

Columbia Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

Apr 5, 2021 thru Apr 30, 2021

ELEMENTARY LUNCH IN SCHOOL

Generated on: 3/22/2021 9:12:13 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)
Mon - 04/05/2021						
ELEMENTARY LUNCH IN S	Total					
Chicken Brkfst Sausage, Sec	2 PATTIES	227	91	568	25.01	2.27
Waffle (2 Waffles)	2 WAFFLES	200	0	489	4.99	31.92
Pancake (2 Pancakes)	2 Pancakes	126	6	254	4.0	24.0
Anytime; Cheese Pizza Lnh Kit	1 Kit	360	30	750	13.0	34.0
PB&J Uncrustable, 2.6, Entree	SANDWICH	300	0	280	9.0	32.0
ALLERGY, CPS Meal	1 SERVING	242	28	372	9.17	25.17
Potato, Hash Brown Patties	4.5 oz.	240	0	540	2.0	30.0
Carrots, Fresh	1/2 CUP	20	0	44	0.36	4.62
Beans, Canned Variety	1/2 CUP	114	0	126	6.97	20.6
Granola, Rocin'ola - Straw.	1 pkg.	120	0	0	3.0	21.0
Salad Dressing	1.5 OZ	196	12	653	1.25	7.99
Syrup, Pancake and Waffle	2 OZ	210	0	65	0.0	51.0
Pears, Canned	1/2 CUP	80	0	5	0.0	20.0
Apple, Slices	1/2 CUP	49	*0	1	0.24	12.6
Fresh Whole Fruit	1 PIECE	94	*0	2	0.73	23.9
Milk, 1% Flavored	1 CARTON	150	10	230	8.0	24.0
Milk, 1% White	1 CARTON	100	15	120	8.0	11.0
Milk, Non-Fat White	1 CARTON	80	5	120	8.0	11.0
Weighted Daily Average		2908	*198	4619	103.71	387.07
% of Calories					14.3%	53.2%
Nutrient Guideline		550-650		1230		

Tue - 04/06/2021						
ELEMENTARY LUNCH IN S	Total					
Chicken Tenders, Gold Kist, WG	3 PCS	203	49	383	18.46	11.13
Chicken Tenders, Guaj., GK, WG	3 PCS	230	55	450	22.0	18.0
Yogurt Plate	1 Plate	279	15	309	11.97	38.76
PB&J Uncrustable, 2.6, Entree	SANDWICH	300	0	280	9.0	32.0
ALLERGY, CPS Meal	1 SERVING	242	28	372	9.17	25.17
Carrots, Fresh	1/2 CUP	20	0	44	0.36	4.62
Celery, Raw Sticks	1/2 CUP	8	0	40	0.35	1.5
Beans, Canned Variety	1/2 CUP	114	0	126	6.97	20.6
Granola, Rocin'ola - Straw.	1 pkg.	120	0	0	3.0	21.0
Ketchup	1 OZ	33	0	334	0.0	8.34
Salad Dressing	1.5 OZ	196	12	653	1.25	7.99
Mixed Fruit, Canned	1/2 CUP	35	0	13	0.0	8.0
Fresh Whole Fruit	1 PIECE	94	*0	2	0.73	23.9
Milk, 1% Flavored	1 CARTON	150	10	230	8.0	24.0
Milk, 1% White	1 CARTON	100	15	120	8.0	11.0
Milk, Non-Fat White	1 CARTON	80	5	120	8.0	11.0
Notable - Nacho & Cheese	1 package	388	19	589	13.64	45.27
Notable - Chili Con Queso	1 package	520	40	945	14.0	45.0
Weighted Daily Average		3112	*249	5010	134.89	357.29
% of Calories					17.3%	45.9%
Nutrient Guideline		550-650		1230		

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Columbia Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

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Apr 5, 2021 thru Apr 30, 2021

ELEMENTARY LUNCH IN SCHOOL

Generated on: 3/22/2021 9:12:14 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)
Wed - 04/07/2021						
ELEMENTARY LUNCH IN S	Total					
Pizza Crunchers	4 Pieces	420	30	670	20.0	41.0
Anytime; Cheese Pizza Lnch Kit	1 Kit	360	30	750	13.0	34.0
PB&J Uncrustable, 2.6, Entree	SANDWICH	300	0	280	9.0	32.0
ALLERGY, CPS Meal	1 SERVING	242	28	372	9.17	25.17
Spaghetti Dipping Sauce	2 OZ	30	0	265	1.0	5.5
Broccoli, Raw Florets	1/2 CUP	10	0	10	1.06	1.86
Cucumbers, Raw	1/2 CUP	8	0	1	0.34	1.89
Beans, Canned Variety	1/2 CUP	114	0	126	6.97	20.6
Granola, Rocin'ola - Straw.	1 pkg.	120	0	0	3.0	21.0
Salad Dressing	1.5 OZ	196	12	653	1.25	7.99
Cherries, Tart, Frozen	1/2 CUP	52	0	1	1.45	13.07
Fresh Whole Fruit	1 PIECE	94	*0	2	0.73	23.9
Milk, 1% Flavored	1 CARTON	150	10	230	8.0	24.0
Milk, 1% White	1 CARTON	100	15	120	8.0	11.0
Milk, Non-Fat White	1 CARTON	80	5	120	8.0	11.0
Notable - Nacho & Cheese	1 package	388	19	589	13.64	45.27
Notable - Chili Con Queso	1 package	520	40	945	14.0	45.0
Weighted Daily Average		3184	*189	5134	118.61	364.25
% of Calories					14.9%	45.8%
Nutrient Guideline		550-650		1230		

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)
Thu - 04/08/2021						
ELEMENTARY LUNCH IN S	Total					
Chicken, Mandarin Orange	3.6 oz.	150	40	280	11.0	19.0
Rice, Brown, 3/4 Cup	3/4 CUP	152	0	113	3.8	31.36
Yogurt Plate	1 Plate	279	15	309	11.97	38.76
PB&J Uncrustable, 2.6, Entree	SANDWICH	300	0	280	9.0	32.0
ALLERGY, CPS Meal	1 SERVING	242	28	372	9.17	25.17
Broccoli, Raw Florets	1/2 CUP	10	0	10	1.06	1.86
Celery, Raw Sticks	1/2 CUP	8	0	40	0.35	1.5
Beans, Canned Variety	1/2 CUP	114	0	126	6.97	20.6
Granola, Rocin'ola - Straw.	1 pkg.	120	0	0	3.0	21.0
Salad Dressing	1.5 OZ	196	12	653	1.25	7.99
Mandarin Oranges, Canned	1/2 CUP	130	0	12	1.12	33.24
Fresh Whole Fruit	1 PIECE	94	*0	2	0.73	23.9
Milk, 1% Flavored	1 CARTON	150	10	230	8.0	24.0
Milk, 1% White	1 CARTON	100	15	120	8.0	11.0
Milk, Non-Fat White	1 CARTON	80	5	120	8.0	11.0
Notable - Nacho & Cheese	1 package	388	19	589	13.64	45.27
Notable - Chili Con Queso	1 package	520	40	945	14.0	45.0
Weighted Daily Average		3033	*184	4202	111.05	392.66
% of Calories					14.6%	51.8%
Nutrient Guideline		550-650		1230		

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Columbia Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

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Apr 5, 2021 thru Apr 30, 2021

ELEMENTARY LUNCH IN SCHOOL

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)
Fri - 04/09/2021						
ELEMENTARY LUNCH IN S	Total					
Taco Meat, Beef, boil in bag	4 oz	183	72	424	20.0	2.67
Tortilla, soft, Flour 6 or 8"	2 Shells	140	4	210	4.0	26.0
Anytime; Cheese Pizza Lnch Kit	1 Kit	360	30	750	13.0	34.0
PB&J Uncrustable, 2.6, Entree	SANDWICH	300	0	280	9.0	32.0
ALLERGY, CPS Meal	1 SERVING	242	28	372	9.17	25.17
Tomatoes, Raw Cherry/Grape	2 OZ	10	0	3	0.5	2.22
Beans, Canned Variety	1/2 CUP	114	0	126	6.97	20.6
Granola, Rocin'ola - Straw.	1 pkg.	120	0	0	3.0	21.0
SALSA:COMMODITY	2 OZ	20	0	244	0.85	3.97
Cheese, Shredded	1 OZ	110	30	180	7.0	0.0
Strawberries, Frozen	1/2 CUP	39	0	2	0.48	10.09
Salad Dressing	1.5 OZ	196	12	653	1.25	7.99
Fresh Whole Fruit	1 PIECE	94	*0	2	0.73	23.9
Milk, 1% Flavored	1 CARTON	150	10	230	8.0	24.0
Milk, 1% White	1 CARTON	100	15	120	8.0	11.0
Milk, Non-Fat White	1 CARTON	80	5	120	8.0	11.0
Notable - Nacho & Cheese	1 package	388	19	589	13.64	45.27
Notable - Chili Con Queso	1 package	520	40	945	14.0	45.0
Weighted Daily Average		3166	*265	5250	127.59	345.88
% of Calories					16.1%	43.7%
Nutrient Guideline		550-650		1230		

Mon - 04/12/2021						
ELEMENTARY LUNCH IN S	Total					
Cheeseburger on Bun	SANDWICH	322	47	505	20.64	32.54
Hamburger on Bun	Sandwich	287	40	355	17.64	31.54
Anytime; Cheese Pizza Lnch Kit	1 Kit	360	30	750	13.0	34.0
PB&J Uncrustable, 2.6, Entree	SANDWICH	300	0	280	9.0	32.0
ALLERGY, CPS Meal	1 SERVING	242	28	372	9.17	25.17
French Fries, Smiles, Elem	2.41 OZ	130	0	180	2.0	20.0
Celery, Raw Sticks	1/2 CUP	8	0	40	0.35	1.5
Apple, Slices	1/2 CUP	49	*0	1	0.24	12.6
Granola, Rocin'ola - Straw.	1 pkg.	120	0	0	3.0	21.0
Beans, Canned Variety	1/2 CUP	114	0	126	6.97	20.6
Salad Dressing	1.5 OZ	196	12	653	1.25	7.99
Ketchup	1 OZ	33	0	334	0.0	8.34
BBQ Sauce	1 OZ	42	0	258	0.0	10.01
Fresh Whole Fruit	1 PIECE	94	*0	2	0.73	23.9
Milk, 1% Flavored	1 CARTON	150	10	230	8.0	24.0
Milk, 1% White	1 CARTON	100	15	120	8.0	11.0
Milk, Non-Fat White	1 CARTON	80	5	120	8.0	11.0
Weighted Daily Average		2627	*187	4327	107.99	327.18
% of Calories					16.4%	49.8%
Nutrient Guideline		550-650		1230		

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Apr 5, 2021 thru Apr 30, 2021

ELEMENTARY LUNCH IN SCHOOL

Generated on: 3/22/2021 9:12:14 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)
Tue - 04/13/2021						
ELEMENTARY LUNCH IN S	Total					
Chicken Tenders, Gold Kist, WG	3 PCS	203	49	383	18.46	11.13
Chicken Tenders, Guaj., GK, WG	3 PCS	230	55	450	22.0	18.0
Yogurt Plate	1 Plate	279	15	309	11.97	38.76
PB&J Uncrustable, 2.6, Entree	SANDWICH	300	0	280	9.0	32.0
ALLERGY, CPS Meal	1 SERVING	242	28	372	9.17	25.17
Carrots, Fresh	1/2 CUP	20	0	44	0.36	4.62
Broccoli, Raw Florets	1/2 CUP	10	0	10	1.06	1.86
Salad Dressing	1.5 OZ	196	12	653	1.25	7.99
Ketchup	1 OZ	33	0	334	0.0	8.34
BBQ Sauce	1 OZ	42	0	258	0.0	10.01
Granola, Rocin'ola - Straw.	1 pkg.	120	0	0	3.0	21.0
Beans, Canned Variety	1/2 CUP	114	0	126	6.97	20.6
Mixed Fruit, Canned	1/2 CUP	35	0	13	0.0	8.0
Fresh Whole Fruit	1 PIECE	94	*0	2	0.73	23.9
Milk, 1% Flavored	1 CARTON	150	10	230	8.0	24.0
Milk, 1% White	1 CARTON	100	15	120	8.0	11.0
Milk, Non-Fat White	1 CARTON	80	5	120	8.0	11.0
Weighted Daily Average		2248	*190	3704	107.95	277.38
% of Calories					19.2%	49.4%
Nutrient Guideline		550-650		1230		

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)
Wed - 04/14/2021						
ELEMENTARY LUNCH IN S	Total					
Ripper, Turkey Ham and Cheese	piece	270	25	590	22.0	28.0
Pizza, SM, Cheese, MS instruct	Pizza, personal	347	33	548	17.45	38.94
Anytime; Cheese Pizza Lnc Kit	1 Kit	360	30	750	13.0	34.0
PB&J Uncrustable, 2.6, Entree	SANDWICH	300	0	280	9.0	32.0
ALLERGY, CPS Meal	1 SERVING	242	28	372	9.17	25.17
Carrots, Fresh	1/2 CUP	20	0	44	0.36	4.62
Broccoli, Raw Florets	1/2 CUP	10	0	10	1.06	1.86
Granola, Rocin'ola - Straw.	1 pkg.	120	0	0	3.0	21.0
Beans, Canned Variety	1/2 CUP	114	0	126	6.97	20.6
Salad Dressing	1.5 OZ	196	12	653	1.25	7.99
Peaches, Frozen Cups	1 EACH	80	0	0	1.0	19.0
Fresh Whole Fruit	1 PIECE	94	*0	2	0.73	23.9
Milk, 1% Flavored	1 CARTON	150	10	230	8.0	24.0
Milk, 1% White	1 CARTON	100	15	120	8.0	11.0
Milk, Non-Fat White	1 CARTON	80	5	120	8.0	11.0
Notable - Nacho & Cheese	1 package	388	19	589	13.64	45.27
Notable - Chili Con Queso	1 package	520	40	945	14.0	45.0
Weighted Daily Average		3391	*217	5379	136.63	393.36
% of Calories					16.1%	46.4%
Nutrient Guideline		550-650		1230		

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ELEMENTARY LUNCH IN SCHOOL

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)
Thu - 04/15/2021						
ELEMENTARY LUNCH IN S	Total					
Chicken Patty Sandwich	1 SANDWICH	344	33	648	21.0	44.0
Chicken Patty Sandwich, Spicy	SANDWICH	339	33	469	18.6	40.5
Yogurt Plate	1 Plate	279	15	309	11.97	38.76
PB&J Uncrustable, 2.6, Entree	SANDWICH	300	0	280	9.0	32.0
ALLERGY, CPS Meal	1 SERVING	242	28	372	9.17	25.17
Beans, Canned Variety	1/2 CUP	114	0	126	6.97	20.6
Carrots, Fresh	1/2 CUP	20	0	44	0.36	4.62
Granola, Rocin'ola - Straw.	1 pkg.	120	0	0	3.0	21.0
Salad Dressing	1.5 OZ	196	12	653	1.25	7.99
Ketchup	1 OZ	33	0	334	0.0	8.34
BBQ Sauce	1 OZ	42	0	258	0.0	10.01
Applesauce, Canned	1/2 CUP	50	0	10	0.0	13.0
Fresh Whole Fruit	1 PIECE	94	*0	2	0.73	23.9
Milk, 1% Flavored	1 CARTON	150	10	230	8.0	24.0
Milk, 1% White	1 CARTON	100	15	120	8.0	11.0
Milk, Non-Fat White	1 CARTON	80	5	120	8.0	11.0
Weighted Daily Average		2503	*152	3975	106.04	335.89
% of Calories					16.9%	53.7%
Nutrient Guideline		550-650		1230		

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)
Fri - 04/16/2021						
ELEMENTARY LUNCH IN S	Total					
Pizza, 5" round	Pizza	320	10	610	15.0	40.0
Anytime; Cheese Pizza Lnch Kit	1 Kit	360	30	750	13.0	34.0
PB&J Uncrustable, 2.6, Entree	SANDWICH	300	0	280	9.0	32.0
ALLERGY, CPS Meal	1 SERVING	242	28	372	9.17	25.17
French Fries, Smiles, Elem	2.41 OZ	130	0	180	2.0	20.0
Tomatoes, Raw Cherry/Grape	2 OZ	10	0	3	0.5	2.22
Cherries, Tart, Frozen	1/2 CUP	52	0	1	1.45	13.07
Fresh Whole Fruit	1 PIECE	94	*0	2	0.73	23.9
Salad Dressing	1.5 OZ	196	12	653	1.25	7.99
Ketchup	1/2 OZ	17	0	167	0.0	4.17
Milk, 1% Flavored	1 CARTON	150	10	230	8.0	24.0
Milk, 1% White	1 CARTON	100	15	120	8.0	11.0
Milk, Non-Fat White	1 CARTON	80	5	120	8.0	11.0
Notable - Nacho & Cheese	1 package	388	19	589	13.64	45.27
Notable - Chili Con Queso	1 package	520	40	945	14.0	45.0
Weighted Daily Average		2959	*169	5022	103.74	338.80
% of Calories					14.0%	45.8%
Nutrient Guideline		550-650		1230		

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ELEMENTARY LUNCH IN SCHOOL

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)
Mon - 04/19/2021						
ELEMENTARY LUNCH IN S	Total					
Macaroni & Cheese - BiB	6 oz.	283	37	648	15.0	31.0
Anytime; Cheese Pizza Lnch Kit	1 Kit	360	30	750	13.0	34.0
PB&J Uncrustable, 2.6, Entree	SANDWICH	300	0	280	9.0	32.0
ALLERGY, CPS Meal	1 SERVING	242	28	372	9.17	25.17
Broccoli, Raw Florets	1/2 CUP	10	0	10	1.06	1.86
Beans, Canned Variety	1/2 CUP	114	0	126	6.97	20.6
Carrots, Fresh	1/2 CUP	20	0	44	0.36	4.62
Granola, Rocin'ola - Straw.	1 pkg.	120	0	0	3.0	21.0
Salad Dressing	1.5 OZ	196	12	653	1.25	7.99
Applesauce, Canned	1/2 CUP	50	0	10	0.0	13.0
Fresh Whole Fruit	1 PIECE	94	*0	2	0.73	23.9
Milk, 1% Flavored	1 CARTON	150	10	230	8.0	24.0
Milk, 1% White	1 CARTON	100	15	120	8.0	11.0
Milk, Non-Fat White	1 CARTON	80	5	120	8.0	11.0
Notable - Nacho & Cheese	1 package	388	19	589	13.64	45.27
Notable - Chili Con Queso	1 package	520	40	945	14.0	45.0
Weighted Daily Average		3027	*196	4899	111.18	351.41
% of Calories					14.7%	46.4%
Nutrient Guideline		550-650		1230		

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)
Tue - 04/20/2021						
ELEMENTARY LUNCH IN S	Total					
Chicken Tenders, Gold Kist, WG	3 PCS	203	49	383	18.46	11.13
Chicken Tenders, Guaj., GK, WG	3 PCS	230	55	450	22.0	18.0
Yogurt Plate	1 Plate	279	15	309	11.97	38.76
PB&J Uncrustable, 2.6, Entree	SANDWICH	300	0	280	9.0	32.0
ALLERGY, CPS Meal	1 SERVING	242	28	372	9.17	25.17
Celery, Raw Sticks	1/2 CUP	8	0	40	0.35	1.5
Carrots, Fresh	1/2 CUP	20	0	44	0.36	4.62
Granola, Rocin'ola - Straw.	1 pkg.	120	0	0	3.0	21.0
Beans, Canned Variety	1/2 CUP	114	0	126	6.97	20.6
Salad Dressing	1.5 OZ	196	12	653	1.25	7.99
Ketchup	1 OZ	33	0	334	0.0	8.34
BBQ Sauce	1 OZ	42	0	258	0.0	10.01
Blueberries, Frozen	1/2 CUP	40	0	1	0.33	9.43
Fresh Whole Fruit	1 PIECE	94	*0	2	0.73	23.9
Milk, 1% Flavored	1 CARTON	150	10	230	8.0	24.0
Milk, 1% White	1 CARTON	100	15	120	8.0	11.0
Milk, Non-Fat White	1 CARTON	80	5	120	8.0	11.0
Notable - Nacho & Cheese	1 package	388	19	589	13.64	45.27
Notable - Chili Con Queso	1 package	520	40	945	14.0	45.0
Weighted Daily Average		3158	*249	5257	135.22	368.73
% of Calories					17.1%	46.7%
Nutrient Guideline		550-650		1230		

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Columbia Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

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ELEMENTARY LUNCH IN SCHOOL

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)
Wed - 04/21/2021						
ELEMENTARY LUNCH IN S	Total					
BBQ Rib Sandwich	1 SANDWICH	367	40	897	20.04	45.94
Anytime; Cheese Pizza Lnch Kit	1 Kit	360	30	750	13.0	34.0
PB&J Uncrustable, 2.6, Entree	SANDWICH	300	0	280	9.0	32.0
ALLERGY, CPS Meal	1 SERVING	242	28	372	9.17	25.17
French Fries, Smiles, Elem	2.41 OZ	130	0	180	2.0	20.0
Cucumbers, Raw	1/2 CUP	8	0	1	0.34	1.89
Granola, Rocin'ola - Straw.	1 pkg.	120	0	0	3.0	21.0
Beans, Canned Variety	1/2 CUP	114	0	126	6.97	20.6
Cherries, Tart, Frozen	1/2 CUP	52	0	1	1.45	13.07
Fresh Whole Fruit	1 PIECE	94	*0	2	0.73	23.9
Salad Dressing	1.5 OZ	196	12	653	1.25	7.99
Ketchup	1/2 OZ	17	0	167	0.0	4.17
Milk, 1% Flavored	1 CARTON	150	10	230	8.0	24.0
Milk, 1% White	1 CARTON	100	15	120	8.0	11.0
Milk, Non-Fat White	1 CARTON	80	5	120	8.0	11.0
Notable - Nacho & Cheese	1 package	388	19	589	13.64	45.27
Notable - Chili Con Queso	1 package	520	40	945	14.0	45.0
Weighted Daily Average		3238	*199	5433	118.59	386.00
% of Calories					14.6%	47.7%
Nutrient Guideline		550-650		1230		

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)
Thu - 04/22/2021						
ELEMENTARY LUNCH IN S	Total					
Chicken, BBQ Teriyaki Chicken	3 oz.	143	87	411	18.89	7.46
Rice, Brown, 3/4 Cup	3/4 CUP	152	0	113	3.8	31.36
Yogurt Plate	1 Plate	279	15	309	11.97	38.76
PB&J Uncrustable, 2.6, Entree	SANDWICH	300	0	280	9.0	32.0
ALLERGY, CPS Meal	1 SERVING	242	28	372	9.17	25.17
Broccoli, Raw Florets	1/2 CUP	10	0	10	1.06	1.86
Carrots, Fresh	1/2 CUP	20	0	44	0.36	4.62
Granola, Rocin'ola - Straw.	1 pkg.	120	0	0	3.0	21.0
Beans, Canned Variety	1/2 CUP	114	0	126	6.97	20.6
Salad Dressing	1.5 OZ	196	12	653	1.25	7.99
Mandarin Oranges, Canned	1/2 CUP	130	0	12	1.12	33.24
Fresh Whole Fruit	1 PIECE	94	*0	2	0.73	23.9
Milk, 1% Flavored	1 CARTON	150	10	230	8.0	24.0
Milk, 1% White	1 CARTON	100	15	120	8.0	11.0
Milk, Non-Fat White	1 CARTON	80	5	120	8.0	11.0
Notable - Nacho & Cheese	1 package	388	19	589	13.64	45.27
Notable - Chili Con Queso	1 package	520	40	945	14.0	45.0
Weighted Daily Average		3038	*231	4336	118.96	384.24
% of Calories					15.7%	50.6%
Nutrient Guideline		550-650		1230		

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ELEMENTARY LUNCH IN SCHOOL

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)
Fri - 04/23/2021						
ELEMENTARY LUNCH IN S	Total					
Chicken, Brd Drumstick	1 piece	259	137	320	24.38	4.57
Chicken Wing FC 1 & 2	5 pieces	240	105	300	16.0	3.0
Anytime; Cheese Pizza Lnch Kit	1 Kit	360	30	750	13.0	34.0
PB&J Uncrustable, 2.6, Entree	SANDWICH	300	0	280	9.0	32.0
ALLERGY, CPS Meal	1 SERVING	242	28	372	9.17	25.17
Tomatoes, Raw Cherry/Grape	2 OZ	10	0	3	0.5	2.22
Celery, Raw Sticks	1/2 CUP	8	0	40	0.35	1.5
Granola, Rocin'ola - Straw.	1 pkg.	120	0	0	3.0	21.0
Beans, Canned Variety	1/2 CUP	114	0	126	6.97	20.6
Salad Dressing	1.5 OZ	196	12	653	1.25	7.99
Mixed Fruit, Canned	1/2 CUP	35	0	13	0.0	8.0
Apple, Slices	1/2 CUP	49	*0	1	0.24	12.6
Fresh Whole Fruit	1 PIECE	94	*0	2	0.73	23.9
Milk, 1% Flavored	1 CARTON	150	10	230	8.0	24.0
Milk, 1% White	1 CARTON	100	15	120	8.0	11.0
Milk, Non-Fat White	1 CARTON	80	5	120	8.0	11.0
Notable - Nacho & Cheese	1 package	388	19	589	13.64	45.27
Notable - Chili Con Queso	1 package	520	40	945	14.0	45.0
Weighted Daily Average		3265	*402	4864	136.23	332.82
% of Calories					16.7%	40.8%
Nutrient Guideline		550-650		1230		

Mon - 04/26/2021						
ELEMENTARY LUNCH IN S	Total					
Chicken Brkfst Sausage, Sec	2 PATTIES	227	91	568	25.01	2.27
Waffle (2 Waffles)	2 WAFFLES	200	0	489	4.99	31.92
Pancake (2 Pancakes)	2 Pancakes	126	6	254	4.0	24.0
Anytime; Cheese Pizza Lnch Kit	1 Kit	360	30	750	13.0	34.0
PB&J Uncrustable, 2.6, Entree	SANDWICH	300	0	280	9.0	32.0
ALLERGY, CPS Meal	1 SERVING	242	28	372	9.17	25.17
Potato, Hash Brown Patties	4.5 oz.	240	0	540	2.0	30.0
Tomatoes, Raw Cherry/Grape	2 OZ	10	0	3	0.5	2.22
Granola, Rocin'ola - Straw.	1 pkg.	120	0	0	3.0	21.0
Beans, Canned Variety	1/2 CUP	114	0	126	6.97	20.6
Salad Dressing	1.5 OZ	196	12	653	1.25	7.99
Syrup, Pancake and Waffle	2 OZ	210	0	65	0.0	51.0
Applesauce, Canned	1/2 CUP	50	0	10	0.0	13.0
Apple, Slices	1/2 CUP	49	*0	1	0.24	12.6
Fresh Whole Fruit	1 PIECE	94	*0	2	0.73	23.9
Milk, 1% Flavored	1 CARTON	150	10	230	8.0	24.0
Milk, 1% White	1 CARTON	100	15	120	8.0	11.0
Milk, Non-Fat White	1 CARTON	80	5	120	8.0	11.0
Weighted Daily Average		2868	*198	4583	103.85	377.67
% of Calories					14.5%	52.7%
Nutrient Guideline		550-650		1230		

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Apr 5, 2021 thru Apr 30, 2021

ELEMENTARY LUNCH IN SCHOOL

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)
Tue - 04/27/2021						
ELEMENTARY LUNCH IN S	Total					
Chicken Tenders, Gold Kist, WG	3 PCS	203	49	383	18.46	11.13
Chicken Tenders, Guaj., GK, WG	3 PCS	230	55	450	22.0	18.0
Yogurt Plate	1 Plate	279	15	309	11.97	38.76
PB&J Uncrustable, 2.6, Entree	SANDWICH	300	0	280	9.0	32.0
ALLERGY, CPS Meal	1 SERVING	242	28	372	9.17	25.17
Carrots, Fresh	1/2 CUP	20	0	44	0.36	4.62
Celery, Raw Sticks	1/2 CUP	8	0	40	0.35	1.5
Beans, Canned Variety	1/2 CUP	114	0	126	6.97	20.6
Granola, Rocin'ola - Straw.	1 pkg.	120	0	0	3.0	21.0
Ketchup	1 OZ	33	0	334	0.0	8.34
Salad Dressing	1.5 OZ	196	12	653	1.25	7.99
Mixed Fruit, Canned	1/2 CUP	35	0	13	0.0	8.0
Fresh Whole Fruit	1 PIECE	94	*0	2	0.73	23.9
Milk, 1% Flavored	1 CARTON	150	10	230	8.0	24.0
Milk, 1% White	1 CARTON	100	15	120	8.0	11.0
Milk, Non-Fat White	1 CARTON	80	5	120	8.0	11.0
Notable - Nacho & Cheese	1 package	388	19	589	13.64	45.27
Notable - Chili Con Queso	1 package	520	40	945	14.0	45.0
Weighted Daily Average		3112	*249	5010	134.89	357.29
% of Calories					17.3%	45.9%
Nutrient Guideline		550-650		1230		

Wed - 04/28/2021						
ELEMENTARY LUNCH IN S	Total					
Pizza Crunchers	4 Pieces	420	30	670	20.0	41.0
Anytime; Cheese Pizza Lnch Kit	1 Kit	360	30	750	13.0	34.0
PB&J Uncrustable, 2.6, Entree	SANDWICH	300	0	280	9.0	32.0
ALLERGY, CPS Meal	1 SERVING	242	28	372	9.17	25.17
Spaghetti Dipping Sauce	2 OZ	30	0	265	1.0	5.5
Broccoli, Raw Florets	1/2 CUP	10	0	10	1.06	1.86
Cucumbers, Raw	1/2 CUP	8	0	1	0.34	1.89
Granola, Rocin'ola - Straw.	1 pkg.	120	0	0	3.0	21.0
Beans, Canned Variety	1/2 CUP	114	0	126	6.97	20.6
Salad Dressing	1.5 OZ	196	12	653	1.25	7.99
Cherries, Tart, Frozen	1/2 CUP	52	0	1	1.45	13.07
Fresh Whole Fruit	1 PIECE	94	*0	2	0.73	23.9
Milk, 1% Flavored	1 CARTON	150	10	230	8.0	24.0
Milk, 1% White	1 CARTON	100	15	120	8.0	11.0
Milk, Non-Fat White	1 CARTON	80	5	120	8.0	11.0
Notable - Nacho & Cheese	1 package	388	19	589	13.64	45.27
Notable - Chili Con Queso	1 package	520	40	945	14.0	45.0
Weighted Daily Average		3184	*189	5134	118.61	364.25
% of Calories					14.9%	45.8%
Nutrient Guideline		550-650		1230		

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ELEMENTARY LUNCH IN SCHOOL

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)
Thu - 04/29/2021						
ELEMENTARY LUNCH IN S	Total					
Chicken, Mandarin Orange	3.6 oz.	150	40	280	11.0	19.0
Rice, Brown, 3/4 Cup	3/4 CUP	152	0	113	3.8	31.36
Yogurt Plate	1 Plate	279	15	309	11.97	38.76
PB&J Uncrustable, 2.6, Entree	SANDWICH	300	0	280	9.0	32.0
ALLERGY, CPS Meal	1 SERVING	242	28	372	9.17	25.17
Broccoli, Raw Florets	1/2 CUP	10	0	10	1.06	1.86
Celery, Raw Sticks	1/2 CUP	8	0	40	0.35	1.5
Beans, Canned Variety	1/2 CUP	114	0	126	6.97	20.6
Granola, Rocin'ola - Straw.	1 pkg.	120	0	0	3.0	21.0
Salad Dressing	1.5 OZ	196	12	653	1.25	7.99
Mandarin Oranges, Canned	1/2 CUP	130	0	12	1.12	33.24
Fresh Whole Fruit	1 PIECE	94	*0	2	0.73	23.9
Milk, 1% Flavored	1 CARTON	150	10	230	8.0	24.0
Milk, 1% White	1 CARTON	100	15	120	8.0	11.0
Milk, Non-Fat White	1 CARTON	80	5	120	8.0	11.0
Notable - Nacho & Cheese	1 package	388	19	589	13.64	45.27
Notable - Chili Con Queso	1 package	520	40	945	14.0	45.0
Weighted Daily Average		3033	*184	4202	111.05	392.66
% of Calories					14.6%	51.8%
Nutrient Guideline		550-650		1230		

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)
Fri - 04/30/2021						
ELEMENTARY LUNCH IN S	Total					
Taco Meat, Beef, boil in bag	4 oz	183	72	424	20.0	2.67
Tortilla, soft, Flour 6 or 8"	2 Shells	140	4	210	4.0	26.0
Anytime; Cheese Pizza Lnh Kit	1 Kit	360	30	750	13.0	34.0
PB&J Uncrustable, 2.6, Entree	SANDWICH	300	0	280	9.0	32.0
ALLERGY, CPS Meal	1 SERVING	242	28	372	9.17	25.17
Tomatoes, Raw Cherry/Grape	2 OZ	10	0	3	0.5	2.22
Granola, Rocin'ola - Straw.	1 pkg.	120	0	0	3.0	21.0
Beans, Canned Variety	1/2 CUP	114	0	126	6.97	20.6
Salad Dressing	1.5 OZ	196	12	653	1.25	7.99
Strawberries, Frozen Cups	1 EACH	122	0	4	0.68	33.05
SALSA:COMMODITY	2 OZ	20	0	244	0.85	3.97
Cheese, Shredded	1 OZ	110	30	180	7.0	0.0
Fresh Whole Fruit	1 PIECE	94	*0	2	0.73	23.9
Milk, 1% Flavored	1 CARTON	150	10	230	8.0	24.0
Milk, 1% White	1 CARTON	100	15	120	8.0	11.0
Milk, Non-Fat White	1 CARTON	80	5	120	8.0	11.0
Notable - Nacho & Cheese	1 package	388	19	589	13.64	45.27
Notable - Chili Con Queso	1 package	520	40	945	14.0	45.0
Weighted Daily Average		3249	*265	5252	127.79	368.84
% of Calories					15.7%	45.4%
Nutrient Guideline		550-650		1230		

Weighted Average		3015	*218	4780	118.73	360.18
					15.8%	47.8%

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Base Menu Spreadsheet

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ELEMENTARY LUNCH IN SCHOOL

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Nutrient	Menu AVG	% of Cals	Portion Size Weekly Target	Cals (kcal) % of Target	Cholst (mg) Miss Data	Sodm (mg) Shortfall	Protn (g) Overage	Carb (g) Error Messages (if any)
Calories	3015		550 - 650	464%			2365	Correction Required - Calories too High
Cholesterol (mg)	218				Missing			
Sodium 1 (mg)	4780		1230				3550	
Sodium 2 (mg)	4780		935				3845	Correction Required - Sodium too High
Protein (g)	118.73	15.75%						Correction Required - Sodium too High
Carbohydrate (g)	360.18	47.78%						Correction Required - Sodium too High

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