

Bakersfield City School District

Base Menu Spreadsheet

Portion Values - Detailed

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Jan 1, 2018 thru Jan 31, 2018

ELEMENTARY LUNCH MENU

Generated on: 12/14/2017 11:19:57 AM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Carb (g)
Mon - 01/01/2018					
ELEMENTARY LUNCH ME	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 - 01/02/2018					
ELEMENTARY LUNCH ME	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	

Wed - 01/03/2018					
ELEMENTARY LUNCH ME	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	

Thu - 01/04/2018					
ELEMENTARY LUNCH ME	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	

Fri - 01/05/2018					
ELEMENTARY LUNCH ME	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	

Mon - 01/08/2018					
ELEMENTARY LUNCH ME	Total	100			
Chicken, Grill Teriyaki Sliders	Serving	95	290	430	45.0
Green Beans, 3/4c	3/4 cup	95	33	294	6.37
Fruit Mix, Dried USDA	1/4 cup	75	88	1	23.0
Rice Krispies, Choc Chip Sysco	each	95	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			647	998	114.55
% of Calories					70.9%
Nutrient Guideline			600-650	1230	

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Carb (g)
Tue - 01/09/2018					
ELEMENTARY LUNCH ME	Total	100			
Macaroni & Cheese, 2/3c LOL	Serving	95	290	980	31.0
Salad, Bar Veggie 1	1 Cup	99	167	326	29.16
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			662	1444	103.31
% of Calories					62.4%
Nutrient Guideline			600-650	1230	

Wed - 01/10/2018					
ELEMENTARY LUNCH ME	Total	100			
Sandwich, Ham & Cheese Deli	Serving	99	274	969	32.5
Salad, Bar Veggie 1	1 Cup	99	167	326	29.16
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			585	1458	88.24
% of Calories					60.3%
Nutrient Guideline			600-650	1230	

Thu - 01/11/2018					
ELEMENTARY LUNCH ME	Total	100			
Chicken, Tenders TYSON(3)	Serving	95	260	390	16.0
Barbecue Sauce Cup	1 Each	95	40	200	10.0
Salad, Bar Veggie 1	1 Cup	30	167	326	29.16
COOKIE, CELEBRATION, FatCat IW	Each	99	142	107	23.9
Grapes,Fresh	1/2 CUP	99	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			656	942	91.84
% of Calories					56.0%
Nutrient Guideline			600-650	1230	

Fri - 01/12/2018					
ELEMENTARY LUNCH ME	Total	100			
Tacos W/Scoops, Beef AVP	SERVING	95	248	793	23.27
Salsa, 1/4 Comm.	1/4 cup	1	19	66	3.76
Salad, Bar Veggie 1	1 Cup	40	167	326	29.16
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			482	1084	67.10
% of Calories					55.7%
Nutrient Guideline			600-650	1230	

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Carb (g)
Mon - 01/15/2018					
ELEMENTARY LUNCH ME	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	

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Carb (g)
Tue - 01/16/2018					
ELEMENTARY LUNCH ME	Total	100			
Burrito, Bean & Cheese, Ext WG	1 Each	95	291	479	40.95
Taco Sauce:Packet	1 EACH	95	5	95	1.0
Salad, Bar Veggie 2	1 Cup	40	172	331	29.85
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			616	951	103.78
% of Calories					67.4%
Nutrient Guideline			600-650	1230	

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Carb (g)
Wed - 01/17/2018					
ELEMENTARY LUNCH ME	Total	100			
Hamburger on a Bun DLee	Serving	95	282	554	32.4
Ketchup:Packet	1 Each	95	10	85	3.0
Mustard Packet	1 Each	95	5	65	1.0
Potatoes, 1/2c McCain Smiles	1/2 Cup	75	130	180	20.0
Salad, Bar Veggie 2	1 Cup	30	172	331	29.85
Bananas	1 Each	95	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			639	1080	100.45
% of Calories					62.9%
Nutrient Guideline			600-650	1230	

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Carb (g)
Thu - 01/18/2018					
ELEMENTARY LUNCH ME	Total	100			
Cream Turkey/Gravy Mix w/Pot.	Serving	95	192	920	14.7
Salad, Bar Veggie 2	1 Cup	50	172	331	29.85
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			633	1445	100.64
% of Calories					63.6%
Nutrient Guideline			600-650	1230	

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Carb (g)
Fri - 01/19/2018					
ELEMENTARY LUNCH ME	Total	100			
Pizza,5" Deep Dish Cheese	1 Each	95	320	480	35.0
Salad, Bar Veggie 2	1 Cup	30	172	331	29.85
Grapes,Fresh	1/2 CUP	95	58	2	14.88
Grahams, Desplicable 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			652	826	95.04
% of Calories					58.3%
Nutrient Guideline			600-650	1230	

Mon - 01/22/2018					
ELEMENTARY LUNCH ME	Total	100			
Sandwich,Turkey & Cheese Deli	Serving	99	286	547	30.5
Mustard Packet	1 Each	99	5	65	1.0
Ketchup:Packet	1 Each	99	10	85	3.0
Salad, Bar Veggie 3	1 Cup	95	174	349	29.28
Apple in a Bag	Bag	95	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			613	1198	89.57
% of Calories					58.5%
Nutrient Guideline			600-650	1230	

Tue - 01/23/2018					
ELEMENTARY LUNCH ME	Total	100			
Sloppy Joe, Beef Crumbles	Serving	95	283	925	37.5
Salad, Bar Veggie 3	1 Cup	80	174	349	29.28
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			575	1334	90.22
% of Calories					62.8%
Nutrient Guideline			600-650	1230	

Wed - 01/24/2018					
ELEMENTARY LUNCH ME	Total	100			
Chicken, Drumstick Brd, Ty Drk	1 Each	95	190	450	5.0
Mashed Potatoes w/Gravy -CK	1/2 CUP	95	85	630	18.0
Salad, Bar Veggie 3	1 Cup	40	174	349	29.28
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			602	1465	88.09
% of Calories					58.6%
Nutrient Guideline			600-650	1230	

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Carb (g)
Thu - 01/25/2018					
ELEMENTARY LUNCH ME	Total	100			
Cheeseburger Slider, 2-pk DL	1 Each	95	272	355	31.3
Ketchup:Packet	1 Each	95	10	85	3.0
Mustard Packet	1 Each	95	5	65	1.0
Salad, Bar Veggie 3	1 Cup	50	174	349	29.28
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			616	909	94.74
% of Calories					61.5%
Nutrient Guideline			600-650	1230	

Fri - 01/26/2018					
ELEMENTARY LUNCH ME	Total	100			
Pizza, 7" Fr Bread Cheese Arde	1 EACH	95	310	553	34.93
Cole Slaw:Taylor Farms-Dressed	1/2 cup	50	105	150	9.0
Salad, Bar Veggie 3	1 Cup	40	174	349	29.28
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			644	916	90.37
% of Calories					56.2%
Nutrient Guideline			600-650	1230	

Mon - 01/29/2018					
ELEMENTARY LUNCH ME	Total	100			
Chicken, Crispy PattyFilet/Bun	1 Each	95	400	770	46.0
Ketchup:Packet	1 Each	95	10	85	3.0
Mustard Packet	1 Each	95	5	65	1.0
Salad, Bar Veggie 4	1 Cup	65	162	337	23.94
Orange Wedges	1 each	95	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			665	1269	93.78
% of Calories					56.4%
Nutrient Guideline			600-650	1230	

Tue - 01/30/2018					
ELEMENTARY LUNCH ME	Total	100			
Chicken Asian, Orange Mandarin	1/2 Cup	95	150	280	19.0
Rice WG BROWN, MixedVegetables	5/8 Cup	95	139	174	30.19
Salad, Bar Veggie 5	1 Cup	99	178	324	31.4
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			602	928	105.73
% of Calories					70.3%
Nutrient Guideline			600-650	1230	

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Carb (g)
Wed - 01/31/2018					
ELEMENTARY LUNCH ME	Total	100			
Pork Rib Patty on a Hoagie	1 Each	95	260	570	32.3
Barbecue Sauce Cup	1 Each	95	40	200	10.0
Salad, Bar Veggie 5	1 Cup	85	178	324	31.4
Kiwi Fruit 1 1/2	1 Each	95	46	2	11.14
Crackers,Cheez-It, Whole Grain	1 Each	1	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			604	1187	97.60
% of Calories					64.7%
Nutrient Guideline			600-650	1230	

Weighted Average			617	1143	95.00 61.6%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	617		600 - 650	100%				
Sodium (mg)	1143		1230					
Carbohydrate (g)	95.00	61.59%						

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