

# Bakersfield City School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

Jan 1, 2018 thru Jan 31, 2018

Cato Middle School

Generated on: 12/14/2017 11:23:57 AM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Carb (g)
Mon - 01/01/2018					
Cato Middle School	Total	1			
HOLIDAY	1 EACH	1	0	0	0.0
Weighted Daily Average			0	0	0.00
% of Calories					0.0%
Nutrient Guideline			600-700	1360	

Tue - 01/02/2018					
Cato Middle School	Total	1			
HOLIDAY	1 EACH	1	0	0	0.0
Weighted Daily Average			0	0	0.00
% of Calories					0.0%
Nutrient Guideline			600-700	1360	

Wed - 01/03/2018					
Cato Middle School	Total	1			
HOLIDAY	1 EACH	1	0	0	0.0
Weighted Daily Average			0	0	0.00
% of Calories					0.0%
Nutrient Guideline			600-700	1360	

Thu - 01/04/2018					
Cato Middle School	Total	1			
HOLIDAY	1 EACH	1	0	0	0.0
Weighted Daily Average			0	0	0.00
% of Calories					0.0%
Nutrient Guideline			600-700	1360	

Fri - 01/05/2018					
Cato Middle School	Total	1			
HOLIDAY	1 EACH	1	0	0	0.0
Weighted Daily Average			0	0	0.00
% of Calories					0.0%
Nutrient Guideline			600-700	1360	

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Cato Middle School

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Carb (g)
Mon - 01/08/2018					
Cato Middle School	Total	100			
Chicken, Grill Teriyaki Sliders	Serving	25	290	430	45.0
Burrito, Beef/Bean/Red Chli WG	1 Each	25	281	404	39.12
TAPATIO, Hot Sauce: Packet	1 Each	25	0	110	0.0
Chicken Nuggets, Adv Pierre	Serving	25	200	310	12.0
Barbecue Sauce Cup	1 Each	25	40	200	10.0
Pizza, 7" Fr Bread Cheese Arde	1 EACH	25	310	553	34.93
Salad Bar, Pizza	Serving	40	151	370	20.56
Fruit Mix, Dried USDA	1/4 cup	75	88	1	23.0
Rice Krispies, Choc Chip Sysco	each	75	160	140	30.0
Milk - 1% White	Half Pint	20	130	160	16.0
Milk, Chocolate, Fat Free	Half Pint	80	120	180	21.0
Weighted Daily Average			649	932	103.24
% of Calories					63.7%
Nutrient Guideline			600-700	1360	

Tue - 01/09/2018					
Cato Middle School	Total	100			
Macaroni & Cheese, 2/3c LOL	Serving	25	290	980	31.0
Hot Dog, Turkey Frank JENNIE O	1 Each	25	260	510	29.0
Ketchup:Packet	1 Each	25	10	85	3.0
Mustard Packet	1 Each	25	5	65	1.0
Chicken, Popcorn, 12 pcTYSON	Serving	25	250	380	16.0
Barbecue Sauce Cup	1 Each	25	40	200	10.0
Chicken Asian, Sweet & Sour	Serving	25	140	200	18.0
Rice WG BROWN, MixedVegetables	5/8 Cup	25	139	174	30.19
Salad Bar, Asian Chix	Serving	60	284	459	29.01
Icee, Straw-Lemon Rosati	1 Each	100	99	15	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			675	1115	96.95
% of Calories					57.4%
Nutrient Guideline			600-700	1360	

Wed - 01/10/2018					
Cato Middle School	Total	100			
Sandwich, Ham & Cheese Deli	Serving	25	274	969	32.5
Pizza,3x7 Longboard Cheese,Ard	1 Each	25	291	521	30.26
Steakburger on a Bun DLee 4oz	Serving	25	369	725	32.8
Ketchup:Packet	1 Each	25	10	85	3.0
Mustard Packet	1 Each	25	5	65	1.0
Tamale, Chicken, Del RealSYSCO	1 Each	25	290	680	26.0
Salad Bar, Tamale	Serving	85	172	356	17.8
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			604	1239	73.72
% of Calories					48.8%
Nutrient Guideline			600-700	1360	

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Cato Middle School

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Carb (g)
Thu - 01/11/2018					
Cato Middle School	Total	100			
Chicken, Tenders TYSON(3)	Serving	25	260	390	16.0
Barbecue Sauce Cup	1 Each	25	40	200	10.0
Taco Nada, Taco Turkey	1 Each	25	260	390	31.0
Taco Sauce:Packet	1 EACH	25	5	95	1.0
Nacho Cheese w/Chips	Serving	25	429	1005	41.35
Potato, Baking	1 Each	25	168	24	37.0
Salad Bar, Baked Potato	Serving	25	439	1074	37.8
COOKIE, CELEBRATION, FatCat IW	Each	75	142	107	23.9
Grapes,Fresh	1/2 CUP	75	58	2	14.88
Milk - 1% White	Half Pint	20	130	160	16.0
Milk, Chocolate, Fat Free	Half Pint	80	120	180	21.0
Weighted Daily Average			673	1052	92.62
% of Calories					55.1%
Nutrient Guideline			600-700	1360	

Fri - 01/12/2018					
Cato Middle School	Total	100			
Tacos W/Scoops, Beef AVP	SERVING	25	248	793	23.27
Pizza,Trky Pep Pocket Sandwich	1 Each	25	300	680	32.0
Enchilada, Pepper J, Los Cabos	Serving	25	395	795	30.95
Chicken, Sp PattyFilet W/Bun	1 Each	25	360	620	41.0
Salad Bar, Hamburger	Serving	25	117	358	9.81
Mustard Packet	1 Each	25	5	65	1.0
Ketchup:Packet	1 Each	25	10	85	3.0
Salad, Garden	1.25 CUP	95	26	36	5.41
Fruit Salad, FreshPails	1/2 Cup	95	60	25	14.0
Milk - 1% White	Half Pint	20	130	160	16.0
Milk, Chocolate, Fat Free	Half Pint	80	120	180	21.0
Weighted Daily Average			562	1083	73.70
% of Calories					52.4%
Nutrient Guideline			600-700	1360	

Mon - 01/15/2018					
Cato Middle School	Total	1			
HOLIDAY	1 EACH	1	0	0	0.0
Weighted Daily Average			0	0	0.00
% of Calories					0.0%
Nutrient Guideline			600-700	1360	

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Carb (g)
Tue - 01/16/2018					
Cato Middle School	Total	100			
Burrito, Bean & Cheese, Ext WG	1 Each	25	291	479	40.95
TAPATIO, Hot Sauce: Packet	1 Each	25	0	110	0.0
Corndog, Chicken, D Lee WG	1 Each	25	238	690	27.8
Ketchup:Packet	1 Each	25	10	85	3.0
Mustard Packet	1 Each	25	5	65	1.0
Pizza, 4x6 Cheese Ardella IW	1 Each	25	323	606	31.87
Nacho Cheese w/Chips	Serving	25	429	1005	41.35
Salad Bar, Nacho	Serving	25	118	743	16.57
Mixed Fruit, canned, 1/2	1/2 cup	80	62	10	17.67
Grahams, Chocolate Bear Sysco	Each	85	110	105	21.0
Milk, Chocolate, Fat Free	Half Pint	80	120	180	21.0
Milk - 1% White	Half Pint	20	130	160	16.0
Weighted Daily Average			619	1219	92.62
% of Calories					59.9%
Nutrient Guideline			600-700	1360	

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Carb (g)
Wed - 01/17/2018					
Cato Middle School	Total	100			
Steakburger on a Bun DLee 4oz	Serving	25	369	725	32.8
Mayonnaise Packet	1 Each	25	60	45	0.0
Ketchup:Packet	1 Each	25	10	85	3.0
Mustard Packet	1 Each	25	5	65	1.0
Chalupa, Beef WG, Integrated	1 Each	25	245	404	11.18
Beef Rib-B-Que on Hoagie, AvPr	1 Each	25	350	950	41.0
Barbecue Sauce Cup	1 Each	25	40	200	10.0
Tacos W/Doritos, Beef AVP	SERVING	25	278	868	24.27
Salad Bar, Tacos	Serving	60	186	827	14.53
Bananas	1 Each	40	90	1	23.07
Milk - 1% White	Half Pint	20	130	160	16.0
Milk, Chocolate, Fat Free	Half Pint	80	120	180	21.0
Weighted Daily Average			608	1508	68.76
% of Calories					45.2%
Nutrient Guideline			600-700	1360	

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Carb (g)
Thu - 01/18/2018					
Cato Middle School	Total	100			
Cream Turkey/Gravy Mix w/Pot.	Serving	25	192	920	14.7
Grilled Cheese, Integt	1 Each	25	280	599	31.58
Pupusas, Bean/ Cheese, SYSCO	1 Each	25	260	560	33.0
Chicken, diced, USDA	Serving	25	72	56	0.0
Salad Bar, Chef	Serving	25	282	460	28.38
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			636	1054	98.67
% of Calories					62.1%
Nutrient Guideline			600-700	1360	

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Carb (g)
Fri - 01/19/2018					
Cato Middle School	Total	100			
Pizza,5" Deep Dish Cheese	1 Each	25	320	480	35.0
Beef, Teriyaki Dunker, DL	Serving	25	159	382	11.7
Pizzarrito, Pepperoni, Ardella	1 Each	25	314	790	29.54
Hot Dog, Turkey Frank JENNIE O	1 Each	25	260	510	29.0
Mustard Packet	1 Each	25	5	65	1.0
Ketchup:Packet	1 Each	25	10	85	3.0
Salad Bar, Hamburger	Serving	40	117	358	9.81
Grapes,Fresh	1/2 CUP	95	58	2	14.88
Grahams, Despicable Me	1 Each	85	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			610	992	84.07
% of Calories					55.1%
Nutrient Guideline			600-700	1360	

Mon - 01/22/2018					
Cato Middle School	Total	100			
Sandwich,Turkey & Cheese Deli	Serving	25	286	547	30.5
Mayonnaise Packet	1 Each	25	60	45	0.0
Mustard Packet	1 Each	50	5	65	1.0
Ketchup:Packet	1 Each	50	10	85	3.0
Taco Nada, BBQ	1 Each	25	260	390	32.0
Taco Sauce:Packet	1 EACH	40	5	95	1.0
Corndog, Chicken, D Lee WG	1 Each	25	238	690	27.8
Enchilada, Pepper J, Los Cabos	Serving	25	395	795	30.95
Salad Bar, Enchilada	Serving	40	239	364	31.27
Apple in a Bag	Bag	80	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			560	1051	71.62
% of Calories					51.1%
Nutrient Guideline			600-700	1360	

Tue - 01/23/2018					
Cato Middle School	Total	100			
Sloppy Joe, Beef Crumbles	Serving	25	283	925	37.5
Chicken Nuggets, Adv Pierre	Serving	25	200	310	12.0
Barbecue Sauce Cup	1 Each	25	40	200	10.0
Burrito, Beef/Bean/Red Chli WG	1 Each	25	281	404	39.12
TAPATIO, Hot Sauce: Packet	1 Each	25	0	110	0.0
Chicken Asian, Sweet & Sour	Serving	25	140	200	18.0
Salad Bar, Asian Chix	Serving	60	284	459	29.01
Orange Wedges	each	99	45	0	11.28
Milk - 1% White	Half Pint	20	130	160	16.0
Milk, Chocolate, Fat Free	Half Pint	80	120	180	21.0
Weighted Daily Average			573	988	77.73
% of Calories					54.2%
Nutrient Guideline			600-700	1360	

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Jan 1, 2018 thru Jan 31, 2018

Cato Middle School

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Carb (g)
Wed - 01/24/2018					
Cato Middle School	Total	100			
Chicken, Drumstick Brd, Ty Drk	1 Each	25	190	450	5.0
Mashed Potatoes w/Gravy-CK 3/4	3/4 CUP, 2 OZ	25	120	800	25.5
Pizza, 4x6 Cheese Ardella IW	1 Each	25	323	606	31.87
Corndog, Mini, Chicken SYSCO	Serving (6)	25	270	410	30.0
Mustard Packet	1 Each	25	5	65	1.0
Ketchup:Packet	1 Each	25	10	85	3.0
Tamale, Chicken, Del RealSYSCO	1 Each	25	290	680	26.0
Salad Bar, Tamale	Serving	40	172	356	17.8
Icee, Sidekick BluRspLmn	each	99	90	30	22.0
Roll, White Wheat: Galasso	1 Each	75	80	125	17.0
Milk - 1% White	Half Pint	20	130	160	16.0
Milk, Chocolate, Fat Free	Half Pint	80	120	180	21.0
Weighted Daily Average			642	1216	92.24
% of Calories					57.5%
Nutrient Guideline			600-700	1360	

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Carb (g)
Thu - 01/25/2018					
Cato Middle School	Total	100			
Cheeseburger Slider, 2-pk DL	1 Each	25	272	355	31.3
Ketchup:Packet	1 Each	25	10	85	3.0
Mustard Packet	1 Each	25	5	65	1.0
Macaroni & Cheese, 1/2c LOL	Serving	25	145	490	15.5
Sandwich, Ham & Cheese Deli	Serving	25	274	969	32.5
Mayonnaise Packet	1 Each	25	60	45	0.0
Potato, Baking	1 Each	25	168	24	37.0
Salad Bar, Baked Potato	Serving	30	439	1074	37.8
Grapes,Fresh	1/2 CUP	75	58	2	14.88
COOKIE, SNICKERDOOD, FatCat IW	1 Each	65	140	119	23.7
Milk - 1% White	Half Pint	20	130	160	16.0
Milk, Chocolate, Fat Free	Half Pint	80	120	180	21.0
Weighted Daily Average			622	1085	87.98
% of Calories					56.6%
Nutrient Guideline			600-700	1360	

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Carb (g)
Fri - 01/26/2018					
Cato Middle School	Total	100			
Pizza, 7" Fr Bread Cheese Arde	1 EACH	25	310	553	34.93
Pupusas, Bean/ Cheese, SYSCO	1 Each	25	260	560	33.0
Enchilada, Pepper J, Los Cabos	Serving	25	395	795	30.95
SteakChees Burger/ Kaiser DLee	Serving	25	419	950	33.3
Ketchup:Packet	1 Each	25	10	85	3.0
Mustard Packet	1 Each	25	5	65	1.0
Salad Bar, Hamburger	Serving	30	117	358	9.81
Cole Slaw:Taylor Farms-Dressed	1/2 cup	50	105	150	9.0
Strawberries Frz/Whip Top	1/2 cup, 2 tbsp	99	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			664	1110	82.46
% of Calories					49.7%
Nutrient Guideline			600-700	1360	

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Carb (g)
<b>Mon - 01/29/2018</b>					
Cato Middle School	Total	100			
Chicken, Sp PattyFilet W/Bun	1 Each	25	360	620	41.0
Mayonnaise Packet	1 Each	25	60	45	0.0
Ketchup:Packet	1 Each	50	10	85	3.0
Mustard Packet	1 Each	50	5	65	1.0
Pizzarrito, Pepperoni, Ardella	1 Each	25	314	790	29.54
Corndog, Mini, Chicken SYSCO	Serving (6)	25	270	410	30.0
Pizza,3x7 Longboard Cheese,Ard	1 Each	25	291	521	30.26
Salad Bar, Pizza	Serving	90	151	370	20.56
Orange Wedges	1 each	40	45	0	11.28
Milk - 1% White	Half Pint	20	130	160	16.0
Milk, Chocolate, Fat Free	Half Pint	80	120	180	21.0
Weighted Daily Average			607	1181	77.72
% of Calories					51.2%
Nutrient Guideline			600-700	1360	

<b>Tue - 01/30/2018</b>					
Cato Middle School	Total	100			
Chicken Asian, Orange Mandarin	1/2 Cup	25	150	280	19.0
Rice WG BROWN, MixedVegetables	5/8 Cup	25	139	174	30.19
Pizza, 8" Sicilian Pepperon IW	1 Each	25	336	647	34.52
Taco Nada, Taco Turkey	1 Each	25	260	390	31.0
Chicken/Homestyle MashPot Bowl	Serving	25	365	1100	34.0
Salad Bar, Ck/M.Pot Bow	Serving	80	230	354	28.95
Apple in a Bag	Bag	99	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			648	1107	88.26
% of Calories					54.5%
Nutrient Guideline			600-700	1360	

<b>Wed - 01/31/2018</b>					
Cato Middle School	Total	100			
Pork Rib Patty on a Hoagie	1 Each	25	260	570	32.3
Barbecue Sauce Cup	1 Each	25	40	200	10.0
Tamale, Chicken, Del RealSYSCO	1 Each	25	290	680	26.0
Salsa, 1/4 Comm.	1/4 cup	25	19	66	3.76
Nacho Cheese w/Chips	Serving	25	429	1005	41.35
Tacos W/Doritos, Beef AVP	SERVING	25	278	868	24.27
Salad Bar, Tacos	Serving	70	186	827	14.53
Kiwi Fruit 1 1/2	1 Each	100	46	2	11.14
Crackers,Cheez-It, Whole Grain	1 Each	100	100	150	14.0
Milk, Chocolate, Fat Free	Half Pint	80	120	180	21.0
Milk - 1% White	Half Pint	20	130	160	16.0
Weighted Daily Average			727	1754	89.73
% of Calories					49.4%
Nutrient Guideline			600-700	1360	

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Carb (g)
Weighted Average			628	1158	85.42 54.4%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	628		600 - 700	100%				
Sodium (mg)	1158		1360					
Carbohydrate (g)	85.42	54.39%						

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