

# Bakersfield City School District

Base Menu Spreadsheet  
Portion Values - Detailed

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Jan 1, 2018 thru Jan 31, 2018

TRANSPORT LUNCH

Generated on: 12/14/2017 11:26:21 AM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Carb (g)
Mon - 01/01/2018					
TRANSPORT LUNCH HOLIDAY	Total 1 EACH	1 1	0	0	0.0
Weighted Daily Average % of Calories			0	0	0.00 0.0%
Nutrient Guideline			600-650	1230	

Tue - 01/02/2018					
TRANSPORT LUNCH HOLIDAY	Total 1 EACH	1 1	0	0	0.0
Weighted Daily Average % of Calories			0	0	0.00 0.0%
Nutrient Guideline			600-650	1230	

Wed - 01/03/2018					
TRANSPORT LUNCH HOLIDAY	Total 1 EACH	1 1	0	0	0.0
Weighted Daily Average % of Calories			0	0	0.00 0.0%
Nutrient Guideline			600-650	1230	

Thu - 01/04/2018					
TRANSPORT LUNCH HOLIDAY	Total 1 EACH	1 1	0	0	0.0
Weighted Daily Average % of Calories			0	0	0.00 0.0%
Nutrient Guideline			600-650	1230	

Fri - 01/05/2018					
TRANSPORT LUNCH HOLIDAY	Total 1 EACH	1 1	0	0	0.0
Weighted Daily Average % of Calories			0	0	0.00 0.0%
Nutrient Guideline			600-650	1230	

Mon - 01/08/2018					
TRANSPORT LUNCH	Total	100			
Burrito, Bean & Cheese, Ext WG	1 Each	95	291	479	40.95
Taco Sauce:Packet	1 EACH	95	5	95	1.0
Carrots, Mini, Peeled - 3 oz	3 oz Package	75	25	42	5.84
Dressing, Ranch FtFree 1oz cup	Each	75	25	320	0.0
Juice,Gold Rush 1/2c,	1 Each	85	40	60	10.0
Fruit Mix, Dried USDA	1/4 cup	60	88	1	23.0
Rice Krispies, Choc Chip Sysco	each	60	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

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Carb (g)
Weighted Daily Average			624	1129	104.53
% of Calories					67.0%
Nutrient Guideline			600-650	1230	

Tue - 01/09/2018					
TRANSPORT LUNCH	Total	100			
Hot Dog, Turkey Frank JENNIE O	1 Each	100	260	510	29.0
Ketchup:Packet	1 Each	100	10	85	3.0
Mustard Packet	1 Each	100	5	65	1.0
Cucumber,Raw3/4	3/4 Cup	100	13	2	2.38
Dressing, Ranch FtFree 1oz cup	Each	100	25	320	0.0
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			534	1173	80.38
% of Calories					60.2%
Nutrient Guideline			600-650	1230	

Wed - 01/10/2018					
TRANSPORT LUNCH	Total	100			
Sandwich, Ham & Cheese Deli	Serving	95	274	969	32.5
Mayonnaise Packet	1 Each	95	60	45	0.0
Mustard Packet	1 Each	95	5	65	1.0
Pinto Beans 3/4 cup w/Cheese	3/4 cup	50	162	236	27.43
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			553	1319	73.14
% of Calories					52.9%
Nutrient Guideline			600-650	1230	

Thu - 01/11/2018					
TRANSPORT LUNCH	Total	100			
Taco Nada, Taco Turkey	1 Each	100	260	390	31.0
Taco Sauce:Packet	1 EACH	100	5	95	1.0
Broccoli, raw, fresh 3/4	3/4 CUP	100	16	16	3.16
Dressing, Ranch FtFree 1oz cup	Each	100	25	320	0.0
Grape Escapes	Each	100	60	10	15.0
Fruit Mix, Dried USDA	1/4 cup	100	88	1	23.0
Milk - 1% White	Half Pint	20	130	160	16.0
Milk, Chocolate, Fat Free	Half Pint	80	120	180	21.0
Weighted Daily Average			576	1008	93.16
% of Calories					64.7%
Nutrient Guideline			600-650	1230	

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Carb (g)
Fri - 01/12/2018					
TRANSPORT LUNCH	Total	100			
Pizza, 3" Cheese Sliders, Ard	1 Each	100	295	598	30.75
Jicama & Chili Powder 3/4	3/4 Cup	100	60	77	11.75
Craisins, Strawberry Invd Box	Box	100	110	0	28.0
Jello, Cherry	1/2 cup	100	72	95	17.39
Milk - 1% White	Half Pint	20	130	160	16.0
Milk, Chocolate, Fat Free	Half Pint	80	120	180	21.0
Weighted Daily Average			658	947	107.89
% of Calories					65.6%
Nutrient Guideline			600-650	1230	

Mon - 01/15/2018					
TRANSPORT LUNCH	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 - 01/16/2018					
TRANSPORT LUNCH	Total	100			
Burrito, Bean & Cheese, Ext WG	1 Each	90	291	479	40.95
Taco Sauce:Packet	1 EACH	90	5	95	1.0
Carrots, Mini, Peeled - 3 oz	3 oz Package	85	25	42	5.84
Dressing, Ranch FtFree 1oz cup	Each	85	25	320	0.0
Juice,Gold Rush 1/2c,	1 Each	85	40	60	10.0
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			608	1149	103.20
% of Calories					67.9%
Nutrient Guideline			600-650	1230	

Wed - 01/17/2018					
TRANSPORT LUNCH	Total	100			
Cream Turkey/Gravy Mix w/Pot.	Serving	99	192	920	14.7
Salad, Maxi Veggie	1.5 cup	99	56	74	6.26
Dressing, Ranch FtFree 1oz cup	Each	99	25	320	0.0
Juice,Gold Rush 1/2c,	1 Each	99	40	60	10.0
Bananas	1 Each	99	90	1	23.07
Roll, White Wheat: Galasso	1 Each	99	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			600	1661	90.32
% of Calories					60.2%
Nutrient Guideline			600-650	1230	

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Carb (g)
Thu - 01/18/2018					
TRANSPORT LUNCH	Total	100			
PB & Strawberry Jamwich	1 Each	90	300	310	34.0
Ketchup:Packet	1 Each	90	10	85	3.0
Mustard Packet	1 Each	90	5	65	1.0
Potato Rounds, 3/4 c	3/4 Cup	75	210	420	24.0
Pears,fresh	1 Each	99	95	2	25.28
Milk - 1% White	Half Pint	20	130	160	16.0
Milk, Chocolate, Fat Free	Half Pint	80	120	180	21.0
Weighted Daily Average			657	907	97.23
% of Calories					59.2%
Nutrient Guideline			600-650	1230	

Fri - 01/19/2018					
TRANSPORT LUNCH	Total	100			
Pizza,5" Deep Dish Cheese	1 Each	95	320	480	35.0
Celery Sticks 3/4	3/4 cup	50	16	78	2.9
Peanut Butter, Cup, AdvPierre	2 tbsp	50	180	160	8.0
Grape Escapes	Each	95	60	10	15.0
Grahams, Despicable Me	1 Each	75	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			686	843	89.45
% of Calories					52.2%
Nutrient Guideline			600-650	1230	

Mon - 01/22/2018					
TRANSPORT LUNCH	Total	100			
Taco Nada, BBQ	1 Each	100	260	390	32.0
Taco Sauce:Packet	1 EACH	100	5	95	1.0
Carrots, Mini, Peeled - 3 oz	3 oz Package	100	25	42	5.84
Dressing, Ranch FtFree 1oz cup	Each	100	25	320	0.0
Icee, Sidekick Sunbelive R/O	1 each	100	110	25	26.0
Apple in a Bag	Bag	100	29	0	8.0
Grahams, Teddy AppleCinn Sysco	1 Each	99	90	95	16.0
Milk - 1% White	Half Pint	20	130	160	16.0
Milk, Chocolate, Fat Free	Half Pint	80	120	180	21.0
Weighted Daily Average			665	1142	108.68
% of Calories					65.4%
Nutrient Guideline			600-650	1230	

Tue - 01/23/2018					
TRANSPORT LUNCH	Total	100			
Chicken, Drumstick Brd, Ty Drk	1 Each	100	190	450	5.0
Broccoli, raw, fresh 3/4	3/4 CUP	100	16	16	3.16
Dressing, Ranch FtFree 1oz cup	1 Each	100	25	320	0.0
Icee, Sidekick BluRspLmn	1 each	100	90	30	22.0
Roll, Bridgford Honey Wheat Ye	1 Each	100	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

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Carb (g)
Weighted Daily Average % of Calories			593	1222	77.16 52.0%
Nutrient Guideline			600-650	1230	

Wed - 01/24/2018					
TRANSPORT LUNCH	Total	100			
Sandwich, Turkey & Cheese Deli	Serving	99	286	547	30.5
Vegetarian Beans 3/4	3/4 cup	60	165	210	30.03
Fruit Salad, Fresh Pails	1/2 Cup	99	60	25	14.0
Chips, Doritos Nacho Cheese RF	1 Each	85	130	200	20.0
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			674	1038	99.07 58.8%
Nutrient Guideline			600-650	1230	

Thu - 01/25/2018					
TRANSPORT LUNCH	Total	100			
Cheeseburger Slider, 2-pk DL	1 Each	100	272	355	31.3
Jicama & Chili Powder 3/4	3/4 Cup	100	60	77	11.75
Grape Escapes	1 Each	100	60	10	15.0
COOKIE, SNICKERDOOD, FatCat IW	1 Each	100	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 % of Calories			653	737	101.75 62.3%
Nutrient Guideline			600-650	1230	

Fri - 01/26/2018					
TRANSPORT LUNCH	Total	100			
Pizza, 7" Fr Bread Cheese Arde	1 EACH	100	310	553	34.93
Celery Sticks 3/4	3/4 cup	65	16	78	2.9
Peanut Butter, Cup, Adv Pierre	2 tbsp	65	180	160	8.0
Strawberries Frz/Whip Top	1/2 cup, 2 tbps	80	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 % of Calories			644	884	78.96 49.0%
Nutrient Guideline			600-650	1230	

Mon - 01/29/2018					
TRANSPORT LUNCH	Total	100			
Pizzarrito, Pepperoni, Ardella	1 Each	100	314	790	29.54
Carrots, Mini, Peeled - 3 oz	3 oz Package	100	25	42	5.84
Dressing, Ranch FtFree 1oz cup	1 Each	100	25	320	0.0
Juice, Gold Rush 1/2c, SYSCO	1 Each	100	40	60	10.0
Orange Wedges	1 each	100	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

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Carb (g)
Weighted Daily Average			571	1388	76.66
% of Calories					53.7%
Nutrient Guideline			600-650	1230	

Tue - 01/30/2018					
TRANSPORT LUNCH	Total	100			
Pork Rib Patty on a Hoagie	1 Each	100	260	570	32.3
Barbecue Sauce Cup	1 Each	100	40	200	10.0
Broccoli, raw, fresh 3/4	3/4 CUP	100	16	16	3.16
Dressing, Ranch FtFree 1oz cup	Each	100	25	320	0.0
Apple in a Bag	Bag	100	29	0	8.0
Crackers,Cheez-It, Whole Grain	1 Each	100	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			592	1432	87.46
% of Calories					59.1%
Nutrient Guideline			600-650	1230	

Wed - 01/31/2018					
TRANSPORT LUNCH	Total	100			
Chicken Asian, Orange Mandarin	1/2 Cup	100	150	280	19.0
Rice WG BROWN, MixedVegetables	5/8 Cup	100	139	174	30.19
Cucumber,Raw3/4	3/4 Cup	100	13	2	2.38
Dressing, Ranch FtFree 1oz cup	Each	100	25	320	0.0
Kiwi Fruit 1 1/2	1 Each	100	46	2	11.14
Roll, Bridgford Honey Wheat Ye	1 Each	100	150	230	27.0
Milk, Chocolate, Fat Free	Half Pint	80	120	180	21.0
Milk - 1% White	Half Pint	20	130	160	16.0
Weighted Daily Average			645	1185	109.71
% of Calories					68.0%
Nutrient Guideline			600-650	1230	

Weighted Average			620	1127	92.87
					59.9%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	620		600 - 650	100%				
Sodium (mg)	1127		1230					
Carbohydrate (g)	92.87	59.94%						

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