

# Columbia Public Schools

## Base Menu Spreadsheet

### Portion Values - Detailed

Page 1

Apr 5, 2021 thru Apr 30, 2021

HIGH SCHOOL LUNCH IN SCHOOL

Generated on: 3/22/2021 9:13:45 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)
Mon - 04/05/2021						
HIGH SCHOOL LUNCH IN S	Total					
Chicken Brkfst Sausage, Sec	2 PATTIES	227	91	568	25.01	2.27
Pancake (2 Pancakes)	2 Pancakes	126	6	254	4.0	24.0
Waffle (2 Waffles)	2 WAFFLES	200	0	489	4.99	31.92
Potato, Hash Brown Patties	4.5 oz.	240	0	540	2.0	30.0
Pizza, SM, Cheesy Bread	Pizza, personal	*355	*35	*569	*18.03	*39.05
Pizza, SM, Cheese, HS	Pizza, personal	390	45	650	21.0	40.0
Pizza, SM, Italian Sausage, HS	Pizza, personal	406	45	785	19.84	36.97
Pizza, SM, Pepperoni, HS	Pizza, personal	410	50	750	21.0	40.0
Pizza, SM, Buffalo Chicken, HS	Pizza, personal	349	55	688	22.94	35.79
Chicken Tenders, WG, ProView	3 PCS (5.4 oz)	248	52	559	22.76	21.72
Hummus and Chips	1 pkg Chip/humm	359	0	408	7.97	47.92
PB&J Uncrustable, 5.3 Entree	SANDWICH	630	0	620	19.0	64.0
Chicken Caesar Salad	SALAD	491	117	1028	24.28	23.04
ALLERGY, CPS Meal	1 SERVING	242	28	372	9.17	25.17
Hamburger on Bun	Sandwich	287	40	355	17.64	31.54
Cheeseburger on Bun	SANDWICH	322	47	505	20.64	32.54
Gardenburger on Bun	Sandwich	271	7	654	11.17	46.5
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
Milk, Nonfat Flavored	1 CARTON	117	3	152	8.16	21.45
Farm to School Veg/Fruit	1/2 CUP	0	0	0	0.0	0.0
Lettuce, Salad Mix	1 CUP	4	0	3	0.26	0.89
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
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
Tomatoes, Raw Cherry/Grape	2 OZ	10	0	3	0.5	2.22
Apples, Spiced	1/2 CUP	52	0	5	0.03	13.16
Apple, Slices	1/2 CUP	49	*0	1	0.24	12.6
Fresh Whole Fruit	1 PIECE	94	*0	2	0.73	23.9
Granola, Rocin'ola - Straw.	1 pkg.	120	0	0	3.0	21.0
Tuna, Canned	2 OZ	83	35	249	19.4	0.0
Croutons	.5 OZ	53	0	78	1.92	7.7
Cheese, Shredded	1/2 OZ	55	15	90	3.5	0.0
Beans, Canned Variety	1/2 CUP	114	0	126	6.97	20.6
Raisins, Box	1 BOX	112	0	4	0.99	29.76
Trail Mix, USDA Fruit and Nut	1/4 CUP	135	0	0	2.3	23.0
Peanut Butter	1.5 OZ	221	0	230	11.01	15.16
Sunbutter	1.5 OZ	266	0	160	9.0	9.0
Sunflower Seeds	1/2 OZ	85	0	26	2.83	4.72
Beans, Garbanzo	1/2 CUP	120	0	85	6.0	20.0
Rotini WG, Secondary	1/2 CUP	100	0	3	4.21	21.6
Rice, Brown, 1 Cup	1/2 CUP	100	0	74	2.49	20.58
Salad Dressing	1 OZ	131	8	435	0.83	5.33
Mustard, PC's	1 PACKET	3	0	42	0.21	0.44
Mayonnaise, PC's	1 PACKET	10	5	100	0.0	3.0
Ketchup	1/2 OZ	17	0	167	0.0	4.17
BBQ Sauce	1/2 OZ	21	0	129	0.0	5.0
Sweet and Sour Sauce	1 OZ	61	0	12	0.02	15.43
Pizza Dipping Sauce	2.5 OZ	30	0	240	1.0	6.0
Weighted Daily Average		*512	*38	*882	*23.11	*61.20
% of Calories					*18.1%	*47.8%
Nutrient Guideline		750-850		1420		

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

# Columbia Public Schools

## Base Menu Spreadsheet

### Portion Values - Detailed

Page 2

Apr 5, 2021 thru Apr 30, 2021

HIGH SCHOOL LUNCH IN SCHOOL

Generated on: 3/22/2021 9:13:46 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)
Tue - 04/06/2021						
HIGH SCHOOL 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
Mashed Potatoes	1/2 cup	71	0	160	1.57	13.39
Gravy, Chicken Trio	2 OZ	40	0	130	0.0	6.0
Pizza, SM, Cheesy Bread	Pizza, personal	*355	*35	*569	*18.03	*39.05
Pizza, SM, Cheese, HS	Pizza, personal	390	45	650	21.0	40.0
Pizza, SM, Italian Sausage, HS	Pizza, personal	406	45	785	19.84	36.97
Pizza, SM, Pepperoni, HS	Pizza, personal	410	50	750	21.0	40.0
Pizza, SM, Buffalo Chicken, HS	Pizza, personal	349	55	688	22.94	35.79
Hummus and Chips	1 pkg Chip/humm	359	0	408	7.97	47.92
PB&J Uncrustable, 5.3 Entree	SANDWICH	630	0	620	19.0	64.0
ALLERGY, CPS Meal	1 SERVING	242	28	372	9.17	25.17
Chicken Patty Sandwich	1 SANDWICH	344	33	648	21.0	44.0
Chicken Patty Sandwich, Spicy	SANDWICH	339	33	469	18.6	40.5
Chicken Caesar Salad	SALAD	491	117	1028	24.28	23.04
Gardenburger on Bun	Sandwich	271	7	654	11.17	46.5
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
Milk, Nonfat Flavored	1 CARTON	117	3	152	8.16	21.45
Farm to School Veg/Fruit	1/2 CUP	0	0	0	0.0	0.0
Lettuce, Salad Mix	1 CUP	4	0	3	0.26	0.89
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
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
Tomatoes, Raw Cherry/Grape	2 OZ	10	0	3	0.5	2.22
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
Granola	1/4 cup	133	0	49	2.31	19.96
Tuna, Canned	2 OZ	83	35	249	19.4	0.0
Croutons	.5 OZ	53	0	78	1.92	7.7
Cheese, Shredded	1/2 OZ	55	15	90	3.5	0.0
Beans, Canned Variety	1/2 CUP	114	0	126	6.97	20.6
Raisins, Box	1 BOX	112	0	4	0.99	29.76
Trail Mix, USDA Fruit and Nut	1/4 CUP	135	0	0	2.3	23.0
Peanut Butter	1.5 OZ	221	0	230	11.01	15.16
Sunbutter	1.5 OZ	266	0	160	9.0	9.0
Sunflower Seeds	1/2 OZ	85	0	26	2.83	4.72
Beans, Garbanzo	1/2 CUP	120	0	85	6.0	20.0
Rotini WG, Secondary	1/2 CUP	100	0	3	4.21	21.6
Rice, Brown, 1 Cup	1/2 CUP	100	0	74	2.49	20.58
Salad Dressing	1 OZ	131	8	435	0.83	5.33
Mustard, PC's	1 PACKET	3	0	42	0.21	0.44
Mayonnaise, PC's	1 PACKET	10	5	100	0.0	3.0
Ketchup	1/2 OZ	17	0	167	0.0	4.17
BBQ Sauce	1/2 OZ	21	0	129	0.0	5.0
Sweet and Sour Sauce	1 OZ	61	0	12	0.02	15.43
Spaghetti Dipping Sauce	2 OZ	30	0	265	1.0	5.5
Weighted Daily Average		*499	*36	*872	*21.98	*60.90
% of Calories					*17.6%	*48.8%
Nutrient Guideline		750-850		1420		

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

# Columbia Public Schools

## Base Menu Spreadsheet

### Portion Values - Detailed

Page 3

Apr 5, 2021 thru Apr 30, 2021

HIGH SCHOOL LUNCH IN SCHOOL

Generated on: 3/22/2021 9:13:46 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)
Wed - 04/07/2021						
HIGH SCHOOL LUNCH IN S						
	Total					
Pizza Crunchers	4 Pieces	420	30	670	20.0	41.0
Spaghetti Dipping Sauce	2 OZ	30	0	265	1.0	5.5
Spinach, Cooked, Seasoned	1/2 CUP	58	0	217	5.46	6.53
Pizza, SM, Cheesy Bread	Pizza, personal	*355	*35	*569	*18.03	*39.05
Pizza, SM, Cheese, HS	Pizza, personal	390	45	650	21.0	40.0
Pizza, SM, Italian Sausage, HS	Pizza, personal	406	45	785	19.84	36.97
Pizza, SM, Pepperoni, HS	Pizza, personal	410	50	750	21.0	40.0
Pizza, SM, Buffalo Chicken, HS	Pizza, personal	349	55	688	22.94	35.79
Chicken Tenders, WG, ProView	3 PCS (5.4 oz)	248	52	559	22.76	21.72
Hummus and Chips	1 pkg Chip/humm	359	0	408	7.97	47.92
PB&J Uncrustable, 5.3 Entree	SANDWICH	630	0	620	19.0	64.0
Chicken Caesar Salad	SALAD	491	117	1028	24.28	23.04
ALLERGY, CPS Meal	1 SERVING	242	28	372	9.17	25.17
Hamburger on Bun	Sandwich	287	40	355	17.64	31.54
Cheeseburger on Bun	SANDWICH	322	47	505	20.64	32.54
Gardenburger on Bun	Sandwich	271	7	654	11.17	46.5
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
Milk, Nonfat Flavored	1 CARTON	117	3	152	8.16	21.45
Farm to School Veg/Fruit	1/2 CUP	0	0	0	0.0	0.0
Lettuce, Salad Mix	1 CUP	4	0	3	0.26	0.89
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
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
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
Apple, Slices	1/2 CUP	49	*0	1	0.24	12.6
Fresh Whole Fruit	1 PIECE	94	*0	2	0.73	23.9
Granola, Rocin'ola - Straw.	1 pkg.	120	0	0	3.0	21.0
Tuna, Canned	2 OZ	83	35	249	19.4	0.0
Croutons	.5 OZ	53	0	78	1.92	7.7
Cheese, Shredded	1/2 OZ	55	15	90	3.5	0.0
Beans, Canned Variety	1/2 CUP	114	0	126	6.97	20.6
Raisins, Box	1 BOX	112	0	4	0.99	29.76
Trail Mix, USDA Fruit and Nut	1/4 CUP	135	0	0	2.3	23.0
Peanut Butter	1.5 OZ	221	0	230	11.01	15.16
Sunbutter	1.5 OZ	266	0	160	9.0	9.0
Sunflower Seeds	1/2 OZ	85	0	26	2.83	4.72
Beans, Garbanzo	1/2 CUP	120	0	85	6.0	20.0
Rotini WG, Secondary	1/2 CUP	100	0	3	4.21	21.6
Rice, Brown, 1 Cup	1/2 CUP	100	0	74	2.49	20.58
Salad Dressing	1 OZ	131	8	435	0.83	5.33
Mustard, PC's	1 PACKET	3	0	42	0.21	0.44
Mayonnaise, PC's	1 PACKET	10	5	100	0.0	3.0
Margarine, PC's	1 EACH	70	0	112	0.0	0.0
Ketchup	1/2 OZ	17	0	167	0.0	4.17
BBQ Sauce	1/2 OZ	21	0	129	0.0	5.0
Sweet and Sour Sauce	1 OZ	61	0	12	0.02	15.43
Spaghetti Dipping Sauce	2 OZ	30	0	265	1.0	5.5
Weighted Daily Average		*401	*21	*763	*15.40	*50.58
% of Calories					*15.4%	*50.5%
Nutrient Guideline		750-850		1420		

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

# Columbia Public Schools

## Base Menu Spreadsheet

### Portion Values - Detailed

Page 4

Apr 5, 2021 thru Apr 30, 2021

HIGH SCHOOL LUNCH IN SCHOOL

Generated on: 3/22/2021 9:13:46 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)
Thu - 04/08/2021						
HIGH SCHOOL LUNCH IN S	Total					
Chicken, Mandarin Orange	3.6 oz.	150	40	280	11.0	19.0
Rice, Brown, 1 Cup	1 CUP	200	0	148	4.99	41.16
Cookie, Fortune	1 COOKIE	20	0	0	0.7	4.0
Carrots, Cooked, Seasoned	1/2 CUP	48	0	265	0.0	6.31
Pizza, SM, Cheesy Bread	Pizza, personal	*355	*35	*569	*18.03	*39.05
Pizza, SM, Cheese, HS	Pizza, personal	390	45	650	21.0	40.0
Pizza, SM, Italian Sausage, HS	Pizza, personal	406	45	785	19.84	36.97
Pizza, SM, Pepperoni, HS	Pizza, personal	410	50	750	21.0	40.0
Pizza, SM, Buffalo Chicken, HS	Pizza, personal	349	55	688	22.94	35.79
Chicken Tenders, WG, ProView	3 PCS (5.4 oz)	248	52	559	22.76	21.72
Hummus and Chips	1 pkg Chip/humm	359	0	408	7.97	47.92
PB&J Uncrustable, 5.3 Entree	SANDWICH	630	0	620	19.0	64.0
Chicken Caesar Salad	SALAD	491	117	1028	24.28	23.04
ALLERGY, CPS Meal	1 SERVING	242	28	372	9.17	25.17
Chicken Patty Sandwich	1 SANDWICH	344	33	648	21.0	44.0
Chicken Patty Sandwich, Spicy	SANDWICH	339	33	469	18.6	40.5
Gardenburger on Bun	Sandwich	271	7	654	11.17	46.5
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
Milk, Nonfat Flavored	1 CARTON	117	3	152	8.16	21.45
Farm to School Veg/Fruit	1/2 CUP	0	0	0	0.0	0.0
Lettuce, Salad Mix	1 CUP	4	0	3	0.26	0.89
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
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
Tomatoes, Raw Cherry/Grape	2 OZ	10	0	3	0.5	2.22
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
Granola, Rocin'ola - Straw.	1 pkg.	120	0	0	3.0	21.0
Tuna, Canned	2 OZ	83	35	249	19.4	0.0
Croutons	.5 OZ	53	0	78	1.92	7.7
Cheese, Shredded	1/2 OZ	55	15	90	3.5	0.0
Beans, Canned Variety	1/2 CUP	114	0	126	6.97	20.6
Raisins, Box	1 BOX	112	0	4	0.99	29.76
Trail Mix, USDA Fruit and Nut	1/4 CUP	135	0	0	2.3	23.0
Peanut Butter	1.5 OZ	221	0	230	11.01	15.16
Sunbutter	1.5 OZ	266	0	160	9.0	9.0
Sunflower Seeds	1/2 OZ	85	0	26	2.83	4.72
Beans, Garbanzo	1/2 CUP	120	0	85	6.0	20.0
Rotini WG, Secondary	1/2 CUP	100	0	3	4.21	21.6
Rice, Brown, 1 Cup	1/2 CUP	100	0	74	2.49	20.58
Salad Dressing	1 OZ	131	8	435	0.83	5.33
Mustard, PC's	1 PACKET	3	0	42	0.21	0.44
Mayonnaise, PC's	1 PACKET	10	5	100	0.0	3.0
Margarine, PC's	1 EACH	70	0	112	0.0	0.0
Ketchup	1/2 OZ	17	0	167	0.0	4.17
BBQ Sauce	1/2 OZ	21	0	129	0.0	5.0
Sweet and Sour Sauce	1 OZ	61	0	12	0.02	15.43
Pizza Dipping Sauce	2.5 OZ	30	0	240	1.0	6.0
Weighted Daily Average		*401	*21	*761	*15.30	*51.04
% of Calories					*15.3%	*50.9%
Nutrient Guideline		750-850		1420		

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

# Columbia Public Schools

## Base Menu Spreadsheet

### Portion Values - Detailed

Page 5

Apr 5, 2021 thru Apr 30, 2021

HIGH SCHOOL LUNCH IN SCHOOL

Generated on: 3/22/2021 9:13:46 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)
Fri - 04/09/2021						
HIGH SCHOOL LUNCH IN S	Total					
Taco Meat, Beef, boil in bag	4 oz	183	72	424	20.0	2.67
Taco Meat, Beef, Raw, Scratch	1/2 cup (#8)	340	76	230	14.6	3.85
Tortilla, soft, Flour 6 or 8"	2 Shells	140	4	210	4.0	26.0
Beans, Refried	1/2 CUP	351	7	690	15.42	53.9
Pizza, SM, Cheesy Bread	Pizza, personal	*355	*35	*569	*18.03	*39.05
Pizza, SM, Cheese, HS	Pizza, personal	390	45	650	21.0	40.0
Pizza, SM, Italian Sausage, HS	Pizza, personal	406	45	785	19.84	36.97
Pizza, SM, Pepperoni, HS	Pizza, personal	410	50	750	21.0	40.0
Pizza, SM, BBQ Chicken, HS	Pizza, personal	348	51	585	22.04	39.0
Chicken Tenders, WG, ProView	3 PCS (5.4 oz)	248	52	559	22.76	21.72
Hummus and Chips	1 pkg Chip/humm	359	0	408	7.97	47.92
PB&J Uncrustable, 5.3 Entree	SANDWICH	630	0	620	19.0	64.0
Chicken Caesar Salad	SALAD	491	117	1028	24.28	23.04
ALLERGY, CPS Meal	1 SERVING	242	28	372	9.17	25.17
Chicken Patty Sandwich	1 SANDWICH	344	33	648	21.0	44.0
Chicken Patty Sandwich, Spicy	SANDWICH	339	33	469	18.6	40.5
Gardenburger on Bun	Sandwich	271	7	654	11.17	46.5
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
Milk, Nonfat Flavored	1 CARTON	117	3	152	8.16	21.45
Farm to School Veg/Fruit	1/2 CUP	0	0	0	0.0	0.0
Lettuce, Salad Mix	1 CUP	4	0	3	0.26	0.89
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
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
Tomatoes, Raw Cherry/Grape	2 OZ	10	0	3	0.5	2.22
Strawberries, Frozen	1/2 CUP	39	0	2	0.48	10.09
Fresh Whole Fruit	1 PIECE	94	*0	2	0.73	23.9
Granola, Rocin'ola - Straw.	1 pkg.	120	0	0	3.0	21.0
Tuna, Canned	2 OZ	83	35	249	19.4	0.0
Croutons	.5 OZ	53	0	78	1.92	7.7
Cheese, Shredded	1/2 OZ	55	15	90	3.5	0.0
Beans, Canned Variety	1/2 CUP	114	0	126	6.97	20.6
Raisins, Box	1 BOX	112	0	4	0.99	29.76
Trail Mix, USDA Fruit and Nut	1/4 CUP	135	0	0	2.3	23.0
Peanut Butter	1.5 OZ	221	0	230	11.01	15.16
Sunbutter	1.5 OZ	266	0	160	9.0	9.0
Sunflower Seeds	1/2 OZ	85	0	26	2.83	4.72
Granola, Rocin'ola - Straw.	1 pkg.	120	0	0	3.0	21.0
Beans, Garbanzo	1/2 CUP	120	0	85	6.0	20.0
Rotini WG, Secondary	1/2 CUP	100	0	3	4.21	21.6
Rice, Brown, 1 Cup	1/2 CUP	100	0	74	2.49	20.58
Salad Dressing	1 OZ	131	8	435	0.83	5.33
Mustard, PC's	1 PACKET	3	0	42	0.21	0.44
Mayonnaise, PC's	1 PACKET	10	5	100	0.0	3.0
Ketchup	1/2 OZ	17	0	167	0.0	4.17
BBQ Sauce	1/2 OZ	21	0	129	0.0	5.0
Sweet and Sour Sauce	1 OZ	61	0	12	0.02	15.43
Pizza Dipping Sauce	2.5 OZ	30	0	240	1.0	6.0
SALSA:COMMODITY	2 OZ	20	0	244	0.85	3.97
Sour Cream, PC's	1 PKG	60	20	15	1.0	0.0

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

# Columbia Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

Page 6

Apr 5, 2021 thru Apr 30, 2021

HIGH SCHOOL LUNCH IN SCHOOL

Generated on: 3/22/2021 9:13:46 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)
Weighted Daily Average % of Calories		*289	*16	*680	*11.13 *15.4%	*38.34 *53.0%
Nutrient Guideline		750-850		1420		

Mon - 04/12/2021						
HIGH SCHOOL LUNCH IN S	Total					
BBQ Chicken Sandwich	1 SANDWICH	365	73	1392	23.72	53.31
Beans, Baked	1/2 CUP	133	0	524	6.06	30.3
French Fries, Seasoned, Sec	4 OZ	202	0	227	1.68	33.61
Pizza, SM, Cheesy Bread	Pizza, personal	*355	*35	*569	*18.03	*39.05
Pizza, SM, Cheese, HS	Pizza, personal	390	45	650	21.0	40.0
Pizza, SM, Italian Sausage, HS	Pizza, personal	406	45	785	19.84	36.97
Pizza, SM, Pepperoni, HS	Pizza, personal	410	50	750	21.0	40.0
Pizza, SM, Buffalo Chicken, HS	Pizza, personal	349	55	688	22.94	35.79
Chicken Tenders, WG, ProView	3 PCS (5.4 oz)	248	52	559	22.76	21.72
Hummus and Chips	1 pkg Chip/humm	359	0	408	7.97	47.92
PB&J Uncrustable, 5.3 Entree	SANDWICH	630	0	620	19.0	64.0
Chicken Caesar Salad	SALAD	491	117	1028	24.28	23.04
ALLERGY, CPS Meal	1 SERVING	242	28	372	9.17	25.17
Hamburger on Bun	Sandwich	287	40	355	17.64	31.54
Cheeseburger on Bun	SANDWICH	322	47	505	20.64	32.54
Gardenburger on Bun	Sandwich	271	7	654	11.17	46.5
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
Milk, Nonfat Flavored	1 CARTON	117	3	152	8.16	21.45
Farm to School Veg/Fruit	1/2 CUP	0	0	0	0.0	0.0
Lettuce, Salad Mix	1 CUP	4	0	3	0.26	0.89
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
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
Tomatoes, Raw Cherry/Grape	2 OZ	10	0	3	0.5	2.22
Apple, Slices	1/2 CUP	49	*0	1	0.24	12.6
Fresh Whole Fruit	1 PIECE	94	*0	2	0.73	23.9
Granola, Roci'n'ola - Straw.	1 pkg.	120	0	0	3.0	21.0
Tuna, Canned	2 OZ	83	35	249	19.4	0.0
Croutons	.5 OZ	53	0	78	1.92	7.7
Cheese, Shredded	1/2 OZ	55	15	90	3.5	0.0
Beans, Canned Variety	1/2 CUP	114	0	126	6.97	20.6
Raisins, Box	1 BOX	112	0	4	0.99	29.76
Trail Mix/Dried Fruit	1/4 CUP	134	0	3	1.4	27.59
Peanut Butter	1.5 OZ	221	0	230	11.01	15.16
Sunbutter	1.5 OZ	266	0	160	9.0	9.0
Sunflower Seeds	1/2 OZ	85	0	26	2.83	4.72
Beans, Garbanzo	1/2 CUP	120	0	85	6.0	20.0
Rotini WG, Secondary	1 CUP	200	0	5	8.42	43.19
Rice, Brown, 1 Cup	1 CUP	200	0	148	4.99	41.16
Salad Dressing	1.5 OZ	196	12	653	1.25	7.99
Mustard, PC's	1 PACKET	3	0	42	0.21	0.44
Mayonnaise, PC's	1 PACKET	10	5	100	0.0	3.0
Ketchup	1/2 OZ	17	0	167	0.0	4.17
BBQ Sauce	1/2 OZ	21	0	129	0.0	5.0
Sweet and Sour Sauce	1 OZ	61	0	12	0.02	15.43
Pizza Dipping Sauce	2.5 OZ	30	0	240	1.0	6.0

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

# Columbia Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

Page 7

Apr 5, 2021 thru Apr 30, 2021

HIGH SCHOOL LUNCH IN SCHOOL

Generated on: 3/22/2021 9:13:46 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)
Weighted Daily Average		*8061	*684	*13128	*376.80	*976.33
% of Calories					*18.7%	*48.4%
Nutrient Guideline		750-850		1420		

Tue - 04/13/2021						
HIGH SCHOOL 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
Mashed Potatoes	1/2 cup	71	0	160	1.57	13.39
Gravy, Chicken Trio	2 OZ	40	0	130	0.0	6.0
Pizza, SM, Cheesy Bread	Pizza, personal	*355	*35	*569	*18.03	*39.05
Pizza, SM, Cheese, HS	Pizza, personal	390	45	650	21.0	40.0
Pizza, SM, Italian Sausage, HS	Pizza, personal	406	45	785	19.84	36.97
Pizza, SM, Pepperoni, HS	Pizza, personal	410	50	750	21.0	40.0
Pizza, SM, Buffalo Chicken, HS	Pizza, personal	349	55	688	22.94	35.79
Hummus and Chips	1 pkg Chip/humm	359	0	408	7.97	47.92
PB&J Uncrustable, 5.3 Entree	SANDWICH	630	0	620	19.0	64.0
Chicken Caesar Salad	SALAD	491	117	1028	24.28	23.04
ALLERGY, CPS Meal	1 SERVING	242	28	372	9.17	25.17
Gardenburger on Bun	Sandwich	271	7	654	11.17	46.5
Chicken Patty Sandwich	1 SANDWICH	344	33	648	21.0	44.0
Chicken Patty Sandwich, Spicy	SANDWICH	339	33	469	18.6	40.5
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
Milk, Nonfat Flavored	1 CARTON	117	3	152	8.16	21.45
Farm to School Veg/Fruit	1/2 CUP	0	0	0	0.0	0.0
Lettuce, Salad Mix	1 CUP	4	0	3	0.26	0.89
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
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
Tomatoes, Raw Cherry/Grape	2 OZ	10	0	3	0.5	2.22
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
Granola, Rocin'ola - Straw.	1 pkg.	120	0	0	3.0	21.0
Tuna, Canned	2 OZ	83	35	249	19.4	0.0
CROUTONS	.5 OZ	53	0	78	1.92	7.7
Cheese, Shredded	1/2 OZ	55	15	90	3.5	0.0
Beans, Canned Variety	1/2 CUP	114	0	126	6.97	20.6
Raisins, Box	1 BOX	112	0	4	0.99	29.76
Trail Mix, USDA Fruit and Nut	1/4 CUP	135	0	0	2.3	23.0
Peanut Butter	1.5 OZ	221	0	230	11.01	15.16
Sunbutter	1.5 OZ	266	0	160	9.0	9.0
Sunflower Seeds	1/2 OZ	85	0	26	2.83	4.72
Beans, Garbanzo	1/2 CUP	120	0	85	6.0	20.0
Rotini WG, Secondary	1/2 CUP	100	0	3	4.21	21.6
Rice, Brown, 1 Cup	1/2 CUP	100	0	74	2.49	20.58
Salad Dressing	1 OZ	131	8	435	0.83	5.33
Mustard, PC's	1 PACKET	3	0	42	0.21	0.44
Mayonnaise, PC's	1 PACKET	10	5	100	0.0	3.0
Ketchup	1/2 OZ	17	0	167	0.0	4.17
BBQ Sauce	1/2 OZ	21	0	129	0.0	5.0
Sweet and Sour Sauce	1 OZ	61	0	12	0.02	15.43
Spaghetti Dipping Sauce	2 OZ	30	0	265	1.0	5.5

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

# Columbia Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

Page 8

Apr 5, 2021 thru Apr 30, 2021

HIGH SCHOOL LUNCH IN SCHOOL

Generated on: 3/22/2021 9:13:46 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)
Weighted Daily Average		*499	*36	*872	*21.99	*61.04
% of Calories					*17.6%	*48.9%
Nutrient Guideline		750-850		1420		

Wed - 04/14/2021						
HIGH SCHOOL LUNCH IN S	Total					
Ripper, Turkey Ham and Cheese	piece	270	25	590	22.0	28.0
Peas, Cooked, Seasoned	1/2 CUP	113	0	272	6.25	17.52
Pizza, SM, Cheesy Bread	Pizza, personal	*355	*35	*569	*18.03	*39.05
Pizza, SM, Cheese, HS	Pizza, personal	390	45	650	21.0	40.0
Pizza, SM, Italian Sausage, HS	Pizza, personal	406	45	785	19.84	36.97
Pizza, SM, Pepperoni, HS	Pizza, personal	410	50	750	21.0	40.0
Pizza, SM, Buffalo Chicken, HS	Pizza, personal	349	55	688	22.94	35.79
Chicken Tenders, WG, ProView	3 PCS (5.4 oz)	248	52	559	22.76	21.72
Hummus and Chips	1 pkg Chip/humm	359	0	408	7.97	47.92
PB&J Uncrustable, 5.3 Entree	SANDWICH	630	0	620	19.0	64.0
Chicken Caesar Salad	SALAD	491	117	1028	24.28	23.04
ALLERGY, CPS Meal	1 SERVING	242	28	372	9.17	25.17
Hamburger on Bun	Sandwich	287	40	355	17.64	31.54
Cheeseburger on Bun	SANDWICH	322	47	505	20.64	32.54
Gardenburger on Bun	Sandwich	271	7	654	11.17	46.5
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
Milk, Nonfat Flavored	1 CARTON	117	3	152	8.16	21.45
Farm to School Veg/Fruit	1/2 CUP	0	0	0	0.0	0.0
Lettuce, Salad Mix	1 CUP	4	0	3	0.26	0.89
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
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
Tomatoes, Raw Cherry/Grape	2 OZ	10	0	3	0.5	2.22
Peaches, Frozen Cups	1 EACH	80	0	0	1.0	19.0
Bananas, Fresh	1 EACH	90	0	1	1.1	23.07
Fresh Whole Fruit	1 PIECE	94	*0	2	0.73	23.9
Granola, Roci'n'ola - Straw.	1 pkg.	120	0	0	3.0	21.0
Tuna, Canned	2 OZ	83	35	249	19.4	0.0
Croutons	.5 OZ	53	0	78	1.92	7.7
Cheese, Shredded	1/2 OZ	55	15	90	3.5	0.0
Beans, Canned Variety	1/2 CUP	114	0	126	6.97	20.6
Raisins, Box	1 BOX	112	0	4	0.99	29.76
Trail Mix, USDA Fruit and Nut	1/4 CUP	135	0	0	2.3	23.0
Peanut Butter	1.5 OZ	221	0	230	11.01	15.16
Sunbutter	1.5 OZ	266	0	160	9.0	9.0
Sunflower Seeds	1/2 OZ	85	0	26	2.83	4.72
Beans, Garbanzo	1/2 CUP	120	0	85	6.0	20.0
Rotini WG, Secondary	1/2 CUP	100	0	3	4.21	21.6
Rice, Brown, 1 Cup	1/2 CUP	100	0	74	2.49	20.58
Salad Dressing	1 OZ	131	8	435	0.83	5.33
Mustard, PC's	1 PACKET	3	0	42	0.21	0.44
Mayonnaise, PC's	1 PACKET	10	5	100	0.0	3.0
Ketchup	1/2 OZ	17	0	167	0.0	4.17
BBQ Sauce	1/2 OZ	21	0	129	0.0	5.0
Sweet and Sour Sauce	1 OZ	61	0	12	0.02	15.43
Pizza Dipping Sauce	2.5 OZ	30	0	240	1.0	6.0

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.



# Columbia Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

Page 9

Apr 5, 2021 thru Apr 30, 2021

HIGH SCHOOL LUNCH IN SCHOOL

Generated on: 3/22/2021 9:13:46 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)
Weighted Daily Average % of Calories		*281	*15	*669	*10.84 *15.4%	*37.76 *53.7%
Nutrient Guideline		750-850		1420		

Thu - 04/15/2021						
HIGH SCHOOL 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
Green Beans, Seasoned	1/2 CUP	43	0	367	1.42	5.64
Pizza, SM, Cheesy Bread	Pizza, personal	*355	*35	*569	*18.03	*39.05
Pizza, SM, Cheese, HS	Pizza, personal	390	45	650	21.0	40.0
Pizza, SM, Italian Sausage, HS	Pizza, personal	406	45	785	19.84	36.97
Pizza, SM, Pepperoni, HS	Pizza, personal	410	50	750	21.0	40.0
Pizza, SM, Buffalo Chicken, HS	Pizza, personal	349	55	688	22.94	35.79
Chicken Tenders, WG, ProView	3 PCS (5.4 oz)	248	52	559	22.76	21.72
Hummus and Chips	1 pkg Chip/humm	359	0	408	7.97	47.92
PB&J Uncrustable, 5.3 Entree	SANDWICH	630	0	620	19.0	64.0
Chicken Caesar Salad	SALAD	491	117	1028	24.28	23.04
ALLERGY, CPS Meal	1 SERVING	242	28	372	9.17	25.17
Hamburger on Bun	Sandwich	287	40	355	17.64	31.54
Cheeseburger on Bun	SANDWICH	322	47	505	20.64	32.54
Gardenburger on Bun	Sandwich	271	7	654	11.17	46.5
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
Milk, Nonfat Flavored	1 CARTON	117	3	152	8.16	21.45
Farm to School Veg/Fruit	1/2 CUP	0	0	0	0.0	0.0
Lettuce, Salad Mix	1 CUP	4	0	3	0.26	0.89
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
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
Tomatoes, Raw Cherry/Grape	2 OZ	10	0	3	0.5	2.22
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
Granola, Rocin'ola - Straw.	1 pkg.	120	0	0	3.0	21.0
Tuna, Canned	2 OZ	83	35	249	19.4	0.0
CROUTONS	.5 OZ	53	0	78	1.92	7.7
Cheese, Shredded	1/2 OZ	55	15	90	3.5	0.0
Beans, Canned Variety	1/2 CUP	114	0	126	6.97	20.6
Raisins, Box	1 BOX	112	0	4	0.99	29.76
Trail Mix, USDA Fruit and Nut	1/4 CUP	135	0	0	2.3	23.0
Peanut Butter	1.5 OZ	221	0	230	11.01	15.16
Sunbutter	1.5 OZ	266	0	160	9.0	9.0
Sunflower Seeds	1/2 OZ	85	0	26	2.83	4.72
Beans, Garbanzo	1/2 CUP	120	0	85	6.0	20.0
Rotini WG, Secondary	1/2 CUP	100	0	3	4.21	21.6
Rice, Brown, 1 Cup	1/2 CUP	100	0	74	2.49	20.58
Salad Dressing	1 OZ	131	8	435	0.83	5.33
Mustard, PC's	1 PACKET	3	0	42	0.21	0.44
Mayonnaise, PC's	1 PACKET	10	5	100	0.0	3.0
Ketchup	1/2 OZ	17	0	167	0.0	4.17
BBQ Sauce	1/2 OZ	21	0	129	0.0	5.0
Sweet and Sour Sauce	1 OZ	61	0	12	0.02	15.43
Pizza Dipping Sauce	2.5 OZ	30	0	240	1.0	6.0

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

# Columbia Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

Page 10

Apr 5, 2021 thru Apr 30, 2021

HIGH SCHOOL LUNCH IN SCHOOL

Generated on: 3/22/2021 9:13:46 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)
Weighted Daily Average		*511	*38	*878	*23.16	*61.22
% of Calories					*18.1%	*47.9%
Nutrient Guideline		750-850		1420		

Fri - 04/16/2021						
HIGH SCHOOL LUNCH IN S	Total					
Spaghetti Sauce, Beef, BIB	6 oz	179	59	311	16.07	9.64
Rotini WG, Secondary	1 CUP	200	0	5	8.42	43.19
Spaghetti, Whole Grain, Sec	1 CUP	182	0	0	7.09	41.51
Broccoli, Steamed	1/2 CUP	39	0	87	2.56	6.02
Pizza, 5" round	Pizza	320	10	610	15.0	40.0
Pizza, SM, Cheesy Bread	Pizza, personal	*355	*35	*569	*18.03	*39.05
Pizza, SM, Cheese, HS	Pizza, personal	390	45	650	21.0	40.0
Pizza, SM, Italian Sausage, HS	Pizza, personal	406	45	785	19.84	36.97
Pizza, SM, Pepperoni, HS	Pizza, personal	410	50	750	21.0	40.0
Pizza, SM, Buffalo Chicken, HS	Pizza, personal	349	55	688	22.94	35.79
Chicken Tenders, WG, ProView	3 PCS (5.4 oz)	248	52	559	22.76	21.72
Hummus and Chips	1 pkg Chip/humm	359	0	408	7.97	47.92
PB&J Uncrustable, 5.3 Entree	SANDWICH	630	0	620	19.0	64.0
Chicken Caesar Salad	SALAD	491	117	1028	24.28	23.04
ALLERGY, CPS Meal	1 SERVING	242	28	372	9.17	25.17
Chicken Patty Sandwich	1 SANDWICH	344	33	648	21.0	44.0
Chicken Patty Sandwich, Spicy	SANDWICH	339	33	469	18.6	40.5
Gardenburger on Bun	Sandwich	271	7	654	11.17	46.5
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
Milk, Nonfat Flavored	1 CARTON	117	3	152	8.16	21.45
Farm to School Veg/Fruit	1/2 CUP	0	0	0	0.0	0.0
Lettuce, Salad Mix	1 CUP	4	0	3	0.26	0.89
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
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
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
Granola, Rocin'ola - Straw.	1 pkg.	120	0	0	3.0	21.0
Tuna, Canned	2 OZ	83	35	249	19.4	0.0
Croutons	.5 OZ	53	0	78	1.92	7.7
Cheese, Shredded	1/2 OZ	55	15	90	3.5	0.0
Beans, Canned Variety	1/2 CUP	114	0	126	6.97	20.6
Raisins, Box	1 BOX	112	0	4	0.99	29.76
Trail Mix, USDA Fruit and Nut	1/4 CUP	135	0	0	2.3	23.0
Peanut Butter	1.5 OZ	221	0	230	11.01	15.16
Sunbutter	1.5 OZ	266	0	160	9.0	9.0
Sunflower Seeds	1/2 OZ	85	0	26	2.83	4.72

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

# Columbia Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

Page 11

Apr 5, 2021 thru Apr 30, 2021

HIGH SCHOOL LUNCH IN SCHOOL

Generated on: 3/22/2021 9:13:47 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)
Beans, Garbanzo	1/2 CUP	120	0	85	6.0	20.0
Rotini WG, Secondary	1/2 CUP	100	0	3	4.21	21.6
Rice, Brown, 1 Cup	1/2 CUP	100	0	74	2.49	20.58
Salad Dressing	1 OZ	131	8	435	0.83	5.33
Mustard, PC's	1 PACKET	3	0	42	0.21	0.44
Mayonnaise, PC's	1 PACKET	10	5	100	0.0	3.0
Margarine, PC's	1 EACH	70	0	112	0.0	0.0
Ketchup	1/2 OZ	17	0	167	0.0	4.17
BBQ Sauce	1/2 OZ	21	0	129	0.0	5.0
Sweet and Sour Sauce	1 OZ	61	0	12	0.02	15.43
Pizza Dipping Sauce	2.5 OZ	30	0	240	1.0	6.0
Weighted Daily Average		*405	*21	*764	*15.63	*51.53
% of Calories					*15.4%	*50.9%
Nutrient Guideline		750-850		1420		

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

# Columbia Public Schools

## Base Menu Spreadsheet

### Portion Values - Detailed

Page 12

Apr 5, 2021 thru Apr 30, 2021

HIGH SCHOOL LUNCH IN SCHOOL

Generated on: 3/22/2021 9:13:47 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)
Mon - 04/19/2021						
HIGH SCHOOL LUNCH IN S						
	Total					
Macaroni & Cheese - BiB	6 oz.	283	37	648	15.0	31.0
Broccoli, Steamed	1/2 CUP	39	0	87	2.56	6.02
Roll, Baked for Schools, wg	1 Roll	105	0	198	3.0	15.0
Pizza, SM, Cheesy Bread	Pizza, personal	*355	*35	*569	*18.03	*39.05
Pizza, SM, Cheese, HS	Pizza, personal	390	45	650	21.0	40.0
Pizza, SM, Italian Sausage, HS	Pizza, personal	406	45	785	19.84	36.97
Pizza, SM, Pepperoni, HS	Pizza, personal	410	50	750	21.0	40.0
Pizza, SM, Ckn B R, HS instruct	Pizza, personal	471	74	930	28.2	40.21
Chicken Tenders, WG, ProView	3 PCS (5.4 oz)	248	52	559	22.76	21.72
Hummus and Chips	1 pkg Chip/humm	359	0	408	7.97	47.92
PB&J Uncrustable, 5.3 Entree	SANDWICH	630	0	620	19.0	64.0
Chicken Caesar Salad	SALAD	491	117	1028	24.28	23.04
ALLERGY, CPS Meal	1 SERVING	242	28	372	9.17	25.17
Hamburger on Bun	Sandwich	287	40	355	17.64	31.54
Cheeseburger on Bun	SANDWICH	322	47	505	20.64	32.54
Gardenburger on Bun	Sandwich	271	7	654	11.17	46.5
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
Milk, Nonfat Flavored	1 CARTON	117	3	152	8.16	21.45
Farm to School Veg/Fruit	1/2 CUP	0	0	0	0.0	0.0
Lettuce, Salad Mix	1 CUP	4	0	3	0.26	0.89
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
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
Tomatoes, Raw Cherry/Grape	2 OZ	10	0	3	0.5	2.22
Applesauce, Canned	1/2 CUP	50	0	10	0.0	13.0
Fresh Whole Fruit	1 PIECE	94	*0	2	0.73	23.9
Granola, Rocin'ola - Straw.	1 pkg.	120	0	0	3.0	21.0
Tuna, Canned	2 OZ	83	35	249	19.4	0.0
Croutons	.5 OZ	53	0	78	1.92	7.7
Cheese, Shredded	1/2 OZ	55	15	90	3.5	0.0
Beans, Canned Variety	1/2 CUP	114	0	126	6.97	20.6
Raisins, Box	1 BOX	112	0	4	0.99	29.76
Trail Mix, USDA Fruit and Nut	1/4 CUP	135	0	0	2.3	23.0
Granola, Rocin'ola - Straw.	1 pkg.	120	0	0	3.0	21.0
Peanut Butter	1.5 OZ	221	0	230	11.01	15.16
Sunbutter	1.5 OZ	266	0	160	9.0	9.0
Sunflower Seeds	1/2 OZ	85	0	26	2.83	4.72
Beans, Garbanzo	1/2 CUP	120	0	85	6.0	20.0
Rotini WG, Secondary	1/2 CUP	100	0	3	4.21	21.6
Rice, Brown, 1 Cup	1/2 CUP	100	0	74	2.49	20.58
Salad Dressing	1 OZ	131	8	435	0.83	5.33
Mustard, PC's	1 PACKET	3	0	42	0.21	0.44
Mayonnaise, PC's	1 PACKET	10	5	100	0.0	3.0
Ketchup	1/2 OZ	17	0	167	0.0	4.17
BBQ Sauce	1/2 OZ	21	0	129	0.0	5.0
Sweet and Sour Sauce	1 OZ	61	0	12	0.02	15.43
Pizza Dipping Sauce	2.5 OZ	30	0	240	1.0	6.0
Weighted Daily Average		*510	*38	*875	*23.04	*60.96
% of Calories					*18.1%	*47.8%
Nutrient Guideline		750-850		1420		

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

# Columbia Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

Page 13

Apr 5, 2021 thru Apr 30, 2021

HIGH SCHOOL LUNCH IN SCHOOL

Generated on: 3/22/2021 9:13:47 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)
Tue - 04/20/2021						
HIGH SCHOOL 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
Mashed Potatoes	1/2 cup	71	0	160	1.57	13.39
Gravy, Chicken Trio	2 OZ	40	0	130	0.0	6.0
Pizza, SM, Cheesy Bread	Pizza, personal	*355	*35	*569	*18.03	*39.05
Pizza, SM, Cheese, HS	Pizza, personal	390	45	650	21.0	40.0
Pizza, SM, Italian Sausage, HS	Pizza, personal	406	45	785	19.84	36.97
Pizza, SM, Pepperoni, HS	Pizza, personal	410	50	750	21.0	40.0
Pizza, SM, Ckn B R, HS instruct	Pizza, personal	471	74	930	28.2	40.21
Hummus and Chips	1 pkg Chip/humm	359	0	408	7.97	47.92
PB&J Uncrustable, 5.3 Entree	SANDWICH	630	0	620	19.0	64.0
Chicken Caesar Salad	SALAD	491	117	1028	24.28	23.04
ALLERGY, CPS Meal	1 SERVING	242	28	372	9.17	25.17
Gardenburger on Bun	Sandwich	271	7	654	11.17	46.5
Chicken Patty Sandwich	1 SANDWICH	344	33	648	21.0	44.0
Chicken Patty Sandwich, Spicy	SANDWICH	339	33	469	18.6	40.5
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
Milk, Nonfat Flavored	1 CARTON	117	3	152	8.16	21.45
Farm to School Veg/Fruit	1/2 CUP	0	0	0	0.0	0.0
Lettuce, Salad Mix	1 CUP	4	0	3	0.26	0.89
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
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
Tomatoes, Raw Cherry/Grape	2 OZ	10	0	3	0.5	2.22
Blueberries, Frozen	1/2 CUP	40	0	1	0.33	9.43
Fresh Whole Fruit	1 PIECE	94	*0	2	0.73	23.9
Granola, Rocin'ola - Straw.	1 pkg.	120	0	0	3.0	21.0
Tuna, Canned	2 OZ	83	35	249	19.4	0.0
Croutons	.5 OZ	53	0	78	1.92	7.7
Cheese, Shredded	1/2 OZ	55	15	90	3.5	0.0
Beans, Canned Variety	1/2 CUP	114	0	126	6.97	20.6
Raisins, Box	1 BOX	112	0	4	0.99	29.76
Trail Mix, USDA Fruit and Nut	1/4 CUP	135	0	0	2.3	23.0
Peanut Butter	1.5 OZ	221	0	230	11.01	15.16
Sunbutter	1.5 OZ	266	0	160	9.0	9.0
Sunflower Seeds	1/2 OZ	85	0	26	2.83	4.72
Beans, Garbanzo	1/2 CUP	120	0	85	6.0	20.0
Rotini WG, Secondary	1/2 CUP	100	0	3	4.21	21.6
Rice, Brown, 1 Cup	1/2 CUP	100	0	74	2.49	20.58
Salad Dressing	1 OZ	131	8	435	0.83	5.33
Mustard, PC's	1 PACKET	3	0	42	0.21	0.44
Mayonnaise, PC's	1 PACKET	10	5	100	0.0	3.0
Ketchup	1/2 OZ	17	0	167	0.0	4.17
BBQ Sauce	1/2 OZ	21	0	129	0.0	5.0
Sweet and Sour Sauce	1 OZ	61	0	12	0.02	15.43
Spaghetti Dipping Sauce	2 OZ	30	0	265	1.0	5.5
Weighted Daily Average		*500	*36	*874	*22.04	*60.97
% of Calories					*17.6%	*48.8%
Nutrient Guideline		750-850		1420		

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

# Columbia Public Schools

## Base Menu Spreadsheet

### Portion Values - Detailed

Page 14

Apr 5, 2021 thru Apr 30, 2021

HIGH SCHOOL LUNCH IN SCHOOL

Generated on: 3/22/2021 9:13:47 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)
Wed - 04/21/2021						
HIGH SCHOOL LUNCH IN S						
	Total					
BBQ Rib Sandwich	1 SANDWICH	367	40	897	20.04	45.94
Sweet Potatoes, Glazed	1/2 CUP	137	0	33	1.1	28.34
French Fries, Seasoned, Sec	4 OZ	202	0	227	1.68	33.61
Pizza, SM, Cheesy Bread	Pizza, personal	*355	*35	*569	*18.03	*39.05
Pizza, SM, Cheese, HS	Pizza, personal	390	45	650	21.0	40.0
Pizza, SM, Italian Sausage, HS	Pizza, personal	406	45	785	19.84	36.97
Pizza, SM, Pepperoni, HS	Pizza, personal	410	50	750	21.0	40.0
Pizza, SM,Ckn B R, HS instruct	Pizza, personal	471	74	930	28.2	40.21
Chicken Tenders, WG, ProView	3 PCS (5.4 oz)	248	52	559	22.76	21.72
Hummus and Chips	1 pkg Chip/humm	359	0	408	7.97	47.92
PB&J Uncrustable, 5.3 Entree	SANDWICH	630	0	620	19.0	64.0
Chicken Caesar Salad	SALAD	491	117	1028	24.28	23.04
ALLERGY, CPS Meal	1 SERVING	242	28	372	9.17	25.17
Hamburger on Bun	Sandwich	287	40	355	17.64	31.54
Cheeseburger on Bun	SANDWICH	322	47	505	20.64	32.54
Gardenburger on Bun	Sandwich	271	7	654	11.17	46.5
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
Milk, Nonfat Flavored	1 CARTON	117	3	152	8.16	21.45
Farm to School Veg/Fruit	1/2 CUP	0	0	0	0.0	0.0
Lettuce, Salad Mix	1 CUP	4	0	3	0.26	0.89
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
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
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
Granola, Rocin'ola - Straw.	1 pkg.	120	0	0	3.0	21.0
Tuna, Canned	2 OZ	83	35	249	19.4	0.0
Croutons	.5 OZ	53	0	78	1.92	7.7
Cheese, Shredded	1/2 OZ	55	15	90	3.5	0.0
Beans, Canned Variety	1/2 CUP	114	0	126	6.97	20.6
Raisins, Box	1 BOX	112	0	4	0.99	29.76
Trail Mix/Dried Fruit	1/4 CUP	134	0	3	1.4	27.59
Peanut Butter	1.5 OZ	221	0	230	11.01	15.16
Sunbutter	1.5 OZ	266	0	160	9.0	9.0
Sunflower Seeds	1/2 OZ	85	0	26	2.83	4.72
Beans, Garbanzo	1/2 CUP	120	0	85	6.0	20.0
Rotini WG, Secondary	1 CUP	200	0	5	8.42	43.19
Rice, Brown, 1 Cup	1 CUP	200	0	148	4.99	41.16
Salad Dressing	1.5 OZ	196	12	653	1.25	7.99
Mustard, PC's	1 PACKET	3	0	42	0.21	0.44
Mayonnaise, PC's	1 PACKET	10	5	100	0.0	3.0
Ketchup	1/2 OZ	17	0	167	0.0	4.17
BBQ Sauce	1/2 OZ	21	0	129	0.0	5.0
Sweet and Sour Sauce	1 OZ	61	0	12	0.02	15.43
Pizza Dipping Sauce	2.5 OZ	30	0	240	1.0	6.0
Weighted Daily Average		*8193	*670	*12384	*374.64	*971.89
% of Calories					*18.3%	*47.4%
Nutrient Guideline		750-850		1420		

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

# Columbia Public Schools

## Base Menu Spreadsheet

### Portion Values - Detailed

Page 15

Apr 5, 2021 thru Apr 30, 2021

HIGH SCHOOL LUNCH IN SCHOOL

Generated on: 3/22/2021 9:13:47 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)
Thu - 04/22/2021						
HIGH SCHOOL LUNCH IN S	Total					
Chicken, BBQ Teriyaki Chicken	3 oz.	143	87	411	18.89	7.46
Rice, Brown, 1 Cup	1 CUP	200	0	148	4.99	41.16
Cookie, Fortune	1 COOKIE	20	0	0	0.7	4.0
Peas, Cooked, Seasoned	1/2 CUP	113	0	272	6.25	17.52
Pizza, SM, Cheesy Bread	Pizza, personal	*355	*35	*569	*18.03	*39.05
Pizza, SM, Cheese, HS	Pizza, personal	390	45	650	21.0	40.0
Pizza, SM, Italian Sausage, HS	Pizza, personal	406	45	785	19.84	36.97
Pizza, SM, Pepperoni, HS	Pizza, personal	410	50	750	21.0	40.0
Pizza, SM,Ckn B R, HS instruct	Pizza, personal	471	74	930	28.2	40.21
Chicken Tenders, WG, ProView	3 PCS (5.4 oz)	248	52	559	22.76	21.72
Hummus and Chips	1 pkg Chip/humm	359	0	408	7.97	47.92
PB&J Uncrustable, 5.3 Entree	SANDWICH	630	0	620	19.0	64.0
Chicken Caesar Salad	SALAD	491	117	1028	24.28	23.04
ALLERGY, CPS Meal	1 SERVING	242	28	372	9.17	25.17
Chicken Patty Sandwich	1 SANDWICH	344	33	648	21.0	44.0
Chicken Patty Sandwich, Spicy	SANDWICH	339	33	469	18.6	40.5
Gardenburger on Bun	Sandwich	271	7	654	11.17	46.5
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
Milk, Nonfat Flavored	1 CARTON	117	3	152	8.16	21.45
Farm to School Veg/Fruit	1/2 CUP	0	0	0	0.0	0.0
Lettuce, Salad Mix	1 CUP	4	0	3	0.26	0.89
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
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
Tomatoes, Raw Cherry/Grape	2 OZ	10	0	3	0.5	2.22
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
Granola, Rocin'ola - Straw.	1 pkg.	120	0	0	3.0	21.0
Tuna, Canned	2 OZ	83	35	249	19.4	0.0
Croutons	.5 OZ	53	0	78	1.92	7.7
Cheese, Shredded	1/2 OZ	55	15	90	3.5	0.0
Beans, Canned Variety	1/2 CUP	114	0	126	6.97	20.6
Raisins, Box	1 BOX	112	0	4	0.99	29.76
Trail Mix, USDA Fruit and Nut	1/4 CUP	135	0	0	2.3	23.0
Peanut Butter	1.5 OZ	221	0	230	11.01	15.16
Sunbutter	1.5 OZ	266	0	160	9.0	9.0
Sunflower Seeds	1/2 OZ	85	0	26	2.83	4.72
Beans, Garbanzo	1/2 CUP	120	0	85	6.0	20.0
Rotini WG, Secondary	1/2 CUP	100	0	3	4.21	21.6
Rice, Brown, 1 Cup	1/2 CUP	100	0	74	2.49	20.58
Salad Dressing	1 OZ	131	8	435	0.83	5.33
Mustard, PC's	1 PACKET	3	0	42	0.21	0.44
Mayonnaise, PC's	1 PACKET	10	5	100	0.0	3.0
Margarine, PC's	1 EACH	70	0	112	0.0	0.0
Ketchup	1/2 OZ	17	0	167	0.0	4.17
BBQ Sauce	1/2 OZ	21	0	129	0.0	5.0
Sweet and Sour Sauce	1 OZ	61	0	12	0.02	15.43
Pizza Dipping Sauce	2.5 OZ	30	0	240	1.0	6.0
Weighted Daily Average		*403	*22	*764	*15.50	*51.08
% of Calories					*15.4%	*50.7%
Nutrient Guideline		750-850		1420		

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

# Columbia Public Schools

## Base Menu Spreadsheet

### Portion Values - Detailed

Page 16

Apr 5, 2021 thru Apr 30, 2021

HIGH SCHOOL LUNCH IN SCHOOL

Generated on: 3/22/2021 9:13:47 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)
Fri - 04/23/2021						
HIGH SCHOOL LUNCH IN S	Total					
Chicken Wing FC 1 & 2	5 pieces	240	105	300	16.0	3.0
Chicken, Brd Drumstick	1 piece	259	137	320	24.38	4.57
Green Beans, Seasoned	1/2 CUP	43	0	367	1.42	5.64
Pizza, SM, Cheesy Bread	Pizza, personal	*355	*35	*569	*18.03	*39.05
Pizza, SM, Cheese, HS	Pizza, personal	390	45	650	21.0	40.0
Pizza, SM, Italian Sausage, HS	Pizza, personal	406	45	785	19.84	36.97
Pizza, SM, Pepperoni, HS	Pizza, personal	410	50	750	21.0	40.0
Pizza, SM,Ckn B R, HS instruct	Pizza, personal	471	74	930	28.2	40.21
Chicken Tenders, WG, ProView	3 PCS (5.4 oz)	248	52	559	22.76	21.72
Hummus and Chips	1 pkg Chip/humm	359	0	408	7.97	47.92
PB&J Uncrustable, 5.3 Entree	SANDWICH	630	0	620	19.0	64.0
Chicken Caesar Salad	SALAD	491	117	1028	24.28	23.04
ALLERGY, CPS Meal	1 SERVING	242	28	372	9.17	25.17
Chicken Patty Sandwich	1 SANDWICH	344	33	648	21.0	44.0
Chicken Patty Sandwich, Spicy	SANDWICH	339	33	469	18.6	40.5
Gardenburger on Bun	Sandwich	271	7	654	11.17	46.5
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
Milk, Nonfat Flavored	1 CARTON	117	3	152	8.16	21.45
Farm to School Veg/Fruit	1/2 CUP	0	0	0	0.0	0.0
Lettuce, Salad Mix	1 CUP	4	0	3	0.26	0.89
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
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
Tomatoes, Raw Cherry/Grape	2 OZ	10	0	3	0.5	2.22
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
Bananas, Fresh	1 EACH	90	0	1	1.1	23.07
Fresh Whole Fruit	1 PIECE	94	*0	2	0.73	23.9
Granola, Rocin'ola - Straw.	1 pkg.	120	0	0	3.0	21.0
Tuna, Canned	2 OZ	83	35	249	19.4	0.0
Croutons	.5 OZ	53	0	78	1.92	7.7
Cheese, Shredded	1/2 OZ	55	15	90	3.5	0.0
Beans, Canned Variety	1/2 CUP	114	0	126	6.97	20.6
Raisins, Box	1 BOX	112	0	4	0.99	29.76
Trail Mix, USDA Fruit and Nut	1/4 CUP	135	0	0	2.3	23.0
Granola, Rocin'ola - Straw.	1 pkg.	120	0	0	3.0	21.0
Peanut Butter	1.5 OZ	221	0	230	11.01	15.16
Sunbutter	1.5 OZ	266	0	160	9.0	9.0
Sunflower Seeds	1/2 OZ	85	0	26	2.83	4.72
Beans, Garbanzo	1/2 CUP	120	0	85	6.0	20.0
Rotini WG, Secondary	1/2 CUP	100	0	3	4.21	21.6
Rice, Brown, 1 Cup	1/2 CUP	100	0	74	2.49	20.58
Salad Dressing	1 OZ	131	8	435	0.83	5.33
Mustard, PC's	1 PACKET	3	0	42	0.21	0.44
Mayonnaise, PC's	1 PACKET	10	5	100	0.0	3.0
Ketchup	1/2 OZ	17	0	167	0.0	4.17
BBQ Sauce	1/2 OZ	21	0	129	0.0	5.0
Sweet and Sour Sauce	1 OZ	61	0	12	0.02	15.43
Pizza Dipping Sauce	2.5 OZ	30	0	240	1.0	6.0

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.



# Columbia Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

Page 17

Apr 5, 2021 thru Apr 30, 2021

HIGH SCHOOL LUNCH IN SCHOOL

Generated on: 3/22/2021 9:13:47 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)
Weighted Daily Average		*286	*17	*675	*11.06	*37.91
% of Calories					*15.5%	*53.0%
Nutrient Guideline		750-850		1420		

Mon - 04/26/2021						
HIGH SCHOOL LUNCH IN S	Total					
Chicken Brkfst Sausage, Sec	2 PATTIES	227	91	568	25.01	2.27
Pancake (2 Pancakes)	2 Pancakes	126	6	254	4.0	24.0
Waffle (2 Waffles)	2 WAFFLES	200	0	489	4.99	31.92
Potato, Hash Brown Patties	4.5 oz.	240	0	540	2.0	30.0
Pizza, SM, Cheesy Bread	Pizza, personal	*355	*35	*569	*18.03	*39.05
Pizza, SM, Cheese, HS	Pizza, personal	390	45	650	21.0	40.0
Pizza, SM, Italian Sausage, HS	Pizza, personal	406	45	785	19.84	36.97
Pizza, SM, Pepperoni, HS	Pizza, personal	410	50	750	21.0	40.0
Pizza, SM, Buffalo Chicken, HS	Pizza, personal	349	55	688	22.94	35.79
Chicken Tenders, WG, ProView	3 PCS (5.4 oz)	248	52	559	22.76	21.72
Hummus and Chips	1 pkg Chip/humm	359	0	408	7.97	47.92
PB&J Uncrustable, 5.3 Entree	SANDWICH	630	0	620	19.0	64.0
Chicken Caesar Salad	SALAD	491	117	1028	24.28	23.04
ALLERGY, CPS Meal	1 SERVING	242	28	372	9.17	25.17
Hamburger on Bun	Sandwich	287	40	355	17.64	31.54
Cheeseburger on Bun	SANDWICH	322	47	505	20.64	32.54
Gardenburger on Bun	Sandwich	271	7	654	11.17	46.5
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
Milk, Nonfat Flavored	1 CARTON	117	3	152	8.16	21.45
Farm to School Veg/Fruit	1/2 CUP	0	0	0	0.0	0.0
Lettuce, Salad Mix	1 CUP	4	0	3	0.26	0.89
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
Broccoli, Raw Florets	1/2 CUP	10	0	10	1.06	1.86
Tomatoes, Raw Cherry/Grape	2 OZ	10	0	3	0.5	2.22
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
Granola, Rocin'ola - Straw.	1 pkg.	120	0	0	3.0	21.0
Tuna, Canned	2 OZ	83	35	249	19.4	0.0
CROUTONS	.5 OZ	53	0	78	1.92	7.7
Cheese, Shredded	1/2 OZ	55	15	90	3.5	0.0
Beans, Canned Variety	1/2 CUP	114	0	126	6.97	20.6
Raisins, Box	1 BOX	112	0	4	0.99	29.76
Trail Mix, USDA Fruit and Nut	1/4 CUP	135	0	0	2.3	23.0
Peanut Butter	1.5 OZ	221	0	230	11.01	15.16
Sunbutter	1.5 OZ	266	0	160	9.0	9.0
Sunflower Seeds	1/2 OZ	85	0	26	2.83	4.72
Beans, Garbanzo	1/2 CUP	120	0	85	6.0	20.0
Rotini WG, Secondary	1/2 CUP	100	0	3	4.21	21.6
Rice, Brown, 1 Cup	1/2 CUP	100	0	74	2.49	20.58
Salad Dressing	1 OZ	131	8	435	0.83	5.33
Mustard, PC's	1 PACKET	3	0	42	0.21	0.44
Mayonnaise, PC's	1 PACKET	10	5	100	0.0	3.0
Ketchup	1/2 OZ	17	0	167	0.0	4.17
BBQ Sauce	1/2 OZ	21	0	129	0.0	5.0
Sweet and Sour Sauce	1 OZ	61	0	12	0.02	15.43
Pizza Dipping Sauce	2.5 OZ	30	0	240	1.0	6.0

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

# Columbia Public Schools

## Base Menu Spreadsheet

### Portion Values - Detailed

Page 18

Apr 5, 2021 thru Apr 30, 2021

HIGH SCHOOL LUNCH IN SCHOOL

Generated on: 3/22/2021 9:13:47 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)
Weighted Daily Average % of Calories		*512	*38	*882	*23.11 *18.1%	*61.25 *47.9%
Nutrient Guideline		750-850		1420		

Tue - 04/27/2021						
HIGH SCHOOL 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
Mashed Potatoes	1/2 cup	71	0	160	1.57	13.39
Gravy, Chicken Trio	2 OZ	40	0	130	0.0	6.0
Pizza, SM, Cheesy Bread	Pizza, personal	*355	*35	*569	*18.03	*39.05
Pizza, SM, Cheese, HS	Pizza, personal	390	45	650	21.0	40.0
Pizza, SM, Italian Sausage, HS	Pizza, personal	406	45	785	19.84	36.97
Pizza, SM, Pepperoni, HS	Pizza, personal	410	50	750	21.0	40.0
Pizza, SM, Buffalo Chicken, HS	Pizza, personal	349	55	688	22.94	35.79
Hummus and Chips	1 pkg Chip/humm	359	0	408	7.97	47.92
PB&J Uncrustable, 5.3 Entree	SANDWICH	630	0	620	19.0	64.0
ALLERGY, CPS Meal	1 SERVING	242	28	372	9.17	25.17
Chicken Patty Sandwich	1 SANDWICH	344	33	648	21.0	44.0
Chicken Patty Sandwich, Spicy	SANDWICH	339	33	469	18.6	40.5
Chicken Caesar Salad	SALAD	491	117	1028	24.28	23.04
Gardenburger on Bun	Sandwich	271	7	654	11.17	46.5
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
Milk, Nonfat Flavored	1 CARTON	117	3	152	8.16	21.45
Farm to School Veg/Fruit	1/2 CUP	0	0	0	0.0	0.0
Lettuce, Salad Mix	1 CUP	4	0	3	0.26	0.89
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
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
Tomatoes, Raw Cherry/Grape	2 OZ	10	0	3	0.5	2.22
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
Granola	1/4 cup	133	0	49	2.31	19.96
Tuna, Canned	2 OZ	83	35	249	19.4	0.0
Croutons	.5 OZ	53	0	78	1.92	7.7
Cheese, Shredded	1/2 OZ	55	15	90	3.5	0.0
Beans, Canned Variety	1/2 CUP	114	0	126	6.97	20.6
Raisins, Box	1 BOX	112	0	4	0.99	29.76
Trail Mix, USDA Fruit and Nut	1/4 CUP	135	0	0	2.3	23.0
Peanut Butter	1.5 OZ	221	0	230	11.01	15.16
Sunbutter	1.5 OZ	266	0	160	9.0	9.0
Sunflower Seeds	1/2 OZ	85	0	26	2.83	4.72
Beans, Garbanzo	1/2 CUP	120	0	85	6.0	20.0
Rotini WG, Secondary	1/2 CUP	100	0	3	4.21	21.6
Rice, Brown, 1 Cup	1/2 CUP	100	0	74	2.49	20.58
Salad Dressing	1 OZ	131	8	435	0.83	5.33
Mustard, PC's	1 PACKET	3	0	42	0.21	0.44
Mayonnaise, PC's	1 PACKET	10	5	100	0.0	3.0
Ketchup	1/2 OZ	17	0	167	0.0	4.17
BBQ Sauce	1/2 OZ	21	0	129	0.0	5.0
Sweet and Sour Sauce	1 OZ	61	0	12	0.02	15.43
Spaghetti Dipping Sauce	2 OZ	30	0	265	1.0	5.5

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

# Columbia Public Schools

## Base Menu Spreadsheet

### Portion Values - Detailed

Page 19

Apr 5, 2021 thru Apr 30, 2021

HIGH SCHOOL LUNCH IN SCHOOL

Generated on: 3/22/2021 9:13:47 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)
Weighted Daily Average		*499	*36	*872	*21.98	*60.90
% of Calories					*17.6%	*48.8%
Nutrient Guideline		750-850		1420		

Wed - 04/28/2021						
HIGH SCHOOL LUNCH IN S	Total					
Pizza Crunchers	4 Pieces	420	30	670	20.0	41.0
Spaghetti Dipping Sauce	2 OZ	30	0	265	1.0	5.5
Spinach, Cooked, Seasoned	1/2 CUP	58	0	217	5.46	6.53
Pizza, SM, Cheesy Bread	Pizza, personal	*355	*35	*569	*18.03	*39.05
Pizza, SM, Cheese, HS	Pizza, personal	390	45	650	21.0	40.0
Pizza, SM, Italian Sausage, HS	Pizza, personal	406	45	785	19.84	36.97
Pizza, SM, Pepperoni, HS	Pizza, personal	410	50	750	21.0	40.0
Pizza, SM, Buffalo Chicken, HS	Pizza, personal	349	55	688	22.94	35.79
Chicken Tenders, WG, ProView	3 PCS (5.4 oz)	248	52	559	22.76	21.72
Hummus and Chips	1 pkg Chip/humm	359	0	408	7.97	47.92
PB&J Uncrustable, 5.3 Entree	SANDWICH	630	0	620	19.0	64.0
Chicken Caesar Salad	SALAD	491	117	1028	24.28	23.04
ALLERGY, CPS Meal	1 SERVING	242	28	372	9.17	25.17
Hamburger on Bun	Sandwich	287	40	355	17.64	31.54
Cheeseburger on Bun	SANDWICH	322	47	505	20.64	32.54
Gardenburger on Bun	Sandwich	271	7	654	11.17	46.5
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
Milk, Nonfat Flavored	1 CARTON	117	3	152	8.16	21.45
Farm to School Veg/Fruit	1/2 CUP	0	0	0	0.0	0.0
Lettuce, Salad Mix	1 CUP	4	0	3	0.26	0.89
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
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
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
Apple, Slices	1/2 CUP	49	*0	1	0.24	12.6
Fresh Whole Fruit	1 PIECE	94	*0	2	0.73	23.9
Granola, Rocin'ola - Straw.	1 pkg.	120	0	0	3.0	21.0
Tuna, Canned	2 OZ	83	35	249	19.4	0.0
Croutons	.5 OZ	53	0	78	1.92	7.7
Cheese, Shredded	1/2 OZ	55	15	90	3.5	0.0
Beans, Canned Variety	1/2 CUP	114	0	126	6.97	20.6
Raisins, Box	1 BOX	112	0	4	0.99	29.76
Trail Mix, USDA Fruit and Nut	1/4 CUP	135	0	0	2.3	23.0
Peanut Butter	1.5 OZ	221	0	230	11.01	15.16
Sunbutter	1.5 OZ	266	0	160	9.0	9.0
Sunflower Seeds	1/2 OZ	85	0	26	2.83	4.72
Beans, Garbanzo	1/2 CUP	120	0	85	6.0	20.0

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

# Columbia Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

Page 20

Apr 5, 2021 thru Apr 30, 2021

HIGH SCHOOL LUNCH IN SCHOOL

Generated on: 3/22/2021 9:13:47 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)
Rotini WG, Secondary	1/2 CUP	100	0	3	4.21	21.6
Rice, Brown, 1 Cup	1/2 CUP	100	0	74	2.49	20.58
Salad Dressing	1 OZ	131	8	435	0.83	5.33
Mustard, PC's	1 PACKET	3	0	42	0.21	0.44
Mayonnaise, PC's	1 PACKET	10	5	100	0.0	3.0
Margarine, PC's	1 EACH	70	0	112	0.0	0.0
Ketchup	1/2 OZ	17	0	167	0.0	4.17
BBQ Sauce	1/2 OZ	21	0	129	0.0	5.0
Sweet and Sour Sauce	1 OZ	61	0	12	0.02	15.43
Spaghetti Dipping Sauce	2 OZ	30	0	265	1.0	5.5
Weighted Daily Average % of Calories		*401	*21	*763	*15.40 *15.4%	*50.58 *50.5%
Nutrient Guideline		750-850		1420		

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

# Columbia Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

Page 21

Apr 5, 2021 thru Apr 30, 2021

HIGH SCHOOL LUNCH IN SCHOOL

Generated on: 3/22/2021 9:13:47 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)
Thu - 04/29/2021						
HIGH SCHOOL LUNCH IN S	Total					
Chicken, Mandarin Orange	3.6 oz.	150	40	280	11.0	19.0
Rice, Brown, 1 Cup	1 CUP	200	0	148	4.99	41.16
Cookie, Fortune	1 COOKIE	20	0	0	0.7	4.0
Carrots, Cooked, Seasoned	1/2 CUP	48	0	265	0.0	6.31
Pizza, SM, Cheesy Bread	Pizza, personal	*355	*35	*569	*18.03	*39.05
Pizza, SM, Cheese, HS	Pizza, personal	390	45	650	21.0	40.0
Pizza, SM, Italian Sausage, HS	Pizza, personal	406	45	785	19.84	36.97
Pizza, SM, Pepperoni, HS	Pizza, personal	410	50	750	21.0	40.0
Pizza, SM, Buffalo Chicken, HS	Pizza, personal	349	55	688	22.94	35.79
Chicken Tenders, WG, ProView	3 PCS (5.4 oz)	248	52	559	22.76	21.72
Hummus and Chips	1 pkg Chip/humm	359	0	408	7.97	47.92
PB&J Uncrustable, 5.3 Entree	SANDWICH	630	0	620	19.0	64.0
Chicken Caesar Salad	SALAD	491	117	1028	24.28	23.04
ALLERGY, CPS Meal	1 SERVING	242	28	372	9.17	25.17
Chicken Patty Sandwich	1 SANDWICH	344	33	648	21.0	44.0
Chicken Patty Sandwich, Spicy	SANDWICH	339	33	469	18.6	40.5
Gardenburger on Bun	Sandwich	271	7	654	11.17	46.5
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
Milk, Nonfat Flavored	1 CARTON	117	3	152	8.16	21.45
Farm to School Veg/Fruit	1/2 CUP	0	0	0	0.0	0.0
Lettuce, Salad Mix	1 CUP	4	0	3	0.26	0.89
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
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
Tomatoes, Raw Cherry/Grape	2 OZ	10	0	3	0.5	2.22
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
Granola, Rocin'ola - Straw.	1 pkg.	120	0	0	3.0	21.0
Tuna, Canned	2 OZ	83	35	249	19.4	0.0
Croutons	.5 OZ	53	0	78	1.92	7.7
Cheese, Shredded	1/2 OZ	55	15	90	3.5	0.0
Beans, Canned Variety	1/2 CUP	114	0	126	6.97	20.6
Raisins, Box	1 BOX	112	0	4	0.99	29.76
Trail Mix, USDA Fruit and Nut	1/4 CUP	135	0	0	2.3	23.0
Peanut Butter	1.5 OZ	221	0	230	11.01	15.16
Sunbutter	1.5 OZ	266	0	160	9.0	9.0
Sunflower Seeds	1/2 OZ	85	0	26	2.83	4.72
Beans, Garbanzo	1/2 CUP	120	0	85	6.0	20.0
Rotini WG, Secondary	1/2 CUP	100	0	3	4.21	21.6
Rice, Brown, 1 Cup	1/2 CUP	100	0	74	2.49	20.58
Salad Dressing	1 OZ	131	8	435	0.83	5.33
Mustard, PC's	1 PACKET	3	0	42	0.21	0.44
Mayonnaise, PC's	1 PACKET	10	5	100	0.0	3.0
Margarine, PC's	1 EACH	70	0	112	0.0	0.0
Ketchup	1/2 OZ	17	0	167	0.0	4.17
BBQ Sauce	1/2 OZ	21	0	129	0.0	5.0
Sweet and Sour Sauce	1 OZ	61	0	12	0.02	15.43
Pizza Dipping Sauce	2.5 OZ	30	0	240	1.0	6.0
Weighted Daily Average		*401	*21	*761	*15.30	*51.04
% of Calories					*15.3%	*50.9%
Nutrient Guideline		750-850		1420		

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

# Columbia Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

Page 22

Apr 5, 2021 thru Apr 30, 2021

HIGH SCHOOL LUNCH IN SCHOOL

Generated on: 3/22/2021 9:13:47 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)
Fri - 04/30/2021						
HIGH SCHOOL LUNCH IN S	Total					
Taco Meat, Beef, boil in bag	4 oz	183	72	424	20.0	2.67
Taco Meat, Beef, Raw, Scratch	1/2 cup (#8)	340	76	230	14.6	3.85
Tortilla, soft, Flour 6 or 8"	2 Shells	140	4	210	4.0	26.0
Beans, Refried	1/2 CUP	351	7	690	15.42	53.9
Pizza, SM, Cheesy Bread	Pizza, personal	*355	*35	*569	*18.03	*39.05
Pizza, SM, Cheese, HS	Pizza, personal	390	45	650	21.0	40.0
Pizza, SM, Italian Sausage, HS	Pizza, personal	406	45	785	19.84	36.97
Pizza, SM, Pepperoni, HS	Pizza, personal	410	50	750	21.0	40.0
Pizza, SM, BBQ Chicken, HS	Pizza, personal	348	51	585	22.04	39.0
Chicken Tenders, WG, ProView	3 PCS (5.4 oz)	248	52	559	22.76	21.72
Hummus and Chips	1 pkg Chip/humm	359	0	408	7.97	47.92
PB&J Uncrustable, 5.3 Entree	SANDWICH	630	0	620	19.0	64.0
Chicken Caesar Salad	SALAD	491	117	1028	24.28	23.04
ALLERGY, CPS Meal	1 SERVING	242	28	372	9.17	25.17
Chicken Patty Sandwich	1 SANDWICH	344	33	648	21.0	44.0
Chicken Patty Sandwich, Spicy	SANDWICH	339	33	469	18.6	40.5
Gardenburger on Bun	Sandwich	271	7	654	11.17	46.5
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
Milk, Nonfat Flavored	1 CARTON	117	3	152	8.16	21.45
Farm to School Veg/Fruit	1/2 CUP	0	0	0	0.0	0.0
Lettuce, Salad Mix	1 CUP	4	0	3	0.26	0.89
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
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
Tomatoes, Raw Cherry/Grape	2 OZ	10	0	3	0.5	2.22
Strawberries, Frozen	1/2 CUP	39	0	2	0.48	10.09
Fresh Whole Fruit	1 PIECE	94	*0	2	0.73	23.9
Granola, Rocin'ola - Straw.	1 pkg.	120	0	0	3.0	21.0
Tuna, Canned	2 OZ	83	35	249	19.4	0.0
Croutons	.5 OZ	53	0	78	1.92	7.7
Cheese, Shredded	1/2 OZ	55	15	90	3.5	0.0
Beans, Canned Variety	1/2 CUP	114	0	126	6.97	20.6
Raisins, Box	1 BOX	112	0	4	0.99	29.76
Trail Mix, USDA Fruit and Nut	1/4 CUP	135	0	0	2.3	23.0
Peanut Butter	1.5 OZ	221	0	230	11.01	15.16
Sunbutter	1.5 OZ	266	0	160	9.0	9.0
Sunflower Seeds	1/2 OZ	85	0	26	2.83	4.72
Granola, Rocin'ola - Straw.	1 pkg.	120	0	0	3.0	21.0
Beans, Garbanzo	1/2 CUP	120	0	85	6.0	20.0
Rotini WG, Secondary	1/2 CUP	100	0	3	4.21	21.6
Rice, Brown, 1 Cup	1/2 CUP	100	0	74	2.49	20.58
Salad Dressing	1 OZ	131	8	435	0.83	5.33
Mustard, PC's	1 PACKET	3	0	42	0.21	0.44
Mayonnaise, PC's	1 PACKET	10	5	100	0.0	3.0
Ketchup	1/2 OZ	17	0	167	0.0	4.17
BBQ Sauce	1/2 OZ	21	0	129	0.0	5.0
Sweet and Sour Sauce	1 OZ	61	0	12	0.02	15.43
Pizza Dipping Sauce	2.5 OZ	30	0	240	1.0	6.0
SALSA:COMMODITY	2 OZ	20	0	244	0.85	3.97
Sour Cream, PC's	1 PKG	60	20	15	1.0	0.0

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

# Columbia Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

Page 23

Apr 5, 2021 thru Apr 30, 2021

HIGH SCHOOL LUNCH IN SCHOOL

Generated on: 3/22/2021 9:13:48 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)
Weighted Daily Average % of Calories		*289	*16	*680	*11.13 *15.4%	*38.34 *53.0%
Nutrient Guideline		750-850		1420		

Weighted Average		*1193	*92	*1990	*53.43 *17.9%	*144.74 *48.5%
------------------	--	-------	-----	-------	------------------	-------------------

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	1193		750 - 850	140%	Missing		343	Correction Required - Calories too High
Cholesterol (mg)	92				Missing			
Sodium 1 (mg)	1990		1420		Missing		570	Correction Required - Sodium too High
Sodium 2 (mg)	1990		1080		Missing		910	
Protein (g)	53.43	17.92%			Missing			Correction Required - Sodium too High
Carbohydrate (g)	144.74	48.54%			Missing			

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.