

Columbia Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

Oct 1, 2021 thru Oct 27, 2021

ELEMENTARY LUNCH IN SCHOOL

Generated on: 9/17/2021 7:50:43 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)
Fri - 10/01/2021						
ELEMENTARY LUNCH IN S						
	Total					
	Taco Meat, Beef, boil in bag	183	72	424	20.0	2.67
	Tacos, Beef Hrd Shell, Homeade	180	9	51	4.53	21.25
	Beans, Refried	351	7	690	15.42	53.9
	Anytime; Cheese Pizza Lnch Kit	360	30	750	13.0	34.0
	PB&J Uncrustable, 2.6, Entree	300	0	280	9.0	32.0
	Cheese, String Cheese	80	15	190	7.0	1.0
	ALLERGY, CPS Meal	242	28	372	9.17	25.17
	Milk, 1% Flavored	150	10	230	8.0	24.0
	Milk, 1% White	100	15	120	8.0	11.0
	Milk, Non-Fat White	80	5	120	8.0	11.0
	Farm to School Veg/Fruit	0	0	0	0.0	0.0
	Beans, Canned Variety	114	0	126	6.97	20.6
	Broccoli, Raw Florets	10	0	10	1.06	1.86
	Lettuce, Salad Mix	4	0	3	0.26	0.89
	Carrots, Fresh	20	0	44	0.36	4.62
	Celery, Raw Sticks	8	0	40	0.35	1.5
	Cheese, Shredded	81	20	202	7.09	1.01
	Croutons	53	0	78	1.92	7.7
	Cucumbers, Raw	8	0	1	0.34	1.89
	Tomatoes, Raw Cherry/Grape	82	0	23	3.99	17.78
	Granola, Rocin'ola - Straw.	120	0	0	3.0	21.0
	Fresh Whole Fruit	94	*0	2	0.73	23.9
	Apple, Slices	49	*0	1	0.24	12.6
	Cherries, Frozen	52	0	1	1.45	13.07
	Bananas, Fresh	90	0	1	1.1	23.07
	Peanut Butter	221	0	230	11.01	15.16
	Peppers, Red or Green, Raw	12	0	2	0.43	2.45
	Raisins, Box	112	0	4	0.99	29.76
	Sunbutter	266	0	160	9.0	9.0
	Sunflower Seeds	85	0	26	2.83	4.72
	Tuna, Canned	1	0	3	0.26	0.0
	Trail Mix/Dried Fruit	134	0	3	1.4	27.59
	SALSA:COMMODITY	20	0	244	0.85	3.97
	Sour Cream, PC's	60	20	15	1.0	0.0
	Tomatoes, Raw Cherry/Grape	20	0	6	1.0	4.45
	Salad Dressing	196	12	653	1.25	7.99
	Weighted Daily Average	716	*83	1094	35.63	76.59
	% of Calories				19.9%	42.8%
	Nutrient Guideline	550-650		1230		

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

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Oct 1, 2021 thru Oct 27, 2021

ELEMENTARY LUNCH IN SCHOOL

Generated on: 9/17/2021 7:50:43 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)
Tue - 10/05/2021						
ELEMENTARY LUNCH IN S						
	Total					
Chicken Tenders, Gold Kist, WG	3 PCS	203	49	383	18.46	11.13
Potatoes, Mashed	1/2 cup	71	0	160	1.57	13.39
Gravy, Chicken Trio	2 OZ	40	0	130	0.0	6.0
Beans, Green, Seasoned	1/2 CUP	43	0	367	1.42	5.64
Anytime; Cheese Pizza Lnh Kit	1 Kit	360	30	750	13.0	34.0
PB&J Uncrustable, 2.6, Entree	SANDWICH	300	0	280	9.0	32.0
Cheese, String Cheese	1 PIECE	80	15	190	7.0	1.0
ALLERGY, CPS Meal	1 SERVING	242	28	372	9.17	25.17
Milk, 1% Flavored	1 CARTON	150	10	230	8.0	24.0
Milk, 1% White	1 CARTON	100	15	120	8.0	11.0
Milk, Non-Fat White	1 CARTON	80	5	120	8.0	11.0
Farm to School Veg/Fruit	1/2 CUP	0	0	0	0.0	0.0
Beans, Canned Variety	1/2 CUP	114	0	126	6.97	20.6
Broccoli, Raw Florets	1/2 CUP	10	0	10	1.06	1.86
Lettuce, Salad Mix	1 CUP	4	0	3	0.26	0.89
Carrots, Fresh	1/2 CUP	20	0	44	0.36	4.62
Celery, Raw Sticks	1/2 CUP	8	0	40	0.35	1.5
Cheese, Shredded	1 SERVING	81	20	202	7.09	1.01
Croutons	.5 OZ	53	0	78	1.92	7.7
Cucumbers, Raw	1/2 CUP	8	0	1	0.34	1.89
Granola, Rocin'ola - Straw.	1 pkg.	120	0	0	3.0	21.0
Fresh Whole Fruit	1 PIECE	94	*0	2	0.73	23.9
Apple, Slices	1/2 CUP	49	*0	1	0.24	12.6
Fruit, Mixed, Canned	1/2 CUP	35	0	13	0.0	8.0
Apple, Gala, Wedges	1/2 CUP	48	0	1	0.24	12.57
Peanut Butter	1.5 OZ	221	0	230	11.01	15.16
Peppers, Red or Green, Raw	1/2 CUP	12	0	2	0.43	2.45
Raisins, Box	1 BOX	112	0	4	0.99	29.76
Sunbutter	1.5 OZ	266	0	160	9.0	9.0
Sunflower Seeds	1/2 OZ	85	0	26	2.83	4.72
Tuna, Canned	2.0 OZ	1	0	3	0.26	0.0
Trail Mix/Dried Fruit	1/4 CUP	134	0	3	1.4	27.59
Sauce, BBQ	1/2 OZ	21	0	129	0.0	5.0
Ketchup	1/2 OZ	17	0	167	0.0	4.17
Salad Dressing	1.5 OZ	196	12	653	1.25	7.99
Weighted Daily Average		625	*59	1250	30.08	76.75
% of Calories					19.3%	49.1%
Nutrient Guideline		550-650		1230		

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Oct 1, 2021 thru Oct 27, 2021

ELEMENTARY LUNCH IN SCHOOL

Generated on: 9/17/2021 7:50:43 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)
Wed - 10/06/2021						
ELEMENTARY LUNCH IN S	Total					
Cheese Bite, Elem. Wild Mike's	4 Bites	283	20	547	16.2	28.35
Spaghetti Dipping Sauce	2 OZ	30	0	265	1.0	5.5
Corn, Seasoned	1/2 CUP	120	0	421	3.3	24.17
Anytime; Cheese Pizza Lnch Kit	1 Kit	360	30	750	13.0	34.0
PB&J Uncrustable, 2.6, Entree	SANDWICH	300	0	280	9.0	32.0
Cheese, String Cheese	1 PIECE	80	15	190	7.0	1.0
ALLERGY, CPS Meal	1 SERVING	242	28	372	9.17	25.17
Milk, 1% Flavored	1 CARTON	150	10	230	8.0	24.0
Milk, 1% White	1 CARTON	100	15	120	8.0	11.0
Milk, Non-Fat White	1 CARTON	80	5	120	8.0	11.0
Farm to School Veg/Fruit	1/2 CUP	0	0	0	0.0	0.0
Beans, Canned Variety	1/2 CUP	114	0	126	6.97	20.6
Broccoli, Raw Florets	1/2 CUP	10	0	10	1.06	1.86
Lettuce, Salad Mix	1 CUP	4	0	3	0.26	0.89
Carrots, Fresh	1/2 CUP	20	0	44	0.36	4.62
Celery, Raw Sticks	1/2 CUP	8	0	40	0.35	1.5
Cheese, Shredded	1 SERVING	81	20	202	7.09	1.01
Croutons	.5 OZ	53	0	78	1.92	7.7
Cucumbers, Raw	1/2 CUP	8	0	1	0.34	1.89
Granola, Rocin'ola - Straw.	1 pkg.	120	0	0	3.0	21.0
Fresh Whole Fruit	1 PIECE	94	*0	2	0.73	23.9
Apple, Slices	1/2 CUP	49	*0	1	0.24	12.6
Blueberries, Frozen	1/2 CUP	40	0	1	0.33	9.43
Apple, Granny Smith, Wedges	1/2 CUP	58	0	1	0.29	15.4
Peanut Butter	1.5 OZ	221	0	230	11.01	15.16
Peppers, Red or Green, Raw	1/2 CUP	12	0	2	0.43	2.45
Raisins, Box	1 BOX	112	0	4	0.99	29.76
Sunbutter	1.5 OZ	266	0	160	9.0	9.0
Sunflower Seeds	1/2 OZ	85	0	26	2.83	4.72
Tuna, Canned	2.0 OZ	1	0	3	0.26	0.0
Trail Mix/Dried Fruit	1/4 CUP	134	0	3	1.4	27.59
Salad Dressing	1.5 OZ	196	12	653	1.25	7.99
Weighted Daily Average		630	*32	1133	26.08	84.50
% of Calories					16.6%	53.7%
Nutrient Guideline		550-650		1230		

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Oct 1, 2021 thru Oct 27, 2021

ELEMENTARY LUNCH IN SCHOOL

Generated on: 9/17/2021 7:50:43 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)
Thu - 10/07/2021						
ELEMENTARY LUNCH IN S	Total					
Chicken Patty Sandwich	1 SANDWICH	324	33	678	20.0	40.0
Chicken Patty Sandwich, Spicy	SANDWICH	319	33	499	17.6	36.5
Peas, Cooked, Seasoned	1/2 CUP	113	0	272	6.25	17.52
Anytime; Cheese Pizza Lnh Kit	1 Kit	360	30	750	13.0	34.0
PB&J Uncrustable, 2.6, Entree	SANDWICH	300	0	280	9.0	32.0
Cheese, String Cheese	1 PIECE	80	15	190	7.0	1.0
ALLERGY, CPS Meal	1 SERVING	242	28	372	9.17	25.17
Milk, 1% Flavored	1 CARTON	150	10	230	8.0	24.0
Milk, 1% White	1 CARTON	100	15	120	8.0	11.0
Milk, Non-Fat White	1 CARTON	80	5	120	8.0	11.0
Farm to School Veg/Fruit	1/2 CUP	0	0	0	0.0	0.0
Beans, Canned Variety	1/2 CUP	114	0	126	6.97	20.6
Broccoli, Raw Florets	1/2 CUP	10	0	10	1.06	1.86
Lettuce, Salad Mix	1 CUP	4	0	3	0.26	0.89
Carrots, Fresh	1/2 CUP	20	0	44	0.36	4.62
Celery, Raw Sticks	1/2 CUP	8	0	40	0.35	1.5
Cheese, Shredded	1 SERVING	81	20	202	7.09	1.01
Croutons	.5 OZ	53	0	78	1.92	7.7
Cucumbers, Raw	1/2 CUP	8	0	1	0.34	1.89
Granola, Rocin'ola - Straw.	1 pkg.	120	0	0	3.0	21.0
Fresh Whole Fruit	1 PIECE	94	*0	2	0.73	23.9
Apple, Slices	1/2 CUP	49	*0	1	0.24	12.6
Strawberries, Frozen	1/2 CUP	39	0	2	0.48	10.09
Orange, Wedges	1/2 CUP	31	0	0	0.62	7.7
Peanut Butter	1.5 OZ	221	0	230	11.01	15.16
Peppers, Red or Green, Raw	1/2 CUP	12	0	2	0.43	2.45
Raisins, Box	1 BOX	112	0	4	0.99	29.76
Sunbutter	1.5 OZ	266	0	160	9.0	9.0
Sunflower Seeds	1/2 OZ	85	0	26	2.83	4.72
Tuna, Canned	2.0 OZ	1	0	3	0.26	0.0
Trail Mix/Dried Fruit	1/4 CUP	134	0	3	1.4	27.59
Sauce, BBQ	1/2 OZ	21	0	129	0.0	5.0
Ketchup	1/2 OZ	17	0	167	0.0	4.17
Mayonnaise, PC's	1 PACKET	10	5	100	0.0	3.0
Mustard, PC's	1 PACKET	3	0	42	0.21	0.44
Salad Dressing	1.5 OZ	196	12	653	1.25	7.99
Weighted Daily Average		656	*41	1119	29.81	89.60
% of Calories					18.2%	54.6%
Nutrient Guideline		550-650		1230		

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Oct 1, 2021 thru Oct 27, 2021

ELEMENTARY LUNCH IN SCHOOL

Generated on: 9/17/2021 7:50:43 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)
Fri - 10/08/2021						
ELEMENTARY LUNCH IN S						
Turkey Kielbasa on Bun	Total sandwich	300	60	850	19.0	32.0
Potato, FF, Smiles, Elem	1/2 cup	130	0	180	2.0	20.0
Anytime; Cheese Pizza Lnch Kit	1 Kit	360	30	750	13.0	34.0
PB&J Uncrustable, 2.6, Entree	SANDWICH	300	0	280	9.0	32.0
Cheese, String Cheese	1 PIECE	80	15	190	7.0	1.0
ALLERGY, CPS Meal	1 SERVING	242	28	372	9.17	25.17
Milk, 1% Flavored	1 CARTON	150	10	230	8.0	24.0
Milk, 1% White	1 CARTON	100	15	120	8.0	11.0
Milk, Non-Fat White	1 CARTON	80	5	120	8.0	11.0
Farm to School Veg/Fruit	1/2 CUP	0	0	0	0.0	0.0
Beans, Canned Variety	1/2 CUP	114	0	126	6.97	20.6
Broccoli, Raw Florets	1/2 CUP	10	0	10	1.06	1.86
Lettuce, Salad Mix	1 CUP	4	0	3	0.26	0.89
Carrots, Fresh	1/2 CUP	20	0	44	0.36	4.62
Celery, Raw Sticks	1/2 CUP	8	0	40	0.35	1.5
Cheese, Shredded	1 SERVING	81	20	202	7.09	1.01
Croutons	.5 OZ	53	0	78	1.92	7.7
Cucumbers, Raw	1/2 CUP	8	0	1	0.34	1.89
Granola, Rocin'ola - Straw.	1 pkg.	120	0	0	3.0	21.0
Fresh Whole Fruit	1 PIECE	94	*0	2	0.73	23.9
Apple, Slices	1/2 CUP	49	*0	1	0.24	12.6
Apples, Sliced Canned	1/2 CUP	36	0	5	0.0	9.0
Bananas, Fresh	1 EACH	90	0	1	1.1	23.07
Peanut Butter	1.5 OZ	221	0	230	11.01	15.16
Peppers, Red or Green, Raw	1/2 CUP	12	0	2	0.43	2.45
Raisins, Box	1 BOX	112	0	4	0.99	29.76
Sunbutter	1.5 OZ	266	0	160	9.0	9.0
Sunflower Seeds	1/2 OZ	85	0	26	2.83	4.72
Tuna, Canned	2.0 OZ	1	0	3	0.26	0.0
Trail Mix/Dried Fruit	1/4 CUP	134	0	3	1.4	27.59
Salad Dressing	1.5 OZ	196	12	653	1.25	7.99
Weighted Daily Average		636	*54	1104	26.95	81.59
% of Calories					16.9%	51.3%
Nutrient Guideline		550-650		1230		

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ELEMENTARY LUNCH IN SCHOOL

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)
Mon - 10/11/2021						
ELEMENTARY LUNCH IN S						
	Total					
Macaroni & Cheese - BiB	6 oz.	283	37	648	15.0	31.0
Broccoli, Steamed	1/2 CUP	39	0	87	2.56	6.02
Anytime; Cheese Pizza Lnch Kit	1 Kit	360	30	750	13.0	34.0
PB&J Uncrustable, 2.6, Entree	SANDWICH	300	0	280	9.0	32.0
Cheese, String Cheese	1 PIECE	80	15	190	7.0	1.0
ALLERGY, CPS Meal	1 SERVING	242	28	372	9.17	25.17
Milk, 1% Flavored	1 CARTON	150	10	230	8.0	24.0
Milk, 1% White	1 CARTON	100	15	120	8.0	11.0
Milk, Non-Fat White	1 CARTON	80	5	120	8.0	11.0
Farm to School Veg/Fruit	1/2 CUP	0	0	0	0.0	0.0
Beans, Canned Variety	1/2 CUP	114	0	126	6.97	20.6
Broccoli, Raw Florets	1/2 CUP	10	0	10	1.06	1.86
Lettuce, Salad Mix	1 CUP	4	0	3	0.26	0.89
Carrots, Fresh	1/2 CUP	20	0	44	0.36	4.62
Celery, Raw Sticks	1/2 CUP	8	0	40	0.35	1.5
Cheese, Shredded	1 SERVING	81	20	202	7.09	1.01
Croutons	.5 OZ	53	0	78	1.92	7.7
Cucumbers, Raw	1/2 CUP	8	0	1	0.34	1.89
Granola, Rocin'ola - Straw.	1 pkg.	120	0	0	3.0	21.0
Fresh Whole Fruit	1 PIECE	94	*0	2	0.73	23.9
Apple, Slices	1/2 CUP	49	*0	1	0.24	12.6
Cherries, Frozen	1/2 CUP	52	0	1	1.45	13.07
Orange, Wedges	1/2 CUP	31	0	0	0.62	7.7
Peanut Butter	1.5 OZ	221	0	230	11.01	15.16
Peppers, Red or Green, Raw	1/2 CUP	12	0	2	0.43	2.45
Raisins, Box	1 BOX	112	0	4	0.99	29.76
Sunbutter	1.5 OZ	266	0	160	9.0	9.0
Sunflower Seeds	1/2 OZ	85	0	26	2.83	4.72
Tuna, Canned	2.0 OZ	1	0	3	0.26	0.0
Trail Mix/Dried Fruit	1/4 CUP	134	0	3	1.4	27.59
Salad Dressing	1.5 OZ	196	12	653	1.25	7.99
Weighted Daily Average		583	*39	957	23.96	73.97
% of Calories					16.4%	50.7%
Nutrient Guideline		550-650		1230		

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ELEMENTARY LUNCH IN SCHOOL

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)
Tue - 10/12/2021						
ELEMENTARY LUNCH IN S						
	Total					
Chicken Tenders, Gold Kist, WG	3 PCS	203	49	383	18.46	11.13
Potatoes, Mashed	1/2 cup	71	0	160	1.57	13.39
Gravy, Chicken Trio	2 OZ	40	0	130	0.0	6.0
Beans, Green, Seasoned	1/2 CUP	43	0	367	1.42	5.64
Anytime; Cheese Pizza Lnrh Kit	1 Kit	360	30	750	13.0	34.0
PB&J Uncrustable, 2.6, Entree	SANDWICH	300	0	280	9.0	32.0
Cheese, String Cheese	1 PIECE	80	15	190	7.0	1.0
ALLERGY, CPS Meal	1 SERVING	242	28	372	9.17	25.17
Milk, 1% Flavored	1 CARTON	150	10	230	8.0	24.0
Milk, 1% White	1 CARTON	100	15	120	8.0	11.0
Milk, Non-Fat White	1 CARTON	80	5	120	8.0	11.0
Farm to School Veg/Fruit	1/2 CUP	0	0	0	0.0	0.0
Beans, Canned Variety	1/2 CUP	114	0	126	6.97	20.6
Broccoli, Raw Florets	1/2 CUP	10	0	10	1.06	1.86
Lettuce, Salad Mix	1 CUP	4	0	3	0.26	0.89
Carrots, Fresh	1/2 CUP	20	0	44	0.36	4.62
Celery, Raw Sticks	1/2 CUP	8	0	40	0.35	1.5
Cheese, Shredded	1 SERVING	81	20	202	7.09	1.01
Croutons	.5 OZ	53	0	78	1.92	7.7
Cucumbers, Raw	1/2 CUP	8	0	1	0.34	1.89
Granola, Rocin'ola - Straw.	1 pkg.	120	0	0	3.0	21.0
Fresh Whole Fruit	1 PIECE	94	*0	2	0.73	23.9
Apple, Slices	1/2 CUP	49	*0	1	0.24	12.6
Fruit, Mixed, Canned	1/2 CUP	35	0	13	0.0	8.0
Apple, Granny Smith, Wedges	1/2 CUP	58	0	1	0.29	15.4
Peanut Butter	1.5 OZ	221	0	230	11.01	15.16
Peppers, Red or Green, Raw	1/2 CUP	12	0	2	0.43	2.45
Raisins, Box	1 BOX	112	0	4	0.99	29.76
Sunbutter	1.5 OZ	266	0	160	9.0	9.0
Sunflower Seeds	1/2 OZ	85	0	26	2.83	4.72
Tuna, Canned	2.0 OZ	1	0	3	0.26	0.0
Trail Mix/Dried Fruit	1/4 CUP	134	0	3	1.4	27.59
Sauce, BBQ	1/2 OZ	21	0	129	0.0	5.0
Ketchup	1/2 OZ	17	0	167	0.0	4.17
Salad Dressing	1.5 OZ	196	12	653	1.25	7.99
Weighted Daily Average		626	*58	1261	29.40	77.02
% of Calories					18.8%	49.2%
Nutrient Guideline		550-650		1230		

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

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Columbia Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

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Oct 1, 2021 thru Oct 27, 2021

ELEMENTARY LUNCH IN SCHOOL

Generated on: 9/17/2021 7:50:44 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)
Wed - 10/13/2021						
ELEMENTARY LUNCH IN S	Total					
BBQ Rib Sandwich	1 SANDWICH	346	40	925	19.0	41.72
Potato, FF, KK, Elem	4 OZ	160	0	37	2.45	24.54
Potato, Sweet, Glazed	1/2 CUP	137	0	33	1.1	28.34
Anytime; Cheese Pizza Lnh Kit	1 Kit	360	30	750	13.0	34.0
PB&J Uncrustable, 2.6, Entree	SANDWICH	300	0	280	9.0	32.0
Cheese, String Cheese	1 PIECE	80	15	190	7.0	1.0
ALLERGY, CPS Meal	1 SERVING	242	28	372	9.17	25.17
Milk, 1% Flavored	1 CARTON	150	10	230	8.0	24.0
Milk, 1% White	1 CARTON	100	15	120	8.0	11.0
Milk, Non-Fat White	1 CARTON	80	5	120	8.0	11.0
Farm to School Veg/Fruit	1/2 CUP	0	0	0	0.0	0.0
Beans, Canned Variety	1/2 CUP	114	0	126	6.97	20.6
Broccoli, Raw Florets	1/2 CUP	10	0	10	1.06	1.86
Lettuce, Salad Mix	1 CUP	4	0	3	0.26	0.89
Carrots, Fresh	1/2 CUP	20	0	44	0.36	4.62
Celery, Raw Sticks	1/2 CUP	8	0	40	0.35	1.5
Cheese, Shredded	1 SERVING	81	20	202	7.09	1.01
Croutons	.5 OZ	53	0	78	1.92	7.7
Cucumbers, Raw	1/2 CUP	8	0	1	0.34	1.89
Granola, Rocin'ola - Straw.	1 pkg.	120	0	0	3.0	21.0
Fresh Whole Fruit	1 PIECE	94	*0	2	0.73	23.9
Apple, Slices	1/2 CUP	49	*0	1	0.24	12.6
Pineapple, Canned	1/2 CUP	72	0	10	0.0	17.0
Apple, Gala, Wedges	1/2 CUP	48	0	1	0.24	12.57
Peanut Butter	1.5 OZ	221	0	230	11.01	15.16
Peppers, Red or Green, Raw	1/2 CUP	12	0	2	0.43	2.45
Raisins, Box	1 BOX	112	0	4	0.99	29.76
Sunbutter	1.5 OZ	266	0	160	9.0	9.0
Sunflower Seeds	1/2 OZ	85	0	26	2.83	4.72
Tuna, Canned	2.0 OZ	1	0	3	0.26	0.0
Trail Mix/Dried Fruit	1/4 CUP	134	0	3	1.4	27.59
Sauce, BBQ	1/2 OZ	21	0	129	0.0	5.0
Ketchup	1/2 OZ	17	0	167	0.0	4.17
Salad Dressing	1.5 OZ	196	12	653	1.25	7.99
Weighted Daily Average		737	*39	1172	26.29	102.01
% of Calories					14.3%	55.4%
Nutrient Guideline		550-650		1230		

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Columbia Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

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Oct 1, 2021 thru Oct 27, 2021

ELEMENTARY LUNCH IN SCHOOL

Generated on: 9/17/2021 7:50:44 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)
Thu - 10/14/2021						
ELEMENTARY LUNCH IN S						
	Total					
Pizza Crunchers	4 Pieces	420	30	670	20.0	41.0
Spaghetti Dipping Sauce	2 OZ	30	0	265	1.0	5.5
Corn, Seasoned	1/2 CUP	120	0	421	3.3	24.17
Anytime; Cheese Pizza Lnch Kit	1 Kit	360	30	750	13.0	34.0
PB&J Uncrustable, 2.6, Entree	SANDWICH	300	0	280	9.0	32.0
Cheese, String Cheese	1 PIECE	80	15	190	7.0	1.0
ALLERGY, CPS Meal	1 SERVING	242	28	372	9.17	25.17
Milk, 1% Flavored	1 CARTON	150	10	230	8.0	24.0
Milk, 1% White	1 CARTON	100	15	120	8.0	11.0
Milk, Non-Fat White	1 CARTON	80	5	120	8.0	11.0
Farm to School Veg/Fruit	1/2 CUP	0	0	0	0.0	0.0
Beans, Canned Variety	1/2 CUP	114	0	126	6.97	20.6
Broccoli, Raw Florets	1/2 CUP	10	0	10	1.06	1.86
Lettuce, Salad Mix	1 CUP	4	0	3	0.26	0.89
Carrots, Fresh	1/2 CUP	20	0	44	0.36	4.62
Celery, Raw Sticks	1/2 CUP	8	0	40	0.35	1.5
Cheese, Shredded	1 SERVING	81	20	202	7.09	1.01
Croutons	.5 OZ	53	0	78	1.92	7.7
Cucumbers, Raw	1/2 CUP	8	0	1	0.34	1.89
Granola, Rocin'ola - Straw.	1 pkg.	120	0	0	3.0	21.0
Fresh Whole Fruit	1 PIECE	94	*0	2	0.73	23.9
Apple, Slices	1/2 CUP	49	*0	1	0.24	12.6
Peaches, Canned	1/2 CUP	70	0	10	0.0	17.0
Orange, Wedges	1/2 CUP	31	0	0	0.62	7.7
Peanut Butter	1.5 OZ	221	0	230	11.01	15.16
Peppers, Red or Green, Raw	1/2 CUP	12	0	2	0.43	2.45
Raisins, Box	1 BOX	112	0	4	0.99	29.76
Sunbutter	1.5 OZ	266	0	160	9.0	9.0
Sunflower Seeds	1/2 OZ	85	0	26	2.83	4.72
Tuna, Canned	2.0 OZ	1	0	3	0.26	0.0
Trail Mix/Dried Fruit	1/4 CUP	134	0	3	1.4	27.59
Salad Dressing	1.5 OZ	196	12	653	1.25	7.99
Weighted Daily Average		749	*41	1348	30.22	95.24
% of Calories					16.1%	50.9%
Nutrient Guideline		550-650		1230		

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Columbia Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

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Oct 1, 2021 thru Oct 27, 2021

ELEMENTARY LUNCH IN SCHOOL

Generated on: 9/17/2021 7:50:44 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)
Fri - 10/15/2021						
ELEMENTARY LUNCH IN S						
	Total					
Sloppy Joe Meat, dry mix	1 SANDWICH	*334	*67	*255	*21.68	*22.44
Beans, Green, Seasoned	1/2 CUP	43	0	367	1.42	5.64
Anytime; Cheese Pizza Lnch Kit	1 Kit	360	30	750	13.0	34.0
PB&J Uncrustable, 2.6, Entree	SANDWICH	300	0	280	9.0	32.0
Cheese, String Cheese	1 PIECE	80	15	190	7.0	1.0
ALLERGY, CPS Meal	1 SERVING	242	28	372	9.17	25.17
Milk, 1% Flavored	1 CARTON	150	10	230	8.0	24.0
Milk, 1% White	1 CARTON	100	15	120	8.0	11.0
Milk, Non-Fat White	1 CARTON	80	5	120	8.0	11.0
Farm to School Veg/Fruit	1/2 CUP	0	0	0	0.0	0.0
Beans, Canned Variety	1/2 CUP	114	0	126	6.97	20.6
Broccoli, Raw Florets	1/2 CUP	10	0	10	1.06	1.86
Lettuce, Salad Mix	1 CUP	4	0	3	0.26	0.89
Carrots, Fresh	1/2 CUP	20	0	44	0.36	4.62
Celery, Raw Sticks	1/2 CUP	8	0	40	0.35	1.5
Cheese, Shredded	1 SERVING	81	20	202	7.09	1.01
Croutons	.5 OZ	53	0	78	1.92	7.7
Cucumbers, Raw	1/2 CUP	8	0	1	0.34	1.89
Granola, Rocin'ola - Straw.	1 pkg.	120	0	0	3.0	21.0
Fresh Whole Fruit	1 PIECE	94	*0	2	0.73	23.9
Apple, Slices	1/2 CUP	49	*0	1	0.24	12.6
Applesauce, Canned	1/2 CUP	50	0	10	0.0	13.0
Bananas, Fresh	1 EACH	90	0	1	1.1	23.07
Peanut Butter	1.5 OZ	221	0	230	11.01	15.16
Peppers, Red or Green, Raw	1/2 CUP	12	0	2	0.43	2.45
Raisins, Box	1 BOX	112	0	4	0.99	29.76
Sunbutter	1.5 OZ	266	0	160	9.0	9.0
Sunflower Seeds	1/2 OZ	85	0	26	2.83	4.72
Tomatoes, Raw Cherry/Grape	1/2 cup	20	0	6	1.0	4.45
Tuna, Canned	2.0 OZ	1	0	3	0.26	0.0
Trail Mix/Dried Fruit	1/4 CUP	134	0	3	1.4	27.59
Sauce, BBQ	1/2 OZ	21	0	129	0.0	5.0
Salad Dressing	1.5 OZ	196	12	653	1.25	7.99
Weighted Daily Average		*648	*52	*929	*27.20	*77.92
% of Calories					*16.8%	*48.1%
Nutrient Guideline		550-650		1230		

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Columbia Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

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Oct 1, 2021 thru Oct 27, 2021

ELEMENTARY LUNCH IN SCHOOL

Generated on: 9/17/2021 7:50:44 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)
Mon - 10/18/2021						
ELEMENTARY LUNCH IN S	Total					
Chicken Brkfst Sausage, Sec	2 PATTIES	227	91	568	25.01	2.27
Waffle (2 Waffles)	2 WAFFLES	200	0	489	4.99	31.92
Potato, Hash Brown Rounds	2 rounds	91	0	192	1.01	15.18
Anytime; Cheese Pizza Lnh Kit	1 Kit	360	30	750	13.0	34.0
PB&J Uncrustable, 2.6, Entree	SANDWICH	300	0	280	9.0	32.0
Cheese, String Cheese	1 PIECE	80	15	190	7.0	1.0
ALLERGY, CPS Meal	1 SERVING	242	28	372	9.17	25.17
Milk, 1% Flavored	1 CARTON	150	10	230	8.0	24.0
Milk, 1% White	1 CARTON	100	15	120	8.0	11.0
Milk, Non-Fat White	1 CARTON	80	5	120	8.0	11.0
Farm to School Veg/Fruit	1/2 CUP	0	0	0	0.0	0.0
Beans, Canned Variety	1/2 CUP	114	0	126	6.97	20.6
Broccoli, Raw Florets	1/2 CUP	10	0	10	1.06	1.86
Lettuce, Salad Mix	1 CUP	4	0	3	0.26	0.89
Carrots, Fresh	1/2 CUP	20	0	44	0.36	4.62
Celery, Raw Sticks	1/2 CUP	8	0	40	0.35	1.5
Cheese, Shredded	1 SERVING	81	20	202	7.09	1.01
Croutons	.5 OZ	53	0	78	1.92	7.7
Cucumbers, Raw	1/2 CUP	8	0	1	0.34	1.89
Granola, Rocin'ola - Straw.	1 pkg.	120	0	0	3.0	21.0
Fresh Whole Fruit	1 PIECE	94	*0	2	0.73	23.9
Apple, Slices	1/2 CUP	49	*0	1	0.24	12.6
Pears, Canned	1/2 CUP	80	0	5	0.0	20.0
Orange, Wedges	1/2 CUP	31	0	0	0.62	7.7
Peanut Butter	1.5 OZ	221	0	230	11.01	15.16
Peppers, Red or Green, Raw	1/2 CUP	12	0	2	0.43	2.45
Raisins, Box	1 BOX	112	0	4	0.99	29.76
Sunbutter	1.5 OZ	266	0	160	9.0	9.0
Sunflower Seeds	1/2 OZ	85	0	26	2.83	4.72
Tuna, Canned	2.0 OZ	1	0	3	0.26	0.0
Trail Mix/Dried Fruit	1/4 CUP	134	0	3	1.4	27.59
Sauce, Syrup, Pancake & Waffle	2 OZ	210	0	65	0.0	51.0
Ketchup	1/2 OZ	17	0	167	0.0	4.17
Salad Dressing	1.5 OZ	196	12	653	1.25	7.99
Weighted Daily Average		843	*91	1493	37.62	109.51
% of Calories					17.9%	52.0%
Nutrient Guideline		550-650		1230		

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Columbia Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

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Oct 1, 2021 thru Oct 27, 2021

ELEMENTARY LUNCH IN SCHOOL

Generated on: 9/17/2021 7:50:44 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)
Tue - 10/19/2021						
ELEMENTARY LUNCH IN S						
	Total					
Chicken Tenders, Gold Kist, WG	3 PCS	203	49	383	18.46	11.13
Potatoes, Mashed	1/2 cup	71	0	160	1.57	13.39
Gravy, Chicken Trio	2 OZ	40	0	130	0.0	6.0
Beans, Green, Seasoned	1/2 CUP	43	0	367	1.42	5.64
PB&J Uncrustable, 2.6, Entree	SANDWICH	300	0	280	9.0	32.0
Cheese, String Cheese	1 PIECE	80	15	190	7.0	1.0
ALLERGY, CPS Meal	1 SERVING	242	28	372	9.17	25.17
Milk, 1% Flavored	1 CARTON	150	10	230	8.0	24.0
Milk, 1% White	1 CARTON	100	15	120	8.0	11.0
Milk, Non-Fat White	1 CARTON	80	5	120	8.0	11.0
Farm to School Veg/Fruit	1/2 CUP	0	0	0	0.0	0.0
Beans, Canned Variety	1/2 CUP	114	0	126	6.97	20.6
Broccoli, Raw Florets	1/2 CUP	10	0	10	1.06	1.86
Lettuce, Salad Mix	1 CUP	4	0	3	0.26	0.89
Carrots, Fresh	1/2 CUP	20	0	44	0.36	4.62
Celery, Raw Sticks	1/2 CUP	8	0	40	0.35	1.5
Cheese, Shredded	1 SERVING	81	20	202	7.09	1.01
Croutons	.5 OZ	53	0	78	1.92	7.7
Cucumbers, Raw	1/2 CUP	8	0	1	0.34	1.89
Granola, Rocin'ola - Straw.	1 pkg.	120	0	0	3.0	21.0
Fresh Whole Fruit	1 PIECE	94	*0	2	0.73	23.9
Apple, Slices	1/2 CUP	49	*0	1	0.24	12.6
Fruit, Mixed, Canned	1/2 CUP	35	0	13	0.0	8.0
Apple, Fuji, Wedges	1/2 CUP	29	0	1	0.15	7.83
Peanut Butter	1.5 OZ	221	0	230	11.01	15.16
Peppers, Red or Green, Raw	1/2 CUP	12	0	2	0.43	2.45
Raisins, Box	1 BOX	112	0	4	0.99	29.76
Sunbutter	1.5 OZ	266	0	160	9.0	9.0
Sunflower Seeds	1/2 OZ	85	0	26	2.83	4.72
Tuna, Canned	2.0 OZ	1	0	3	0.26	0.0
Trail Mix/Dried Fruit	1/4 CUP	134	0	3	1.4	27.59
Sauce, BBQ	1/2 OZ	21	0	129	0.0	5.0
Ketchup	1/2 OZ	17	0	167	0.0	4.17
Salad Dressing	1.5 OZ	196	12	653	1.25	7.99
Weighted Daily Average		583	*54	1178	28.90	71.42
% of Calories					19.8%	49.0%
Nutrient Guideline		550-650		1230		

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Columbia Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

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ELEMENTARY LUNCH IN SCHOOL

Generated on: 9/17/2021 7:50:44 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)
Wed - 10/20/2021						
ELEMENTARY LUNCH IN S	Total					
Ripper, Turkey Ham and Cheese	piece	270	25	590	22.0	28.0
Spinach, Cooked, Seasoned	1/2 CUP	58	0	217	5.46	6.53
Anytime; Cheese Pizza Lnch Kit	1 Kit	360	30	750	13.0	34.0
PB&J Uncrustable, 2.6, Entree	SANDWICH	300	0	280	9.0	32.0
ALLERGY, CPS Meal	1 SERVING	242	28	372	9.17	25.17
Milk, 1% Flavored	1 CARTON	150	10	230	8.0	24.0
Milk, 1% White	1 CARTON	100	15	120	8.0	11.0
Milk, Non-Fat White	1 CARTON	80	5	120	8.0	11.0
Farm to School Veg/Fruit	1/2 CUP	0	0	0	0.0	0.0
Beans, Canned Variety	1/2 CUP	114	0	126	6.97	20.6
Broccoli, Raw Florets	1/2 CUP	10	0	10	1.06	1.86
Lettuce, Salad Mix	1 CUP	4	0	3	0.26	0.89
Carrots, Fresh	1/2 CUP	20	0	44	0.36	4.62
Celery, Raw Sticks	1/2 CUP	8	0	40	0.35	1.5
Cheese, Shredded	1 SERVING	81	20	202	7.09	1.01
Croutons	.5 OZ	53	0	78	1.92	7.7
Cucumbers, Raw	1/2 CUP	8	0	1	0.34	1.89
Granola, Rocin'ola - Straw.	1 pkg.	120	0	0	3.0	21.0
Fresh Whole Fruit	1 PIECE	94	*0	2	0.73	23.9
Apple, Slices	1/2 CUP	49	*0	1	0.24	12.6
Pineapple, Canned	1/2 CUP	72	0	10	0.0	17.0
Orange, Wedges	1/2 CUP	31	0	0	0.62	7.7
Peanut Butter	1.5 OZ	221	0	230	11.01	15.16
Peppers, Red or Green, Raw	1/2 CUP	12	0	2	0.43	2.45
Raisins, Box	1 BOX	112	0	4	0.99	29.76
Sunbutter	1.5 OZ	266	0	160	9.0	9.0
Sunflower Seeds	1/2 OZ	85	0	26	2.83	4.72
Tuna, Canned	2.0 OZ	1	0	3	0.26	0.0
Trail Mix/Dried Fruit	1/4 CUP	134	0	3	1.4	27.59
Salad Dressing	1.5 OZ	196	12	653	1.25	7.99
Weighted Daily Average		600	*35	957	29.33	79.37
% of Calories					19.6%	52.9%
Nutrient Guideline		550-650		1230		

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Columbia Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

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ELEMENTARY LUNCH IN SCHOOL

Generated on: 9/17/2021 7:50:44 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)
Thu - 10/21/2021						
ELEMENTARY LUNCH IN S	Total					
Chicken, Mandarin Orange	3.6 oz.	150	40	280	11.0	19.0
Rice, Brown, 3/4 Cup	3/4 CUP	152	0	113	3.8	31.36
Carrots, Cooked, Seasoned	1/2 CUP	48	0	265	0.0	6.31
Anytime; Cheese Pizza Lnch Kit	1 Kit	360	30	750	13.0	34.0
PB&J Uncrustable, 2.6, Entree	SANDWICH	300	0	280	9.0	32.0
Cheese, String Cheese	1 PIECE	80	15	190	7.0	1.0
ALLERGY, CPS Meal	1 SERVING	242	28	372	9.17	25.17
Milk, 1% Flavored	1 CARTON	150	10	230	8.0	24.0
Milk, 1% White	1 CARTON	100	15	120	8.0	11.0
Milk, Non-Fat White	1 CARTON	80	5	120	8.0	11.0
Farm to School Veg/Fruit	1/2 CUP	0	0	0	0.0	0.0
Beans, Canned Variety	1/2 CUP	114	0	126	6.97	20.6
Broccoli, Raw Florets	1/2 CUP	10	0	10	1.06	1.86
Lettuce, Salad Mix	1 CUP	4	0	3	0.26	0.89
Carrots, Fresh	1/2 CUP	20	0	44	0.36	4.62
Celery, Raw Sticks	1/2 CUP	8	0	40	0.35	1.5
Cheese, Shredded	1 SERVING	81	20	202	7.09	1.01
Croutons	.5 OZ	53	0	78	1.92	7.7
Cucumbers, Raw	1/2 CUP	8	0	1	0.34	1.89
Granola, Rocin'ola - Straw.	1 pkg.	120	0	0	3.0	21.0
Fresh Whole Fruit	1 PIECE	94	*0	2	0.73	23.9
Apple, Slices	1/2 CUP	49	*0	1	0.24	12.6
Mandarin Oranges, Canned	1/2 CUP	130	0	12	1.12	33.24
Apple, Gala, Wedges	1/2 CUP	48	0	1	0.24	12.57
Peanut Butter	1.5 OZ	221	0	230	11.01	15.16
Peppers, Red or Green, Raw	1/2 CUP	12	0	2	0.43	2.45
Raisins, Box	1 BOX	112	0	4	0.99	29.76
Sunbutter	1.5 OZ	266	0	160	9.0	9.0
Sunflower Seeds	1/2 OZ	85	0	26	2.83	4.72
Tuna, Canned	2.0 OZ	1	0	3	0.26	0.0
Trail Mix/Dried Fruit	1/4 CUP	134	0	3	1.4	27.59
Salad Dressing	1.5 OZ	196	12	653	1.25	7.99
Weighted Daily Average		667	*46	885	24.84	102.45
% of Calories					14.9%	61.4%
Nutrient Guideline		550-650		1230		

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Columbia Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

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Oct 1, 2021 thru Oct 27, 2021

ELEMENTARY LUNCH IN SCHOOL

Generated on: 9/17/2021 7:50:44 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)
Fri - 10/22/2021						
ELEMENTARY LUNCH IN S						
	Total					
	Taco Meat, Beef, boil in bag	183	72	424	20.0	2.67
	Tacos, Beef Hrd Shell, Homeade	180	9	51	4.53	21.25
	Beans, Refried	351	7	690	15.42	53.9
	Anytime; Cheese Pizza Lnch Kit	360	30	750	13.0	34.0
	PB&J Uncrustable, 2.6, Entree	300	0	280	9.0	32.0
	Cheese, String Cheese	80	15	190	7.0	1.0
	ALLERGY, CPS Meal	242	28	372	9.17	25.17
	Milk, 1% Flavored	150	10	230	8.0	24.0
	Milk, 1% White	100	15	120	8.0	11.0
	Milk, Non-Fat White	80	5	120	8.0	11.0
	Farm to School Veg/Fruit	0	0	0	0.0	0.0
	Beans, Canned Variety	114	0	126	6.97	20.6
	Broccoli, Raw Florets	10	0	10	1.06	1.86
	Lettuce, Salad Mix	4	0	3	0.26	0.89
	Carrots, Fresh	20	0	44	0.36	4.62
	Celery, Raw Sticks	8	0	40	0.35	1.5
	Cheese, Shredded	81	20	202	7.09	1.01
	Croutons	53	0	78	1.92	7.7
	Cucumbers, Raw	8	0	1	0.34	1.89
	Granola, Rocin'ola - Straw.	120	0	0	3.0	21.0
	Fresh Whole Fruit	94	*0	2	0.73	23.9
	Apple, Slices	49	*0	1	0.24	12.6
	Cherries, Frozen	52	0	1	1.45	13.07
	Bananas, Fresh	90	0	1	1.1	23.07
	Peanut Butter	221	0	230	11.01	15.16
	Peppers, Red or Green, Raw	12	0	2	0.43	2.45
	Raisins, Box	112	0	4	0.99	29.76
	Sunbutter	266	0	160	9.0	9.0
	Sunflower Seeds	85	0	26	2.83	4.72
	Tuna, Canned	1	0	3	0.26	0.0
	Trail Mix/Dried Fruit	134	0	3	1.4	27.59
	SALSA:COMMODITY	20	0	244	0.85	3.97
	Sour Cream, PC's	60	20	15	1.0	0.0
	Tomatoes, Raw Cherry/Grape	20	0	6	1.0	4.45
	Salad Dressing	196	12	653	1.25	7.99
	Weighted Daily Average	697	*78	1047	33.96	76.18
	% of Calories				19.5%	43.7%
	Nutrient Guideline	550-650		1230		

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Columbia Public Schools

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ELEMENTARY LUNCH IN SCHOOL

Generated on: 9/17/2021 7:50:44 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)
Mon - 10/25/2021						
ELEMENTARY LUNCH IN S	Total					
Burger, Cheeseburger on Bun	SANDWICH	302	47	535	19.64	28.54
Burger, Hamburger on Bun	Sandwich	267	40	385	16.64	27.54
Potato, FF, Smiles, Elem	1/2 cup	130	0	180	2.0	20.0
Beans, Baked	1/2 CUP	133	0	524	6.06	30.3
Anytime; Cheese Pizza Lnh Kit	1 Kit	360	30	750	13.0	34.0
PB&J Uncrustable, 2.6, Entree	SANDWICH	300	0	280	9.0	32.0
Cheese, String Cheese	1 PIECE	80	15	190	7.0	1.0
ALLERGY, CPS Meal	1 SERVING	242	28	372	9.17	25.17
Milk, 1% Flavored	1 CARTON	150	10	230	8.0	24.0
Milk, 1% White	1 CARTON	100	15	120	8.0	11.0
Milk, Non-Fat White	1 CARTON	80	5	120	8.0	11.0
Farm to School Veg/Fruit	1/2 CUP	0	0	0	0.0	0.0
Beans, Canned Variety	1/2 CUP	114	0	126	6.97	20.6
Broccoli, Raw Florets	1/2 CUP	10	0	10	1.06	1.86
Lettuce, Salad Mix	1 CUP	4	0	3	0.26	0.89
Carrots, Fresh	1/2 CUP	20	0	44	0.36	4.62
Celery, Raw Sticks	1/2 CUP	8	0	40	0.35	1.5
Cheese, Shredded	1 SERVING	81	20	202	7.09	1.01
Croutons	.5 OZ	53	0	78	1.92	7.7
Cucumbers, Raw	1/2 CUP	8	0	1	0.34	1.89
Granola, Rocin'ola - Straw.	1 pkg.	120	0	0	3.0	21.0
Fresh Whole Fruit	1 PIECE	94	*0	2	0.73	23.9
Apple, Slices	1/2 CUP	49	*0	1	0.24	12.6
Pears, Canned	1/2 CUP	80	0	5	0.0	20.0
Apple, Fuji, Wedges	1/2 CUP	29	0	1	0.15	7.83
Peanut Butter	1.5 OZ	221	0	230	11.01	15.16
Peppers, Red or Green, Raw	1/2 CUP	12	0	2	0.43	2.45
Raisins, Box	1 BOX	112	0	4	0.99	29.76
Sunbutter	1.5 OZ	266	0	160	9.0	9.0
Sunflower Seeds	1/2 OZ	85	0	26	2.83	4.72
Tuna, Canned	2.0 OZ	1	0	3	0.26	0.0
Trail Mix/Dried Fruit	1/4 CUP	134	0	3	1.4	27.59
Ketchup	1/2 OZ	17	0	167	0.0	4.17
Mayonnaise, PC's	1 PACKET	10	5	100	0.0	3.0
Mustard, PC's	1 PACKET	3	0	42	0.21	0.44
Salad Dressing	1.5 OZ	196	12	653	1.25	7.99
Weighted Daily Average		699	*52	1211	29.49	92.15
% of Calories					16.9%	52.7%
Nutrient Guideline		550-650		1230		

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Columbia Public Schools

Base Menu Spreadsheet

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Oct 1, 2021 thru Oct 27, 2021

ELEMENTARY LUNCH IN SCHOOL

Generated on: 9/17/2021 7:50:44 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)
Tue - 10/26/2021						
ELEMENTARY LUNCH IN S						
	Total					
Chicken Tenders, Gold Kist, WG	3 PCS	203	49	383	18.46	11.13
Potatoes, Mashed	1/2 cup	71	0	160	1.57	13.39
Gravy, Chicken Trio	2 OZ	40	0	130	0.0	6.0
Beans, Green, Seasoned	1/2 CUP	43	0	367	1.42	5.64
Anytime; Cheese Pizza Lnh Kit	1 Kit	360	30	750	13.0	34.0
PB&J Uncrustable, 2.6, Entree	SANDWICH	300	0	280	9.0	32.0
Cheese, String Cheese	1 PIECE	80	15	190	7.0	1.0
ALLERGY, CPS Meal	1 SERVING	242	28	372	9.17	25.17
Milk, 1% Flavored	1 CARTON	150	10	230	8.0	24.0
Milk, 1% White	1 CARTON	100	15	120	8.0	11.0
Milk, Non-Fat White	1 CARTON	80	5	120	8.0	11.0
Farm to School Veg/Fruit	1/2 CUP	0	0	0	0.0	0.0
Beans, Canned Variety	1/2 CUP	114	0	126	6.97	20.6
Broccoli, Raw Florets	1/2 CUP	10	0	10	1.06	1.86
Lettuce, Salad Mix	1 CUP	4	0	3	0.26	0.89
Carrots, Fresh	1/2 CUP	20	0	44	0.36	4.62
Celery, Raw Sticks	1/2 CUP	8	0	40	0.35	1.5
Cheese, Shredded	1 SERVING	81	20	202	7.09	1.01
Croutons	.5 OZ	53	0	78	1.92	7.7
Cucumbers, Raw	1/2 CUP	8	0	1	0.34	1.89
Granola, Rocin'ola - Straw.	1 pkg.	120	0	0	3.0	21.0
Fresh Whole Fruit	1 PIECE	94	*0	2	0.73	23.9
Apple, Slices	1/2 CUP	49	*0	1	0.24	12.6
Fruit, Mixed, Canned	1/2 CUP	35	0	13	0.0	8.0
Apple, Gala, Wedges	1/2 CUP	48	0	1	0.24	12.57
Peanut Butter	1.5 OZ	221	0	230	11.01	15.16
Peppers, Red or Green, Raw	1/2 CUP	12	0	2	0.43	2.45
Raisins, Box	1 BOX	112	0	4	0.99	29.76
Sunbutter	1.5 OZ	266	0	160	9.0	9.0
Sunflower Seeds	1/2 OZ	85	0	26	2.83	4.72
Tuna, Canned	2.0 OZ	1	0	3	0.26	0.0
Trail Mix/Dried Fruit	1/4 CUP	134	0	3	1.4	27.59
Sauce, BBQ	1/2 OZ	21	0	129	0.0	5.0
Ketchup	1/2 OZ	17	0	167	0.0	4.17
Salad Dressing	1.5 OZ	196	12	653	1.25	7.99
Weighted Daily Average		613	*57	1225	29.29	76.00
% of Calories					19.1%	49.6%
Nutrient Guideline		550-650		1230		

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Columbia Public Schools

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Portion Values - Detailed

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Oct 1, 2021 thru Oct 27, 2021

ELEMENTARY LUNCH IN SCHOOL

Generated on: 9/17/2021 7:50:44 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)
Wed - 10/27/2021						
ELEMENTARY LUNCH IN S	Total					
Cheese Bite, Elem. Wild Mike's	4 Bites	283	20	547	16.2	28.35
Spaghetti Dipping Sauce	2 OZ	30	0	265	1.0	5.5
Corn, Seasoned	1/2 CUP	120	0	421	3.3	24.17
Anytime; Cheese Pizza Lnch Kit	1 Kit	360	30	750	13.0	34.0
PB&J Uncrustable, 2.6, Entree	SANDWICH	300	0	280	9.0	32.0
Cheese, String Cheese	1 PIECE	80	15	190	7.0	1.0
ALLERGY, CPS Meal	1 SERVING	242	28	372	9.17	25.17
Milk, 1% Flavored	1 CARTON	150	10	230	8.0	24.0
Milk, 1% White	1 CARTON	100	15	120	8.0	11.0
Milk, Non-Fat White	1 CARTON	80	5	120	8.0	11.0
Farm to School Veg/Fruit	1/2 CUP	0	0	0	0.0	0.0
Beans, Canned Variety	1/2 CUP	114	0	126	6.97	20.6
Broccoli, Raw Florets	1/2 CUP	10	0	10	1.06	1.86
Lettuce, Salad Mix	1 CUP	4	0	3	0.26	0.89
Carrots, Fresh	1/2 CUP	20	0	44	0.36	4.62
Celery, Raw Sticks	1/2 CUP	8	0	40	0.35	1.5
Cheese, Shredded	1 SERVING	81	20	202	7.09	1.01
Croutons	.5 OZ	53	0	78	1.92	7.7
Cucumbers, Raw	1/2 CUP	8	0	1	0.34	1.89
Granola, Rocin'ola - Straw.	1 pkg.	120	0	0	3.0	21.0
Fresh Whole Fruit	1 PIECE	94	*0	2	0.73	23.9
Apple, Slices	1/2 CUP	49	*0	1	0.24	12.6
Blueberries, Frozen	1/2 CUP	40	0	1	0.33	9.43
Apple, Granny Smith, Wedges	1/2 CUP	58	0	1	0.29	15.4
Peanut Butter	1.5 OZ	221	0	230	11.01	15.16
Peppers, Red or Green, Raw	1/2 CUP	12	0	2	0.43	2.45
Raisins, Box	1 BOX	112	0	4	0.99	29.76
Sunbutter	1.5 OZ	266	0	160	9.0	9.0
Sunflower Seeds	1/2 OZ	85	0	26	2.83	4.72
Tuna, Canned	2.0 OZ	1	0	3	0.26	0.0
Trail Mix/Dried Fruit	1/4 CUP	134	0	3	1.4	27.59
Salad Dressing	1.5 OZ	196	12	653	1.25	7.99
Weighted Daily Average		686	*36	1305	27.53	86.92
% of Calories					16.0%	50.7%
Nutrient Guideline		550-650		1230		

Weighted Average		*666	*53	*1148	*29.25	*84.96
					*17.6%	*51.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	666		550 - 650	103%	Missing		16	Correction Required - Calories too High
Cholesterol (mg)	53				Missing			
Sodium 1 (mg)	1148		1230		Missing		213	Correction Required - Sodium too High
Sodium 2 (mg)	1148		935		Missing			
Protein (g)	29.25	17.56%			Missing			
Carbohydrate (g)	84.96	51.00%			Missing			

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