

Columbia Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

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Apr 5, 2021 thru Apr 30, 2021

MIDDLE SCHOOL LUNCH IN SCHOOL

Generated on: 3/22/2021 9:13:15 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)
Mon - 04/05/2021						
MIDDLE SCHOOL LUNCH I	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, Big Daddy's Cheese	1 SLICE	427	37	469	20.0	45.33
Pizza, Big Daddy's Pepperoni	1 SLICE	321	29	359	15.15	34.02
Pizza, Big Daddy Buff Chicken	1 SLICE	296	32	520	16.0	28.8
Pizza, SM, Cheese, MS instruct	Pizza, personal	347	33	548	17.45	38.94
Pizza, SM, Pepper, MS instruct	Pizza, personal	377	41	658	18.95	39.44
Pizza, SM,Sausage, MS instruct	Pizza, personal	377	40	639	18.99	39.49
Cheeseburger on Bun	SANDWICH	322	47	505	20.64	32.54
Hamburger on Bun	Sandwich	287	40	355	17.64	31.54
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
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/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
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
Syrup, Pancake and Waffle	1 OZ	105	0	32	0.0	25.5
Weighted Daily Average		395	*47	805	20.81	41.76
% of Calories					21.1%	42.3%
Nutrient Guideline		600-700		1360		

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

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Base Menu Spreadsheet

Portion Values - Detailed

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Apr 5, 2021 thru Apr 30, 2021

MIDDLE SCHOOL LUNCH IN SCHOOL

Generated on: 3/22/2021 9:13:15 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)
Tue - 04/06/2021						
MIDDLE SCHOOL LUNCH I	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, Big Daddy's Cheese	1 SLICE	427	37	469	20.0	45.33
Pizza, Big Daddy's Pepperoni	1 SLICE	321	29	359	15.15	34.02
Pizza, Big Daddy's Four Meat	1 SLICE	296	32	520	16.0	28.8
Pizza, SM, Cheese, MS instruct	Pizza, personal	347	33	548	17.45	38.94
Pizza, SM, Pepper, MS instruct	Pizza, personal	377	41	658	18.95	39.44
Pizza, SM,Sausage, MS instruct	Pizza, personal	377	40	639	18.99	39.49
Cheeseburger on Bun	SANDWICH	322	47	505	20.64	32.54
Hamburger on Bun	Sandwich	287	40	355	17.64	31.54
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
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, 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
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
KETCHUP: individual	Pkt 6g	9	0	82	0.09	2.47
Weighted Daily Average		360	*22	492	15.98	40.97
% of Calories					17.8%	45.5%
Nutrient Guideline		600-700		1360		

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Portion Values - Detailed

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Apr 5, 2021 thru Apr 30, 2021

MIDDLE SCHOOL LUNCH IN SCHOOL

Generated on: 3/22/2021 9:13:15 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)
Wed - 04/07/2021						
MIDDLE SCHOOL LUNCH I	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, Big Daddy's Cheese	1 SLICE	427	37	469	20.0	45.33
Pizza, Big Daddy's Pepperoni	1 SLICE	321	29	359	15.15	34.02
Pizza, Big Daddy Buff Chicken	1 SLICE	296	32	520	16.0	28.8
Pizza, SM, Cheese, MS instruct	Pizza, personal	347	33	548	17.45	38.94
Pizza, SM, Pepper, MS instruct	Pizza, personal	377	41	658	18.95	39.44
Pizza, SM,Sausage, MS instruct	Pizza, personal	377	40	639	18.99	39.49
Cheeseburger on Bun	SANDWICH	322	47	505	20.64	32.54
Hamburger on Bun	Sandwich	287	40	355	17.64	31.54
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
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, Red, Unsweet. Canned	1/2 CUP	42	0	28	0.92	8.36
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
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
Weighted Daily Average		370	*25	679	16.69	45.36
% of Calories					18.0%	49.0%
Nutrient Guideline		600-700		1360		

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MIDDLE SCHOOL LUNCH IN SCHOOL

Generated on: 3/22/2021 9:13:16 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)
Thu - 04/08/2021						
MIDDLE SCHOOL LUNCH I	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
Carrots, Cooked, Seasoned	1/2 CUP	48	0	265	0.0	6.31
Pizza, Big Daddy's Cheese	1 SLICE	427	37	469	20.0	45.33
Pizza, Big Daddy's Pepperoni	1 SLICE	321	29	359	15.15	34.02
Pizza, Big Daddy's Four Meat	1 SLICE	296	32	520	16.0	28.8
Pizza, SM, Cheese, MS instruct	Pizza, personal	347	33	548	17.45	38.94
Pizza, SM, Pepper, MS instruct	Pizza, personal	377	41	658	18.95	39.44
Pizza, SM,Sausage, MS instruct	Pizza, personal	377	40	639	18.99	39.49
Cheeseburger on Bun	SANDWICH	322	47	505	20.64	32.54
Hamburger on Bun	Sandwich	287	40	355	17.64	31.54
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
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
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
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
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
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
Weighted Daily Average		412	*31	490	21.83	53.49
% of Calories					21.2%	52.0%
Nutrient Guideline		600-700		1360		

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)
Fri - 04/09/2021						
MIDDLE SCHOOL LUNCH I	Total					
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, Big Daddy's Cheese	1 SLICE	427	37	469	20.0	45.33
Pizza, Big Daddy's Pepperoni	1 SLICE	321	29	359	15.15	34.02
Pizza, Big Daddy's Four Meat	1 SLICE	296	32	520	16.0	28.8
Pizza, SM, Cheese, MS instruct	Pizza, personal	347	33	548	17.45	38.94
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Hamburger on Bun	Sandwich	287	40	355	17.64	31.54
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
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, 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
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
SALSA:COMMODITY	1 OZ	10	0	122	0.43	1.98
Sour Cream, PC's	1 PKG	60	20	15	1.0	0.0
Weighted Daily Average		349	*23	530	16.28	43.24
% of Calories					18.7%	49.6%
Nutrient Guideline		600-700		1360		

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Mon - 04/12/2021						
MIDDLE SCHOOL LUNCH I	Total					
BBQ Chicken Sandwich	1 SANDWICH	365	73	1392	23.72	53.31
Sweet Potato, Cross Trax	3 OZ	180	0	230	1.0	24.0
Beans, Baked	1/2 CUP	133	0	524	6.06	30.3
Pizza Wedge, Cheese, Elem	1 SLICE	300	10	390	18.0	30.0
Pizza, Big Daddy's Pepperoni	1 SLICE	321	29	359	15.15	34.02
Pizza, Big Daddy's Four Meat	1 SLICE	296	32	520	16.0	28.8
Pizza, SM, Cheese, MS instruct	Pizza, personal	347	33	548	17.45	38.94
Pizza, SM, Pepper, MS instruct	Pizza, personal	377	41	658	18.95	39.44
Cheeseburger on Bun	SANDWICH	322	47	505	20.64	32.54
Hamburger on Bun	Sandwich	287	40	355	17.64	31.54
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
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, 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
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
Weighted Daily Average		6262	*539	9925	296.53	699.18
% of Calories					18.9%	44.7%
Nutrient Guideline		600-700		1360		

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Columbia Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

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Apr 5, 2021 thru Apr 30, 2021

MIDDLE SCHOOL LUNCH IN SCHOOL

Generated on: 3/22/2021 9:13:16 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)
Tue - 04/13/2021						
MIDDLE SCHOOL LUNCH I	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, Big Daddy's Cheese	1 SLICE	427	37	469	20.0	45.33
Pizza, Big Daddy's Pepperoni	1 SLICE	321	29	359	15.15	34.02
Pizza, Big Daddy's Four Meat	1 SLICE	296	32	520	16.0	28.8
Pizza, SM, Cheese, MS instruct	Pizza, personal	347	33	548	17.45	38.94
Pizza, SM, Pepper, MS instruct	Pizza, personal	377	41	658	18.95	39.44
Pizza, SM,Sausage, MS instruct	Pizza, personal	377	40	639	18.99	39.49
Cheeseburger on Bun	SANDWICH	322	47	505	20.64	32.54
Hamburger on Bun	Sandwich	287	40	355	17.64	31.54
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
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, 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
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
Weighted Daily Average		468	*22	897	17.18	61.54
% of Calories					14.7%	52.6%
Nutrient Guideline		600-700		1360		

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Columbia Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

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Apr 5, 2021 thru Apr 30, 2021

MIDDLE SCHOOL LUNCH IN SCHOOL

Generated on: 3/22/2021 9:13:16 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)
Wed - 04/14/2021						
MIDDLE SCHOOL LUNCH I	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, Big Daddy's Cheese	1 SLICE	427	37	469	20.0	45.33
Pizza, Big Daddy's Pepperoni	1 SLICE	321	29	359	15.15	34.02
Pizza, Big Daddy's Four Meat	1 SLICE	296	32	520	16.0	28.8
Pizza, SM, Cheese, MS instruct	Pizza, personal	347	33	548	17.45	38.94
Pizza, SM, Pepper, MS instruct	Pizza, personal	377	41	658	18.95	39.44
Pizza, SM,Sausage, MS instruct	Pizza, personal	377	40	639	18.99	39.49
Cheeseburger on Bun	SANDWICH	322	47	505	20.64	32.54
Hamburger on Bun	Sandwich	287	40	355	17.64	31.54
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
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/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
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
Weighted Daily Average		338	*19	649	13.66	41.60
% of Calories					16.2%	49.2%
Nutrient Guideline		600-700		1360		

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Columbia Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

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Apr 5, 2021 thru Apr 30, 2021

MIDDLE SCHOOL LUNCH IN SCHOOL

Generated on: 3/22/2021 9:13:16 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)
Thu - 04/15/2021						
MIDDLE SCHOOL LUNCH I	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, Big Daddy's Cheese	1 SLICE	427	37	469	20.0	45.33
Pizza, Big Daddy's Pepperoni	1 SLICE	321	29	359	15.15	34.02
Pizza, Big Daddy Buff Chicken	1 SLICE	296	32	520	16.0	28.8
Pizza, SM, Cheese, MS instruct	Pizza, personal	347	33	548	17.45	38.94
Pizza, SM, Pepper, MS instruct	Pizza, personal	377	41	658	18.95	39.44
Pizza, SM,Sausage, MS instruct	Pizza, personal	377	40	639	18.99	39.49
Cheeseburger on Bun	SANDWICH	322	47	505	20.64	32.54
Hamburger on Bun	Sandwich	287	40	355	17.64	31.54
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
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/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
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
Weighted Daily Average		603	*46	1094	28.50	73.52
% of Calories					18.9%	48.8%
Nutrient Guideline		600-700		1360		

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Columbia Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

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Apr 5, 2021 thru Apr 30, 2021

MIDDLE SCHOOL LUNCH IN SCHOOL

Generated on: 3/22/2021 9:13:16 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)
Fri - 04/16/2021						
MIDDLE SCHOOL LUNCH I	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, Big Daddy's Cheese	1 SLICE	427	37	469	20.0	45.33
Pizza, Big Daddy's Pepperoni	1 SLICE	321	29	359	15.15	34.02
Pizza, Big Daddy Buff Chicken	1 SLICE	296	32	520	16.0	28.8
Pizza, SM, Cheese, MS instruct	Pizza, personal	347	33	548	17.45	38.94
Pizza, SM, Pepper, MS instruct	Pizza, personal	377	41	658	18.95	39.44
Pizza, SM,Sausage, MS instruct	Pizza, personal	377	40	639	18.99	39.49
Cheeseburger on Bun	SANDWICH	322	47	505	20.64	32.54
Hamburger on Bun	Sandwich	287	40	355	17.64	31.54
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
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, Red, Unsweet. Canned	1/2 CUP	42	0	28	0.92	8.36
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
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
Weighted Daily Average		416	*32	636	19.14	47.98
% of Calories					18.4%	46.1%
Nutrient Guideline		600-700		1360		

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Columbia Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

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Apr 5, 2021 thru Apr 30, 2021

MIDDLE SCHOOL LUNCH IN SCHOOL

Generated on: 3/22/2021 9:13:16 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)
Mon - 04/19/2021						
MIDDLE SCHOOL LUNCH I	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, Big Daddy's Cheese	1 SLICE	427	37	469	20.0	45.33
Pizza, Big Daddy's Pepperoni	1 SLICE	321	29	359	15.15	34.02
Pizza, Big Daddy Buff Chicken	1 SLICE	296	32	520	16.0	28.8
Pizza, SM, Cheese, MS instruct	Pizza, personal	347	33	548	17.45	38.94
Pizza, SM, Pepper, MS instruct	Pizza, personal	377	41	658	18.95	39.44
Pizza, SM,Sausage, MS instruct	Pizza, personal	377	40	639	18.99	39.49
Cheeseburger on Bun	SANDWICH	322	47	505	20.64	32.54
Hamburger on Bun	Sandwich	287	40	355	17.64	31.54
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
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/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
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
Weighted Daily Average		415	*29	611	19.50	50.28
% of Calories					18.8%	48.4%
Nutrient Guideline		600-700		1360		

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Columbia Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

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Apr 5, 2021 thru Apr 30, 2021

MIDDLE SCHOOL LUNCH IN SCHOOL

Generated on: 3/22/2021 9:13:16 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)
Tue - 04/20/2021						
MIDDLE SCHOOL LUNCH I	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, Big Daddy's Cheese	1 SLICE	427	37	469	20.0	45.33
Pizza, Big Daddy's Pepperoni	1 SLICE	321	29	359	15.15	34.02
Pizza, Big Daddy's Four Meat	1 SLICE	296	32	520	16.0	28.8
Pizza, SM, Cheese, MS instruct	Pizza, personal	347	33	548	17.45	38.94
Pizza, SM, Pepper, MS instruct	Pizza, personal	377	41	658	18.95	39.44
Pizza, SM,Sausage, MS instruct	Pizza, personal	377	40	639	18.99	39.49
Cheeseburger on Bun	SANDWICH	322	47	505	20.64	32.54
Hamburger on Bun	Sandwich	287	40	355	17.64	31.54
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
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/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
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
Weighted Daily Average		468	*22	897	17.18	61.56
% of Calories					14.7%	52.6%
Nutrient Guideline		600-700		1360		

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Columbia Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

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Apr 5, 2021 thru Apr 30, 2021

MIDDLE SCHOOL LUNCH IN SCHOOL

Generated on: 3/22/2021 9:13:16 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)
Wed - 04/21/2021						
MIDDLE SCHOOL LUNCH I	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, Big Daddy's Cheese	1 SLICE	427	37	469	20.0	45.33
Pizza, Big Daddy's Pepperoni	1 SLICE	321	29	359	15.15	34.02
Pizza, Big Daddy Buff Chicken	1 SLICE	296	32	520	16.0	28.8
Pizza, SM, Cheese, MS instruct	Pizza, personal	347	33	548	17.45	38.94
Pizza, SM, Pepper, MS instruct	Pizza, personal	377	41	658	18.95	39.44
Pizza, SM,Sausage, MS instruct	Pizza, personal	377	40	639	18.99	39.49
Cheeseburger on Bun	SANDWICH	322	47	505	20.64	32.54
Hamburger on Bun	Sandwich	287	40	355	17.64	31.54
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
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, Red, Unsweet. Canned	1/2 CUP	42	0	28	0.92	8.36
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
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
Weighted Daily Average		354	*25	520	16.05	42.61
% of Calories					18.1%	48.1%
Nutrient Guideline		600-700		1360		

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Columbia Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

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Apr 5, 2021 thru Apr 30, 2021

MIDDLE SCHOOL LUNCH IN SCHOOL

Generated on: 3/22/2021 9:13:16 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)
Thu - 04/22/2021						
MIDDLE SCHOOL LUNCH I	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, Big Daddy's Cheese	1 SLICE	427	37	469	20.0	45.33
Pizza, Big Daddy's Pepperoni	1 SLICE	321	29	359	15.15	34.02
Pizza, Big Daddy's Four Meat	1 SLICE	296	32	520	16.0	28.8
Pizza, SM, Cheese, MS instruct	Pizza, personal	347	33	548	17.45	38.94
Pizza, SM, Pepper, MS instruct	Pizza, personal	377	41	658	18.95	39.44
Pizza, SM,Sausage, MS instruct	Pizza, personal	377	40	639	18.99	39.49
Cheeseburger on Bun	SANDWICH	322	47	505	20.64	32.54
Hamburger on Bun	Sandwich	287	40	355	17.64	31.54
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
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
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
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
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
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
Weighted Daily Average		412	*31	491	21.98	53.53
% of Calories					21.3%	51.9%
Nutrient Guideline		600-700		1360		

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Columbia Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

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Apr 5, 2021 thru Apr 30, 2021

MIDDLE SCHOOL LUNCH IN SCHOOL

Generated on: 3/22/2021 9:13:16 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)
Fri - 04/23/2021						
MIDDLE SCHOOL LUNCH I	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, Big Daddy's Cheese	1 SLICE	427	37	469	20.0	45.33
Pizza, Big Daddy's Pepperoni	1 SLICE	321	29	359	15.15	34.02
Pizza, Big Daddy Buff Chicken	1 SLICE	296	32	520	16.0	28.8
Pizza, SM, Cheese, MS instruct	Pizza, personal	347	33	548	17.45	38.94
Pizza, SM, Pepper, MS instruct	Pizza, personal	377	41	658	18.95	39.44
Pizza, SM,Sausage, MS instruct	Pizza, personal	377	40	639	18.99	39.49
Cheeseburger on Bun	SANDWICH	322	47	505	20.64	32.54
Hamburger on Bun	Sandwich	287	40	355	17.64	31.54
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
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/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
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
Weighted Daily Average		297	*28	570	12.27	31.19
% of Calories					16.6%	42.1%
Nutrient Guideline		600-700		1360		

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Columbia Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

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Apr 5, 2021 thru Apr 30, 2021

MIDDLE SCHOOL LUNCH IN SCHOOL

Generated on: 3/22/2021 9:13:17 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)
Mon - 04/26/2021						
MIDDLE SCHOOL LUNCH I	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, Big Daddy's Cheese	1 SLICE	427	37	469	20.0	45.33
Pizza, Big Daddy's Pepperoni	1 SLICE	321	29	359	15.15	34.02
Pizza, Big Daddy Buff Chicken	1 SLICE	296	32	520	16.0	28.8
Pizza, SM, Cheese, MS instruct	Pizza, personal	347	33	548	17.45	38.94
Pizza, SM, Pepper, MS instruct	Pizza, personal	377	41	658	18.95	39.44
Pizza, SM,Sausage, MS instruct	Pizza, personal	377	40	639	18.99	39.49
Cheeseburger on Bun	SANDWICH	322	47	505	20.64	32.54
Hamburger on Bun	Sandwich	287	40	355	17.64	31.54
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
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/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
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
Syrup, Pancake and Waffle	1 OZ	105	0	32	0.0	25.5
Weighted Daily Average		395	*47	805	20.81	41.76
% of Calories					21.1%	42.3%
Nutrient Guideline		600-700		1360		

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Columbia Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

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Apr 5, 2021 thru Apr 30, 2021

MIDDLE SCHOOL LUNCH IN SCHOOL

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)
Tue - 04/27/2021						
MIDDLE SCHOOL LUNCH I	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, Big Daddy's Cheese	1 SLICE	427	37	469	20.0	45.33
Pizza, Big Daddy's Pepperoni	1 SLICE	321	29	359	15.15	34.02
Pizza, Big Daddy's Four Meat	1 SLICE	296	32	520	16.0	28.8
Pizza, SM, Cheese, MS instruct	Pizza, personal	347	33	548	17.45	38.94
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Cheeseburger on Bun	SANDWICH	322	47	505	20.64	32.54
Hamburger on Bun	Sandwich	287	40	355	17.64	31.54
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
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, 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
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
KETCHUP: individual	Pkt 6g	9	0	82	0.09	2.47
Weighted Daily Average		360	*22	492	15.98	40.97
% of Calories					17.8%	45.5%
Nutrient Guideline		600-700		1360		

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Columbia Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

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Apr 5, 2021 thru Apr 30, 2021

MIDDLE SCHOOL LUNCH IN SCHOOL

Generated on: 3/22/2021 9:13:17 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)
Wed - 04/28/2021						
MIDDLE SCHOOL LUNCH I	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, Big Daddy's Cheese	1 SLICE	427	37	469	20.0	45.33
Pizza, Big Daddy's Pepperoni	1 SLICE	321	29	359	15.15	34.02
Pizza, Big Daddy Buff Chicken	1 SLICE	296	32	520	16.0	28.8
Pizza, SM, Cheese, MS instruct	Pizza, personal	347	33	548	17.45	38.94
Pizza, SM, Pepper, MS instruct	Pizza, personal	377	41	658	18.95	39.44
Pizza, SM,Sausage, MS instruct	Pizza, personal	377	40	639	18.99	39.49
Cheeseburger on Bun	SANDWICH	322	47	505	20.64	32.54
Hamburger on Bun	Sandwich	287	40	355	17.64	31.54
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
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, Red, Unsweet. Canned	1/2 CUP	42	0	28	0.92	8.36
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
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
Weighted Daily Average		370	*25	679	16.69	45.36
% of Calories					18.0%	49.0%
Nutrient Guideline		600-700		1360		

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Columbia Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

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Apr 5, 2021 thru Apr 30, 2021

MIDDLE SCHOOL LUNCH IN SCHOOL

Generated on: 3/22/2021 9:13:17 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)
Thu - 04/29/2021						
MIDDLE SCHOOL LUNCH I	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
Carrots, Cooked, Seasoned	1/2 CUP	48	0	265	0.0	6.31
Pizza, Big Daddy's Cheese	1 SLICE	427	37	469	20.0	45.33
Pizza, Big Daddy's Pepperoni	1 SLICE	321	29	359	15.15	34.02
Pizza, Big Daddy's Four Meat	1 SLICE	296	32	520	16.0	28.8
Pizza, SM, Cheese, MS instruct	Pizza, personal	347	33	548	17.45	38.94
Pizza, SM, Pepper, MS instruct	Pizza, personal	377	41	658	18.95	39.44
Pizza, SM,Sausage, MS instruct	Pizza, personal	377	40	639	18.99	39.49
Cheeseburger on Bun	SANDWICH	322	47	505	20.64	32.54
Hamburger on Bun	Sandwich	287	40	355	17.64	31.54
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
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
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
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
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
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
Weighted Daily Average		412	*31	490	21.83	53.49
% of Calories					21.2%	52.0%
Nutrient Guideline		600-700		1360		

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Columbia Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

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Apr 5, 2021 thru Apr 30, 2021

MIDDLE SCHOOL LUNCH IN SCHOOL

Generated on: 3/22/2021 9:13:17 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)
Fri - 04/30/2021						
MIDDLE SCHOOL LUNCH I						
	Total					
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, Big Daddy's Cheese	1 SLICE	427	37	469	20.0	45.33
Pizza, Big Daddy's Pepperoni	1 SLICE	321	29	359	15.15	34.02
Pizza, Big Daddy's Four Meat	1 SLICE	296	32	520	16.0	28.8
Pizza, SM, Cheese, MS instruct	Pizza, personal	347	33	548	17.45	38.94
Pizza, SM, Pepper, MS instruct	Pizza, personal	377	41	658	18.95	39.44
Pizza, SM,Sausage, MS instruct	Pizza, personal	377	40	639	18.99	39.49
Cheeseburger on Bun	SANDWICH	322	47	505	20.64	32.54
Hamburger on Bun	Sandwich	287	40	355	17.64	31.54
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
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, 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
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
SALSA:COMMODITY	1 OZ	10	0	122	0.43	1.98
Sour Cream, PC's	1 PKG	60	20	15	1.0	0.0
Weighted Daily Average		349	*23	530	16.28	43.24
% of Calories					18.7%	49.6%
Nutrient Guideline		600-700		1360		

Weighted Average		690	*54	1114	32.26	80.63
					18.7%	46.7%

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Columbia Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

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Apr 5, 2021 thru Apr 30, 2021

MIDDLE SCHOOL LUNCH IN SCHOOL

Generated on: 3/22/2021 9:13:17 AM

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	690		600 - 700	100%				
Cholesterol (mg)	54				Missing			
Sodium 1 (mg)	1114		1360					
Sodium 2 (mg)	1114		1035					
Protein (g)	32.26	18.69%					79	
Carbohydrate (g)	80.63	46.73%						Correction Required - Sodium too High

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