

Bakersfield City School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

Jan 1, 2018 thru Jan 31, 2018

Junior High Theme Bar

Generated on: 12/14/2017 11:23:00 AM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Carb (g)
Mon - 01/01/2018					
Junior High Theme Bar	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					
Junior High Theme Bar	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					
Junior High Theme Bar	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					
Junior High Theme Bar	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					
Junior High Theme Bar	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	

Mon - 01/08/2018					
Junior High Theme Bar	Total	101			
Pizza, 7" Fr Bread Cheese Arde	1 EACH	99	310	553	34.93
Salad Bar, Pizza	Serving	40	151	370	20.56
Fruit Mix, Dried USDA	1/4 cup	50	88	1	23.0
Rice Krispies, Choc Chip Sysco	1 each	85	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			663	982	98.82
% of Calories					59.6%
Nutrient Guideline			600-700	1360	

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Junior High Theme Bar

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Carb (g)
Tue - 01/09/2018					
Junior High Theme Bar	Total	100			
Chicken Asian, Sweet & Sour	Serving	85	140	200	18.0
Rice WG BROWN, MixedVegetables	5/8 Cup	85	139	174	30.19
Salad Bar, Asian Chix	Serving	30	284	459	29.01
Icee, Straw-Lemon Rosati	1 Each	95	99	15	25.0
Chips, SunChips Multigrain	1 Each	85	140	120	19.0
Milk - 1% White	Half Pint	20	130	160	16.0
Milk, Chocolate, Fat Free	Half Pint	80	120	180	21.0
Weighted Daily Average			657	748	109.56
% of Calories					66.7%
Nutrient Guideline			600-700	1360	

Wed - 01/10/2018					
Junior High Theme Bar	Total	100			
Tamale, Chicken, Del RealSYSCO	1 Each	99	290	680	26.0
Salad Bar, Tamale	Serving	99	172	356	17.8
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			608	1201	71.28
% of Calories					46.9%
Nutrient Guideline			600-700	1360	

Thu - 01/11/2018					
Junior High Theme Bar	Total	100			
Potato, Baking	1 Each	95	168	24	37.0
Salad Bar, Baked Potato	Serving	40	439	1074	37.8
Grapes,Fresh	1/2 CUP	95	58	2	14.88
COOKIE, CELEBRATION, FatCat IW	Each	85	142	107	23.9
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	721	104.72
% of Calories					66.1%
Nutrient Guideline			600-700	1360	

Fri - 01/12/2018					
Junior High Theme Bar	Total	100			
Chicken, Sp PattyFilet W/Bun	1 Each	99	360	620	41.0
Salad Bar, Spicy Chicken	Serving	35	40	96	4.35
Fruit Salad, FreshPails	1/2 Cup	95	60	25	14.0
Crackers, Goldfish Cheddar	1 Each	95	100	170	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			644	1009	88.71
% of Calories					55.1%
Nutrient Guideline			600-700	1360	

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Junior High Theme Bar

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Carb (g)
Mon - 01/15/2018					
Junior High Theme Bar	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 - 01/16/2018					
Junior High Theme Bar	Total	100			
Nacho Cheese w/Chips	Serving	85	429	1005	41.35
Salad Bar, Nacho	Serving	30	118	743	16.57
Raisins, Seedless, Mini Box	1 EACH	85	113	4	29.85
Grahams, Chocolate Bear Sysco	Each	85	110	105	21.0
Milk - 1% White	Half Pint	20	130	160	16.0
Milk, Chocolate, Fat Free	Half Pint	80	120	180	21.0
Weighted Daily Average			711	1346	103.34
% of Calories					58.1%
Nutrient Guideline			600-700	1360	

Wed - 01/17/2018					
Junior High Theme Bar	Total	100			
Tacos W/Doritos, Beef AVP	SERVING	99	278	868	24.27
Salad Bar, Tacos	Serving	60	186	827	14.53
Salsa, 1/4 Comm.	1/4 cup	85	19	66	3.76
Bananas	1 Each	99	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			614	1588	78.77
% of Calories					51.4%
Nutrient Guideline			600-700	1360	

Thu - 01/18/2018					
Junior High Theme Bar	Total	100			
Chicken, diced, USDA	Serving	85	72	56	0.0
Salad Bar, Asian Chix	Serving	50	284	459	29.01
Pasta Salad	1/2	95	93	266	19.88
Pears, fresh	1 Each	99	95	2	25.28
Roll, Bridgford Honey Wheat Ye	1 Each	80	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			627	891	100.02
% of Calories					63.8%
Nutrient Guideline			600-700	1360	

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Jan 1, 2018 thru Jan 31, 2018

Junior High Theme Bar

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Carb (g)
Fri - 01/19/2018					
Junior High Theme Bar	Total	100			
Hot Dog, Turkey Frank JENNIE O	1 Each	95	260	510	29.0
Ketchup:Packet	1 Each	95	10	85	3.0
Mustard Packet	1 Each	95	5	65	1.0
Salad Bar, Spicy Chicken	Serving	30	40	96	4.35
Grapes,Fresh	1/2 CUP	95	58	2	14.88
Grahams, Despicable Me	1 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			583	938	87.69
% of Calories					60.1%
Nutrient Guideline			600-700	1360	

Mon - 01/22/2018					
Junior High Theme Bar	Total	100			
Enchilada, Pepper J, Los Cabos	Serving	95	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			616	1077	68.31
% of Calories					44.4%
Nutrient Guideline			600-700	1360	

Tue - 01/23/2018					
Junior High Theme Bar	Total	100			
Chicken Asian, Teriyaki	Serving	95	115	330	6.0
Rice WG BROWN, MixedVegetables	5/8 Cup	40	139	174	30.19
Salad Bar, Asian Chix	Serving	60	284	459	29.01
Orange Wedges	each	30	45	0	11.28
Chips, Cheetos Baked	Each	85	120	200	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			573	1004	73.01
% of Calories					51.0%
Nutrient Guideline			600-700	1360	

Wed - 01/24/2018					
Junior High Theme Bar	Total	100			
Tamale, Chicken, Del RealSYSCO	1 Each	99	290	680	26.0
Salad Bar, Tamale	Serving	99	172	356	17.8
Icee, Sidekick BluRspLmn	each	99	90	30	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			668	1231	85.14
% of Calories					51.0%
Nutrient Guideline			600-700	1360	

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Junior High Theme Bar

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Carb (g)
Thu - 01/25/2018					
Junior High Theme Bar	Total	100			
Potato, Baking	1 Each	95	168	24	37.0
Salad Bar, Baked Potato	Serving	40	439	1074	37.8
Grapes,Fresh	1/2 CUP	95	58	2	14.88
COOKIE, SNICKERDOOD, FatCat IW	1 Each	95	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			645	743	106.92
% of Calories					66.3%
Nutrient Guideline			600-700	1360	

Fri - 01/26/2018					
Junior High Theme Bar	Total	100			
SteakChees Burger/ Kaiser DLee	Serving	90	419	950	33.3
Mayonnaise Packet	1 Each	50	60	45	0.0
Ketchup:Packet	1 Each	85	10	85	3.0
Mustard Packet	1 Each	85	5	65	1.0
Salad Bar, Spicy Chicken	Serving	20	40	96	4.35
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			655	1200	75.22
% of Calories					46.0%
Nutrient Guideline			600-700	1360	

Mon - 01/29/2018					
Junior High Theme Bar	Total	100			
Pizza,3x7 Longboard Cheese,Ard	1 Each	99	291	521	30.26
Salad Bar, Pizza	Serving	99	151	370	20.56
Orange Wedges	1 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			605	1058	81.48
% of Calories					53.9%
Nutrient Guideline			600-700	1360	

Tue - 01/30/2018					
Junior High Theme Bar	Total	100			
Chicken/Mashed Pot Bowl	Serving	100	335	1010	34.0
Salad Bar, Ck/M.Pot Bow	Serving	40	230	354	28.95
Apple in a Bag	Bag	99	29	0	8.0
Crackers,Cheez-It, Whole Grain	1 Each	95	100	150	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			673	1470	86.80
% of Calories					51.6%
Nutrient Guideline			600-700	1360	

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Junior High Theme Bar

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Carb (g)
Wed - 01/31/2018					
Junior High Theme Bar	Total	100			
Tacos W/Doritos, Beef AVP	SERVING	99	278	868	24.27
Salad Bar, Tacos	Serving	50	186	827	14.53
Kiwi Fruit 1 1/2	1 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			534	1450	61.87
% of Calories					46.3%
Nutrient Guideline			600-700	1360	

Weighted Average			630	1097	87.16 55.3%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	630		600 - 700	100%				
Sodium (mg)	1097		1360					
Carbohydrate (g)	87.16	55.34%						

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