

Columbia Public Schools

Dec 1, 2023 thru Dec 31, 2023

Base Menu Spreadsheet

MIDDLE SCHOOL LUNCH IN SCHOOL

Portion Values - Detailed

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Generated on: 12/1/2023 8:18:57 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)
Fri - 12/01/2023							
MIDDLE SCHOOL LUNCH I	Total	100					
Burger, Cowboy	SANDWICH	25	440	57	677	23.19	45.93
Beans, Baked	1/2 CUP	10	136	0	470	6.06	30.97
Pizza, SM,Cheese, MS instruct	Pizza, personal	10	341	28	527	17.22	38.47
Pizza, SM,Cheesy Bread	Pizza, personal	4	*767	*74	*1236	*40.67	*77.36
Pizza, SM,Pepperoni MS instrct	Pizza, personal	24	371	35	637	18.73	38.97
Pizza, SM,Sausage, MS instruct	Pizza, personal	15	386	38	677	19.23	39.47
PB&J Uncrustable, 5.3 Entree	SANDWICH	2	630	0	620	19.0	64.0
ALLERGY, CPS Meal	1 SERVING	1	242	28	372	9.17	25.17
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
Broccoli, Raw Florets	1/2 CUP	7	10	0	10	1.06	1.86
Carrots, Fresh	1/2 CUP	14	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	8	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
Tomatoes, Raw Cherry/Grape	1/2 cup	1	20	0	6	1.0	4.45
Applesauce, Canned	1/2 CUP	15	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	7	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	15	94	*0	2	0.73	23.9
Banana	1/2 cup	30	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.	6	120	0	0	3.0	21.0
Peanut Butter	1.5 OZ	2	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	2	1	0	3	0.26	0.0
Ketchup - bulk	1/2 OZ	25	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	20	196	12	653	1.25	7.99
Sauce, BBQ	1 OZ	1	50	0	95	0.0	12.0
Weighted Daily Average			*601	*48	*994	*26.95	*76.40
% of Calories						*17.9%	*50.9%
Nutrient Guideline			600-700		1360		

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

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Columbia Public Schools

Dec 1, 2023 thru Dec 31, 2023

Base Menu Spreadsheet

MIDDLE SCHOOL LUNCH IN SCHOOL

Portion Values - Detailed

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Generated on: 12/1/2023 8:18:57 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)
Mon - 12/04/2023							
MIDDLE SCHOOL LUNCH I	Total	100					
Pizza, French Bread, Garlic	1 Piece	30	370	15	610	16.0	29.0
Corn, Seasoned	1/2 CUP	25	120	0	421	3.3	24.17
Pizza, SM,Cheese, MS instruct	Pizza, personal	14	341	28	527	17.22	38.47
Pizza, SM,Cheesy Bread	Pizza, personal	2	*767	*74	*1236	*40.67	*77.36
Pizza, SM,Pepperoni MS instruct	Pizza, personal	19	371	35	637	18.73	38.97
Pizza, SM,Sausage, MS instruct	Pizza, personal	13	386	38	677	19.23	39.47
PB&J Uncrustable, 5.3 Entree	SANDWICH	4	630	0	620	19.0	64.0
ALLERGY, CPS Meal	1 SERVING	1	242	28	372	9.17	25.17
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
Broccoli, Raw Florets	1/2 CUP	9	10	0	10	1.06	1.86
Carrots, Fresh	1/2 CUP	12	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	6	80	20	200	7.0	1.0
Croutons	.5 OZ	2	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
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	11	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	8	31	0	0	0.62	7.7
Fresh Whole Fruit	1/2 cup	21	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.	6	120	0	0	3.0	21.0
Peanut Butter	1.5 OZ	2	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	2	1	0	3	0.26	0.0
Ketchup - bulk	1/2 OZ	8	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	18	196	12	653	1.25	7.99
Sauce, BBQ	1 OZ	1	50	0	95	0.0	12.0
Weighted Daily Average			*589	*35	*987	*24.89	*73.02
% of Calories						*16.9%	*49.6%
Nutrient Guideline			600-700		1360		

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

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MIDDLE SCHOOL 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							
MIDDLE SCHOOL LUNCH I	Total	100					
Chicken Tenders, Gold Kist, WG	3 PCS	40	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	43	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	13	43	0	367	1.42	5.64
Pizza, SM,Cheese, MS instruct	Pizza, personal	11	341	28	527	17.22	38.47
Pizza, SM,Cheesy Bread	Pizza, personal	3	*767	*74	*1236	*40.67	*77.36
Pizza, SM,Pepperoni MS instruct	Pizza, personal	13	371	35	637	18.73	38.97
Pizza, SM,Sausage, MS instruct	Pizza, personal	11	386	38	677	19.23	39.47
PB&J Uncrustable, 5.3 Entree	SANDWICH	2	630	0	620	19.0	64.0
ALLERGY, CPS Meal	1 SERVING	1	242	28	372	9.17	25.17
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
Broccoli, Raw Florets	1/2 CUP	8	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	5	8	0	40	0.35	1.5
Cheese, Shredded, Cheddar	1 SERVING	8	80	20	200	7.0	1.0
Croutons	.5 OZ	2	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	25	80	0	5	0.0	20.0
Fruit, Cup, PC	1/2 Cup	1	79	0	14	0.3	21.64
Apple, Slices; 1/2 cup	1/2 CUP	21	49	*0	1	0.24	12.6
Orange, Wedges	1/2 CUP	9	31	0	0	0.62	7.7
Fresh Whole Fruit	1/2 cup	28	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 pkg.	1	120	0	0	3.0	21.0
Peanut Butter	1.5 OZ	2	221	0	230	11.01	15.16
Raisins, Box	1/4 cup	0	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	24	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	30	196	12	653	1.25	7.99
Sauce, BBQ	1 OZ	1	50	0	95	0.0	12.0
Sauce, Sweet and Sour	1 OZ	0	61	0	12	0.02	15.43
Weighted Daily Average			*568	*49	*1014	*25.87	*70.92
% of Calories						*18.2%	*49.9%
Nutrient Guideline			600-700		1360		

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MIDDLE SCHOOL 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							
MIDDLE SCHOOL LUNCH I	Total	100					
Chicken Patty Sandwich, Reg	1 SANDWICH	12	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	14	136	0	470	6.06	30.97
Pizza, SM,Cheese, MS instruct	Pizza, personal	10	341	28	527	17.22	38.47
Pizza, SM,Cheesy Bread	Pizza, personal	4	*767	*74	*1236	*40.67	*77.36
Pizza, SM,Pepperoni MS instrct	Pizza, personal	20	371	35	637	18.73	38.97
Pizza, SM,Sausage, MS instruct	Pizza, personal	11	386	38	677	19.23	39.47
PB&J Uncrustable, 5.3 Entree	SANDWICH	2	630	0	620	19.0	64.0
ALLERGY, CPS Meal	1 SERVING	1	242	28	372	9.17	25.17
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
Broccoli, Raw Florets	1/2 CUP	5	10	0	10	1.06	1.86
Carrots, Fresh	1/2 CUP	14	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	4	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
Tomatoes, Raw Cherry/Grape	1/2 cup	1	20	0	6	1.0	4.45
Peaches, Canned	1/2 CUP	30	70	0	10	0.0	17.0
Fruit, Cup, PC	1/2 Cup	9	79	0	14	0.3	21.64
Apple, Slices; 1/2 cup	1/2 CUP	9	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	29	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.	8	120	0	0	3.0	21.0
Peanut Butter	1.5 OZ	2	221	0	230	11.01	15.16
Raisins, Box	1/4 cup	0	112	0	4	0.99	29.76
Sunflower Seed Butter, PC	1.5 OZ	0	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	2	1	0	3	0.26	0.0
Ketchup - bulk	1/2 OZ	3	17	0	150	0.0	4.17
Mayonnaise, PC's	1 PACKET	3	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	30	196	12	653	1.25	7.99
Sauce, BBQ	1 OZ	1	50	0	95	0.0	12.0
Weighted Daily Average			*548	*37	*924	*22.85	*73.19
% of Calories						*16.7%	*53.5%
Nutrient Guideline			600-700		1360		

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)
Thu - 12/07/2023							
MIDDLE SCHOOL LUNCH I	Total	100					
Chicken, Mandarin Orange	3.6 oz.	20	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	30	205	0	148	4.83	45.84
Broccoli, Steamed	1/2 CUP	4	39	0	87	2.56	6.02
Pizza, SM,Cheese, MS instruct	Pizza, personal	12	341	28	527	17.22	38.47
Pizza, SM,Pepperoni MS instrct	Pizza, personal	25	371	35	637	18.73	38.97
Pizza, SM,Sausage, MS instruct	Pizza, personal	13	386	38	677	19.23	39.47
Pizza, SM,Cheesy Bread	Pizza, personal	3	*767	*74	*1236	*40.67	*77.36
PB&J Uncrustable, 5.3 Entree	SANDWICH	1	630	0	620	19.0	64.0
ALLERGY, CPS Meal	1 SERVING	1	242	28	372	9.17	25.17
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
Broccoli, Raw Florets	1/2 CUP	1	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	4	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	13	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	3	20	0	6	1.0	4.45
Pineapple, Canned	1/2 CUP	47	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	7	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	25	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.	5	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	8	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	3	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	5	17	0	150	0.0	4.17
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
Salad Dressing	1.5 OZ	6	196	12	653	1.25	7.99
Weighted Daily Average			*552	*38	*731	*23.08	*83.28
% of Calories						*16.7%	*60.3%
Nutrient Guideline			600-700		1360		

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)
Fri - 12/08/2023							
MIDDLE SCHOOL LUNCH I	Total	100					
Taco Meat, Beef, boil in bag	1/2 cup (#8)	30	183	72	424	20.0	2.67
Taco Shell, Hard, Corn	3 Shells	30	160	0	0	2.0	21.0
Tortilla, Flour, soft, 6"	2 Shells	1	140	4	210	4.0	26.0
Beans, Refried	1/2 CUP	5	350	7	690	15.39	53.89
Pizza, SM,Cheese, MS instruct	Pizza, personal	10	341	28	527	17.22	38.47
Pizza, SM,Pepperoni MS instrct	Pizza, personal	26	371	35	637	18.73	38.97
Pizza, SM,Sausage, MS instruct	Pizza, personal	12	386	38	677	19.23	39.47
Pizza, SM,Cheesy Bread	Pizza, personal	1	*767	*74	*1236	*40.67	*77.36
PB&J Uncrustable, 5.3 Entree	SANDWICH	3	630	0	620	19.0	64.0
ALLERGY, CPS Meal	1 SERVING	1	242	28	372	9.17	25.17
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
Broccoli, Raw Florets	1/2 CUP	1	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 oz.	8	80	20	200	7.0	1.0
Croutons	.5 OZ	1	85	0	136	3.02	13.08
Cucumbers, Raw	1/2 CUP	14	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	3	20	0	6	1.0	4.45
Applesauce, Canned	1/2 CUP	10	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	7	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	20	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, Roci'n'ola - Straw.	1 pkg.	5	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	26	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	1	85	0	26	2.83	4.72
Trail Mix/Dried Fruit	1/4 CUP	5	67	0	0	1.15	11.5
Tuna, Canned	2.0 OZ	3	1	0	3	0.26	0.0
Ketchup - bulk	1/2 OZ	1	17	0	150	0.0	4.17
Mayonnaise, PC's	1 PACKET	7	10	5	100	0.0	3.0
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
Salad Dressing	1.5 OZ	9	196	12	653	1.25	7.99
SALSA:COMMODITY	1 OZ	2	10	0	122	0.43	1.98
Sour Cream, PC's	1 PKG	6	60	20	15	1.0	0.0
Weighted Daily Average			*572	*53	*805	*26.63	*72.60
% of Calories						*18.6%	*50.8%
Nutrient Guideline			600-700		1360		

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

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Columbia Public Schools

Dec 1, 2023 thru Dec 31, 2023

Base Menu Spreadsheet

MIDDLE SCHOOL 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							
MIDDLE SCHOOL LUNCH I	Total	100					
Sandwich, Grilled Cheese	SANDWICH	30	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	25	120	0	421	3.3	24.17
Pizza, SM,Cheese, MS instruct	Pizza, personal	14	341	28	527	17.22	38.47
Pizza, SM,Cheesy Bread	Pizza, personal	2	*767	*74	*1236	*40.67	*77.36
Pizza, SM,Pepperoni MS instrct	Pizza, personal	19	371	35	637	18.73	38.97
Pizza, SM,Sausage, MS instruct	Pizza, personal	13	386	38	677	19.23	39.47
PB&J Uncrustable, 5.3 Entree	SANDWICH	4	630	0	620	19.0	64.0
ALLERGY, CPS Meal	1 SERVING	1	242	28	372	9.17	25.17
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
Broccoli, Raw Florets	1/2 CUP	9	10	0	10	1.06	1.86
Carrots, Fresh	1/2 CUP	12	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	6	80	20	200	7.0	1.0
Croutons	.5 OZ	2	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
Tomatoes, Raw Cherry/Grape	1/2 cup	1	20	0	6	1.0	4.45
Pineapple, Canned	1/2 CUP	11	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	10	49	*0	1	0.24	12.6
Orange, Wedges	1/2 CUP	8	31	0	0	0.62	7.7
Fresh Whole Fruit	1/2 cup	21	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.	6	120	0	0	3.0	21.0
Peanut Butter	1.5 OZ	2	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	2	1	0	3	0.26	0.0
Ketchup - bulk	1/2 OZ	8	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	18	196	12	653	1.25	7.99
Sauce, BBQ	1 OZ	1	50	0	95	0.0	12.0
Weighted Daily Average			*608	*39	*994	*25.76	*72.16
% of Calories						*16.9%	*47.5%
Nutrient Guideline			600-700		1360		

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Columbia Public Schools

Dec 1, 2023 thru Dec 31, 2023

Base Menu Spreadsheet

MIDDLE SCHOOL 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							
MIDDLE SCHOOL LUNCH I	Total	100					
Chicken Tenders, Gold Kist, WG	3 PCS	40	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	43	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	13	43	0	367	1.42	5.64
Pizza, SM,Cheese, MS instruct	Pizza, personal	11	341	28	527	17.22	38.47
Pizza, SM,Cheesy Bread	Pizza, personal	3	*767	*74	*1236	*40.67	*77.36
Pizza, SM,Pepperoni MS instruct	Pizza, personal	13	371	35	637	18.73	38.97
Pizza, SM,Sausage, MS instruct	Pizza, personal	11	386	38	677	19.23	39.47
PB&J Uncrustable, 5.3 Entree	SANDWICH	2	630	0	620	19.0	64.0
ALLERGY, CPS Meal	1 SERVING	1	242	28	372	9.17	25.17
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
Broccoli, Raw Florets	1/2 CUP	8	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	5	8	0	40	0.35	1.5
Cheese, Shredded, Cheddar	1 SERVING	8	80	20	200	7.0	1.0
Croutons	.5 OZ	2	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
Tomatoes, Raw Cherry/Grape	1/2 cup	1	20	0	6	1.0	4.45
Pears, Canned	1/2 CUP	25	80	0	5	0.0	20.0
Fruit, Cup, PC	1/2 Cup	21	79	0	14	0.3	21.64
Apple, Slices; 1/2 cup	1/2 CUP	9	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	28	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	2	221	0	230	11.01	15.16
Raisins, Box	1/4 cup	0	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	24	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	30	196	12	653	1.25	7.99
Sauce, BBQ	1 OZ	1	50	0	95	0.0	12.0
Sauce, Sweet and Sour	1 OZ	0	61	0	12	0.02	15.43
Weighted Daily Average			*575	*49	*1016	*25.83	*73.04
% of Calories						*18.0%	*50.8%
Nutrient Guideline			600-700		1360		

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

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Columbia Public Schools

Dec 1, 2023 thru Dec 31, 2023

Base Menu Spreadsheet

MIDDLE SCHOOL 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							
MIDDLE SCHOOL LUNCH I	Total	100					
Burger, Hamburger on Bun	Sandwich	25	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	10	136	0	470	6.06	30.97
Pizza, SM,Cheese, MS instruct	Pizza, personal	10	341	28	527	17.22	38.47
Pizza, SM,Cheesy Bread	Pizza, personal	4	*767	*74	*1236	*40.67	*77.36
Pizza, SM,Pepperoni MS instrct	Pizza, personal	24	371	35	637	18.73	38.97
Pizza, SM,Sausage, MS instruct	Pizza, personal	15	386	38	677	19.23	39.47
PB&J Uncrustable, 5.3 Entree	SANDWICH	2	630	0	620	19.0	64.0
ALLERGY, CPS Meal	1 SERVING	1	242	28	372	9.17	25.17
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
Broccoli, Raw Florets	1/2 CUP	7	10	0	10	1.06	1.86
Carrots, Fresh	1/2 CUP	14	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	8	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
Tomatoes, Raw Cherry/Grape	1/2 cup	1	20	0	6	1.0	4.45
Strawberries, Frozen	1/2 CUP	15	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	7	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	15	94	*0	2	0.73	23.9
Banana	1/2 cup	30	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.	6	120	0	0	3.0	21.0
Peanut Butter	1.5 OZ	2	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	2	1	0	3	0.26	0.0
Ketchup - bulk	1/2 OZ	25	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	20	196	12	653	1.25	7.99
Sauce, BBQ	1 OZ	1	50	0	95	0.0	12.0
Weighted Daily Average			*568	*47	*929	*26.19	*71.51
% of Calories						*18.5%	*50.4%
Nutrient Guideline			600-700		1360		

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Columbia Public Schools

Dec 1, 2023 thru Dec 31, 2023

Base Menu Spreadsheet

MIDDLE SCHOOL 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							
MIDDLE SCHOOL LUNCH I	Total	100					
Chicken, BBQ Teriyaki Chicken	4 oz.	1	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	26	205	0	148	4.83	45.84
Broccoli, Steamed	1/2 CUP	1	39	0	87	2.56	6.02
Pizza, SM,Cheese, MS instruct	Pizza, personal	11	341	28	527	17.22	38.47
Pizza, SM,Cheesy Bread	Pizza, personal	4	*767	*74	*1236	*40.67	*77.36
Pizza, SM,Pepperoni MS instruct	Pizza, personal	26	371	35	637	18.73	38.97
Pizza, SM,Sausage, MS instruct	Pizza, personal	12	386	38	677	19.23	39.47
PB&J Uncrustable, 5.3 Entree	SANDWICH	2	630	0	620	19.0	64.0
ALLERGY, CPS Meal	1 SERVING	1	242	28	372	9.17	25.17
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
Broccoli, Raw Florets	1/2 CUP	7	10	0	10	1.06	1.86
Carrots, Fresh	1/2 CUP	15	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	8	80	20	200	7.0	1.0
Croutons	.5 OZ	5	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
Tomatoes, Raw Cherry/Grape	1/2 cup	1	20	0	6	1.0	4.45
Applesauce, Canned	1/2 CUP	23	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	5	49	*0	1	0.24	12.6
Orange, Wedges	1/2 CUP	4	31	0	0	0.62	7.7
Fresh Whole Fruit	1/2 cup	27	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.	8	120	0	0	3.0	21.0
Peanut Butter	1.5 OZ	2	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
Sauce, BBQ	1/2 OZ	1	25	0	48	0.0	6.0
Ketchup - bulk	1/2 OZ	31	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	27	196	12	653	1.25	7.99
Sauce, BBQ	1 OZ	1	50	0	95	0.0	12.0
Weighted Daily Average			*556	*36	*887	*22.33	*76.17
% of Calories						*16.1%	*54.8%
Nutrient Guideline			600-700		1360		

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Columbia Public Schools

Dec 1, 2023 thru Dec 31, 2023

Base Menu Spreadsheet

MIDDLE SCHOOL 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							
MIDDLE SCHOOL LUNCH I	Total	100					
Chicken, Brd Drumstick/Thigh	1 piece	20	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	25	43	0	367	1.42	5.64
Pizza, SM,Cheese, MS instruct	Pizza, personal	15	341	28	527	17.22	38.47
Pizza, SM,Cheesy Bread	Pizza, personal	5	*767	*74	*1236	*40.67	*77.36
Pizza, SM,Pepperoni MS instrct	Pizza, personal	25	371	35	637	18.73	38.97
Pizza, SM,Sausage, MS instruct	Pizza, personal	20	386	38	677	19.23	39.47
PB&J Uncrustable, 5.3 Entree	SANDWICH	3	630	0	620	19.0	64.0
ALLERGY, CPS Meal	1 SERVING	1	242	28	372	9.17	25.17
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
Broccoli, Raw Florets	1/2 CUP	8	10	0	10	1.06	1.86
Carrots, Fresh	1/2 CUP	15	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	2	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	30	70	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	5	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	25	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.	6	120	0	0	3.0	21.0
Peanut Butter	1.5 OZ	2	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
Ketchup - bulk	1/2 OZ	1	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	25	196	12	653	1.25	7.99
Sauce, BBQ	1 OZ	1	50	0	95	0.0	12.0
Side Kick	1/2 cup	1	82	0	18	0.0	20.91
Weighted Daily Average			*624	*58	*1083	*27.81	*74.68
% of Calories						*17.8%	*47.9%
Nutrient Guideline			600-700		1360		

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Columbia Public Schools

Dec 1, 2023 thru Dec 31, 2023

Base Menu Spreadsheet

MIDDLE SCHOOL 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							
MIDDLE SCHOOL LUNCH I	Total	100					
Pizza Crunchers	4 Pieces	30	420	30	670	20.0	41.0
Sauce, Spaghetti Dipping	1/2 Cup	24	70	0	560	2.0	12.0
Peas, Cooked, Seasoned	1/2 CUP	25	113	0	272	6.25	17.52
Pizza, SM,Cheese, MS instruct	Pizza, personal	12	341	28	527	17.22	38.47
Pizza, SM,Cheesy Bread	Pizza, personal	1	*767	*74	*1236	*40.67	*77.36
Pizza, SM,Pepperoni MS instrct	Pizza, personal	1	371	35	637	18.73	38.97
Pizza, SM,Sausage, MS instruct	Pizza, personal	2	386	38	677	19.23	39.47
PB&J Uncrustable, 5.3 Entree	SANDWICH	4	630	0	620	19.0	64.0
ALLERGY, CPS Meal	1 SERVING	1	242	28	372	9.17	25.17
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
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
Lettuce, Salad Mix	1 CUP	13	4	0	3	0.26	0.89
Carrots, Fresh	1/2 CUP	12	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	6	80	20	200	7.0	1.0
Croutons	.5 OZ	2	85	0	136	3.02	13.08
Cucumbers, Raw	1/2 CUP	7	8	0	1	0.34	1.89
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	11	50	0	10	0.0	13.0
Fruit, Cup, PC	1/2 Cup	10	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 PIECE	21	189	*0	4	1.46	47.8
Cherries, dried	1/4 CUP	1	189	0	7	0.71	45.61
Granola, Rocin'ola - Straw.	1 pkg.	6	120	0	0	3.0	21.0
Peanut Butter	1.5 OZ	2	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	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	2	1	0	3	0.26	0.0
Ketchup - bulk	1/2 OZ	8	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	18	196	12	653	1.25	7.99
Sauce, BBQ	1 OZ	1	50	0	95	0.0	12.0
Weighted Daily Average			*520	*28	*891	*21.23	*71.16
% of Calories						*16.3%	*54.7%
Nutrient Guideline			600-700		1360		

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Columbia Public Schools

Dec 1, 2023 thru Dec 31, 2023

Base Menu Spreadsheet

MIDDLE SCHOOL 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							
MIDDLE SCHOOL LUNCH I	Total	100					
Chicken Tenders, Gold Kist, WG	3 PCS	40	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	43	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	13	43	0	367	1.42	5.64
Pizza, SM,Cheese, MS instruct	Pizza, personal	11	341	28	527	17.22	38.47
Pizza, SM,Cheesy Bread	Pizza, personal	3	*767	*74	*1236	*40.67	*77.36
Pizza, SM,Pepperoni MS instruct	Pizza, personal	13	371	35	637	18.73	38.97
Pizza, SM,Sausage, MS instruct	Pizza, personal	11	386	38	677	19.23	39.47
PB&J Uncrustable, 5.3 Entree	SANDWICH	2	630	0	620	19.0	64.0
ALLERGY, CPS Meal	1 SERVING	1	242	28	372	9.17	25.17
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
Broccoli, Raw Florets	1/2 CUP	8	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	5	8	0	40	0.35	1.5
Cheese, Shredded, Cheddar	1 SERVING	8	80	20	200	7.0	1.0
Croutons	.5 OZ	2	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	25	80	0	5	0.0	20.0
Fruit, Cup, PC	1/2 Cup	21	79	0	14	0.3	21.64
Apple, Slices; 1/2 cup	1/2 CUP	9	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	28	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	2	221	0	230	11.01	15.16
Raisins, Box	1/4 cup	0	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	24	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	30	196	12	653	1.25	7.99
Sauce, BBQ	1 OZ	1	50	0	95	0.0	12.0
Sauce, Sweet and Sour	1 OZ	0	61	0	12	0.02	15.43
Weighted Daily Average			*576	*49	*1017	*25.85	*73.12
% of Calories						*18.0%	*50.8%
Nutrient Guideline			600-700		1360		

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Columbia Public Schools

Dec 1, 2023 thru Dec 31, 2023

Base Menu Spreadsheet

MIDDLE SCHOOL 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							
MIDDLE SCHOOL LUNCH I	Total	100					
Chicken Patty Sandwich, Reg	1 SANDWICH	12	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	14	136	0	470	6.06	30.97
Pizza, SM,Cheese, MS instruct	Pizza, personal	10	341	28	527	17.22	38.47
Pizza, SM,Cheesy Bread	Pizza, personal	4	*767	*74	*1236	*40.67	*77.36
Pizza, SM,Pepperoni MS instrct	Pizza, personal	20	371	35	637	18.73	38.97
Pizza, SM,Sausage, MS instruct	Pizza, personal	11	386	38	677	19.23	39.47
PB&J Uncrustable, 5.3 Entree	SANDWICH	2	630	0	620	19.0	64.0
ALLERGY, CPS Meal	1 SERVING	1	242	28	372	9.17	25.17
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
Broccoli, Raw Florets	1/2 CUP	5	10	0	10	1.06	1.86
Carrots, Fresh	1/2 CUP	14	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	4	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
Tomatoes, Raw Cherry/Grape	1/2 cup	1	20	0	6	1.0	4.45
Peaches, Canned	1/2 CUP	30	70	0	10	0.0	17.0
Fruit, Cup, PC	1/2 Cup	9	79	0	14	0.3	21.64
Apple, Slices; 1/2 cup	1/2 CUP	9	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	29	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.	8	120	0	0	3.0	21.0
Peanut Butter	1.5 OZ	2	221	0	230	11.01	15.16
Raisins, Box	1/4 cup	0	112	0	4	0.99	29.76
Sunflower Seed Butter, PC	1.5 OZ	0	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	2	1	0	3	0.26	0.0
Ketchup - bulk	1/2 OZ	3	17	0	150	0.0	4.17
Mayonnaise, PC's	1 PACKET	3	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	30	196	12	653	1.25	7.99
Sauce, BBQ	1 OZ	1	50	0	95	0.0	12.0
Weighted Daily Average			*548	*37	*924	*22.85	*73.19
% of Calories						*16.7%	*53.5%
Nutrient Guideline			600-700		1360		

Weighted Average			*572	*43	*943	*24.87	*73.89
						*17.4%	*51.7%

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MIDDLE SCHOOL 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) Error Messages (if any)	Carb (g)
Calories	572		600 - 700	95%	Missing	28		Correction Required - Calories are Low	
Cholesterol (mg)	43				Missing				
Sodium 1 (mg)	943		1360		Missing				
Sodium 2 (mg)	943		1225		Missing				
Protein (g)	24.87	17.40%			Missing				
Carbohydrate (g)	73.89	51.70%			Missing				

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