE	Total	100		
BEEF MEATLOAF 9300	EA 3 OZ	20	12.0	8.0
POTATO MASHED:instant 10326	#8 scoop	20	2.03	21.36
ROLL DINNER 2 OZ WG ARTISAN	1 EACH	20	5.0	34.0
SPICY CHICKEN SAND 70314 GIUL	1 sandwich	20	19.0	44.0
POTATO FRENCH FRIES CRNKL USDA	1/2 CUP	20	2.4	33.93
CHEESEBURGER 1-15-320 GIULIANO	1 EACH	20	17.5	27.0
POTATO FRENCH FRIES CRNKL USDA	1/2 CUP	20	2.4	33.93
HOT DOG TURKEY 51% WW GIULIANO	1 EACH	20	13.0	28.0
PIZZA BIG DADDY'S HT CHEESE	SLICE	20	18.02	36.04
ORANGE FRESH WHOLE 138 COUNT	1 EACH	40	1.25	15.66
PEARS CANNED IN JUICE	1/2 CUP	20	0.0	14.0
RAISINS BOX 1.5 OZ	BOX	40	1.0	31.0
PEAS GREEN	1/2 CUP	50	4.32	11.88
SALAD GREEN TOSSED BULK SIDE	1 CUP	50	1.23	2.9
MILK CHOCOLATE FF CLOVER	1 EACH	70	8.0	21.0
MILK WHITE 1% CLOVER	1 EACH	30	11.0	14.0
KETCHUP DISPENSER	.5 OZ	20	0.0	4.17
BBQ SAUCE 12GM PKT 27810	12 GM PKT	20	0.0	4.0
DRESSING RANCH LF DISPENSER	.5 OZ	20	0.0	3.34
MUSTARD 5.5 G PACKET 5390	PACKET	20	0.5	0.5
MAYONNAISE 9 GM PACKET	PACKET 9 GM	20	0.0	0.0
Weighted Daily Average			30.95	103.41
% of Calories			17.3%	57.7%
Nutrient Guideline				

	Portion Size	Reimb Qty	Protn (g)	Carb (g)
Thu - 05/30/2019				
6-8 GRADE LUNCH CYCLE	Total	100		
PIZZA BIG DADDY'S HT SUPREME	SLICE	20	20.68	37.13
CHEESEBURGER 1-15-320 GIULIANO	1 EACH	20	17.5	27.0
POTATO TATER TOTS	1/2 cup	20	2.0	16.0
SPICY CHICKEN SAND 70314 GIUL	1 sandwich	20	19.0	44.0
POTATO TATER TOTS	1/2 cup	20	2.0	16.0
BEEF DIPPERS TERIYAKI	4 DIPPERS	20	14.25	6.11
RICE BROWN WG COOKED	1/2 CUP	20	2.76	25.51
SALAD CHICKEN CAESAR FAJITA K8	PORTION	20	19.11	5.24
ROLL DINNER 2 OZ WG ARTISAN	1 EACH	20	5.0	34.0
BANANAS:150ct	1 EACH	45	1.29	26.95
PEACHES CANNED DICED IN JUICE	1/2 CUP	45	0.0	12.0
RAISINS BOX 1.5 OZ	BOX	10	1.0	31.0
CORN CANNED 15483	1/2 CUP	50	3.0	17.0
SALAD CAESAR BULK SIDE	1 CUP	50	3.35	7.69
MILK CHOCOLATE FF CLOVER	1 EACH	70	8.0	21.0
MILK WHITE 1% CLOVER	1 EACH	30	11.0	14.0
KETCHUP DISPENSER	.5 OZ	20	0.0	4.17
BBQ SAUCE 12GM PKT 27810	12 GM PKT	10	0.0	4.0
DRESSING RANCH LF DISPENSER	.5 OZ	10	0.0	3.34
MUSTARD 5.5 G PACKET 5390	PACKET	10	0.5	0.5
MAYONNAISE 9 GM PACKET	PACKET 9 GM	10	0.0	0.0

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.

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Cotati-Rohnert Park USD

May 1, 2019 thru May 31, 2019

Base Menu Spreadsheet

6-8 GRADE LUNCH CYCLE 1

Portion Values - Detailed

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	Portion Size	Reimb Qty	Protn (g)	Carb (g)
Weighted Daily Average			33.26	95.69
% of Calories			17.7%	51.0%
Nutrient Guideline				

Fri - 05/31/2019				
6-8 GRADE LUNCH CYCLE	Total	100		
TURKEY GRAVY w/MASHED POTATOES	gravy+potato	20	18.03	23.36
ROLL DINNER 2 OZ WG ARTISAN	1 EACH	20	5.0	34.0
PIZZA BIG DADDY'S HT CHEESE	SLICE	20	18.02	36.04
CHEESEBURGER 1-15-320 GIULIANO	1 EACH	20	17.5	27.0
POTATO FRENCH FRIES CRNKL USDA	1/2 CUP	20	2.4	33.93
SPICY CHICKEN SAND 70314 GIUL	1 sandwich	20	19.0	44.0
POTATO FRENCH FRIES CRNKL USDA	1/2 CUP	20	2.4	33.93
PARFAIT TROPICAL 6-12-UP	1 parfait	20	9.89	74.3
ORANGE FRESH WHOLE 138 COUNT	1 EACH	45	1.25	15.66
FRUIT MIX CANNED IN JUICE	1/2 CUP	45	0.0	14.0
RAISINS BOX 1.5 OZ	BOX	10	1.0	31.0
BROCCOLI FRESH	1/2 CUP	50	1.24	2.92
SALAD GREEN TOSSED BULK SIDE	1 CUP	50	1.23	2.9
MILK CHOCOLATE FF CLOVER	1 EACH	70	8.0	21.0
MILK WHITE 1% CLOVER	1 EACH	30	11.0	14.0
KETCHUP DISPENSER	.5 OZ	20	0.0	4.17
BBQ SAUCE 12GM PKT 27810	12 GM PKT	20	0.0	4.0
DRESSING RANCH LF DISPENSER	.5 OZ	20	0.0	3.34
MUSTARD 5.5 G PACKET 5390	PACKET	20	0.5	0.5
MAYONNAISE 9 GM PACKET	PACKET 9 GM	10	0.0	0.0
Weighted Daily Average			29.35	101.97
% of Calories			17.3%	60.3%
Nutrient Guideline				

Weighted Average			30.88	95.45
			17.6%	54.3%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Protein (g)	30.88	17.56%						
Carbohydrate (g)	95.45	54.29%						

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