

NUTRITION SERVICES

Base Menu Spreadsheet

Portion Values - Detailed

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Dec 1, 2024 thru Dec 31, 2024

LUNCH MENU, GRADES K-8

Generated on: 11/26/2024 2:46:57 PM

	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Mon - 12/02/2024				
LUNCH MENU, GRADES K-	Total			
CHEESEBURGER	1 EACH	327	3.00	29.38
CHICKEN ENCHILADAS	1 EACH	357	9.33	40.5
PASTA X-PLOSION!	1.25c +CHS	449	5.78	54.94
SUNBUTTER &JELLY SANDWICH	1 EACH	651	10.09	68.7
COBB SALAD WRAP	1 EACH	480	4.89	37.22
BAGEL KIT	1 EACH	585	6.51	60.81
-- SIDES --	---	0	0.00	0.0
1st Fresh Fruit, (1/2c):_____	EACH	42	2.16	10.58
Baby Carrots, Peeled, 2.5 oz	1/2 CUP	25	2.06	5.84
Edamame, Shelled, 3.1 oz	1/2 CUP	152	5.27	8.73
SNACK: fill in _____	1 EACH	0	0.00	0.0
-- CHOICE OF MILK --	---	0	0.00	0.0
Milk, Chocolate, NF, 8 fl oz	1 CUP	120	0.00	21.0
Milk, Unflavored, NF, 8 fl oz	1 CUP	90	0.00	13.0
Milk, 1%, 8 fl oz	1 CUP	130	0.00	16.0
-- CONDIMENTS --	--	0	0.00	0.0
Ranch Dressing (12 gm packet)	1 EACH	49	0.00	1.05
Taco Sauce (9 gm packet)	EACH	5	0.06	1.03
Ketchup (7 gm packet)	1 EACH	8	0.00	2.06
Mustard (5.5 gm packet)	1 EACH	3	0.22	0.32
Mayonnaise (9 gm packet)	1 EACH	65	0.00	0.24
Soy Sauce (500 ml packet)	1 EACH	10	0.00	1.0
Weighted Daily Average		3548	49.38	372.38
% of Calories				42.0%
Nutrient Guideline		0		

Tue - 12/03/2024				
LUNCH MENU, GRADES K-	Total			
SPAGHETTI W/BEEF MEATSAUCE	1 C + 6.35 OZ	471	5.66	53.52
BEEF HOT DOG	1 EACH	330	3.00	30.0
BLACK BEAN & VEGGIE BURRITO	1 EACH	428	12.35	65.1
TERIYAKI CHICKEN SUSHI BOWL	1 EACH	596	10.57	79.25
BIG KAHUNA TUNA WRAP	1 EACH	527	3.45	33.72
BAGEL KIT	1 EACH	585	6.51	60.81
-- SIDES --	---	0	0.00	0.0
1st Fresh Fruit, (1/2c):_____	EACH	42	2.16	10.58
Jicama, 2.4 oz	1/2 CUP	26	3.35	6.0
Cherry Tomatoes, 2.7 oz	1/2 CUP	14	0.92	2.98
SNACK: fill in _____	1 EACH	0	0.00	0.0
-- CHOICE OF MILK --	---	0	0.00	0.0
Milk, Chocolate, NF, 8 fl oz	1 CUP	120	0.00	21.0
Milk, Unflavored, NF, 8 fl oz	1 CUP	90	0.00	13.0
Milk, 1%, 8 fl oz	1 CUP	130	0.00	16.0
-- CONDIMENTS --	--	0	0.00	0.0
Ranch Dressing (12 gm packet)	1 EACH	49	0.00	1.05
Taco Sauce (9 gm packet)	EACH	5	0.06	1.03
Ketchup (7 gm packet)	1 EACH	8	0.00	2.06
Mustard (5.5 gm packet)	1 EACH	3	0.22	0.32
Mayonnaise (9 gm packet)	1 EACH	65	0.00	0.24
Soy Sauce (500 ml packet)	1 EACH	10	0.00	1.0

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

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Dec 1, 2024 thru Dec 31, 2024

LUNCH MENU, GRADES K-8

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Weighted Daily Average % of Calories		3499	48.25	397.64 45.5%
Nutrient Guideline		0		

Wed - 12/04/2024				
LUNCH MENU, GRADES K-	Total			
SESAME ORANGE CHICKEN W/RICE	1 EACH	442	3.23	79.67
MR. MIKE'S BBQ CHICKEN SANDWIC	1 EACH	347	2.31	43.11
CHEESE QUESADILLA	1 EACH	387	3.00	33.78
FARMERS MARKET CHK SALAD,ROLL	1 EACH	432	4.12	38.57
TURKEY & CHEESE ON DUTCH CR.	1 EACH	351	1.13	40.7
BAGEL KIT	1 EACH	585	6.51	60.81
-- SIDES --	---	0	0.00	0.0
1st Fresh Fruit, (1/2c): _____	EACH	42	2.16	10.58
Baby Carrots, Peeled, 2.5 oz	1/2 CUP	25	2.06	5.84
Celery & Cucumber Coins, 2.3oz	1/2 CUP	8	0.76	1.68
SNACK: fill in _____	1 EACH	0	0.00	0.0
-- CHOICE OF MILK --	---	0	0.00	0.0
Milk, Chocolate, NF, 8 fl oz	1 CUP	120	0.00	21.0
Milk, Unflavored, NF, 8 fl oz	1 CUP	90	0.00	13.0
Milk, 1%, 8 fl oz	1 CUP	130	0.00	16.0
-- CONDIMENTS --	--	0	0.00	0.0
Ranch Dressing (12 gm packet)	1 EACH	49	0.00	1.05
Taco Sauce (9 gm packet)	EACH	5	0.06	1.03
Ketchup (7 gm packet)	1 EACH	8	0.00	2.06
Mustard (5.5 gm packet)	1 EACH	3	0.22	0.32
Mayonnaise (9 gm packet)	1 EACH	65	0.00	0.24
Soy Sauce (500 ml packet)	1 EACH	10	0.00	1.0
Weighted Daily Average		3099	25.56	370.45
% of Calories				47.8%
Nutrient Guideline		0		

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NUTRITION SERVICES

Dec 1, 2024 thru Dec 31, 2024

Base Menu Spreadsheet

LUNCH MENU, GRADES K-8

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Thu - 12/05/2024				
LUNCH MENU, GRADES K-	Total			
CHICKEN NUGGETS W/OO.PASTA	1 EACH	555	6.14	56.11
BEEF CHILI W/ CORNBREAD	1 EACH	484	8.40	60.61
BEAN AND CHEESE BURRITO	1 EACH	374	9.70	51.82
HUMMUS RAINBOW WRAP	1 EACH	466	8.16	57.49
SOUTHWEST VEG TACO SALAD, CHIP	1 EACH	520	11.48	59.68
BAGEL KIT	1 EACH	585	6.51	60.81
-- SIDES --	---	0	0.00	0.0
1st Fresh Fruit, (1/2c): _____	EACH	42	2.16	10.58
Celery Sticks, 2.3 oz	1/2 CUP	9	1.04	1.94
Baby Carrots, Peeled, 2.5 oz	1/2 CUP	25	2.06	5.84
SNACK: fill in _____	1 EACH	0	0.00	0.0
-- CHOICE OF MILK --	---	0	0.00	0.0
Milk, Chocolate, NF, 8 fl oz	1 CUP	120	0.00	21.0
Milk, Unflavored, NF, 8 fl oz	1 CUP	90	0.00	13.0
Milk, 1%, 8 fl oz	1 CUP	130	0.00	16.0
-- CONDIMENTS --	--	0	0.00	0.0
Ranch Dressing (12 gm packet)	1 EACH	49	0.00	1.05
Taco Sauce (9 gm packet)	EACH	5	0.06	1.03
Ketchup (7 gm packet)	1 EACH	8	0.00	2.06
Mustard (5.5 gm packet)	1 EACH	3	0.22	0.32
Mayonnaise (9 gm packet)	1 EACH	65	0.00	0.24
Soy Sauce (500 ml packet)	1 EACH	10	0.00	1.0
Weighted Daily Average		3541	55.94	420.57
% of Calories				47.5%
Nutrient Guideline		0		

Fri - 12/06/2024				
LUNCH MENU, GRADES K-	Total			
PEPPERONI PIZZA SLICE	1 EACH	360	3.00	33.0
CHEESE PIZZA SLICE	EACH	360	3.00	35.0
BBQ CHICKEN AND RICE	1 EACH	439	3.54	66.17
CHICKEN CAESAR WRAP	1 EACH	411	3.52	36.3
ITALIAN MARKET SALAD	1 EACH	393	5.12	49.69
BAGEL KIT	1 EACH	585	6.51	60.81
-- SIDES --	---	0	0.00	0.0
1st Fresh Fruit, (1/2c): _____	EACH	42	2.16	10.58
Broccoli Florets, 1.2 oz	1/2 CUP	12	0.88	2.26
Cucumber Coins Unpeeled, 2.2oz	1/2 CUP	9	0.31	2.26
SNACK: fill in _____	1 EACH	0	0.00	0.0
-- CHOICE OF MILK --	---	0	0.00	0.0
Milk, Chocolate, NF, 8 fl oz	1 CUP	120	0.00	21.0
Milk, Unflavored, NF, 8 fl oz	1 CUP	90	0.00	13.0
Milk, 1%, 8 fl oz	1 CUP	130	0.00	16.0
-- CONDIMENTS --	--	0	0.00	0.0
Ranch Dressing (12 gm packet)	1 EACH	49	0.00	1.05
Taco Sauce (9 gm packet)	EACH	5	0.06	1.03
Ketchup (7 gm packet)	1 EACH	8	0.00	2.06
Mustard (5.5 gm packet)	1 EACH	3	0.22	0.32
Mayonnaise (9 gm packet)	1 EACH	65	0.00	0.24
Soy Sauce (500 ml packet)	1 EACH	10	0.00	1.0

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

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LUNCH MENU, GRADES K-8

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Weighted Daily Average % of Calories		3091	28.33	351.78 45.5%
Nutrient Guideline		0		

Mon - 12/09/2024				
LUNCH MENU, GRADES K-	Total			
HAMBURGER	1 EACH	282	3.00	29.0
PASTA W/ OLIVE OIL & CHEESE	1.25 CUPS	496	4.00	42.66
CURRY FRIED RICE (VEG)	1 EACH	384	5.31	56.28
SUNBUTTER & JELLY SANDWICH	1 EACH	651	10.09	68.7
CHICKEN BACON RANCH WRAP	1 EACH	452	3.60	35.01
BAGEL KIT	1 EACH	585	6.51	60.81
-- SIDES --	---	0	0.00	0.0
1st Fresh Fruit, (1/2c): _____	EACH	42	2.16	10.58
Baby Carrots, Peeled, 2.5 oz	1/2 CUP	25	2.06	5.84
Edamame, Shelled, 3.1 oz	1/2 CUP	152	5.27	8.73
SNACK: fill in _____	1 EACH	0	0.00	0.0
-- CHOICE OF MILK --	---	0	0.00	0.0
Milk, Chocolate, NF, 8 fl oz	1 CUP	120	0.00	21.0
Milk, Unflavored, NF, 8 fl oz	1 CUP	90	0.00	13.0
Milk, 1%, 8 fl oz	1 CUP	130	0.00	16.0
-- CONDIMENTS --	--	0	0.00	0.0
Ranch Dressing (12 gm packet)	1 EACH	49	0.00	1.05
Taco Sauce (9 gm packet)	EACH	5	0.06	1.03
Ketchup (7 gm packet)	1 EACH	8	0.00	2.06
Mustard (5.5 gm packet)	1 EACH	3	0.22	0.32
Mayonnaise (9 gm packet)	1 EACH	65	0.00	0.24
Soy Sauce (500 ml packet)	1 EACH	10	0.00	1.0
Weighted Daily Average		3549	42.29	373.30
% of Calories				42.1%
Nutrient Guideline		0		

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Dec 1, 2024 thru Dec 31, 2024

Base Menu Spreadsheet

LUNCH MENU, GRADES K-8

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Tue - 12/10/2024				
LUNCH MENU, GRADES K-	Total			
SLOPPY JOE	4.2 OZ ON BUN	349	3.31	50.36
CHICKEN BURRITO	1 EACH	395	4.13	46.61
VEGGIE CHOW MEIN	1.5 CUPS	352	6.30	47.46
BBQ CHICKEN WRAP	1 EACH	479	3.61	40.27
ATHENIAN CHICKEN SALAD, PITA	1 EACH	287	4.47	30.39
BAGEL KIT	1 EACH	585	6.51	60.81
-- SIDES --	---	0	0.00	0.0
1st Fresh Fruit, (1/2c): _____	EACH	42	2.16	10.58
Jicama, 2.4 oz	1/2 CUP	26	3.35	6.0
Cherry Tomatoes, 2.7 oz	1/2 CUP	14	0.92	2.98
SNACK: fill in _____	1 EACH	0	0.00	0.0
-- CHOICE OF MILK --	---	0	0.00	0.0
Milk, Chocolate, NF, 8 fl oz	1 CUP	120	0.00	21.0
Milk, Unflavored, NF, 8 fl oz	1 CUP	90	0.00	13.0
Milk, 1%, 8 fl oz	1 CUP	130	0.00	16.0
-- CONDIMENTS --	--	0	0.00	0.0
Ranch Dressing (12 gm packet)	1 EACH	49	0.00	1.05
Taco Sauce (9 gm packet)	EACH	5	0.06	1.03
Ketchup (7 gm packet)	1 EACH	8	0.00	2.06
Mustard (5.5 gm packet)	1 EACH	3	0.22	0.32
Mayonnaise (9 gm packet)	1 EACH	65	0.00	0.24
Soy Sauce (500 ml packet)	1 EACH	10	0.00	1.0
Weighted Daily Average		3009	35.03	351.15
% of Calories				46.7%
Nutrient Guideline		0		

Wed - 12/11/2024				
LUNCH MENU, GRADES K-	Total			
POPCORN CHICKEN BOWL BISCUIT*	1 EACH	451	8.49	60.21
CHICKEN CHOW MEIN	1 EACH	360	5.99	45.67
PASTA W/ MARINARA&CHEESE	1 EACH	438	5.60	54.29
YOGURT BERRY PARFAIT & MUFFIN	1 EACH	348	2.65	65.84
PESTO CAPRECE SALAD	1 EACH	534	5.54	47.36
BAGEL KIT	1 EACH	585	6.51	60.81
-- SIDES --	---	0	0.00	0.0
1st Fresh Fruit, (1/2c): _____	1 EACH	42	2.16	10.58
Baby Carrots, Peeled, 2.5 oz	1/2 CUP	25	2.06	5.84
Celery & Cucumber Coins, 2.3oz	1/2 CUP	8	0.76	1.68
SNACK: fill in _____	1 EACH	0	0.00	0.0
-- CHOICE OF MILK --	---	0	0.00	0.0
Milk, Chocolate, NF, 8 fl oz	1 CUP	120	0.00	21.0
Milk, Unflavored, NF, 8 fl oz	1 CUP	90	0.00	13.0
Milk, 1%, 8 fl oz	1 CUP	130	0.00	16.0
-- CONDIMENTS --	--	0	0.00	0.0
Ranch Dressing (12 gm packet)	1 EACH	49	0.00	1.05
Taco Sauce (9 gm packet)	EACH	5	0.06	1.03
Ketchup (7 gm packet)	1 EACH	8	0.00	2.06
Mustard (5.5 gm packet)	1 EACH	3	0.22	0.32
Mayonnaise (9 gm packet)	1 EACH	65	0.00	0.24
Soy Sauce (500 ml packet)	1 EACH	10	0.00	1.0

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LUNCH MENU, GRADES K-8

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Weighted Daily Average % of Calories		3271	40.05	407.98 49.9%
Nutrient Guideline		0		

Thu - 12/12/2024				
LUNCH MENU, GRADES K-	Total			
BREADED CHICKEN SANDWICH	1 EACH	380	6.00	45.0
KAPAMA W/ OLIVE OIL AND PASTA	1 EACH	417	6.65	48.71
MAC AND CHEESE	1.25 CUPS	478	4.19	53.93
FARMERS MARKET EGG SALAD & ROLL	1 EACH	347	4.54	34.84
TURKEY AND CHEDDAR ON A HOAGIE	1 EACH	291	2.13	29.7
BAGEL KIT	1 EACH	585	6.51	60.81
-- SIDES --	---	0	0.00	0.0
1st Fresh Fruit, (1/2c): _____	EACH	42	2.16	10.58
Celery Sticks, 2.3 oz	1/2 CUP	9	1.04	1.94
Baby Carrots, Peeled, 2.5 oz	1/2 CUP	25	2.06	5.84
SNACK: fill in _____	1 EACH	0	0.00	0.0
-- CHOICE OF MILK --	---	0	0.00	0.0
Milk, Chocolate, NF, 8 fl oz	1 CUP	120	0.00	21.0
Milk, Unflavored, NF, 8 fl oz	1 CUP	90	0.00	13.0
Milk, 1%, 8 fl oz	1 CUP	130	0.00	16.0
-- CONDIMENTS --	--	0	0.00	0.0
Ranch Dressing (12 gm packet)	1 EACH	49	0.00	1.05
Taco Sauce (9 gm packet)	EACH	5	0.06	1.03
Ketchup (7 gm packet)	1 EACH	8	0.00	2.06
Mustard (5.5 gm packet)	1 EACH	3	0.22	0.32
Mayonnaise (9 gm packet)	1 EACH	65	0.00	0.24
Soy Sauce (500 ml packet)	1 EACH	10	0.00	1.0
Weighted Daily Average % of Calories		3053	35.56	347.04 45.5%
Nutrient Guideline		0		

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Fri - 12/13/2024				
LUNCH MENU, GRADES K-	Total			
PEPPERONI PIZZA SLICE	1 EACH	360	3.00	33.0
CHEESE PIZZA SLICE	EACH	360	3.00	35.0
BBQ CHICKEN PIZZA	1 EACH	389	2.73	38.88
CHICKEN CAESAR SALAD, ROLL	1 EACH	421	3.68	42.29
ITALIAN DELI SUB	1 EACH	374	3.23	35.94
BAGEL KIT	1 EACH	585	6.51	60.81
-- SIDES --	---	0	0.00	0.0
1st Fresh Fruit, (1/2c): _____	EACH	42	2.16	10.58
Broccoli Florets, 1.2 oz	1/2 CUP	12	0.88	2.26
Cucumber Coins Unpeeled, 2.2oz	1/2 CUP	9	0.31	2.26
SNACK: fill in _____	1 EACH	0	0.00	0.0
-- CHOICE OF MILK --	---	0	0.00	0.0
Milk, Chocolate, NF, 8 fl oz	1 CUP	120	0.00	21.0
Milk, Unflavored, NF, 8 fl oz	1 CUP	90	0.00	13.0
Milk, 1%, 8 fl oz	1 CUP	130	0.00	16.0
-- CONDIMENTS --	--	0	0.00	0.0
Ranch Dressing (12 gm packet)	1 EACH	49	0.00	1.05
Taco Sauce (9 gm packet)	EACH	5	0.06	1.03
Ketchup (7 gm packet)	1 EACH	8	0.00	2.06
Mustard (5.5 gm packet)	1 EACH	3	0.22	0.32
Mayonnaise (9 gm packet)	1 EACH	65	0.00	0.24
Soy Sauce (500 ml packet)	1 EACH	10	0.00	1.0
Weighted Daily Average		3033	25.79	316.72
% of Calories				41.8%
Nutrient Guideline		0		

Mon - 12/16/2024				
LUNCH MENU, GRADES K-	Total			
CHEESEBURGER	1 EACH	327	3.00	29.38
BBQ CHICKEN PASTA	1 EACH	445	4.69	56.81
BROC CHED POTATO BOWL, ROLL	1 EACH	524	5.29	58.8
TURKEY AND CHEESE SANDWICH	1 EACH	291	6.13	26.7
CHICKEN CAESAR WRAP	1 EACH	411	3.52	36.3
BAGEL KIT	1 EACH	585	6.51	60.81
-- SIDES --	---	0	0.00	0.0
1st Fresh Fruit, (1/2c): _____	EACH	42	2.16	10.58
Baby Carrots, Peeled, 2.5 oz	1/2 CUP	25	2.06	5.84
Edamame, Shelled, 3.1 oz	1/2 CUP	152	5.27	8.73
SNACK: fill in _____	1 EACH	0	0.00	0.0
-- CHOICE OF MILK --	---	0	0.00	0.0
Milk, Chocolate, NF, 8 fl oz	1 CUP	120	0.00	21.0
Milk, Unflavored, NF, 8 fl oz	1 CUP	90	0.00	13.0
Milk, 1%, 8 fl oz	1 CUP	130	0.00	16.0
-- CONDIMENTS --	--	0	0.00	0.0
Ranch Dressing (12 gm packet)	1 EACH	49	0.00	1.05
Taco Sauce (9 gm packet)	EACH	5	0.06	1.03
Ketchup (7 gm packet)	1 EACH	8	0.00	2.06
Mustard (5.5 gm packet)	1 EACH	3	0.22	0.32
Mayonnaise (9 gm packet)	1 EACH	65	0.00	0.24
Soy Sauce (500 ml packet)	1 EACH	10	0.00	1.0

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NUTRITION SERVICES

Dec 1, 2024 thru Dec 31, 2024

Base Menu Spreadsheet

LUNCH MENU, GRADES K-8

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Weighted Daily Average % of Calories		3281	38.91	349.64 42.6%
Nutrient Guideline		0		

Tue - 12/17/2024				
LUNCH MENU, GRADES K-	Total			
BEEF HOT DOG	1 EACH	330	3.00	30.0
GREEK CHICKEN & RICE PILAF	1 EACH	289	3.69	59.05
BEAN AND CHEESE BURRITO	1 EACH	374	9.70	51.82
SUNBUTTER & JELLY SANDWICH	1 EACH	651	10.09	68.7
SMOKED CHICKEN WRAP	1 EACH	473	5.73	50.07
BAGEL KIT	1 EACH	585	6.51	60.81
-- SIDES --	---	0	0.00	0.0
1st Fresh Fruit, (1/2c): _____	EACH	42	2.16	10.58
Jicama, 2.4 oz	1/2 CUP	26	3.35	6.0
Cherry Tomatoes, 2.7 oz	1/2 CUP	14	0.92	2.98
SNACK: fill in _____	1 EACH	0	0.00	0.0
-- CHOICE OF MILK --	---	0	0.00	0.0
Milk, Chocolate, NF, 8 fl oz	1 CUP	120	0.00	21.0
Milk, Unflavored, NF, 8 fl oz	1 CUP	90	0.00	13.0
Milk, 1%, 8 fl oz	1 CUP	130	0.00	16.0
-- CONDIMENTS --	--	0	0.00	0.0
Ranch Dressing (12 gm packet)	1 EACH	49	0.00	1.05
Taco Sauce (9 gm packet)	EACH	5	0.06	1.03
Ketchup (7 gm packet)	1 EACH	8	0.00	2.06
Mustard (5.5 gm packet)	1 EACH	3	0.22	0.32
Mayonnaise (9 gm packet)	1 EACH	65	0.00	0.24
Soy Sauce (500 ml packet)	1 EACH	10	0.00	1.0
Weighted Daily Average % of Calories		3264	45.43	395.70 48.5%
Nutrient Guideline		0		

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NUTRITION SERVICES

Dec 1, 2024 thru Dec 31, 2024

Base Menu Spreadsheet

LUNCH MENU, GRADES K-8

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Wed - 12/18/2024				
LUNCH MENU, GRADES K-	Total			
TAMALE GREEN CHICKEN CHEESE	1 EACH	309	2.70	28.4
CHICKEN PARMESAN ON FRENCH ROL	1 EACH	512	5.80	51.56
PASTA PRIMAVERA	1 EACH	377	6.02	49.0
CHICKEN BACN RNCH SALAD, ROLL	1 EACH	389	3.27	37.85
TURKEY & CHEESE ON DUTCH CR.	1 EACH	351	1.13	40.7
BAGEL KIT	1 EACH	585	6.51	60.81
-- SIDES --	---	0	0.00	0.0
1st Fresh Fruit, (1/2c): _____	EACH	42	2.16	10.58
Baby Carrots, Peeled, 2.5 oz	1/2 CUP	25	2.06	5.84
Celery & Cucumber Coins, 2.3oz	1/2 CUP	8	0.76	1.68
SNACK: fill in _____	1 EACH	0	0.00	0.0
-- CHOICE OF MILK --	---	0	0.00	0.0
Milk, Chocolate, NF, 8 fl oz	1 CUP	120	0.00	21.0
Milk, Unflavored, NF, 8 fl oz	1 CUP	90	0.00	13.0
Milk, 1%, 8 fl oz	1 CUP	130	0.00	16.0
-- CONDIMENTS --	--	0	0.00	0.0
Ranch Dressing (12 gm packet)	1 EACH	49	0.00	1.05
Taco Sauce (9 gm packet)	EACH	5	0.06	1.03
Ketchup (7 gm packet)	1 EACH	8	0.00	2.06
Mustard (5.5 gm packet)	1 EACH	3	0.22	0.32
Mayonnaise (9 gm packet)	1 EACH	65	0.00	0.24
Soy Sauce (500 ml packet)	1 EACH	10	0.00	1.0
Weighted Daily Average		3078	30.69	342.11
% of Calories				44.5%
Nutrient Guideline		0		

Thu - 12/19/2024				
LUNCH MENU, GRADES K-	Total			
CARRIBEAN JERK CHICKEN W/ RICE	SERVINGS	575	5.12	83.02
CHICKEN NUGGETS (5) W/RICE	1 EACH	349	3.62	40.16
CHEESE RAVIOLI & SAUCE	1 EACH	372	6.60	55.47
TUNA SANDWICH	1 EACH	448	6.13	26.94
CHICKEN PESTO WRAP	1 EACH	383	4.38	39.89
BAGEL KIT	1 EACH	585	6.51	60.81
-- SIDES --	---	0	0.00	0.0
1st Fresh Fruit, (1/2c): _____	1 EACH	42	2.16	10.58
Celery Sticks, 2.3 oz	1/2 CUP	9	1.04	1.94
Baby Carrots, Peeled, 2.5 oz	1/2 CUP	25	2.06	5.84
SNACK: fill in _____	1 EACH	0	0.00	0.0
-- CHOICE OF MILK --	---	0	0.00	0.0
Milk, Chocolate, NF, 8 fl oz	1 CUP	120	0.00	21.0
Milk, Unflavored, NF, 8 fl oz	1 CUP	90	0.00	13.0
Milk, 1%, 8 fl oz	1 CUP	130	0.00	16.0
-- CONDIMENTS --	--	0	0.00	0.0
Ranch Dressing (12 gm packet)	1 EACH	49	0.00	1.05
Taco Sauce (9 gm packet)	EACH	5	0.06	1.03
Ketchup (7 gm packet)	1 EACH	8	0.00	2.06
Mustard (5.5 gm packet)	1 EACH	3	0.22	0.32
Mayonnaise (9 gm packet)	1 EACH	65	0.00	0.24
Soy Sauce (500 ml packet)	1 EACH	10	0.00	1.0

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NUTRITION SERVICES

Dec 1, 2024 thru Dec 31, 2024

Base Menu Spreadsheet

LUNCH MENU, GRADES K-8

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Fiber (g)	Carb (g)
Weighted Daily Average % of Calories		3267	37.89	380.34 46.6%
Nutrient Guideline		0		

Fri - 12/20/2024				
LUNCH MENU, GRADES K-	Total			
PEPPERONI PIZZA SLICE	1 EACH	360	3.00	33.0
CHEESE PIZZA SLICE	EACH	360	3.00	35.0
LOUISIANA JAMBALAYA	1 EACH	461	5.18	63.04
ASIAN CHICKEN WRAP	1 EACH	453	4.36	49.64
SANTA FE CHICKEN SALAD	1 EACH	575	8.57	70.88
BAGEL KIT	1 EACH	585	6.51	60.81
-- SIDES --	---	0	0.00	0.0
1st Fresh Fruit, (1/2c): _____	1 EACH	42	2.16	10.58
Broccoli Florets, 1.2 oz	1/2 CUP	12	0.88	2.26
Cucumber Coins Unpeeled, 2.2oz	1/2 CUP	9	0.31	2.26
SNACK: fill in _____	1 EACH	0	0.00	0.0
-- CHOICE OF MILK --	---	0	0.00	0.0
Milk, Chocolate, NF, 8 fl oz	1 CUP	120	0.00	21.0
Milk, Unflavored, NF, 8 fl oz	1 CUP	90	0.00	13.0
Milk, 1%, 8 fl oz	1 CUP	130	0.00	16.0
-- CONDIMENTS --	--	0	0.00	0.0
Ranch Dressing (12 gm packet)	1 EACH	49	0.00	1.05
Taco Sauce (9 gm packet)	EACH	5	0.06	1.03
Ketchup (7 gm packet)	1 EACH	8	0.00	2.06
Mustard (5.5 gm packet)	1 EACH	3	0.22	0.32
Mayonnaise (9 gm packet)	1 EACH	65	0.00	0.24
Soy Sauce (500 ml packet)	1 EACH	10	0.00	1.0
Weighted Daily Average % of Calories		3337	34.26	383.17 45.9%
Nutrient Guideline		0		

Weighted Average		3261	38.23	370.67 45.5%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	3261		0					
Fiber (g)	38.23							
Carbohydrate (g)	370.67	45.46%						

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