

Bakersfield City School District

Feb 1, 2018 thru Feb 28, 2018

Base Menu Spreadsheet

JH/MIDDLE SCHOOL LUNCH MENU

Portion Values - Detailed

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Generated on: 1/29/2018 9:37:45 AM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Carb (g)
Thu - 02/01/2018					
JH/MIDDLE SCHOOL LUNC	Total	100			
Beef, Meatloaf w/Ket Chz *NEW	1 Each	60	170	390	8.0
Macaroni & Cheese, 1/2c LOL	Serving	60	210	730	23.0
Chicken, Tenders TYSON(3)	Serving	40	260	390	16.0
Barbecue Sauce Cup	1 Each	40	40	200	10.0
Broccoli, raw, fresh 3/4	3/4 CUP	50	16	16	3.16
Dressing, Ranch, Homemade 1oz	1 oz	50	52	161	2.79
Icee, Sweet Cherry Rosati	Each	75	99	15	25.0
Chips, Sunchips Harvest Chedda	1 Each	85	140	210	18.0
Milk - 1% White	Half Pint	20	130	160	16.0
Milk, Chocolate, Fat Free	Half Pint	80	120	180	21.0
Weighted Daily Average			697	1362	86.02
% of Calories					49.4%
Nutrient Guideline			600-650	1230	

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Carb (g)
Fri - 02/02/2018					
JH/MIDDLE SCHOOL LUNC	Total	100			
Pizza, 4x6 Cheese Ardella IW	1 Each	40	323	606	31.87
Burrito, Beef/Bean/Red Chli WG	1 Each	60	281	404	39.12
Taco Sauce:Packet	1 EACH	60	5	95	1.0
Corn, 3/4 canned	3/4 Cup	50	102	55	23.59
Cantaloupe Melon	Wedge (1/2 Cup)	95	96	45	23.13
Milk - 1% White	Half Pint	20	130	160	16.0
Milk, Chocolate, Fat Free	Half Pint	80	120	180	21.0
Weighted Daily Average			565	788	90.59
% of Calories					64.1%
Nutrient Guideline			600-650	1230	

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Carb (g)
Mon - 02/05/2018					
JH/MIDDLE SCHOOL LUNC	Total	100			
Sandwich, HotHam&Swis Ciabatta	Serving	55	313	947	33.66
Chicken, Honey Sriracha Wing W	Serving	40	290	370	22.0
Potato Rounds, 3/4 c	3/4 Cup	75	210	420	24.0
Ketchup:Packet	1 Each	75	10	85	3.0
Grapes,Fresh	1/2 CUP	95	58	2	14.88
Chips, Kids Mix Quaker	Each	85	110	200	18.0
Milk - 1% White	Half Pint	20	130	160	16.0
Milk, Chocolate, Fat Free	Half Pint	80	120	180	21.0
Weighted Daily Average			724	1395	97.00
% of Calories					53.6%
Nutrient Guideline			600-650	1230	

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Tue - 02/06/2018					
JH/MIDDLE SCHOOL LUNC	Total	100			
Chicken Asian, Teriyaki	Serving	60	115	330	6.0
Rice WG BROWN, MixedVegetables	5/8 Cup	60	139	174	30.19
Corndog, Chicken, D Lee WG	1 Each	40	238	690	27.8
Mustard Packet	1 Each	40	5	65	1.0
Ketchup:Packet	1 Each	40	10	85	3.0
Broccoli, raw, fresh 3/4	3/4 CUP	90	16	16	3.16
Dressing, Ranch, Homemade 1oz	1 oz	90	52	161	2.79
Orange Wedges	each	99	45	0	11.28
Grahams, NV Crisps Cinnamon	1 Each	99	150	140	25.0
Milk - 1% White	Half Pint	20	130	160	16.0
Milk, Chocolate, Fat Free	Half Pint	80	120	180	21.0
Weighted Daily Average			630	1112	95.70
% of Calories					60.8%
Nutrient Guideline			600-650	1230	

Wed - 02/07/2018					
JH/MIDDLE SCHOOL LUNC	Total	100			
Beef Rib-B-Que on Hoagie, AvPr	1 Each	60	350	950	41.0
Barbecue Sauce Cup	1 Each	60	40	200	10.0
Pizzarrito, Pepperoni, Ardella	1 Each	40	314	790	29.54
Carrot Sticks 3/4	3/4 c	99	36	61	8.47
Dressing, Ranch, Homemade 1oz	1 oz	99	52	161	2.79
Bananas	1 Each	99	90	1	23.07
Milk, Chocolate, Fat Free	Half Pint	80	120	180	21.0
Milk - 1% White	Half Pint	20	130	160	16.0
Weighted Daily Average			657	1402	96.40
% of Calories					58.7%
Nutrient Guideline			600-650	1230	

Thu - 02/08/2018					
JH/MIDDLE SCHOOL LUNC	Total	100			
Chicken Fajita & Cheese SEAPON	Serving	60	136	630	2.13
Tortilla Wheat, 6" (2)	Serving (2)	60	180	250	28.0
Salsa, 1/4 Comm.	1/4 cup	40	19	66	3.76
Beef, Teriyaki Dunker, DL	Serving	40	159	382	11.7
Refried Beans, Whole Bean 3/4c	3/4 cup	40	240	724	40.5
Apple in a Bag	Bag	95	29	0	8.0
Grahams, Despicable Me	Each	95	140	110	22.0
Milk - 1% White	Half Pint	20	130	160	16.0
Milk, Chocolate, Fat Free	Half Pint	80	120	180	21.0
Weighted Daily Average			639	1277	88.96
% of Calories					55.7%
Nutrient Guideline			600-650	1230	

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Carb (g)
Fri - 02/09/2018					
JH/MIDDLE SCHOOL LUNC	Total	100			
Breadstick, Cheese Schw Blk(2)	Serving	60	300	480	30.0
Marinara Sp Sauce 1/4 c, USDA	1/4 C	60	40	62	4.96
Chicken Nuggets, Adv Pierre	Serving	40	200	310	12.0
Barbecue Sauce Cup	1 Each	40	40	200	10.0
Green Beans, 3/4c	3/4 cup	65	33	294	6.37
Fruit Salad, FreshPails	1/2 Cup	95	60	25	14.0
Brownie, Dbl Choc Fat Cat	1 Each	50	199	99	33.5
Milk - 1% White	Half Pint	20	130	160	16.0
Milk, Chocolate, Fat Free	Half Pint	80	120	180	21.0
Weighted Daily Average			600	970	83.96
% of Calories					56.0%
Nutrient Guideline			600-650	1230	

Mon - 02/12/2018					
JH/MIDDLE SCHOOL LUNC	Total	1			
HOLIDAY	1 EACH	1	0	0	0.0
Weighted Daily Average			0	0	0.00
% of Calories					0.0%
Nutrient Guideline			600-650	1230	

Tue - 02/13/2018					
JH/MIDDLE SCHOOL LUNC	Total	100			
Chicken, Popcorn, 12 pcTYSON	Serving	60	250	380	16.0
Barbecue Sauce Cup	1 Each	60	40	200	10.0
Taco Nada, Taco Turkey	1 Each	40	260	390	31.0
Taco Sauce:Packet	1 EACH	40	5	95	1.0
Corn, 3/4 canned	3/4 Cup	99	102	55	23.59
Apple in a Bag	Bag	99	29	0	8.0
Grahams, Friends, Bunny	1 Each	60	160	110	25.0
Milk - 1% White	Half Pint	20	130	160	16.0
Milk, Chocolate, Fat Free	Half Pint	80	120	180	21.0
Weighted Daily Average			628	838	94.68
% of Calories					60.3%
Nutrient Guideline			600-650	1230	

Wed - 02/14/2018					
JH/MIDDLE SCHOOL LUNC	Total	100			
Pork Chop With, Don L	Each	60	200	354	16.6
Rice WG BROWN, MixedVegetables	5/8 Cup	60	139	174	30.19
Hot Dog, Turkey Frank JENNIE O	1 Each	40	260	510	29.0
Ketchup:Packet	1 Each	40	10	85	3.0
Mustard Packet	1 Each	40	5	65	1.0
Carrot Sticks 3/4	3/4 c	80	36	61	8.47
Dressing, Ranch, Homemade 1oz	1 oz	80	52	161	2.79
Bananas	1 Each	80	90	1	23.07
Crackers, Goldfish Cheddar	1 Each	80	100	170	14.0
Jello, Cherry W/Topping	Servings	85	97	95	19.39
Milk - 1% White	Half Pint	20	130	160	16.0
Milk, Chocolate, Fat Free	Half Pint	80	120	180	21.0

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Carb (g)
Weighted Daily Average % of Calories			740	1152	116.42 63.0%
Nutrient Guideline			600-650	1230	

Thu - 02/15/2018					
JH/MIDDLE SCHOOL LUNC	Total	100			
Cream Turkey/Gravy Mix w/Pot.	Serving	60	192	920	14.7
Grilled Cheese, Integt	1 Each	40	280	599	31.58
Green Beans, 3/4c	3/4 cup	50	33	294	6.37
Pears,fresh	1 Each	99	95	2	25.28
Roll, Bridgford Honey Wheat Ye	1 Each	99	150	230	27.0
Milk - 1% White	Half Pint	20	130	160	16.0
Milk, Chocolate, Fat Free	Half Pint	80	120	180	21.0
Weighted Daily Average % of Calories			608	1344	96.39 63.4%
Nutrient Guideline			600-650	1230	

Fri - 02/16/2018					
JH/MIDDLE SCHOOL LUNC	Total	100			
Nacho Cheese w/Chips	Serving	60	429	1005	41.35
Tamale, Chicken, Del RealSYSCO	1 Each	40	290	680	26.0
TAPATIO, Hot Sauce: Packet	1 Each	40	0	110	0.0
Broccoli, raw, fresh 3/4	3/4 CUP	75	16	16	3.16
Dressing, Ranch, Homemade 1oz	1 oz	75	52	161	2.79
Kiwi Fruit 1 1/2	Each	95	46	2	11.14
Milk - 1% White	Half Pint	20	130	160	16.0
Milk, Chocolate, Fat Free	Half Pint	80	120	180	21.0
Weighted Daily Average % of Calories			590	1230	70.25 47.6%
Nutrient Guideline			600-650	1230	

Mon - 02/19/2018					
JH/MIDDLE SCHOOL LUNC	Total	1			
HOLIDAY	1 EACH	1	0	0	0.0
Weighted Daily Average % of Calories			0	0	0.00 0.0%
Nutrient Guideline			600-650	1230	

Tue - 02/20/2018					
JH/MIDDLE SCHOOL LUNC	Total	100			
PBJ CRUST ON - GRAPE JELLY	1 Each	40	550	480	52.0
Burrito, Bean & Cheese, Ext WG	1 Each	60	291	479	40.95
Taco Sauce:Packet	1 EACH	60	5	95	1.0
Juice, Fruitable, PowPunc3/4	1 Each	40	90	20	22.0
Orange Wedges	each	99	45	0	11.28
Cookies, Presidents, D&J	1 Each	60	130	95	22.0
Milk - 1% White	Half Pint	20	130	160	16.0
Milk, Chocolate, Fat Free	Half Pint	80	120	180	21.0

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Carb (g)
Weighted Daily Average			678	777	99.14
% of Calories					58.5%
Nutrient Guideline			600-650	1230	

Wed - 02/21/2018					
JH/MIDDLE SCHOOL LUNC	Total	100			
Chicken, Sp PattyFilet W/Bun	1 Each	60	360	620	41.0
Mayonnaise Packet	1 Each	60	60	45	0.0
Pizza, 8" Sicilian Pepperon IW	1 Each	40	336	647	34.52
Salad, Maxi Veggie	1.5 cup	30	56	74	6.26
Dressing, Ranch, Homemade 1oz	1 oz	30	52	161	2.79
Peaches: canned, 1/2 c	1/2 Cup	50	44	4	10.27
Milk - 1% White	Half Pint	20	130	160	16.0
Milk, Chocolate, Fat Free	Half Pint	80	120	180	21.0
Weighted Daily Average			563	906	66.26
% of Calories					47.1%
Nutrient Guideline			600-650	1230	

Thu - 02/22/2018					
JH/MIDDLE SCHOOL LUNC	Total	100			
Cheeseburger Slider, 2-pk DL	1 Each	60	272	355	31.3
Ketchup:Packet	1 Each	60	10	85	3.0
Mustard Packet	1 Each	60	5	65	1.0
Chalupa, Beef WG, Integrated	1 Each	40	245	404	11.18
Celery Sticks 3/4	3/4 cup	90	16	78	2.9
Dressing, Ranch, Homemade 2oz	2 oz	90	103	333	5.57
Apple in a Bag	Bag	90	29	0	8.0
Milk - 1% White	Half Pint	20	130	160	16.0
Milk, Chocolate, Fat Free	Half Pint	80	120	180	21.0
Weighted Daily Average			525	1011	60.47
% of Calories					46.1%
Nutrient Guideline			600-650	1230	

Fri - 02/23/2018					
JH/MIDDLE SCHOOL LUNC	Total	100			
Chicken Asian, Sweet & Sour	Serving	50	140	200	18.0
Rice WG BROWN, MixedVegetables	5/8 Cup	30	139	174	30.19
Pupusas, Bean/ Cheese, SYSCO	1 Each	30	260	560	33.0
Corn, 3/4 canned	3/4 Cup	30	102	55	23.59
Strawberries Frz/Whip Top	1/2 cup, 2 tbsp	95	106	0	21.19
Milk - 1% White	Half Pint	20	130	160	16.0
Milk, Chocolate, Fat Free	Half Pint	80	120	180	21.0
Weighted Daily Average			443	513	75.16
% of Calories					67.9%
Nutrient Guideline			600-650	1230	

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Mon - 02/26/2018					
JH/MIDDLE SCHOOL LUNC	Total	100			
Chicken, Homestyle Strips Ty W	Serving	60	280	470	16.0
Barbecue Sauce Cup	1 Each	25	40	200	10.0
Taco Nada, Taco Turkey	Each	40	260	390	31.0
Green Beans, 3/4c	3/4 cup	99	33	294	6.37
Orange Wedges	each	99	45	0	11.28
Muffin, ChocChip Otis Spunkmey	1 Each	99	140	140	25.0
Milk - 1% White	Half Pint	20	130	160	16.0
Milk, Chocolate, Fat Free	Half Pint	80	120	180	21.0
Weighted Daily Average			620	1094	86.72
% of Calories					56.0%
Nutrient Guideline			600-650	1230	

Tue - 02/27/2018					
JH/MIDDLE SCHOOL LUNC	Total	100			
Pasta,Beef Adv/Spag Sa	1 Cup	60	300	563	32.39
Chicken, Sp PattyFilet W/Bun	1 Each	60	360	620	41.0
Mayonnaise Packet	1 Each	60	60	45	0.0
Corn, 3/4 canned	3/4 Cup	30	102	55	23.59
Grapes,Fresh	1/2 CUP	99	58	2	14.88
Toast, Texas Garlic, BCrtfers	1 Each	80	90	190	15.0
Milk - 1% White	Half Pint	20	130	160	16.0
Milk, Chocolate, Fat Free	Half Pint	80	120	180	21.0
Weighted Daily Average			714	1083	97.84
% of Calories					54.8%
Nutrient Guideline			600-650	1230	

Wed - 02/28/2018					
JH/MIDDLE SCHOOL LUNC	Total	100			
Chicken, Grill Teriyaki Sliders	Serving	60	290	430	45.0
Burrito, Beef/Bean/Red Chli WG	1 Each	75	281	404	39.12
TAPATIO, Hot Sauce: Packet	1 Each	75	0	110	0.0
Salad, Maxi Veggie	1.5 cup	100	56	74	6.26
Dressing, Ranch, Homemade 2oz	2 oz	1	103	333	5.57
Icee, Sidekick Straw-Mango	1 each	100	90	35	22.0
Milk - 1% White	Half Pint	20	130	160	16.0
Milk, Chocolate, Fat Free	Half Pint	80	120	180	21.0
Weighted Daily Average			654	932	104.66
% of Calories					64.0%
Nutrient Guideline			600-650	1230	

Weighted Average			626	1066	89.26
					57.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	626		600 - 650	100%				
Sodium (mg)	1066		1230					
Carbohydrate (g)	89.26	57.00%						

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