

# Columbia Public Schools

Dec 1, 2023 thru Dec 31, 2023

Base Menu Spreadsheet

ELEMENTARY LUNCH IN SCHOOL

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)
Fri - 12/01/2023							
ELEMENTARY LUNCH IN S	Total	100					
Burger, Cheeseburger on Bun	SANDWICH	50	335	57	550	22.0	28.0
Burger, Hamburger on Bun	Sandwich	1	300	50	400	19.0	27.0
Beans, Baked	1/2 CUP	1	136	0	470	6.06	30.97
Yogurt Plate	1 Plate	25	180	15	260	9.0	18.96
PB&J Uncrustable, 2.6, Entree	SANDWICH	24	300	0	280	9.0	32.0
Cheese, String Cheese	1 PIECE	1	80	15	190	7.0	1.0
ALLERGY, CPS Meal	1 SERVING	1	242	28	372	9.17	25.17
Milk, 1% Flavored	1 CARTON	90	150	10	230	8.0	24.0
Milk, 1% White	1 CARTON	2	100	15	120	8.0	11.0
Milk, NonFat White	1 CARTON	0	80	5	120	8.0	11.0
Beans, Canned Variety	1/2 CUP	10	114	0	126	6.97	20.6
Broccoli, Raw Florets	1/2 CUP	9	10	0	10	1.06	1.86
Carrots, Fresh	1/2 CUP	22	23	0	45	0.6	4.5
Celery, Raw Sticks	1/2 CUP	3	8	0	40	0.35	1.5
Cheese, Shredded, Cheddar	1 SERVING	20	80	20	200	7.0	1.0
Croutons	.5 OZ	1	85	0	136	3.02	13.08
Cucumbers, Raw	1/2 CUP	7	8	0	1	0.34	1.89
Lettuce, Salad Mix	1 CUP	1	4	0	3	0.26	0.89
Peppers, Mini Sweet, Raw	1/2 CUP	1	30	0	35	1.0	6.0
Peppers, Red or Green, Raw	1/2 CUP	1	12	0	2	0.43	2.45
Radishes	1/2 CUP	1	11	0	27	0.46	2.31
Tomatoes, Raw Cherry/Grape	1/2 cup	1	20	0	6	1.0	4.45
Applesauce, Canned	1/2 CUP	30	50	0	10	0.0	13.0
Fruit, Cup, PC	1/2 Cup	1	79	0	14	0.3	21.64
Apple, Slices; 1/2 cup	1/2 CUP	15	49	*0	1	0.24	12.6
Orange, Wedges	1/2 CUP	35	31	0	0	0.62	7.7
Fresh Whole Fruit	1/2 Cup	1	94	*0	2	0.73	23.9
Banana	1/2 cup	1	50	0	1	0.62	12.95
Cherries, dried	1/4 CUP	1	189	0	7	0.71	45.61
Granola, Rocin'ola - Straw.	1 pkg.	1	120	0	0	3.0	21.0
Peanut Butter	1.5 OZ	1	221	0	230	11.01	15.16
Raisins, Box	1/4 cup	1	112	0	4	0.99	29.76
Sunflower Seed Butter, PC	1.5 OZ	1	266	0	160	9.0	9.0
Sunflower Seeds	1/2 OZ	20	85	0	26	2.83	4.72
Trail Mix/Dried Fruit	1/4 CUP	1	67	0	0	1.15	11.5
Tuna, Canned	2.0 OZ	1	1	0	3	0.26	0.0
Ketchup - bulk	1/2 OZ	20	17	0	150	0.0	4.17
Mayonnaise, PC's	1 PACKET	1	10	5	100	0.0	3.0
Mustard, PC's	1 PACKET	1	3	0	42	0.21	0.44
Salad Dressing	1.5 OZ	1	196	12	653	1.25	7.99
Sauce, BBQ	1 OZ	1	50	0	95	0.0	12.0
Weighted Daily Average			533	*47	749	26.71	65.37
% of Calories						20.0%	49.1%
Nutrient Guideline			550-650		1230		

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Dec 1, 2023 thru Dec 31, 2023

Base Menu Spreadsheet

ELEMENTARY LUNCH IN SCHOOL

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)
Mon - 12/04/2023							
ELEMENTARY LUNCH IN S	Total	100					
Pizza, French Bread, Garlic	1 Piece	55	370	15	610	16.0	29.0
Corn, Seasoned	1/2 CUP	20	120	0	421	3.3	24.17
Yogurt Plate	1 Plate	14	180	15	260	9.0	18.96
PB&J Uncrustable, 2.6, Entree	SANDWICH	30	300	0	280	9.0	32.0
Cheese, String Cheese	1 PIECE	1	80	15	190	7.0	1.0
ALLERGY, CPS Meal	1 SERVING	1	242	28	372	9.17	25.17
Milk, 1% Flavored	1 CARTON	90	150	10	230	8.0	24.0
Milk, 1% White	1 CARTON	2	100	15	120	8.0	11.0
Milk, NonFat White	1 CARTON	0	80	5	120	8.0	11.0
Beans, Canned Variety	1/2 CUP	3	114	0	126	6.97	20.6
Broccoli, Raw Florets	1/2 CUP	9	10	0	10	1.06	1.86
Carrots, Fresh	1/2 CUP	22	23	0	45	0.6	4.5
Celery, Raw Sticks	1/2 CUP	3	8	0	40	0.35	1.5
Cheese, Shredded, Cheddar	1 SERVING	12	80	20	200	7.0	1.0
Croutons	.5 OZ	1	85	0	136	3.02	13.08
Cucumbers, Raw	1/2 CUP	3	8	0	1	0.34	1.89
Lettuce, Salad Mix	1 CUP	1	4	0	3	0.26	0.89
Peppers, Mini Sweet, Raw	1/2 CUP	1	30	0	35	1.0	6.0
Peppers, Red or Green, Raw	1/2 CUP	1	12	0	2	0.43	2.45
Radishes	1/2 CUP	1	11	0	27	0.46	2.31
Tomatoes, Raw Cherry/Grape	1/2 cup	1	20	0	6	1.0	4.45
Fruit, Cup, PC	1/2 Cup	30	79	0	14	0.3	21.64
Fruit, Cup, PC	1/2 Cup	1	79	0	14	0.3	21.64
Apple, Slices; 1/2 cup	1/2 CUP	1	49	*0	1	0.24	12.6
Orange, Wedges	1/2 CUP	5	31	0	0	0.62	7.7
Fresh Whole Fruit	1/2 Cup	20	94	*0	2	0.73	23.9
Cherries, dried	1/4 CUP	1	189	0	7	0.71	45.61
Granola, Rocin'ola - Straw.	1 pkg.	1	120	0	0	3.0	21.0
Peanut Butter	1.5 OZ	1	221	0	230	11.01	15.16
Raisins, Box	1/4 cup	1	112	0	4	0.99	29.76
Sunflower Seed Butter, PC	1.5 OZ	1	266	0	160	9.0	9.0
Sunflower Seeds	1/2 OZ	10	85	0	26	2.83	4.72
Trail Mix/Dried Fruit	1/4 CUP	1	67	0	0	1.15	11.5
Tuna, Canned	2.0 OZ	1	1	0	3	0.26	0.0
Salad Dressing	1.5 OZ	20	196	12	653	1.25	7.99
Weighted Daily Average			607	*25	939	23.36	72.80
% of Calories						15.4%	48.0%
Nutrient Guideline			550-650		1230		

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ELEMENTARY LUNCH IN SCHOOL

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)
Tue - 12/05/2023							
ELEMENTARY LUNCH IN S	Total	100					
Chicken Tenders, Gold Kist, WG	3 PCS	76	203	49	383	18.46	11.13
Chicken Tenders, Sp, Gld Cr II	3 PCS (4.0 oz)	1	195	53	337	15.06	15.06
Potatoes, Mashed	1/2 cup	64	71	0	160	1.57	13.39
Gravy, PoultryTrio	2 OZ	1	25	0	140	0.0	4.0
Beans, Green, Seasoned	1/2 CUP	31	43	0	367	1.42	5.64
Anytime; Cheese Pizza Lnch Kit	1 Kit	9	360	30	750	13.0	34.0
PB&J Uncrustable, 2.6, Entree	SANDWICH	14	300	0	280	9.0	32.0
Cheese, String Cheese	1 PIECE	15	80	15	190	7.0	1.0
ALLERGY, CPS Meal	1 SERVING	1	242	28	372	9.17	25.17
Milk, 1% Flavored	1 CARTON	90	150	10	230	8.0	24.0
Milk, 1% White	1 CARTON	2	100	15	120	8.0	11.0
Milk, NonFat White	1 CARTON	0	80	5	120	8.0	11.0
Beans, Canned Variety	1/2 CUP	2	114	0	126	6.97	20.6
Broccoli, Raw Florets	1/2 CUP	9	10	0	10	1.06	1.86
Carrots, Fresh	1/2 CUP	23	23	0	45	0.6	4.5
Celery, Raw Sticks	1/2 CUP	5	8	0	40	0.35	1.5
Cheese, Shredded, Cheddar	1 SERVING	13	80	20	200	7.0	1.0
CROUTONS	.5 OZ	1	85	0	136	3.02	13.08
Cucumbers, Raw	1/2 CUP	7	8	0	1	0.34	1.89
Lettuce, Salad Mix	1 CUP	1	4	0	3	0.26	0.89
Peppers, Mini Sweet, Raw	1/2 CUP	1	30	0	35	1.0	6.0
Peppers, Red or Green, Raw	1/2 CUP	1	12	0	2	0.43	2.45
Radishes	1/2 CUP	1	11	0	27	0.46	2.31
Tomatoes, Raw Cherry/Grape	1/2 cup	1	20	0	6	1.0	4.45
Pears, Canned	1/2 CUP	1	80	0	5	0.0	20.0
Fruit, Cup, PC	1/2 Cup	26	79	0	14	0.3	21.64
Apple, Slices; 1/2 cup	1/2 CUP	5	49	*0	1	0.24	12.6
Orange, Wedges	1/2 CUP	28	31	0	0	0.62	7.7
Fresh Whole Fruit	1/2 Cup	16	94	*0	2	0.73	23.9
Cherries, dried	1/4 CUP	1	189	0	7	0.71	45.61
Granola, Rocin'ola - Straw.	1 pkg.	1	120	0	0	3.0	21.0
Peanut Butter	1.5 OZ	1	221	0	230	11.01	15.16
Raisins, Box	1/4 cup	1	112	0	4	0.99	29.76
Sunflower Seed Butter, PC	1.5 OZ	1	266	0	160	9.0	9.0
Sunflower Seeds	1/2 OZ	2	85	0	26	2.83	4.72
Trail Mix/Dried Fruit	1/4 CUP	1	67	0	0	1.15	11.5
Tuna, Canned	2.0 OZ	1	1	0	3	0.26	0.0
Ketchup - bulk	1/2 OZ	68	17	0	150	0.0	4.17
Salad Dressing	1.5 OZ	25	196	12	653	1.25	7.99
Sauce, BBQ	1 OZ	1	50	0	95	0.0	12.0
Weighted Daily Average			582	*58	1180	28.95	69.78
% of Calories						19.9%	48.0%
Nutrient Guideline			550-650		1230		

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ELEMENTARY LUNCH IN SCHOOL

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)
Wed - 12/06/2023							
ELEMENTARY LUNCH IN S	Total	100					
Chicken Patty Sandwich, Reg	1 SANDWICH	75	324	33	678	20.0	40.0
Beans, Baked	1/2 CUP	35	136	0	470	6.06	30.97
Yogurt Plate	1 Plate	10	180	15	260	9.0	18.96
PB&J Uncrustable, 2.6, Entree	SANDWICH	15	300	0	280	9.0	32.0
Cheese, String Cheese	1 PIECE	7	80	15	190	7.0	1.0
ALLERGY, CPS Meal	1 SERVING	1	242	28	372	9.17	25.17
Milk, 1% Flavored	1 CARTON	90	150	10	230	8.0	24.0
Milk, 1% White	1 CARTON	2	100	15	120	8.0	11.0
Milk, NonFat White	1 CARTON	0	80	5	120	8.0	11.0
Farm to School Veg/Fruit	1/2 CUP	0	0	0	0	0.0	0.0
Beans, Canned Variety	1/2 CUP	2	114	0	126	6.97	20.6
Broccoli, Raw Florets	1/2 CUP	9	10	0	10	1.06	1.86
Carrots, Fresh	1/2 CUP	22	23	0	45	0.6	4.5
Celery, Raw Sticks	1/2 CUP	3	8	0	40	0.35	1.5
Cheese, Shredded, Cheddar	1 SERVING	11	80	20	200	7.0	1.0
Croutons	.5 OZ	2	85	0	136	3.02	13.08
Cucumbers, Raw	1/2 CUP	8	8	0	1	0.34	1.89
Lettuce, Salad Mix	1 CUP	1	4	0	3	0.26	0.89
Peppers, Mini Sweet, Raw	1/2 CUP	1	30	0	35	1.0	6.0
Peppers, Red or Green, Raw	1/2 CUP	1	12	0	2	0.43	2.45
Radishes	1/2 CUP	1	11	0	27	0.46	2.31
Tomatoes, Raw Cherry/Grape	1/2 cup	1	20	0	6	1.0	4.45
Peaches, Canned	1/2 CUP	23	70	0	10	0.0	17.0
Fruit, Cup, PC	1/2 Cup	30	79	0	14	0.3	21.64
Apple, Slices; 1/2 cup	1/2 CUP	10	49	*0	1	0.24	12.6
Orange, Wedges	1/2 CUP	18	31	0	0	0.62	7.7
Fresh Whole Fruit	1/2 Cup	11	94	*0	2	0.73	23.9
Cherries, dried	1/4 CUP	1	189	0	7	0.71	45.61
Granola, Roci'n'ola - Straw.	1 Package	1	120	0	0	3.0	21.0
Peanut Butter	1.5 OZ	1	221	0	230	11.01	15.16
Raisins, Box	1 BOX	1	448	0	16	3.97	119.06
Sunflower Seed Butter, PC	1.5 OZ	1	266	0	160	9.0	9.0
Sunflower Seeds	1/2 OZ	4	85	0	26	2.83	4.72
Trail Mix/Dried Fruit	1/4 CUP	1	67	0	0	1.15	11.5
Tuna, Canned	2.0 OZ	1	1	0	3	0.26	0.0
Ketchup - bulk	1/2 OZ	1	17	0	150	0.0	4.17
Salad Dressing	1.5 OZ	20	196	12	653	1.25	7.99
Sauce, BBQ	1 OZ	1	50	0	95	0.0	12.0
Weighted Daily Average			636	*42	1152	29.54	91.81
% of Calories						18.6%	57.7%
Nutrient Guideline			550-650		1230		

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)
Thu - 12/07/2023							
ELEMENTARY LUNCH IN S	Total	100					
Chicken, Mandarin Orange	3.6 oz.	61	150	40	280	11.0	19.0
Rice, Brown, 3/4 Cup	3/4 CUP	55	152	0	113	3.8	31.36
Rice, White, 3/4 Cup	3/4 CUP	1	156	0	113	3.68	34.93
Broccoli, Steamed	1/2 CUP	15	39	0	87	2.56	6.02
Anytime; Cheese Pizza Lnch Kit	1 Kit	18	360	30	750	13.0	34.0
PB&J Uncrustable, 2.6, Entree	SANDWICH	21	300	0	280	9.0	32.0
Cheese, String Cheese	1 PIECE	12	80	15	190	7.0	1.0
ALLERGY, CPS Meal	1 SERVING	1	242	28	372	9.17	25.17
Milk, 1% Flavored	1 CARTON	90	150	10	230	8.0	24.0
Milk, 1% White	1 CARTON	2	100	15	120	8.0	11.0
Milk, NonFat White	1 CARTON	1	80	5	120	8.0	11.0
Farm to School Veg/Fruit	1/2 CUP	0	0	0	0	0.0	0.0
Beans, Canned Variety	1/2 CUP	2	114	0	126	6.97	20.6
Broccoli, Raw Florets	1/2 CUP	14	10	0	10	1.06	1.86
Carrots, Fresh	1/2 CUP	21	23	0	45	0.6	4.5
Celery, Raw Sticks	1/2 CUP	3	8	0	40	0.35	1.5
Cheese, Shredded, Cheddar	1 SERVING	10	80	20	200	7.0	1.0
Croutons	.5 OZ	3	85	0	136	3.02	13.08
Cucumbers, Raw	1/2 CUP	6	8	0	1	0.34	1.89
Lettuce, Salad Mix	1 CUP	1	4	0	3	0.26	0.89
Peppers, Mini Sweet, Raw	1/2 CUP	1	30	0	35	1.0	6.0
Peppers, Red or Green, Raw	1/2 CUP	1	12	0	2	0.43	2.45
Radishes	1/2 CUP	1	11	0	27	0.46	2.31
Tomatoes, Raw Cherry/Grape	1/2 cup	1	20	0	6	1.0	4.45
Pineapple, Canned	1/2 CUP	28	72	0	10	0.0	17.0
Fruit, Cup, PC	1/2 Cup	13	79	0	14	0.3	21.64
Apple, Slices; 1/2 cup	1/2 CUP	56	49	*0	1	0.24	12.6
Orange, Wedges	1/2 CUP	3	31	0	0	0.62	7.7
Fresh Whole Fruit	1/2 Cup	1	94	*0	2	0.73	23.9
Cherries, dried	1/4 CUP	1	189	0	7	0.71	45.61
Granola, Rocin'ola - Straw.	1 pkg.	1	120	0	0	3.0	21.0
Peanut Butter	1.5 OZ	1	221	0	230	11.01	15.16
Raisins, Box	1/4 cup	1	112	0	4	0.99	29.76
Sunflower Seed Butter, PC	1.5 OZ	1	266	0	160	9.0	9.0
Sunflower Seeds	1/2 OZ	5	85	0	26	2.83	4.72
Trail Mix/Dried Fruit	1/4 CUP	1	67	0	0	1.15	11.5
Tuna, Canned	2.0 OZ	1	1	0	3	0.26	0.0
Salad Dressing	1.5 OZ	20	196	12	653	1.25	7.99
Weighted Daily Average			593	*46	859	23.94	85.91
% of Calories						16.1%	57.9%
Nutrient Guideline			550-650		1230		

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)
Fri - 12/08/2023							
ELEMENTARY LUNCH IN S	Total	100					
Taco Meat, Beef, boil in bag	1/2 cup (#8)	65	183	72	424	20.0	2.67
Tortilla, Flour, soft, 6"	2 Shells	1	140	4	210	4.0	26.0
Taco Shell, Hard, Corn	3 Shells	65	160	0	0	2.0	21.0
Beans, Refried	1/2 CUP	15	350	7	690	15.39	53.89
Yogurt Plate	1 Plate	12	180	15	260	9.0	18.96
PB&J Uncrustable, 2.6, Entree	SANDWICH	22	300	0	280	9.0	32.0
Cheese, String Cheese	1 PIECE	14	80	15	190	7.0	1.0
ALLERGY, CPS Meal	1 SERVING	1	242	28	372	9.17	25.17
Milk, 1% Flavored	1 CARTON	90	150	10	230	8.0	24.0
Milk, 1% White	1 CARTON	2	100	15	120	8.0	11.0
Milk, NonFat White	1 CARTON	1	80	5	120	8.0	11.0
Farm to School Veg/Fruit	1/2 CUP	0	0	0	0	0.0	0.0
Beans, Canned Variety	1/2 CUP	1	114	0	126	6.97	20.6
Broccoli, Raw Florets	1/2 CUP	9	10	0	10	1.06	1.86
Carrots, Fresh	1/2 CUP	21	23	0	45	0.6	4.5
Celery, Raw Sticks	1/2 CUP	4	8	0	40	0.35	1.5
Cheese, Shredded, Cheddar	1 SERVING	20	80	20	200	7.0	1.0
Croutons	.5 OZ	1	85	0	136	3.02	13.08
Cucumbers, Raw	1/2 CUP	4	8	0	1	0.34	1.89
Lettuce, Salad Mix	1 CUP	1	4	0	3	0.26	0.89
Peppers, Mini Sweet, Raw	1/2 CUP	1	30	0	35	1.0	6.0
Peppers, Red or Green, Raw	1/2 CUP	1	12	0	2	0.43	2.45
Radishes	1/2 CUP	1	11	0	27	0.46	2.31
Tomatoes, Raw Cherry/Grape	1/2 cup	1	20	0	6	1.0	4.45
Applesauce, Canned	1/2 CUP	27	50	0	10	0.0	13.0
Fruit, Cup, PC	1/2 Cup	7	79	0	14	0.3	21.64
Apple, Slices; 1/2 cup	1/2 CUP	8	49	*0	1	0.24	12.6
Orange, Wedges	1/2 CUP	1	31	0	0	0.62	7.7
Fresh Whole Fruit	1/2 Cup	1	94	*0	2	0.73	23.9
Cherries, dried	1/4 CUP	1	189	0	7	0.71	45.61
Banana	1/2 cup	1	50	0	1	0.62	12.95
Granola, Roci'n'ola - Straw.	1 pkg.	1	120	0	0	3.0	21.0
Peanut Butter	1.5 OZ	1	221	0	230	11.01	15.16
Raisins, Box	1/4 cup	1	112	0	4	0.99	29.76
Sunflower Seed Butter, PC	1.5 OZ	1	266	0	160	9.0	9.0
Sunflower Seeds	1/2 OZ	3	85	0	26	2.83	4.72
Trail Mix/Dried Fruit	1/4 CUP	1	67	0	0	1.15	11.5
Tuna, Canned	2.0 OZ	1	1	0	3	0.26	0.0
Salad Dressing	1.5 OZ	20	196	12	653	1.25	7.99
SALSA:COMMODITY	1 OZ	14	10	0	122	0.43	1.98
Sour Cream, PC's	1 PKG	7	60	20	15	1.0	0.0
Weighted Daily Average			623	*69	928	30.78	67.13
% of Calories						19.8%	43.1%
Nutrient Guideline			550-650		1230		

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# Columbia Public Schools

Dec 1, 2023 thru Dec 31, 2023

Base Menu Spreadsheet

ELEMENTARY LUNCH IN SCHOOL

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)
Mon - 12/11/2023							
ELEMENTARY LUNCH IN S	Total	100					
Sandwich, Grilled Cheese	SANDWICH	35	430	30	630	19.0	27.0
Potato, FF, CrispyToGo	1/2 Cup	1	110	0	360	1.0	17.0
Corn, Seasoned	1/2 CUP	40	120	0	421	3.3	24.17
Yogurt Plate	1 Plate	12	180	15	260	9.0	18.96
PB&J Uncrustable, 2.6, Entree	SANDWICH	20	300	0	280	9.0	32.0
Cheese, String Cheese	1 PIECE	1	80	15	190	7.0	1.0
ALLERGY, CPS Meal	1 SERVING	1	242	28	372	9.17	25.17
Milk, 1% Flavored	1 CARTON	14	150	10	230	8.0	24.0
Milk, 1% White	1 CARTON	1	100	15	120	8.0	11.0
Milk, Nonfat Flavored	1 CARTON	80	117	3	152	8.16	21.45
Beans, Canned Variety	1/2 CUP	15	114	0	126	6.97	20.6
Broccoli, Raw Florets	1/2 CUP	20	10	0	10	1.06	1.86
Carrots, Fresh	1/2 CUP	1	23	0	45	0.6	4.5
Celery, Raw Sticks	1/2 CUP	1	8	0	40	0.35	1.5
Cheese, Shredded, Cheddar	1 oz.	1	80	20	200	7.0	1.0
Croutons	.5 OZ	1	85	0	136	3.02	13.08
Cucumbers, Raw	1/2 CUP	1	8	0	1	0.34	1.89
Lettuce, Salad Mix	1 CUP	20	4	0	3	0.26	0.89
Peppers, Mini Sweet, Raw	1/2 CUP	1	30	0	35	1.0	6.0
Peppers, Red or Green, Raw	1/2 CUP	1	12	0	2	0.43	2.45
Radishes	1/2 CUP	1	11	0	27	0.46	2.31
Tomatoes, Raw Cherry/Grape	1/2 Cup	1	20	0	6	1.0	4.45
Pineapple, Canned	1/2 CUP	35	72	0	10	0.0	17.0
Fruit, Cup, PC	1/2 Cup	1	79	0	14	0.3	21.64
Apple, Slices; 1/2 cup	1/2 CUP	30	49	*0	1	0.24	12.6
Orange, Wedges	1/2 CUP	21	31	0	0	0.62	7.7
Fresh Whole Fruit	1/2 Cup	1	94	*0	2	0.73	23.9
Cherries, dried	1/4 CUP	1	189	0	7	0.71	45.61
Granola, Rocin'ola - Straw.	1 Package	1	120	0	0	3.0	21.0
Peanut Butter	1.5 OZ	1	221	0	230	11.01	15.16
Raisins, Box	1/4 cup	1	112	0	4	0.99	29.76
Sunflower Seed Butter, PC	1.5 OZ	1	266	0	160	9.0	9.0
Sunflower Seeds	1/2 OZ	10	85	0	26	2.83	4.72
Trail Mix, USDA Fruit and Nut	1/4 CUP	1	135	0	0	2.3	23.0
Tuna, Canned	2 OZ	1	1	0	3	0.26	0.0
Ketchup - bulk	1/2 OZ	1	17	0	150	0.0	4.17
Salad Dressing	1.5 OZ	42	196	12	653	1.25	7.99
Weighted Daily Average			572	*22	954	21.49	69.97
% of Calories						15.0%	48.9%
Nutrient Guideline			550-650		1230		

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# Columbia Public Schools

Dec 1, 2023 thru Dec 31, 2023

Base Menu Spreadsheet

ELEMENTARY LUNCH IN SCHOOL

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)
Tue - 12/12/2023							
ELEMENTARY LUNCH IN S	Total	100					
Chicken Tenders, Gold Kist, WG	3 PCS	76	203	49	383	18.46	11.13
Chicken Tenders, Sp, Gld Cr II	3 PCS (4.0 oz)	1	195	53	337	15.06	15.06
Potatoes, Mashed	1/2 cup	64	71	0	160	1.57	13.39
Gravy, PoultryTrio	2 OZ	1	25	0	140	0.0	4.0
Beans, Green, Seasoned	1/2 CUP	31	43	0	367	1.42	5.64
Anytime; Cheese Pizza Lnch Kit	1 Kit	9	360	30	750	13.0	34.0
PB&J Uncrustable, 2.6, Entree	SANDWICH	14	300	0	280	9.0	32.0
Cheese, String Cheese	1 PIECE	15	80	15	190	7.0	1.0
ALLERGY, CPS Meal	1 SERVING	1	242	28	372	9.17	25.17
Milk, 1% Flavored	1 CARTON	90	150	10	230	8.0	24.0
Milk, 1% White	1 CARTON	2	100	15	120	8.0	11.0
Milk, NonFat White	1 CARTON	0	80	5	120	8.0	11.0
Beans, Canned Variety	1/2 CUP	2	114	0	126	6.97	20.6
Broccoli, Raw Florets	1/2 CUP	9	10	0	10	1.06	1.86
Carrots, Fresh	1/2 CUP	23	23	0	45	0.6	4.5
Celery, Raw Sticks	1/2 CUP	5	8	0	40	0.35	1.5
Cheese, Shredded, Cheddar	1 SERVING	13	80	20	200	7.0	1.0
CROUTONS	.5 OZ	1	85	0	136	3.02	13.08
Cucumbers, Raw	1/2 CUP	7	8	0	1	0.34	1.89
Lettuce, Salad Mix	1 CUP	1	4	0	3	0.26	0.89
Peppers, Mini Sweet, Raw	1/2 CUP	1	30	0	35	1.0	6.0
Peppers, Red or Green, Raw	1/2 CUP	1	12	0	2	0.43	2.45
Radishes	1/2 CUP	1	11	0	27	0.46	2.31
Tomatoes, Raw Cherry/Grape	1/2 cup	1	20	0	6	1.0	4.45
Pears, Canned	1/2 CUP	1	80	0	5	0.0	20.0
Fruit, Cup, PC	1/2 Cup	26	79	0	14	0.3	21.64
Apple, Slices; 1/2 cup	1/2 CUP	5	49	*0	1	0.24	12.6
Orange, Wedges	1/2 CUP	28	31	0	0	0.62	7.7
Fresh Whole Fruit	1/2 Cup	16	94	*0	2	0.73	23.9
Cherries, dried	1/4 CUP	1	189	0	7	0.71	45.61
Granola, Rocin'ola - Straw.	1 pkg.	1	120	0	0	3.0	21.0
Peanut Butter	1.5 OZ	1	221	0	230	11.01	15.16
Raisins, Box	1/4 cup	1	112	0	4	0.99	29.76
Sunflower Seed Butter, PC	1.5 OZ	1	266	0	160	9.0	9.0
Sunflower Seeds	1/2 OZ	2	85	0	26	2.83	4.72
Trail Mix/Dried Fruit	1/4 CUP	1	67	0	0	1.15	11.5
Tuna, Canned	2.0 OZ	1	1	0	3	0.26	0.0
Ketchup - bulk	1/2 OZ	68	17	0	150	0.0	4.17
Salad Dressing	1.5 OZ	25	196	12	653	1.25	7.99
Sauce, BBQ	1 OZ	1	50	0	95	0.0	12.0
Weighted Daily Average			582	*58	1180	28.95	69.78
% of Calories						19.9%	48.0%
Nutrient Guideline			550-650		1230		

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# Columbia Public Schools

Dec 1, 2023 thru Dec 31, 2023

Base Menu Spreadsheet

ELEMENTARY LUNCH IN SCHOOL

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)
Wed - 12/13/2023							
ELEMENTARY LUNCH IN S	Total	100					
Turkey Frank on Bun	SERVING	70	260	35	710	11.5	30.71
Beans, Baked	1/2 CUP	6	136	0	470	6.06	30.97
Yogurt Plate	1 Plate	10	180	15	260	9.0	18.96
PB&J Uncrustable, 2.6, Entree	SANDWICH	19	300	0	280	9.0	32.0
Cheese, String Cheese	1 PIECE	1	80	15	190	7.0	1.0
ALLERGY, CPS Meal	1 SERVING	1	242	28	372	9.17	25.17
Milk, 1% Flavored	1 CARTON	90	150	10	230	8.0	24.0
Milk, 1% White	1 CARTON	2	100	15	120	8.0	11.0
Milk, NonFat White	1 CARTON	1	80	5	120	8.0	11.0
Farm to School Veg/Fruit	1/2 CUP	0	0	0	0	0.0	0.0
Beans, Canned Variety	1/2 CUP	2	114	0	126	6.97	20.6
Broccoli, Raw Florets	1/2 CUP	12	10	0	10	1.06	1.86
Carrots, Fresh	1/2 CUP	27	23	0	45	0.6	4.5
Celery, Raw Sticks	1/2 CUP	6	8	0	40	0.35	1.5
Cheese, Shredded, Cheddar	1 SERVING	13	80	20	200	7.0	1.0
Croutons	.5 OZ	2	85	0	136	3.02	13.08
Cucumbers, Raw	1/2 CUP	9	8	0	1	0.34	1.89
Lettuce, Salad Mix	1 CUP	1	4	0	3	0.26	0.89
Peppers, Mini Sweet, Raw	1/2 CUP	1	30	0	35	1.0	6.0
Peppers, Red or Green, Raw	1/2 CUP	1	12	0	2	0.43	2.45
Radishes	1/2 CUP	1	11	0	27	0.46	2.31
Tomatoes, Raw Cherry/Grape	1/2 cup	1	20	0	6	1.0	4.45
Strawberries, Frozen	1/2 CUP	1	39	0	2	0.48	10.09
Fruit, Cup, PC	1/2 Cup	1	79	0	14	0.3	21.64
Apple, Slices; 1/2 cup	1/2 CUP	27	49	*0	1	0.24	12.6
Orange, Wedges	1/2 CUP	16	31	0	0	0.62	7.7
Fresh Whole Fruit	1/2 Cup	50	94	*0	2	0.73	23.9
Cherries, dried	1/4 CUP	3	189	0	7	0.71	45.61
Granola, Roci'n'ola - Straw.	1 pkg.	1	120	0	0	3.0	21.0
Peanut Butter	1.5 OZ	1	221	0	230	11.01	15.16
Raisins, Box	1/4 cup	1	112	0	4	0.99	29.76
Sunflower Seed Butter, PC	1.5 OZ	1	266	0	160	9.0	9.0
Sunflower Seeds	1/2 OZ	6	85	0	26	2.83	4.72
Trail Mix/Dried Fruit	1/4 CUP	1	67	0	0	1.15	11.5
Tuna, Canned	2.0 OZ	1	1	0	3	0.26	0.0
Ketchup - bulk	1/2 OZ	1	17	0	150	0.0	4.17
Salad Dressing	1.5 OZ	20	196	12	653	1.25	7.99
Mustard, PC's	1 PACKET	1	3	0	42	0.21	0.44
Mayonnaise, PC's	1 PACKET	1	10	5	100	0.0	3.0
Sauce, BBQ	1 OZ	1	50	0	95	0.0	12.0
Weighted Daily Average			555	*41	1010	21.34	77.40
% of Calories						15.4%	55.8%
Nutrient Guideline			550-650		1230		

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# Columbia Public Schools

Dec 1, 2023 thru Dec 31, 2023

Base Menu Spreadsheet

ELEMENTARY LUNCH IN SCHOOL

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)
Thu - 12/14/2023							
ELEMENTARY LUNCH IN S	Total	100					
Chicken, BBQ Teriyaki Chicken	4 oz.	70	259	140	960	30.0	20.01
Rice, Brown, 3/4 Cup	3/4 CUP	1	152	0	113	3.8	31.36
Rice, White, 3/4 Cup	3/4 CUP	20	156	0	113	3.68	34.93
Broccoli, Steamed	1/2 CUP	1	39	0	87	2.56	6.02
Anytime; Cheese Pizza Lnch Kit	1 Kit	10	360	30	750	13.0	34.0
PB&J Uncrustable, 2.6, Entree	SANDWICH	19	300	0	280	9.0	32.0
Cheese, String Cheese	1 PIECE	1	80	15	190	7.0	1.0
ALLERGY, CPS Meal	1 SERVING	1	242	28	372	9.17	25.17
Milk, 1% Flavored	1 CARTON	90	150	10	230	8.0	24.0
Milk, 1% White	1 CARTON	2	100	15	120	8.0	11.0
Milk, NonFat White	1 CARTON	0	80	5	120	8.0	11.0
Beans, Canned Variety	1/2 CUP	3	114	0	126	6.97	20.6
Broccoli, Raw Florets	1/2 CUP	9	10	0	10	1.06	1.86
Carrots, Fresh	1/2 CUP	20	23	0	45	0.6	4.5
Celery, Raw Sticks	1/2 CUP	3	8	0	40	0.35	1.5
Cheese, Shredded, Cheddar	1 SERVING	12	80	20	200	7.0	1.0
Croutons	.5 OZ	1	85	0	136	3.02	13.08
Cucumbers, Raw	1/2 CUP	3	8	0	1	0.34	1.89
Lettuce, Salad Mix	1 CUP	1	4	0	3	0.26	0.89
Peppers, Mini Sweet, Raw	1/2 CUP	1	30	0	35	1.0	6.0
Peppers, Red or Green, Raw	1/2 CUP	1	12	0	2	0.43	2.45
Radishes	1/2 CUP	1	11	0	27	0.46	2.31
Tomatoes, Raw Cherry/Grape	1/2 cup	1	20	0	6	1.0	4.45
Applesauce, Canned	1/2 CUP	40	50	0	10	0.0	13.0
Fruit, Cup, PC	1/2 Cup	1	79	0	14	0.3	21.64
Apple, Slices; 1/2 cup	1/2 CUP	20	49	*0	1	0.24	12.6
Orange, Wedges	1/2 CUP	20	31	0	0	0.62	7.7
Fresh Whole Fruit	1/2 Cup	1	94	*0	2	0.73	23.9
Cherries, dried	1/4 CUP	1	189	0	7	0.71	45.61
Granola, Rocin'ola - Straw.	1 pkg.	1	120	0	0	3.0	21.0
Peanut Butter	1.5 OZ	1	221	0	230	11.01	15.16
Raisins, Box	1/4 cup	5	112	0	4	0.99	29.76
Sunflower Seed Butter, PC	1.5 OZ	1	266	0	160	9.0	9.0
Sunflower Seeds	1/2 OZ	3	85	0	26	2.83	4.72
Trail Mix/Dried Fruit	1/4 CUP	1	67	0	0	1.15	11.5
Tuna, Canned	2.0 OZ	1	1	0	3	0.26	0.0
Salad Dressing	1.5 OZ	20	196	12	653	1.25	7.99
Weighted Daily Average			562	*116	1221	34.50	69.09
% of Calories						24.6%	49.2%
Nutrient Guideline			550-650		1230		

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# Columbia Public Schools

Dec 1, 2023 thru Dec 31, 2023

Base Menu Spreadsheet

ELEMENTARY LUNCH IN SCHOOL

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)
Fri - 12/15/2023							
ELEMENTARY LUNCH IN S	Total	100					
Chicken, Brd Drumstick/Thigh	1 piece	45	289	94	615	20.07	13.8
Beans, Green, Seasoned	1/2 CUP	40	43	0	367	1.42	5.64
Yogurt Plate	1 Plate	19	180	15	260	9.0	18.96
PB&J Uncrustable, 2.6, Entree	SANDWICH	35	300	0	280	9.0	32.0
Cheese, String Cheese	1 PIECE	11	80	15	190	7.0	1.0
ALLERGY, CPS Meal	1 SERVING	1	242	28	372	9.17	25.17
Milk, 1% Flavored	1 CARTON	90	150	10	230	8.0	24.0
Milk, 1% White	1 CARTON	2	100	15	120	8.0	11.0
Milk, NonFat White	1 CARTON	0	80	5	120	8.0	11.0
Farm to School Veg/Fruit	1/2 CUP	1	0	0	0	0.0	0.0
Beans, Canned Variety	1/2 CUP	3	114	0	126	6.97	20.6
Broccoli, Raw Florets	1/2 CUP	9	10	0	10	1.06	1.86
Carrots, Fresh	1/2 CUP	22	23	0	45	0.6	4.5
Celery, Raw Sticks	1/2 CUP	3	8	0	40	0.35	1.5
Cheese, Shredded, Cheddar	1 SERVING	12	80	20	200	7.0	1.0
Croutons	.5 OZ	1	85	0	136	3.02	13.08
Cucumbers, Raw	1/2 CUP	3	8	0	1	0.34	1.89
Lettuce, Salad Mix	1 CUP	1	4	0	3	0.26	0.89
Peppers, Mini Sweet, Raw	1/2 CUP	1	30	0	35	1.0	6.0
Peppers, Red or Green, Raw	1/2 CUP	1	12	0	2	0.43	2.45
Radishes	1/2 CUP	1	11	0	27	0.46	2.31
Tomatoes, Raw Cherry/Grape	1/2 cup	1	20	0	6	1.0	4.45
Peaches, Canned	1/2 CUP	22	70	0	10	0.0	17.0
Fruit, Cup, PC	1/2 Cup	20	79	0	14	0.3	21.64
Apple, Slices; 1/2 cup	1/2 CUP	1	49	*0	1	0.24	12.6
Orange, Wedges	1/2 CUP	30	31	0	0	0.62	7.7
Fresh Whole Fruit	1/2 Cup	1	94	*0	2	0.73	23.9
Cherries, dried	1/4 CUP	1	189	0	7	0.71	45.61
Banana	1/2 cup	30	50	0	1	0.62	12.95
Granola, Rocin'ola - Straw.	1 pkg.	1	120	0	0	3.0	21.0
Peanut Butter	1.5 OZ	1	221	0	230	11.01	15.16
Raisins, Box	1 BOX	1	448	0	16	3.97	119.06
Sunflower Seed Butter, PC	1.5 OZ	1	266	0	160	9.0	9.0
Sunflower Seeds	1/2 OZ	3	85	0	26	2.83	4.72
Trail Mix/Dried Fruit	1/4 CUP	1	67	0	0	1.15	11.5
Tuna, Canned	2.0 OZ	1	1	0	3	0.26	0.0
Salad Dressing	1.5 OZ	10	196	12	653	1.25	7.99
Sauce, BBQ	1 OZ	20	50	0	95	0.0	12.0
Side Kick	1/2 cup	1	82	0	18	0.0	20.91
Weighted Daily Average			559	*60	941	24.98	68.13
% of Calories						17.9%	48.8%
Nutrient Guideline			550-650		1230		

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# Columbia Public Schools

Dec 1, 2023 thru Dec 31, 2023

Base Menu Spreadsheet

ELEMENTARY LUNCH IN SCHOOL

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)
Mon - 12/18/2023							
ELEMENTARY LUNCH IN S	Total	100					
Pizza Crunchers	4 Pieces	70	420	30	670	20.0	41.0
Sauce, Spaghetti Dipping	1/4 Cup	1	35	0	280	1.0	6.0
Peas, Cooked, Seasoned	1/2 CUP	20	113	0	272	6.25	17.52
Yogurt Plate	1 Plate	10	180	15	260	9.0	18.96
PB&J Uncrustable, 2.6, Entree	SANDWICH	19	300	0	280	9.0	32.0
Cheese, String Cheese	1 PIECE	1	80	15	190	7.0	1.0
ALLERGY, CPS Meal	1 SERVING	1	242	28	372	9.17	25.17
Milk, 1% Flavored	1 CARTON	90	150	10	230	8.0	24.0
Milk, 1% White	1 CARTON	2	100	15	120	8.0	11.0
Milk, NonFat White	1 CARTON	0	80	5	120	8.0	11.0
Beans, Canned Variety	1/2 CUP	3	114	0	126	6.97	20.6
Broccoli, Raw Florets	1/2 CUP	9	10	0	10	1.06	1.86
Carrots, Fresh	1/2 CUP	20	23	0	45	0.6	4.5
Celery, Raw Sticks	1/2 CUP	3	8	0	40	0.35	1.5
Cheese, Shredded, Cheddar	1 SERVING	12	80	20	200	7.0	1.0
Croutons	.5 OZ	1	85	0	136	3.02	13.08
Cucumbers, Raw	1/2 CUP	3	8	0	1	0.34	1.89
Lettuce, Salad Mix	1 CUP	1	4	0	3	0.26	0.89
Peppers, Mini Sweet, Raw	1/2 CUP	1	30	0	35	1.0	6.0
Peppers, Red or Green, Raw	1/2 CUP	1	12	0	2	0.43	2.45
Radishes	1/2 CUP	1	11	0	27	0.46	2.31
Tomatoes, Raw Cherry/Grape	1/2 cup	1	20	0	6	1.0	4.45
Applesauce, Canned	1/2 CUP	40	50	0	10	0.0	13.0
Fruit, Cup, PC	1/2 Cup	1	79	0	14	0.3	21.64
Apple, Slices; 1/2 cup	1/2 CUP	20	49	*0	1	0.24	12.6
Orange, Wedges	1/2 CUP	20	31	0	0	0.62	7.7
Fresh Whole Fruit	1/2 Cup	1	94	*0	2	0.73	23.9
Cherries, dried	1/4 CUP	1	189	0	7	0.71	45.61
Granola, Rocin'ola - Straw.	1 pkg.	1	120	0	0	3.0	21.0
Peanut Butter	1.5 OZ	1	221	0	230	11.01	15.16
Raisins, Box	1/4 cup	5	112	0	4	0.99	29.76
Sunflower Seed Butter, PC	1.5 OZ	1	266	0	160	9.0	9.0
Sunflower Seeds	1/2 OZ	3	85	0	26	2.83	4.72
Trail Mix/Dried Fruit	1/4 CUP	1	67	0	0	1.15	11.5
Tuna, Canned	2.0 OZ	1	1	0	3	0.26	0.0
Salad Dressing	1.5 OZ	20	196	12	653	1.25	7.99
Weighted Daily Average			646	*37	1001	27.55	78.48
% of Calories						17.1%	48.6%
Nutrient Guideline			550-650		1230		

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# Columbia Public Schools

Dec 1, 2023 thru Dec 31, 2023

Base Menu Spreadsheet

ELEMENTARY LUNCH IN SCHOOL

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)
Tue - 12/19/2023							
ELEMENTARY LUNCH IN S	Total	100					
Chicken Tenders, Gold Kist, WG	3 PCS	76	203	49	383	18.46	11.13
Chicken Tenders, Sp, Gld Cr II	3 PCS (4.0 oz)	1	195	53	337	15.06	15.06
Potatoes, Mashed	1/2 cup	64	71	0	160	1.57	13.39
Gravy, PoultryTrio	2 OZ	1	25	0	140	0.0	4.0
Beans, Green, Seasoned	1/2 CUP	31	43	0	367	1.42	5.64
Anytime; Cheese Pizza Lnch Kit	1 Kit	9	360	30	750	13.0	34.0
PB&J Uncrustable, 2.6, Entree	SANDWICH	14	300	0	280	9.0	32.0
Cheese, String Cheese	1 PIECE	15	80	15	190	7.0	1.0
ALLERGY, CPS Meal	1 SERVING	1	242	28	372	9.17	25.17
Milk, 1% Flavored	1 CARTON	90	150	10	230	8.0	24.0
Milk, 1% White	1 CARTON	2	100	15	120	8.0	11.0
Milk, NonFat White	1 CARTON	0	80	5	120	8.0	11.0
Beans, Canned Variety	1/2 CUP	2	114	0	126	6.97	20.6
Broccoli, Raw Florets	1/2 CUP	9	10	0	10	1.06	1.86
Carrots, Fresh	1/2 CUP	23	23	0	45	0.6	4.5
Celery, Raw Sticks	1/2 CUP	5	8	0	40	0.35	1.5
Cheese, Shredded, Cheddar	1 SERVING	13	80	20	200	7.0	1.0
Croutons	.5 OZ	1	85	0	136	3.02	13.08
Cucumbers, Raw	1/2 CUP	7	8	0	1	0.34	1.89
Lettuce, Salad Mix	1 CUP	1	4	0	3	0.26	0.89
Peppers, Mini Sweet, Raw	1/2 CUP	1	30	0	35	1.0	6.0
Peppers, Red or Green, Raw	1/2 CUP	1	12	0	2	0.43	2.45
Radishes	1/2 CUP	1	11	0	27	0.46	2.31
Tomatoes, Raw Cherry/Grape	1/2 cup	1	20	0	6	1.0	4.45
Pears, Canned	1/2 CUP	1	80	0	5	0.0	20.0
Fruit, Cup, PC	1/2 Cup	26	79	0	14	0.3	21.64
Apple, Slices; 1/2 cup	1/2 CUP	5	49	*0	1	0.24	12.6
Orange, Wedges	1/2 CUP	28	31	0	0	0.62	7.7
Fresh Whole Fruit	1/2 Cup	16	94	*0	2	0.73	23.9
Cherries, dried	1/4 CUP	1	189	0	7	0.71	45.61
Granola, Rocin'ola - Straw.	1 pkg.	1	120	0	0	3.0	21.0
Peanut Butter	1.5 OZ	1	221	0	230	11.01	15.16
Raisins, Box	1/4 cup	1	112	0	4	0.99	29.76
Sunflower Seed Butter, PC	1.5 OZ	1	266	0	160	9.0	9.0
Sunflower Seeds	1/2 OZ	2	85	0	26	2.83	4.72
Trail Mix/Dried Fruit	1/4 CUP	1	67	0	0	1.15	11.5
Tuna, Canned	2.0 OZ	1	1	0	3	0.26	0.0
Ketchup - bulk	1/2 OZ	68	17	0	150	0.0	4.17
Salad Dressing	1.5 OZ	25	196	12	653	1.25	7.99
Sauce, BBQ	1 OZ	1	50	0	95	0.0	12.0
Weighted Daily Average			582	*58	1180	28.95	69.78
% of Calories						19.9%	48.0%
Nutrient Guideline			550-650		1230		

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# Columbia Public Schools

Dec 1, 2023 thru Dec 31, 2023

Base Menu Spreadsheet

ELEMENTARY LUNCH IN SCHOOL

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)
Wed - 12/20/2023							
ELEMENTARY LUNCH IN S	Total	100					
Chicken Patty Sandwich, Reg	1 SANDWICH	75	324	33	678	20.0	40.0
Beans, Baked	1/2 CUP	35	136	0	470	6.06	30.97
Yogurt Plate	1 Plate	10	180	15	260	9.0	18.96
PB&J Uncrustable, 2.6, Entree	SANDWICH	15	300	0	280	9.0	32.0
Cheese, String Cheese	1 PIECE	7	80	15	190	7.0	1.0
ALLERGY, CPS Meal	1 SERVING	1	242	28	372	9.17	25.17
Milk, 1% Flavored	1 CARTON	90	150	10	230	8.0	24.0
Milk, 1% White	1 CARTON	2	100	15	120	8.0	11.0
Milk, NonFat White	1 CARTON	0	80	5	120	8.0	11.0
Farm to School Veg/Fruit	1/2 CUP	0	0	0	0	0.0	0.0
Beans, Canned Variety	1/2 CUP	2	114	0	126	6.97	20.6
Broccoli, Raw Florets	1/2 CUP	9	10	0	10	1.06	1.86
Carrots, Fresh	1/2 CUP	22	23	0	45	0.6	4.5
Celery, Raw Sticks	1/2 CUP	3	8	0	40	0.35	1.5
Cheese, Shredded, Cheddar	1 SERVING	11	80	20	200	7.0	1.0
Croutons	.5 OZ	2	85	0	136	3.02	13.08
Cucumbers, Raw	1/2 CUP	8	8	0	1	0.34	1.89
Lettuce, Salad Mix	1 CUP	1	4	0	3	0.26	0.89
Peppers, Mini Sweet, Raw	1/2 CUP	1	30	0	35	1.0	6.0
Peppers, Red or Green, Raw	1/2 CUP	1	12	0	2	0.43	2.45
Radishes	1/2 CUP	1	11	0	27	0.46	2.31
Tomatoes, Raw Cherry/Grape	1/2 cup	1	20	0	6	1.0	4.45
Peaches, Canned	1/2 CUP	23	70	0	10	0.0	17.0
Fruit, Cup, PC	1/2 Cup	30	79	0	14	0.3	21.64
Apple, Slices; 1/2 cup	1/2 CUP	10	49	*0	1	0.24	12.6
Orange, Wedges	1/2 CUP	18	31	0	0	0.62	7.7
Fresh Whole Fruit	1/2 Cup	11	94	*0	2	0.73	23.9
Cherries, dried	1/4 CUP	1	189	0	7	0.71	45.61
Granola, Rocin'ola - Straw.	1 Package	1	120	0	0	3.0	21.0
Peanut Butter	1.5 OZ	1	221	0	230	11.01	15.16
Raisins, Box	1 BOX	1	448	0	16	3.97	119.06
Sunflower Seed Butter, PC	1.5 OZ	1	266	0	160	9.0	9.0
Sunflower Seeds	1/2 OZ	4	85	0	26	2.83	4.72
Trail Mix/Dried Fruit	1/4 CUP	1	67	0	0	1.15	11.5
Tuna, Canned	2.0 OZ	1	1	0	3	0.26	0.0
Ketchup - bulk	1/2 OZ	1	17	0	150	0.0	4.17
Salad Dressing	1.5 OZ	20	196	12	653	1.25	7.99
Sauce, BBQ	1 OZ	1	50	0	95	0.0	12.0
Weighted Daily Average			636	*42	1152	29.54	91.81
% of Calories						18.6%	57.7%
Nutrient Guideline			550-650		1230		
Weighted Average			591	*51	1032	27.19	74.80
						18.4%	50.7%

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Dec 1, 2023 thru Dec 31, 2023

Base Menu Spreadsheet

ELEMENTARY LUNCH IN SCHOOL

Portion Values - Detailed

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Nutrient	Menu AVG	% of Cals	Portion Size Weekly Target	Reimb Qty % of Target	Cals (kcal) Miss Data	Cholst (mg) Shortfall	Sodm (mg) Overage	Protn (g)	Carb (g) Error Messages (if any)
Calories	591		550 - 650	100%					
Cholesterol (mg)	51				Missing				
Sodium 1 (mg)	1032		1230						
Sodium 2 (mg)	1032		1110						
Protein (g)	27.19	18.41%							
Carbohydrate (g)	74.80	50.66%							

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