

# Columbia Public Schools

Dec 1, 2023 thru Dec 31, 2023

Base Menu Spreadsheet

HIGH SCHOOL LUNCH IN SCHOOL

Portion Values - Detailed

Page 1

Generated on: 12/1/2023 8:19:32 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)
Fri - 12/01/2023							
HIGH SCHOOL LUNCH IN S	Total	100					
Burger, Cowboy	SANDWICH	15	440	57	677	23.19	45.93
Beans, Baked	1/2 CUP	5	136	0	470	6.06	30.97
ALLERGY, CPS Meal	1 SERVING	1	242	28	372	9.17	25.17
Burger, Black Bean, on Bun	Sandwich	1	300	0	760	19.0	45.0
Chicken Patty Sandwich, Reg	1 SANDWICH	10	324	33	678	20.0	40.0
Chicken Patty Sandwich, Spicy	SANDWICH	8	330	55	690	24.0	45.0
Chicken Tenders, Gold Kist, WG	3 PCS	10	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
Pizza, SM,Cheese, HS instruct	Pizza, personal	10	383	37	614	20.3	38.63
Pizza, SM,Cheesy Bread	Pizza, personal	10	*767	*74	*1236	*40.67	*77.36
Pizza, SM,Pepperoni HS instruct	Pizza, personal	20	401	43	747	20.23	39.47
Pizza, SM,Sausage, HS instruct	Pizza, personal	10	386	178	528	19.23	38.47
Pizza, SM,Buffalo Chicken, HS	Pizza, personal	0	371	46	987	22.56	39.14
Pizza, SM,Ckn B R, HS instruct	Pizza, personal	0	434	62	1006	25.76	39.68
Pizza, SM,Italian Combo, HS	Pizza, personal	0	416	45	787	20.73	39.97
Chicken Caesar Salad	SALAD	1	534	80	1404	24.29	38.33
PB&J Uncrustable, 5.3 Entree	SANDWICH	4	630	0	620	19.0	64.0
Milk, 1% Flavored	1 CARTON	80	150	10	230	8.0	24.0
Milk, 1% White	1 CARTON	10	100	15	120	8.0	11.0
Milk, NonFat White	1 CARTON	1	80	5	120	8.0	11.0
Beans, Canned Variety	1/2 CUP	1	114	0	126	6.97	20.6
Beans, Garbanzo	1/2 CUP	1	120	0	85	6.0	20.0
Broccoli, Raw Florets	1/2 CUP	4	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	4	8	0	40	0.35	1.5
Cheese, Shredded, Cheddar	1 SERVING	5	80	20	200	7.0	1.0
Croutons	.5 OZ	5	85	0	136	3.02	13.08
Cucumbers, Raw	1/2 CUP	5	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
Tomatoes, Raw Cherry/Grape	1/2 cup	1	20	0	6	1.0	4.45
Applesauce, Canned	1/2 CUP	1	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	1	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	35	94	*0	2	0.73	23.9
Apple, Slices; 1/2 cup	1/2 CUP	1	49	*0	1	0.24	12.6
Banana	1/2 cup	20	50	0	1	0.62	12.95
Cherries, dried	1/4 CUP	1	189	0	7	0.71	45.61

\*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

Dec 1, 2023 thru Dec 31, 2023

Base Menu Spreadsheet

HIGH SCHOOL LUNCH IN SCHOOL

Portion Values - Detailed

Page 2

Generated on: 12/1/2023 8:19:32 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)
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
Rice, Brown, 1 Cup	1 CUP	1	200	0	148	4.99	41.16
Rice, White, 1 Cup	1 CUP	1	205	0	148	4.83	45.84
Rotini WG, Secondary	1 CUP	1	200	0	5	8.42	43.19
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
Tomatoes, Raw Cherry/Grape	1/2 cup	1	20	0	6	1.0	4.45
Tuna, Canned	2.0 OZ	1	1	0	3	0.26	0.0
Trail Mix/Dried Fruit	1/4 CUP	3	67	0	0	1.15	11.5
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	15	196	12	653	1.25	7.99
Sauce, BBQ	1 OZ	1	50	0	95	0.0	12.0
Sauce, Spaghetti Dipping	1/4 Cup	1	35	0	280	1.0	6.0
Sauce, Sweet and Sour	1 OZ	1	61	0	12	0.02	15.43
Weighted Daily Average			*678	*73	*1099	*32.54	*84.56
% of Calories						*19.2%	*49.9%
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

Dec 1, 2023 thru Dec 31, 2023

Base Menu Spreadsheet

HIGH SCHOOL LUNCH IN SCHOOL

Portion Values - Detailed

Page 3

Generated on: 12/1/2023 8:19:32 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)
Mon - 12/04/2023							
HIGH SCHOOL LUNCH IN S	Total	100					
Pizza, French Bread, Garlic	1 Piece	34	370	15	610	16.0	29.0
Corn, Seasoned	1/2 CUP	1	120	0	421	3.3	24.17
ALLERGY, CPS Meal	1 SERVING	1	242	28	372	9.17	25.17
Burger, Black Bean, on Bun	Sandwich	1	300	0	760	19.0	45.0
Burger, Cheeseburger on Bun	SANDWICH	4	335	57	550	22.0	28.0
Burger, Hamburger on Bun	Sandwich	1	300	50	400	19.0	27.0
Chicken Tenders, Gold Kist, WG	3 PCS	1	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
Pizza, SM,Cheese, HS instruct	Pizza, personal	8	383	37	614	20.3	38.63
Pizza, SM,Cheesy Bread	Pizza, personal	11	*767	*74	*1236	*40.67	*77.36
Pizza, SM,Pepperoni HS instruct	Pizza, personal	19	401	43	747	20.23	39.47
Pizza, SM,Sausage, HS instruct	Pizza, personal	12	386	178	528	19.23	38.47
Pizza, SM,Buffalo Chicken, HS	Pizza, personal	0	371	46	987	22.56	39.14
Pizza, SM,Ckn B R, HS instruct	Pizza, personal	0	434	62	1006	25.76	39.68
Pizza, SM,Italian Combo, HS	Pizza, personal	0	416	45	787	20.73	39.97
Chicken Caesar Salad	SALAD	2	534	80	1404	24.29	38.33
PB&J Uncrustable, 5.3 Entree	SANDWICH	5	630	0	620	19.0	64.0
Milk, 1% Flavored	1 CARTON	80	150	10	230	8.0	24.0
Milk, 1% White	1 CARTON	10	100	15	120	8.0	11.0
Milk, NonFat White	1 CARTON	1	80	5	120	8.0	11.0
Beans, Canned Variety	1/2 CUP	1	114	0	126	6.97	20.6
Beans, Garbanzo	1/2 CUP	1	120	0	85	6.0	20.0
Broccoli, Raw Florets	1/2 CUP	6	10	0	10	1.06	1.86
Carrots, Fresh	1/2 CUP	19	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	8	85	0	136	3.02	13.08
Cucumbers, Raw	1/2 CUP	10	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
Tomatoes, Raw Cherry/Grape	1/2 cup	1	20	0	6	1.0	4.45
Fruit, Cup, PC	1/2 Cup	1	79	0	14	0.3	21.64
Fruit, Cup, PC	1/2 Cup	35	79	0	14	0.3	21.64
Apple, Slices; 1/2 cup	1/2 CUP	6	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	10	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
Rice, Brown, 1 Cup	1 CUP	1	200	0	148	4.99	41.16
Rice, White, 1 Cup	1 CUP	1	205	0	148	4.83	45.84
Rotini WG, Secondary	1 CUP	1	200	0	5	8.42	43.19
Sunflower Seed Butter, PC	1.5 OZ	0	266	0	160	9.0	9.0
Sunflower Seeds	1/2 OZ	8	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	2	1	0	3	0.26	0.0
Ketchup - bulk	1/2 OZ	34	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	34	196	12	653	1.25	7.99
Sauce, BBQ	1 OZ	22	50	0	95	0.0	12.0
Sauce, Spaghetti Dipping	1/4 Cup	1	35	0	280	1.0	6.0
Sauce, Sweet and Sour	1 OZ	7	61	0	12	0.02	15.43

\*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

Dec 1, 2023 thru Dec 31, 2023

Base Menu Spreadsheet

HIGH SCHOOL LUNCH IN SCHOOL

Portion Values - Detailed

Page 4

Generated on: 12/1/2023 8:19:32 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)
Weighted Daily Average % of Calories			*743	*67	*1261	*30.85 *16.6%	*86.78 *46.7%
Nutrient Guideline			750-850		1420		

Tue - 12/05/2023							
HIGH SCHOOL LUNCH IN S	Total	100					
Chicken Tenders, Gold Kist, WG	3 PCS	34	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	42	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	8	43	0	367	1.42	5.64
ALLERGY, CPS Meal	1 SERVING	1	242	28	372	9.17	25.17
Burger, Black Bean, on Bun	Sandwich	1	300	0	760	19.0	45.0
Chicken Patty Sandwich, Reg	1 SANDWICH	4	324	33	678	20.0	40.0
Chicken Patty Sandwich, Spicy	SANDWICH	6	330	55	690	24.0	45.0
Pizza, SM,Cheese, HS instruct	Pizza, personal	8	383	37	614	20.3	38.63
Pizza, SM,Cheesy Bread	Pizza, personal	11	*767	*74	*1236	*40.67	*77.36
Pizza, SM,Pepperoni HS instruct	Pizza, personal	19	401	43	747	20.23	39.47
Pizza, SM,Sausage, HS instruct	Pizza, personal	12	386	178	528	19.23	38.47
Pizza, SM,Buffalo Chicken, HS	Pizza, personal	0	371	46	987	22.56	39.14
Pizza, SM,Ckn B R, HS instruct	Pizza, personal	0	434	62	1006	25.76	39.68
Pizza, SM,Italian Combo, HS	Pizza, personal	0	416	45	787	20.73	39.97
Chicken Caesar Salad	SALAD	2	534	80	1404	24.29	38.33
PB&J Uncrustable, 5.3 Entree	SANDWICH	5	630	0	620	19.0	64.0
Milk, 1% Flavored	1 CARTON	80	150	10	230	8.0	24.0
Milk, 1% White	1 CARTON	10	100	15	120	8.0	11.0
Milk, NonFat White	1 CARTON	1	80	5	120	8.0	11.0
Beans, Canned Variety	1/2 CUP	1	114	0	126	6.97	20.6
Beans, Garbanzo	1/2 CUP	1	120	0	85	6.0	20.0
Broccoli, Raw Florets	1/2 CUP	6	10	0	10	1.06	1.86
Carrots, Fresh	1/2 CUP	19	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	8	85	0	136	3.02	13.08
Cucumbers, Raw	1/2 CUP	10	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
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	35	79	0	14	0.3	21.64
Apple, Slices; 1/2 cup	1/2 CUP	6	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	10	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

\*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

Dec 1, 2023 thru Dec 31, 2023

Base Menu Spreadsheet

HIGH SCHOOL LUNCH IN SCHOOL

Portion Values - Detailed

Page 5

Generated on: 12/1/2023 8:19:32 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)
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
Rice, Brown, 1 Cup	1 CUP	1	200	0	148	4.99	41.16
Rice, White, 1 Cup	1 CUP	1	205	0	148	4.83	45.84
Rotini WG, Secondary	1 CUP	1	200	0	5	8.42	43.19
Sunflower Seed Butter, PC	1.5 OZ	0	266	0	160	9.0	9.0
Sunflower Seeds	1/2 OZ	8	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	2	1	0	3	0.26	0.0
Ketchup - bulk	1/2 OZ	34	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	34	196	12	653	1.25	7.99
Sauce, BBQ	1 OZ	22	50	0	95	0.0	12.0
Sauce, Spaghetti Dipping	1/4 Cup	1	35	0	280	1.0	6.0
Sauce, Sweet and Sour	1 OZ	7	61	0	12	0.02	15.43
Weighted Daily Average			*733	*80	*1316	*33.41	*89.36
% of Calories						*18.2%	*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

Dec 1, 2023 thru Dec 31, 2023

Base Menu Spreadsheet

HIGH SCHOOL LUNCH IN SCHOOL

Portion Values - Detailed

Page 6

Generated on: 12/1/2023 8:19:32 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)
Wed - 12/06/2023							
HIGH SCHOOL LUNCH IN S	Total	100					
Chicken Patty Sandwich, Reg	1 SANDWICH	1	324	33	678	20.0	40.0
Chicken Patty Sandwich, Spicy	SANDWICH	1	330	55	690	24.0	45.0
Beans, Baked	1/2 CUP	42	136	0	470	6.06	30.97
ALLERGY, CPS Meal	1 SERVING	1	242	28	372	9.17	25.17
Burger, Black Bean, on Bun	Sandwich	1	300	0	760	19.0	45.0
Burger, Cheeseburger on Bun	SANDWICH	4	335	57	550	22.0	28.0
Burger, Hamburger on Bun	Sandwich	6	300	50	400	19.0	27.0
Chicken Tenders, Gold Kist, WG	3 PCS	1	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
Pizza, SM,Cheese, HS instruct	Pizza, personal	8	383	37	614	20.3	38.63
Pizza, SM,Cheesy Bread	Pizza, personal	11	*767	*74	*1236	*40.67	*77.36
Pizza, SM,Pepperoni HS instrct	Pizza, personal	19	401	43	747	20.23	39.47
Pizza, SM,Sausage, HS instruct	Pizza, personal	12	386	178	528	19.23	38.47
Pizza, SM,Buffalo Chicken, HS	Pizza, personal	0	371	46	987	22.56	39.14
Pizza, SM,Ckn B R, HS instruct	Pizza, personal	0	434	62	1006	25.76	39.68
Pizza, SM,Italian Combo, HS	Pizza, personal	0	416	45	787	20.73	39.97
Chicken Caesar Salad	SALAD	2	534	80	1404	24.29	38.33
PB&J Uncrustable, 5.3 Entree	SANDWICH	5	630	0	620	19.0	64.0
Milk, 1% Flavored	1 CARTON	80	150	10	230	8.0	24.0
Milk, 1% White	1 CARTON	10	100	15	120	8.0	11.0
Milk, NonFat White	1 CARTON	1	80	5	120	8.0	11.0
Beans, Canned Variety	1/2 CUP	1	114	0	126	6.97	20.6
Beans, Garbanzo	1/2 CUP	1	120	0	85	6.0	20.0
Broccoli, Raw Florets	1/2 CUP	6	10	0	10	1.06	1.86
Carrots, Fresh	1/2 CUP	19	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	8	85	0	136	3.02	13.08
Cucumbers, Raw	1/2 CUP	10	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
Tomatoes, Raw Cherry/Grape	1/2 cup	1	20	0	6	1.0	4.45
Peaches, Canned	1/2 CUP	1	70	0	10	0.0	17.0
Fruit, Cup, PC	1/2 Cup	35	79	0	14	0.3	21.64
Apple, Slices; 1/2 cup	1/2 CUP	6	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	10	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

\*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

Dec 1, 2023 thru Dec 31, 2023

Base Menu Spreadsheet

HIGH SCHOOL LUNCH IN SCHOOL

Portion Values - Detailed

Page 7

Generated on: 12/1/2023 8:19:32 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)
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
Rice, Brown, 1 Cup	1 CUP	1	200	0	148	4.99	41.16
Rice, White, 1 Cup	1 CUP	1	205	0	148	4.83	45.84
Rotini WG, Secondary	1 CUP	1	200	0	5	8.42	43.19
Sunflower Seed Butter, PC	1.5 OZ	0	266	0	160	9.0	9.0
Sunflower Seeds	1/2 OZ	8	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	2	1	0	3	0.26	0.0
Ketchup - bulk	1/2 OZ	34	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	34	196	12	653	1.25	7.99
Sauce, BBQ	1 OZ	22	50	0	95	0.0	12.0
Sauce, Spaghetti Dipping	1/4 Cup	1	35	0	280	1.0	6.0
Sauce, Sweet and Sour	1 OZ	7	61	0	12	0.02	15.43
Weighted Daily Average			*695	*66	*1280	*29.31	*91.84
% of Calories						*16.9%	*52.9%
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

Dec 1, 2023 thru Dec 31, 2023

Base Menu Spreadsheet

HIGH SCHOOL LUNCH IN SCHOOL

Portion Values - Detailed

Page 8

Generated on: 12/1/2023 8:19:32 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)
Thu - 12/07/2023							
HIGH SCHOOL LUNCH IN S	Total	100					
Chicken, Mandarin Orange	3.6 oz.	34	150	40	280	11.0	19.0
Rice, Brown, 1 Cup	1 CUP	1	200	0	148	4.99	41.16
Rice, White, 1 Cup	1 CUP	42	205	0	148	4.83	45.84
Broccoli, Steamed	1/2 CUP	1	39	0	87	2.56	6.02
ALLERGY, CPS Meal	1 SERVING	1	242	28	372	9.17	25.17
Burger, Black Bean, on Bun	Sandwich	1	300	0	760	19.0	45.0
Chicken Patty Sandwich, Reg	1 SANDWICH	4	324	33	678	20.0	40.0
Chicken Patty Sandwich, Spicy	SANDWICH	6	330	55	690	24.0	45.0
Chicken Tenders, Gold Kist, WG	3 PCS	1	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
Pizza, SM,Cheese, HS instruct	Pizza, personal	8	383	37	614	20.3	38.63
Pizza, SM,Cheesy Bread	Pizza, personal	11	*767	*74	*1236	*40.67	*77.36
Pizza, SM,Pepperoni HS instruct	Pizza, personal	19	401	43	747	20.23	39.47
Pizza, SM,Sausage, HS instruct	Pizza, personal	12	386	178	528	19.23	38.47
Pizza, SM,Buffalo Chicken, HS	Pizza, personal	0	371	46	987	22.56	39.14
Pizza, SM,Ckn B R, HS instruct	Pizza, personal	0	434	62	1006	25.76	39.68
Pizza, SM,Italian Combo, HS	Pizza, personal	0	416	45	787	20.73	39.97
Chicken Caesar Salad	SALAD	2	534	80	1404	24.29	38.33
PB&J Uncrustable, 5.3 Entree	SANDWICH	5	630	0	620	19.0	64.0
Milk, 1% Flavored	1 CARTON	80	150	10	230	8.0	24.0
Milk, 1% White	1 CARTON	10	100	15	120	8.0	11.0
Milk, NonFat White	1 CARTON	1	80	5	120	8.0	11.0
Beans, Canned Variety	1/2 CUP	1	114	0	126	6.97	20.6
Beans, Garbanzo	1/2 CUP	1	120	0	85	6.0	20.0
Broccoli, Raw Florets	1/2 CUP	6	10	0	10	1.06	1.86
Carrots, Fresh	1/2 CUP	19	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	8	85	0	136	3.02	13.08
Cucumbers, Raw	1/2 CUP	10	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
Tomatoes, Raw Cherry/Grape	1/2 cup	1	20	0	6	1.0	4.45
Pineapple, Canned	1/2 CUP	1	72	0	10	0.0	17.0
Fruit, Cup, PC	1/2 Cup	35	79	0	14	0.3	21.64
Apple, Slices; 1/2 cup	1/2 CUP	6	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	10	94	*0	2	0.73	23.9
Cherries, dried	1/4 CUP	1	189	0	7	0.71	45.61

\*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

Dec 1, 2023 thru Dec 31, 2023

Base Menu Spreadsheet

HIGH SCHOOL LUNCH IN SCHOOL

Portion Values - Detailed

Page 9

Generated on: 12/1/2023 8:19:32 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)
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
Rice, Brown, 1 Cup	1 CUP	1	200	0	148	4.99	41.16
Rice, White, 1 Cup	1 CUP	1	205	0	148	4.83	45.84
Rotini WG, Secondary	1 CUP	1	200	0	5	8.42	43.19
Sunflower Seed Butter, PC	1.5 OZ	0	266	0	160	9.0	9.0
Sunflower Seeds	1/2 OZ	8	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	2	1	0	3	0.26	0.0
Ketchup - bulk	1/2 OZ	34	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	34	196	12	653	1.25	7.99
Sauce, BBQ	1 OZ	22	50	0	95	0.0	12.0
Sauce, Spaghetti Dipping	1/4 Cup	1	35	0	280	1.0	6.0
Sauce, Sweet and Sour	1 OZ	7	61	0	12	0.02	15.43
Weighted Daily Average			*772	*78	*1251	*32.39	*105.73
% of Calories						*16.8%	*54.8%
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

Dec 1, 2023 thru Dec 31, 2023

Base Menu Spreadsheet

HIGH SCHOOL LUNCH IN SCHOOL

Portion Values - Detailed

Page 10

Generated on: 12/1/2023 8:19:32 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)
Fri - 12/08/2023							
HIGH SCHOOL LUNCH IN S	Total	100					
Taco Meat, Beef, boil in bag	1/2 cup (#8)	34	183	72	424	20.0	2.67
Taco Shell, Hard, Corn	3 Shells	1	160	0	0	2.0	21.0
Tortilla, Flour, soft, 6"	2 Shells	42	140	4	210	4.0	26.0
Beans, Refried	1/2 CUP	1	350	7	690	15.39	53.89
ALLERGY, CPS Meal	1 SERVING	1	242	28	372	9.17	25.17
Burger, Black Bean, on Bun	Sandwich	1	300	0	760	19.0	45.0
Chicken Patty Sandwich, Reg	1 SANDWICH	4	324	33	678	20.0	40.0
Chicken Patty Sandwich, Spicy	SANDWICH	6	330	55	690	24.0	45.0
Chicken Tenders, Gold Kist, WG	3 PCS	1	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
Pizza, SM,Cheese, HS instruct	Pizza, personal	8	383	37	614	20.3	38.63
Pizza, SM,Cheesy Bread	Pizza, personal	11	*767	*74	*1236	*40.67	*77.36
Pizza, SM,Pepperoni HS instruct	Pizza, personal	19	401	43	747	20.23	39.47
Pizza, SM,Sausage, HS instruct	Pizza, personal	12	386	178	528	19.23	38.47
Pizza, SM,Buffalo Chicken, HS	Pizza, personal	0	371	46	987	22.56	39.14
Pizza, SM,Ckn B R, HS instruct	Pizza, personal	0	434	62	1006	25.76	39.68
Pizza, SM,Italian Combo, HS	Pizza, personal	0	416	45	787	20.73	39.97
Chicken Caesar Salad	SALAD	2	534	80	1404	24.29	38.33
PB&J Uncrustable, 5.3 Entree	SANDWICH	5	630	0	620	19.0	64.0
Milk, 1% Flavored	1 CARTON	80	150	10	230	8.0	24.0
Milk, 1% White	1 CARTON	10	100	15	120	8.0	11.0
Milk, NonFat White	1 CARTON	1	80	5	120	8.0	11.0
Beans, Canned Variety	1/2 CUP	1	114	0	126	6.97	20.6
Beans, Garbanzo	1/2 CUP	1	120	0	85	6.0	20.0
Broccoli, Raw Florets	1/2 CUP	6	10	0	10	1.06	1.86
Carrots, Fresh	1/2 CUP	19	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	8	85	0	136	3.02	13.08
Cucumbers, Raw	1/2 CUP	10	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
Tomatoes, Raw Cherry/Grape	1/2 cup	1	20	0	6	1.0	4.45
Applesauce, Canned	1/2 CUP	1	50	0	10	0.0	13.0
Fruit, Cup, PC	1/2 Cup	35	79	0	14	0.3	21.64
Apple, Slices; 1/2 cup	1/2 CUP	6	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	10	94	*0	2	0.73	23.9
Cherries, dried	1/4 CUP	1	189	0	7	0.71	45.61

\*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

Dec 1, 2023 thru Dec 31, 2023

Base Menu Spreadsheet

HIGH SCHOOL LUNCH IN SCHOOL

Portion Values - Detailed

Page 11

Generated on: 12/1/2023 8:19:32 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)
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
Rice, Brown, 1 Cup	1 CUP	1	200	0	148	4.99	41.16
Rice, White, 1 Cup	1 CUP	1	205	0	148	4.83	45.84
Rotini WG, Secondary	1 CUP	1	200	0	5	8.42	43.19
Sunflower Seed Butter, PC	1.5 OZ	0	266	0	160	9.0	9.0
Sunflower Seeds	1/2 OZ	8	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	2	1	0	3	0.26	0.0
Ketchup - bulk	1/2 OZ	34	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	34	196	12	653	1.25	7.99
Sauce, BBQ	1 OZ	22	50	0	95	0.0	12.0
Sauce, Spaghetti Dipping	1/4 Cup	1	35	0	280	1.0	6.0
Sauce, Sweet and Sour	1 OZ	7	61	0	12	0.02	15.43
SALSA:COMMODITY	1 OZ	1	10	0	122	0.43	1.98
Sour Cream, PC's	1 PKG	1	60	20	15	1.0	0.0
Weighted Daily Average			*759	*91	*1332	*35.21	*92.10
% of Calories						*18.6%	*48.6%
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

Dec 1, 2023 thru Dec 31, 2023

Base Menu Spreadsheet

HIGH SCHOOL LUNCH IN SCHOOL

Portion Values - Detailed

Page 12

Generated on: 12/1/2023 8:19:32 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)
Mon - 12/11/2023							
HIGH SCHOOL LUNCH IN S	Total	100					
Sandwich, Grilled Cheese	SANDWICH	34	430	30	630	19.0	27.0
Potato, FF, Seasoned	1/2 Cup	1	151	0	170	1.26	25.21
Corn, Seasoned	1/2 CUP	42	120	0	421	3.3	24.17
ALLERGY, CPS Meal	1 SERVING	1	242	28	372	9.17	25.17
Burger, Black Bean, on Bun	Sandwich	1	300	0	760	19.0	45.0
Burger, Cheeseburger on Bun	SANDWICH	4	335	57	550	22.0	28.0
Burger, Hamburger on Bun	Sandwich	6	300	50	400	19.0	27.0
Chicken Tenders, Gold Kist, WG	3 PCS	1	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
Pizza, SM,Cheese, HS instruct	Pizza, personal	8	383	37	614	20.3	38.63
Pizza, SM,Cheesy Bread	Pizza, personal	11	*767	*74	*1236	*40.67	*77.36
Pizza, SM,Pepperoni HS instrct	Pizza, personal	19	401	43	747	20.23	39.47
Pizza, SM,Sausage, HS instruct	Pizza, personal	12	386	178	528	19.23	38.47
Pizza, SM,Buffalo Chicken, HS	Pizza, personal	0	371	46	987	22.56	39.14
Pizza, SM,Ckn B R, HS instruct	Pizza, personal	0	434	62	1006	25.76	39.68
Pizza, SM,Italian Combo, HS	Pizza, personal	0	416	45	787	20.73	39.97
Chicken Caesar Salad	SALAD	2	534	80	1404	24.29	38.33
PB&J Uncrustable, 5.3 Entree	SANDWICH	5	630	0	620	19.0	64.0
Milk, 1% Flavored	1 CARTON	80	150	10	230	8.0	24.0
Milk, 1% White	1 CARTON	10	100	15	120	8.0	11.0
Milk, NonFat White	1 CARTON	1	80	5	120	8.0	11.0
Beans, Canned Variety	1/2 CUP	1	114	0	126	6.97	20.6
Beans, Garbanzo	1/2 CUP	1	120	0	85	6.0	20.0
Broccoli, Raw Florets	1/2 CUP	6	10	0	10	1.06	1.86
Carrots, Fresh	1/2 CUP	19	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	8	85	0	136	3.02	13.08
Cucumbers, Raw	1/2 CUP	10	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
Tomatoes, Raw Cherry/Grape	1/2 cup	1	20	0	6	1.0	4.45
Pineapple, Canned	1/2 CUP	1	72	0	10	0.0	17.0
Fruit, Cup, PC	1/2 Cup	35	79	0	14	0.3	21.64
Apple, Slices; 1/2 cup	1/2 CUP	6	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	10	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

\*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

Dec 1, 2023 thru Dec 31, 2023

Base Menu Spreadsheet

HIGH SCHOOL LUNCH IN SCHOOL

Portion Values - Detailed

Page 13

Generated on: 12/1/2023 8:19:32 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)
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
Rice, Brown, 1 Cup	1 CUP	1	200	0	148	4.99	41.16
Rice, White, 1 Cup	1 CUP	1	205	0	148	4.83	45.84
Rotini WG, Secondary	1 CUP	1	200	0	5	8.42	43.19
Sunflower Seed Butter, PC	1.5 OZ	0	266	0	160	9.0	9.0
Sunflower Seeds	1/2 OZ	8	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	2	1	0	3	0.26	0.0
Ketchup - bulk	1/2 OZ	34	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	34	196	12	653	1.25	7.99
Sauce, BBQ	1 OZ	22	50	0	95	0.0	12.0
Sauce, Spaghetti Dipping	1/4 Cup	1	35	0	280	1.0	6.0
Sauce, Sweet and Sour	1 OZ	7	61	0	12	0.02	15.43
Weighted Daily Average			*829	*75	*1462	*34.18	*97.57
% of Calories						*16.5%	*47.1%
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

Dec 1, 2023 thru Dec 31, 2023

Base Menu Spreadsheet

HIGH SCHOOL LUNCH IN SCHOOL

Portion Values - Detailed

Page 14

Generated on: 12/1/2023 8:19:32 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)
Tue - 12/12/2023							
HIGH SCHOOL LUNCH IN S	Total	100					
Chicken Tenders, Gold Kist, WG	3 PCS	34	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	42	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	8	43	0	367	1.42	5.64
ALLERGY, CPS Meal	1 SERVING	1	242	28	372	9.17	25.17
Burger, Black Bean, on Bun	Sandwich	1	300	0	760	19.0	45.0
Chicken Patty Sandwich, Reg	1 SANDWICH	4	324	33	678	20.0	40.0
Chicken Patty Sandwich, Spicy	SANDWICH	6	330	55	690	24.0	45.0
Pizza, SM,Cheese, HS instruct	Pizza, personal	8	383	37	614	20.3	38.63
Pizza, SM,Cheesy Bread	Pizza, personal	11	*767	*74	*1236	*40.67	*77.36
Pizza, SM,Pepperoni HS instrct	Pizza, personal	19	401	43	747	20.23	39.47
Pizza, SM,Sausage, HS instruct	Pizza, personal	12	386	178	528	19.23	38.47
Pizza, SM,Buffalo Chicken, HS	Pizza, personal	0	371	46	987	22.56	39.14
Pizza, SM,Ckn B R, HS instruct	Pizza, personal	0	434	62	1006	25.76	39.68
Pizza, SM,Italian Combo, HS	Pizza, personal	0	416	45	787	20.73	39.97
Chicken Caesar Salad	SALAD	2	534	80	1404	24.29	38.33
PB&J Uncrustable, 5.3 Entree	SANDWICH	5	630	0	620	19.0	64.0
Milk, 1% Flavored	1 CARTON	80	150	10	230	8.0	24.0
Milk, 1% White	1 CARTON	10	100	15	120	8.0	11.0
Milk, NonFat White	1 CARTON	1	80	5	120	8.0	11.0
Beans, Canned Variety	1/2 CUP	1	114	0	126	6.97	20.6
Beans, Garbanzo	1/2 CUP	1	120	0	85	6.0	20.0
Broccoli, Raw Florets	1/2 CUP	6	10	0	10	1.06	1.86
Carrots, Fresh	1/2 CUP	19	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	8	85	0	136	3.02	13.08
Cucumbers, Raw	1/2 CUP	10	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
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	35	79	0	14	0.3	21.64
Apple, Slices; 1/2 cup	1/2 CUP	6	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	10	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

\*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

Dec 1, 2023 thru Dec 31, 2023

Base Menu Spreadsheet

HIGH SCHOOL LUNCH IN SCHOOL

Portion Values - Detailed

Page 15

Generated on: 12/1/2023 8:19:32 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)
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
Rice, Brown, 1 Cup	1 CUP	1	200	0	148	4.99	41.16
Rice, White, 1 Cup	1 CUP	1	205	0	148	4.83	45.84
Rotini WG, Secondary	1 CUP	1	200	0	5	8.42	43.19
Sunflower Seed Butter, PC	1.5 OZ	0	266	0	160	9.0	9.0
Sunflower Seeds	1/2 OZ	8	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	2	1	0	3	0.26	0.0
Ketchup - bulk	1/2 OZ	34	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	34	196	12	653	1.25	7.99
Sauce, BBQ	1 OZ	22	50	0	95	0.0	12.0
Sauce, Spaghetti Dipping	1/4 Cup	1	35	0	280	1.0	6.0
Sauce, Sweet and Sour	1 OZ	7	61	0	12	0.02	15.43
Weighted Daily Average			*733	*80	*1316	*33.41	*89.36
% of Calories						*18.2%	*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

Dec 1, 2023 thru Dec 31, 2023

Base Menu Spreadsheet

HIGH SCHOOL LUNCH IN SCHOOL

Portion Values - Detailed

Page 16

Generated on: 12/1/2023 8:19:32 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)
Wed - 12/13/2023							
HIGH SCHOOL LUNCH IN S	Total	100					
Burger, Hamburger on Bun	Sandwich	1	300	50	400	19.0	27.0
Burger, Cheeseburger on Bun	SANDWICH	1	335	57	550	22.0	28.0
Beans, Baked	1/2 CUP	11	136	0	470	6.06	30.97
ALLERGY, CPS Meal	1 SERVING	1	242	28	372	9.17	25.17
Burger, Black Bean, on Bun	Sandwich	1	300	0	760	19.0	45.0
Burger, Cheeseburger on Bun	SANDWICH	1	335	57	550	22.0	28.0
Burger, Hamburger on Bun	Sandwich	1	300	50	400	19.0	27.0
Chicken Tenders, Gold Kist, WG	3 PCS	14	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
Pizza, SM,Cheese, HS instruct	Pizza, personal	6	383	37	614	20.3	38.63
Pizza, SM,Cheesy Bread	Pizza, personal	11	*767	*74	*1236	*40.67	*77.36
Pizza, SM,Pepperoni HS instrct	Pizza, personal	18	401	43	747	20.23	39.47
Pizza, SM,Sausage, HS instruct	Pizza, personal	13	386	178	528	19.23	38.47
Pizza, SM,Buffalo Chicken, HS	Pizza, personal	0	371	46	987	22.56	39.14
Pizza, SM,Ckn B R, HS instruct	Pizza, personal	0	434	62	1006	25.76	39.68
Pizza, SM,Italian Combo, HS	Pizza, personal	0	416	45	787	20.73	39.97
Pizza, 5" round	Pizza	1	310	30	440	15.93	32.99
Chicken Caesar Salad	SALAD	2	534	80	1404	24.29	38.33
PB&J Uncrustable, 5.3 Entree	SANDWICH	4	630	0	620	19.0	64.0
Milk, 1% Flavored	1 CARTON	80	150	10	230	8.0	24.0
Milk, 1% White	1 CARTON	10	100	15	120	8.0	11.0
Milk, NonFat White	1 CARTON	1	80	5	120	8.0	11.0
Beans, Canned Variety	1/2 CUP	1	114	0	126	6.97	20.6
Beans, Garbanzo	1/2 CUP	1	120	0	85	6.0	20.0
Broccoli, Raw Florets	1/2 CUP	5	10	0	10	1.06	1.86
Carrots, Fresh	1/2 CUP	16	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	7	80	20	200	7.0	1.0
Croutons	.5 OZ	4	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
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
Apple, Slices; 1/2 cup	1/2 CUP	1	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	31	94	*0	2	0.73	23.9
Cherries, dried	1/4 CUP	14	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	4	112	0	4	0.99	29.76
Rice, Brown, 1 Cup	1 CUP	1	200	0	148	4.99	41.16
Rotini WG, Secondary	1 CUP	1	200	0	5	8.42	43.19
Sunflower Seed Butter, PC	1.5 OZ	1	266	0	160	9.0	9.0
Sunflower Seeds	1/2 OZ	15	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	4	1	0	3	0.26	0.0
Ketchup - bulk	1/2 OZ	32	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	35	196	12	653	1.25	7.99
Sauce, BBQ	1 OZ	1	50	0	95	0.0	12.0
Sauce, Spaghetti Dipping	1/4 Cup	1	35	0	280	1.0	6.0
Sauce, Sweet and Sour	1 OZ	1	61	0	12	0.02	15.43

\*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

Dec 1, 2023 thru Dec 31, 2023

Base Menu Spreadsheet

HIGH SCHOOL LUNCH IN SCHOOL

Portion Values - Detailed

Page 17

Generated on: 12/1/2023 8:19:33 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)
Weighted Daily Average % of Calories			*640	*68	*1093	*27.60 *17.2%	*77.90 *48.7%
Nutrient Guideline			750-850		1420		

Thu - 12/14/2023							
HIGH SCHOOL LUNCH IN S	Total	100					
Chicken, BBQ Teriyaki Chicken	4 oz.	10	259	140	960	30.0	20.01
Rice, Brown, 1 Cup	1 CUP	1	200	0	148	4.99	41.16
Rice, White, 1 Cup	1 CUP	18	205	0	148	4.83	45.84
Broccoli, Steamed	1/2 CUP	20	39	0	87	2.56	6.02
ALLERGY, CPS Meal	1 SERVING	1	242	28	372	9.17	25.17
Burger, Black Bean, on Bun	Sandwich	1	300	0	760	19.0	45.0
Chicken Patty Sandwich, Reg	1 SANDWICH	10	324	33	678	20.0	40.0
Chicken Patty Sandwich, Spicy	SANDWICH	2	330	55	690	24.0	45.0
Chicken Tenders, Gold Kist, WG	3 PCS	16	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
Pizza, SM,Cheese, HS instruct	Pizza, personal	8	383	37	614	20.3	38.63
Pizza, SM,Cheesy Bread	Pizza, personal	11	*767	*74	*1236	*40.67	*77.36
Pizza, SM,Pepperoni HS instruct	Pizza, personal	29	401	43	747	20.23	39.47
Pizza, SM,Sausage, HS instruct	Pizza, personal	10	386	178	528	19.23	38.47
Pizza, SM,Buffalo Chicken, HS	Pizza, personal	0	371	46	987	22.56	39.14
Pizza, SM,Ckn B R, HS instruct	Pizza, personal	0	434	62	1006	25.76	39.68
Pizza, SM,Italian Combo, HS	Pizza, personal	0	416	45	787	20.73	39.97
Chicken Caesar Salad	SALAD	1	534	80	1404	24.29	38.33
PB&J Uncrustable, 5.3 Entree	SANDWICH	5	630	0	620	19.0	64.0
Milk, 1% Flavored	1 CARTON	80	150	10	230	8.0	24.0
Milk, 1% White	1 CARTON	10	100	15	120	8.0	11.0
Milk, NonFat White	1 CARTON	1	80	5	120	8.0	11.0
Beans, Canned Variety	1/2 CUP	1	114	0	126	6.97	20.6
Beans, Garbanzo	1/2 CUP	1	120	0	85	6.0	20.0
Broccoli, Raw Florets	1/2 CUP	6	10	0	10	1.06	1.86
Carrots, Fresh	1/2 CUP	11	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	5	80	20	200	7.0	1.0
Croutons	.5 OZ	6	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	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
Tomatoes, Raw Cherry/Grape	1/2 cup	1	20	0	6	1.0	4.45
Applesauce, Canned	1/2 CUP	1	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	41	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	25	94	*0	2	0.73	23.9
Cherries, dried	1/4 CUP	1	189	0	7	0.71	45.61

\*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

Dec 1, 2023 thru Dec 31, 2023

Base Menu Spreadsheet

HIGH SCHOOL LUNCH IN SCHOOL

Portion Values - Detailed

Page 18

Generated on: 12/1/2023 8:19:33 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)
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	3	112	0	4	0.99	29.76
Rice, Brown, 1 Cup	1 CUP	1	200	0	148	4.99	41.16
Rice, White, 1 Cup	1 CUP	1	205	0	148	4.83	45.84
Rotini WG, Secondary	1 CUP	1	200	0	5	8.42	43.19
Sunflower Seed Butter, PC	1.5 OZ	0	266	0	160	9.0	9.0
Sunflower Seeds	1/2 OZ	5	85	0	26	2.83	4.72
Tuna, Canned	2.0 OZ	1	1	0	3	0.26	0.0
Trail Mix/Dried Fruit	1/4 CUP	3	67	0	0	1.15	11.5
Ketchup - bulk	1/2 OZ	44	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	23	196	12	653	1.25	7.99
Sauce, BBQ	1 OZ	9	50	0	95	0.0	12.0
Sauce, Spaghetti Dipping	1/4 Cup	1	35	0	280	1.0	6.0
Sauce, Sweet and Sour	1 OZ	1	61	0	12	0.02	15.43
Weighted Daily Average			*734	*83	*1260	*34.72	*93.80
% of Calories						*18.9%	*51.1%
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

Dec 1, 2023 thru Dec 31, 2023

Base Menu Spreadsheet

HIGH SCHOOL LUNCH IN SCHOOL

Portion Values - Detailed

Page 19

Generated on: 12/1/2023 8:19:33 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)
Fri - 12/15/2023							
HIGH SCHOOL LUNCH IN S	Total	100					
Chicken, Brd Drumstick/Thigh	1 piece	34	289	94	615	20.07	13.8
Roll, Dinner, WG	1 Roll	1	105	0	198	3.0	15.0
Beans, Green, Seasoned	1/2 CUP	42	43	0	367	1.42	5.64
ALLERGY, CPS Meal	1 SERVING	1	242	28	372	9.17	25.17
Burger, Black Bean, on Bun	Sandwich	1	300	0	760	19.0	45.0
Chicken Patty Sandwich, Reg	1 SANDWICH	4	324	33	678	20.0	40.0
Chicken Patty Sandwich, Spicy	SANDWICH	6	330	55	690	24.0	45.0
Chicken Tenders, Gold Kist, WG	3 PCS	1	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
Pizza, SM,Cheese, HS instruct	Pizza, personal	8	383	37	614	20.3	38.63
Pizza, SM,Cheesy Bread	Pizza, personal	11	*767	*74	*1236	*40.67	*77.36
Pizza, SM,Pepperoni HS instrct	Pizza, personal	19	401	43	747	20.23	39.47
Pizza, SM,Sausage, HS instruct	Pizza, personal	12	386	178	528	19.23	38.47
Pizza, SM,Buffalo Chicken, HS	Pizza, personal	0	371	46	987	22.56	39.14
Pizza, SM,Ckn B R, HS instruct	Pizza, personal	0	434	62	1006	25.76	39.68
Pizza, SM,Italian Combo, HS	Pizza, personal	0	416	45	787	20.73	39.97
Chicken Caesar Salad	SALAD	2	534	80	1404	24.29	38.33
PB&J Uncrustable, 5.3 Entree	SANDWICH	5	630	0	620	19.0	64.0
Milk, 1% Flavored	1 CARTON	80	150	10	230	8.0	24.0
Milk, 1% White	1 CARTON	10	100	15	120	8.0	11.0
Milk, NonFat White	1 CARTON	1	80	5	120	8.0	11.0
Beans, Canned Variety	1/2 CUP	1	114	0	126	6.97	20.6
Beans, Garbanzo	1/2 CUP	1	120	0	85	6.0	20.0
Broccoli, Raw Florets	1/2 CUP	6	10	0	10	1.06	1.86
Carrots, Fresh	1/2 CUP	19	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	8	85	0	136	3.02	13.08
Cucumbers, Raw	1/2 CUP	10	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
Tomatoes, Raw Cherry/Grape	1/2 cup	1	20	0	6	1.0	4.45
Peaches, Canned	1/2 CUP	1	70	0	10	0.0	17.0
Fruit, Cup, PC	1/2 Cup	35	79	0	14	0.3	21.64
Apple, Slices; 1/2 cup	1/2 CUP	6	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	10	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

\*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

Dec 1, 2023 thru Dec 31, 2023

Base Menu Spreadsheet

HIGH SCHOOL LUNCH IN SCHOOL

Portion Values - Detailed

Page 20

Generated on: 12/1/2023 8:19:33 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)
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
Rice, Brown, 1 Cup	1 CUP	1	200	0	148	4.99	41.16
Rice, White, 1 Cup	1 CUP	1	205	0	148	4.83	45.84
Rotini WG, Secondary	1 CUP	1	200	0	5	8.42	43.19
Sunflower Seed Butter, PC	1.5 OZ	0	266	0	160	9.0	9.0
Sunflower Seeds	1/2 OZ	8	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	2	1	0	3	0.26	0.0
Ketchup - bulk	1/2 OZ	34	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	34	196	12	653	1.25	7.99
Sauce, BBQ	1 OZ	22	50	0	95	0.0	12.0
Sauce, Spaghetti Dipping	1/4 Cup	1	35	0	280	1.0	6.0
Sauce, Sweet and Sour	1 OZ	7	61	0	12	0.02	15.43
Side Kick	1/2 cup	1	82	0	18	0.0	20.91
Weighted Daily Average			*750	*96	*1457	*34.00	*86.97
% of Calories						*18.1%	*46.4%
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

Dec 1, 2023 thru Dec 31, 2023

Base Menu Spreadsheet

HIGH SCHOOL LUNCH IN SCHOOL

Portion Values - Detailed

Page 21

Generated on: 12/1/2023 8:19:33 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)
Mon - 12/18/2023							
HIGH SCHOOL LUNCH IN S	Total	100					
Pizza Crunchers	4 Pieces	34	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	42	113	0	272	6.25	17.52
ALLERGY, CPS Meal	1 SERVING	1	242	28	372	9.17	25.17
Burger, Black Bean, on Bun	Sandwich	1	300	0	760	19.0	45.0
Burger, Cheeseburger on Bun	SANDWICH	4	335	57	550	22.0	28.0
Burger, Hamburger on Bun	Sandwich	6	300	50	400	19.0	27.0
Chicken Tenders, Gold Kist, WG	3 PCS	1	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
Pizza, SM,Cheese, HS instruct	Pizza, personal	8	383	37	614	20.3	38.63
Pizza, SM,Cheesy Bread	Pizza, personal	11	*767	*74	*1236	*40.67	*77.36
Pizza, SM,Pepperoni HS instrct	Pizza, personal	19	401	43	747	20.23	39.47
Pizza, SM,Sausage, HS instruct	Pizza, personal	12	386	178	528	19.23	38.47
Pizza, SM,Buffalo Chicken, HS	Pizza, personal	0	371	46	987	22.56	39.14
Pizza, SM,Ckn B R, HS instruct	Pizza, personal	0	434	62	1006	25.76	39.68
Pizza, SM,Italian Combo, HS	Pizza, personal	0	416	45	787	20.73	39.97
Chicken Caesar Salad	SALAD	2	534	80	1404	24.29	38.33
PB&J Uncrustable, 5.3 Entree	SANDWICH	5	630	0	620	19.0	64.0
Milk, 1% Flavored	1 CARTON	80	150	10	230	8.0	24.0
Milk, 1% White	1 CARTON	10	100	15	120	8.0	11.0
Milk, NonFat White	1 CARTON	1	80	5	120	8.0	11.0
Beans, Canned Variety	1/2 CUP	1	114	0	126	6.97	20.6
Beans, Garbanzo	1/2 CUP	1	120	0	85	6.0	20.0
Broccoli, Raw Florets	1/2 CUP	6	10	0	10	1.06	1.86
Carrots, Fresh	1/2 CUP	19	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	8	85	0	136	3.02	13.08
Cucumbers, Raw	1/2 CUP	10	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
Tomatoes, Raw Cherry/Grape	1/2 cup	1	20	0	6	1.0	4.45
Applesauce, Canned	1/2 CUP	1	50	0	10	0.0	13.0
Fruit, Cup, PC	1/2 Cup	35	79	0	14	0.3	21.64
Apple, Slices; 1/2 cup	1/2 CUP	6	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	10	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
Rice, Brown, 1 Cup	1 CUP	1	200	0	148	4.99	41.16
Rotini WG, Secondary	1 CUP	1	200	0	5	8.42	43.19
Sunflower Seed Butter, PC	1.5 OZ	0	266	0	160	9.0	9.0
Sunflower Seeds	1/2 OZ	8	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	2	1	0	3	0.26	0.0
Ketchup - bulk	1/2 OZ	34	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	34	196	12	653	1.25	7.99
Sauce, BBQ	1 OZ	22	50	0	95	0.0	12.0
Sauce, Spaghetti Dipping	1/4 Cup	1	35	0	280	1.0	6.0
Sauce, Sweet and Sour	1 OZ	7	61	0	12	0.02	15.43

\*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

Dec 1, 2023 thru Dec 31, 2023

Base Menu Spreadsheet

HIGH SCHOOL LUNCH IN SCHOOL

Portion Values - Detailed

Page 22

Generated on: 12/1/2023 8:19:33 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)
Weighted Daily Average % of Calories			*819	*75	*1412	*35.71 *17.4%	*98.84 *48.3%
Nutrient Guideline			750-850		1420		

Tue - 12/19/2023							
HIGH SCHOOL LUNCH IN S	Total	100					
Chicken Tenders, Gold Kist, WG	3 PCS	34	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	42	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	8	43	0	367	1.42	5.64
ALLERGY, CPS Meal	1 SERVING	1	242	28	372	9.17	25.17
Burger, Black Bean, on Bun	Sandwich	1	300	0	760	19.0	45.0
Chicken Patty Sandwich, Reg	1 SANDWICH	4	324	33	678	20.0	40.0
Chicken Patty Sandwich, Spicy	SANDWICH	6	330	55	690	24.0	45.0
Pizza, SM,Cheese, HS instruct	Pizza, personal	8	383	37	614	20.3	38.63
Pizza, SM,Cheesy Bread	Pizza, personal	11	*767	*74	*1236	*40.67	*77.36
Pizza, SM,Pepperoni HS instruct	Pizza, personal	19	401	43	747	20.23	39.47
Pizza, SM,Sausage, HS instruct	Pizza, personal	12	386	178	528	19.23	38.47
Pizza, SM,Buffalo Chicken, HS	Pizza, personal	0	371	46	987	22.56	39.14
Pizza, SM,Ckn B R, HS instruct	Pizza, personal	0	434	62	1006	25.76	39.68
Pizza, SM,Italian Combo, HS	Pizza, personal	0	416	45	787	20.73	39.97
Chicken Caesar Salad	SALAD	2	534	80	1404	24.29	38.33
PB&J Uncrustable, 5.3 Entree	SANDWICH	5	630	0	620	19.0	64.0
Milk, 1% Flavored	1 CARTON	80	150	10	230	8.0	24.0
Milk, 1% White	1 CARTON	10	100	15	120	8.0	11.0
Milk, NonFat White	1 CARTON	1	80	5	120	8.0	11.0
Beans, Canned Variety	1/2 CUP	1	114	0	126	6.97	20.6
Beans, Garbanzo	1/2 CUP	1	120	0	85	6.0	20.0
Broccoli, Raw Florets	1/2 CUP	6	10	0	10	1.06	1.86
Carrots, Fresh	1/2 CUP	19	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	8	85	0	136	3.02	13.08
Cucumbers, Raw	1/2 CUP	10	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
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	35	79	0	14	0.3	21.64
Apple, Slices; 1/2 cup	1/2 CUP	6	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	10	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

\*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

Dec 1, 2023 thru Dec 31, 2023

Base Menu Spreadsheet

HIGH SCHOOL LUNCH IN SCHOOL

Portion Values - Detailed

Page 23

Generated on: 12/1/2023 8:19:33 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)
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
Rice, Brown, 1 Cup	1 CUP	1	200	0	148	4.99	41.16
Rice, White, 1 Cup	1 CUP	1	205	0	148	4.83	45.84
Rotini WG, Secondary	1 CUP	1	200	0	5	8.42	43.19
Sunflower Seed Butter, PC	1.5 OZ	0	266	0	160	9.0	9.0
Sunflower Seeds	1/2 OZ	8	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	2	1	0	3	0.26	0.0
Ketchup - bulk	1/2 OZ	34	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	34	196	12	653	1.25	7.99
Sauce, BBQ	1 OZ	22	50	0	95	0.0	12.0
Sauce, Spaghetti Dipping	1/4 Cup	1	35	0	280	1.0	6.0
Sauce, Sweet and Sour	1 OZ	7	61	0	12	0.02	15.43
Weighted Daily Average			*733	*80	*1316	*33.41	*89.36
% of Calories						*18.2%	*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

Dec 1, 2023 thru Dec 31, 2023

Base Menu Spreadsheet

HIGH SCHOOL LUNCH IN SCHOOL

Portion Values - Detailed

Page 24

Generated on: 12/1/2023 8:19:33 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)
Wed - 12/20/2023							
HIGH SCHOOL LUNCH IN S	Total	100					
Chicken Patty Sandwich, Reg	1 SANDWICH	1	324	33	678	20.0	40.0
Chicken Patty Sandwich, Spicy	SANDWICH	1	330	55	690	24.0	45.0
Beans, Baked	1/2 CUP	42	136	0	470	6.06	30.97
ALLERGY, CPS Meal	1 SERVING	1	242	28	372	9.17	25.17
Burger, Black Bean, on Bun	Sandwich	1	300	0	760	19.0	45.0
Burger, Cheeseburger on Bun	SANDWICH	4	335	57	550	22.0	28.0
Burger, Hamburger on Bun	Sandwich	6	300	50	400	19.0	27.0
Pizza, SM,Cheese, HS instruct	Pizza, personal	8	383	37	614	20.3	38.63
Pizza, SM,Cheesy Bread	Pizza, personal	11	*767	*74	*1236	*40.67	*77.36
Pizza, SM,Pepperoni HS instrct	Pizza, personal	19	401	43	747	20.23	39.47
Pizza, SM,Sausage, HS instruct	Pizza, personal	12	386	178	528	19.23	38.47
Pizza, SM,Buffalo Chicken, HS	Pizza, personal	0	371	46	987	22.56	39.14
Pizza, SM,Ckn B R, HS instruct	Pizza, personal	0	434	62	1006	25.76	39.68
Pizza, SM,Italian Combo, HS	Pizza, personal	0	416	45	787	20.73	39.97
Chicken Caesar Salad	SALAD	2	534	80	1404	24.29	38.33
PB&J Uncrustable, 5.3 Entree	SANDWICH	5	630	0	620	19.0	64.0
Milk, 1% Flavored	1 CARTON	80	150	10	230	8.0	24.0
Milk, 1% White	1 CARTON	10	100	15	120	8.0	11.0
Milk, NonFat White	1 CARTON	1	80	5	120	8.0	11.0
Beans, Canned Variety	1/2 CUP	1	114	0	126	6.97	20.6
Beans, Garbanzo	1/2 CUP	1	120	0	85	6.0	20.0
Broccoli, Raw Florets	1/2 CUP	6	10	0	10	1.06	1.86
Carrots, Fresh	1/2 CUP	19	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	8	85	0	136	3.02	13.08
Cucumbers, Raw	1/2 CUP	10	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
Tomatoes, Raw Cherry/Grape	1/2 cup	1	20	0	6	1.0	4.45
Peaches, Canned	1/2 CUP	1	70	0	10	0.0	17.0
Fruit, Cup, PC	1/2 Cup	35	79	0	14	0.3	21.64
Apple, Slices; 1/2 cup	1/2 CUP	6	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	10	94	*0	2	0.73	23.9
Cherries, dried	1/4 CUP	1	189	0	7	0.71	45.61
Granola, Roci'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
Rice, Brown, 1 Cup	1 CUP	1	200	0	148	4.99	41.16
Rice, White, 1 Cup	1 CUP	1	205	0	148	4.83	45.84
Rotini WG, Secondary	1 CUP	1	200	0	5	8.42	43.19
Sunflower Seed Butter, PC	1.5 OZ	0	266	0	160	9.0	9.0
Sunflower Seeds	1/2 OZ	8	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	2	1	0	3	0.26	0.0
Ketchup - bulk	1/2 OZ	34	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	34	196	12	653	1.25	7.99
Sauce, BBQ	1 OZ	22	50	0	95	0.0	12.0
Sauce, Spaghetti Dipping	1/4 Cup	1	35	0	280	1.0	6.0
Sauce, Sweet and Sour	1 OZ	7	61	0	12	0.02	15.43

\*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

Dec 1, 2023 thru Dec 31, 2023

Base Menu Spreadsheet

HIGH SCHOOL LUNCH IN SCHOOL

Portion Values - Detailed

Page 25

Generated on: 12/1/2023 8:19:33 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)
Weighted Daily Average % of Calories			*691	*65	*1273	*28.97 *16.8%	*91.58 *53.0%
Nutrient Guideline			750-850		1420		

Weighted Average			*736	*77	*1295	*32.55 *17.7%	*91.13 *49.5%
------------------	--	--	------	-----	-------	------------------	------------------

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	736		750 - 850	98%	Missing	14		Correction Required - Calories are Low
Cholesterol (mg)	77				Missing			
Sodium 1 (mg)	1295		1420		Missing		15	Correction Required - Sodium too High
Sodium 2 (mg)	1295		1280		Missing			
Protein (g)	32.55	17.69%			Missing			
Carbohydrate (g)	91.13	49.51%			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

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.