

# Columbia Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

Oct 1, 2021 thru Oct 27, 2021

MIDDLE SCHOOL LUNCH IN SCHOOL

Generated on: 9/17/2021 7:51:17 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)
Fri - 10/01/2021						
MIDDLE SCHOOL LUNCH I	Total					
Taco Meat, Beef, boil in bag	4 oz	183	72	424	20.0	2.67
Taco, Hard Shell, Corn	3 Shells	160	0	0	2.0	21.0
Beans, Refried	1/2 CUP	351	7	690	15.42	53.9
Pizza, Big Daddy's Cheese	1 SLICE	427	37	469	20.0	45.33
Pizza, Big Daddy's Pepperoni	1 SLICE	321	29	359	15.15	34.02
Pizza, Big Daddy's Four Meat	1 SLICE	296	32	520	16.0	28.8
Pizza, SM, Cheese, MS instruct	Pizza, personal	347	33	548	17.45	38.94
Pizza, SM, Pepper, MS instruct	Pizza, personal	377	41	658	18.95	39.44
Pizza, SM,Sausage, MS instruct	Pizza, personal	377	40	639	18.99	39.49
Pizza, SM, Cheesy Bread	Pizza, personal	*355	*35	*569	*18.03	*39.05
Burger, Cheeseburger on Bun	SANDWICH	302	47	535	19.64	28.54
Burger, Hamburger on Bun	Sandwich	267	40	385	16.64	27.54
PB&J Uncrustable, 5.3 Entree	SANDWICH	630	0	620	19.0	64.0
Chicken Caesar Salad	SALAD	534	80	1514	25.29	40.33
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
Lettuce, Salad Mix	1 CUP	4	0	3	0.26	0.89
Carrots, Fresh	1/2 CUP	20	0	44	0.36	4.62
Celery, Raw Sticks	1/2 CUP	8	0	40	0.35	1.5
Broccoli, Raw Florets	1/2 CUP	10	0	10	1.06	1.86
Cucumbers, Raw	1/2 CUP	8	0	1	0.34	1.89
Cherries, Frozen	1/2 CUP	52	0	1	1.45	13.07
Apple, Slices	1/2 CUP	49	*0	1	0.24	12.6
Bananas, Fresh	1 EACH	90	0	1	1.1	23.07
Fresh Whole Fruit	1 PIECE	94	*0	2	0.73	23.9
Granola, Rocin'ola - Straw.	1 pkg.	120	0	0	3.0	21.0
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
Croutons	.5 OZ	53	0	78	1.92	7.7
Cheese, Shredded	1/2 OZ	55	15	90	3.5	0.0
Beans, Canned Variety	1/2 CUP	114	0	126	6.97	20.6
Raisins, Box	1 BOX	112	0	4	0.99	29.76
Trail Mix/Dried Fruit	1/4 CUP	134	0	3	1.4	27.59
Peanut Butter	1.5 OZ	221	0	230	11.01	15.16
Sunbutter	1.5 OZ	266	0	160	9.0	9.0
Sunflower Seeds	1/2 OZ	85	0	26	2.83	4.72
Salad Dressing	1.5 OZ	196	12	653	1.25	7.99
Mustard, PC's	1 PACKET	3	0	42	0.21	0.44
Mayonnaise, PC's	1 PACKET	10	5	100	0.0	3.0
Ketchup	1/2 OZ	17	0	167	0.0	4.17
SALSA:COMMODITY	1 OZ	10	0	122	0.43	1.98
Sour Cream, PC's	1 PKG	60	20	15	1.0	0.0
Weighted Daily Average		*662	*67	*1057	*30.58	*73.56
% of Calories					*18.5%	*44.4%
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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## Base Menu Spreadsheet

### Portion Values - Detailed

Page 2

Oct 1, 2021 thru Oct 27, 2021

MIDDLE SCHOOL LUNCH IN SCHOOL

Generated on: 9/17/2021 7:51:17 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)
Tue - 10/05/2021						
MIDDLE SCHOOL LUNCH I	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
Pizza, Big Daddy's Cheese	1 SLICE	427	37	469	20.0	45.33
Pizza, Big Daddy's Pepperoni	1 SLICE	321	29	359	15.15	34.02
Pizza, Big Daddy's Four Meat	1 SLICE	296	32	520	16.0	28.8
Pizza, SM, Cheese, MS instruct	Pizza, personal	347	33	548	17.45	38.94
Pizza, SM, Pepper, MS instruct	Pizza, personal	377	41	658	18.95	39.44
Pizza, SM,Sausage, MS instruct	Pizza, personal	377	40	639	18.99	39.49
Pizza, SM, Cheesy Bread	Pizza, personal	*355	*35	*569	*18.03	*39.05
Burger, Cheeseburger on Bun	SANDWICH	302	47	535	19.64	28.54
Burger, Hamburger on Bun	Sandwich	267	40	385	16.64	27.54
PB&J Uncrustable, 5.3 Entree	SANDWICH	630	0	620	19.0	64.0
Chicken Caesar Salad	SALAD	534	80	1514	25.29	40.33
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
Lettuce, Salad Mix	1 CUP	4	0	3	0.26	0.89
Carrots, Fresh	1/2 CUP	20	0	44	0.36	4.62
Celery, Raw Sticks	1/2 CUP	8	0	40	0.35	1.5
Broccoli, Raw Florets	1/2 CUP	10	0	10	1.06	1.86
Cucumbers, Raw	1/2 CUP	8	0	1	0.34	1.89
Tomatoes, Raw Cherry/Grape	1/2 cup	20	0	6	1.0	4.45
Fruit, Mixed, Canned	1/2 CUP	35	0	13	0.0	8.0
Orange, Wedges	1/2 CUP	31	0	0	0.62	7.7
Apple, Slices	1/2 CUP	49	*0	1	0.24	12.6
Fresh Whole Fruit	1 PIECE	94	*0	2	0.73	23.9
Granola, Rocin'ola - Straw.	1 pkg.	120	0	0	3.0	21.0
Tuna, Canned	2.0 OZ	1	0	3	0.26	0.0
Croutons	.5 OZ	53	0	78	1.92	7.7
Cheese, Shredded	1/2 OZ	55	15	90	3.5	0.0
Beans, Canned Variety	1/2 CUP	114	0	126	6.97	20.6
Raisins, Box	1 BOX	112	0	4	0.99	29.76
Trail Mix/Dried Fruit	1/4 CUP	134	0	3	1.4	27.59
Peanut Butter	1.5 OZ	221	0	230	11.01	15.16
Sunbutter	1.5 OZ	266	0	160	9.0	9.0
Sunflower Seeds	1/2 OZ	85	0	26	2.83	4.72
Salad Dressing	1.5 OZ	196	12	653	1.25	7.99
Mustard, PC's	1 PACKET	3	0	42	0.21	0.44
Mayonnaise, PC's	1 PACKET	10	5	100	0.0	3.0
Ketchup	1/2 OZ	17	0	167	0.0	4.17
KETCHUP: individual	Pkt 6g	9	0	82	0.09	2.47
Sauce, Sweet and Sour	1 OZ	61	0	12	0.02	15.43
Sauce, BBQ	1/2 OZ	21	0	129	0.0	5.0
Weighted Daily Average		*550	*50	*1028	*25.07	*67.47
% of Calories					*18.2%	*49.0%
Nutrient Guideline		600-700		1360		

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MIDDLE SCHOOL LUNCH IN SCHOOL

Generated on: 9/17/2021 7:51:17 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)
Wed - 10/06/2021						
MIDDLE SCHOOL LUNCH I	Total					
Cheese Brded Stick, Sec, WM	2 Breadsticks	279	30	537	13.93	29.84
Spaghetti Dipping Sauce	2 OZ	30	0	265	1.0	5.5
Corn, Seasoned	1/2 CUP	120	0	421	3.3	24.17
Burger, Cheeseburger on Bun	SANDWICH	302	47	535	19.64	28.54
Burger, Hamburger on Bun	Sandwich	267	40	385	16.64	27.54
Pizza, Big Daddy's Cheese	1 SLICE	427	37	469	20.0	45.33
Pizza, Big Daddy's Pepperoni	1 SLICE	321	29	359	15.15	34.02
Pizza, SM, Cheese, MS instruct	Pizza, personal	347	33	548	17.45	38.94
Pizza, SM, Cheesy Bread	Pizza, personal	*355	*35	*569	*18.03	*39.05
Pizza, SM, Pepper, MS instruct	Pizza, personal	377	41	658	18.95	39.44
Pizza, SM,Sausage, MS instruct	Pizza, personal	377	40	639	18.99	39.49
Chicken Caesar Salad	SALAD	534	80	1514	25.29	40.33
PB&J Uncrustable, 5.3 Entree	SANDWICH	630	0	620	19.0	64.0
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
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
Apple, Slices	1/2 CUP	49	*0	1	0.24	12.6
Fresh Whole Fruit	1 PIECE	94	*0	2	0.73	23.9
Granola, Rocin'ola - Straw.	1 pkg.	120	0	0	3.0	21.0
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		*620	*48	*1133	*27.53	*79.45
% of Calories					*17.8%	*51.3%
Nutrient Guideline		600-700		1360		

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### Portion Values - Detailed

Oct 1, 2021 thru Oct 27, 2021

MIDDLE SCHOOL LUNCH IN SCHOOL

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)
Thu - 10/07/2021						
MIDDLE SCHOOL LUNCH I	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
Burger, Cheeseburger on Bun	SANDWICH	302	47	535	19.64	28.54
Burger, Hamburger on Bun	Sandwich	267	40	385	16.64	27.54
Pizza, Big Daddy's Cheese	1 SLICE	427	37	469	20.0	45.33
Pizza, Big Daddy's Pepperoni	1 SLICE	321	29	359	15.15	34.02
Pizza, SM, Cheese, MS instruct	Pizza, personal	347	33	548	17.45	38.94
Pizza, SM, Cheesy Bread	Pizza, personal	*355	*35	*569	*18.03	*39.05
Pizza, SM, Pepper, MS instruct	Pizza, personal	377	41	658	18.95	39.44
Pizza, SM,Sausage, MS instruct	Pizza, personal	377	40	639	18.99	39.49
Chicken Caesar Salad	SALAD	534	80	1514	25.29	40.33
PB&J Uncrustable, 5.3 Entree	SANDWICH	630	0	620	19.0	64.0
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
Strawberries, Frozen	1/2 CUP	39	0	2	0.48	10.09
Orange, Wedges	1/2 CUP	31	0	0	0.62	7.7
Apple, Slices	1/2 CUP	49	*0	1	0.24	12.6
Fresh Whole Fruit	1 PIECE	94	*0	2	0.73	23.9
Granola, Rocin'ola - Straw.	1 pkg.	120	0	0	3.0	21.0
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		*642	*51	*1113	*29.40	*81.81
% of Calories					*18.3%	*51.0%
Nutrient Guideline		600-700		1360		

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)
Fri - 10/08/2021						
MIDDLE SCHOOL LUNCH I	Total					
Turkey Kielbasa on Bun	sandwich	300	60	850	19.0	32.0
Potato, FF, Seasoned, Sec	4 OZ	202	0	227	1.68	33.61
Spinach, Cooked, Seasoned	1/2 CUP	58	0	217	5.46	6.53
Burger, Cheeseburger on Bun	SANDWICH	302	47	535	19.64	28.54
Burger, Hamburger on Bun	Sandwich	267	40	385	16.64	27.54
Pizza, Big Daddy's Cheese	1 SLICE	427	37	469	20.0	45.33
Pizza, Big Daddy's Pepperoni	1 SLICE	321	29	359	15.15	34.02
Pizza, SM, Cheese, MS instruct	Pizza, personal	347	33	548	17.45	38.94
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Pizza, SM, Pepper, MS instruct	Pizza, personal	377	41	658	18.95	39.44
Pizza, SM,Sausage, MS instruct	Pizza, personal	377	40	639	18.99	39.49
Chicken Caesar Salad	SALAD	534	80	1514	25.29	40.33
PB&J Uncrustable, 5.3 Entree	SANDWICH	630	0	620	19.0	64.0
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
Apples, Spiced	1/2 CUP	52	0	5	0.03	13.16
Apple, Slices	1/2 CUP	49	*0	1	0.24	12.6
Bananas, Fresh	1 EACH	90	0	1	1.1	23.07
Fresh Whole Fruit	1 PIECE	94	*0	2	0.73	23.9
Granola, Rocin'ola - Straw.	1 pkg.	120	0	0	3.0	21.0
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
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		*690	*57	*1167	*29.19	*90.31
% of Calories					*16.9%	*52.3%
Nutrient Guideline		600-700		1360		

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)
Mon - 10/11/2021						
MIDDLE SCHOOL LUNCH I	Total					
Macaroni & Cheese - BiB	6 oz.	283	37	648	15.0	31.0
Chips, Cheetos FL Fantastics	BAG	91	0	140	1.4	14.0
Broccoli, Steamed	1/2 CUP	39	0	87	2.56	6.02
Burger, Cheeseburger on Bun	SANDWICH	302	47	535	19.64	28.54
Burger, Hamburger on Bun	Sandwich	267	40	385	16.64	27.54
Pizza, Big Daddy's Cheese	1 SLICE	427	37	469	20.0	45.33
Pizza, Big Daddy's Pepperoni	1 SLICE	321	29	359	15.15	34.02
Pizza, SM, Cheese, MS instruct	Pizza, personal	347	33	548	17.45	38.94
Pizza, SM, Cheesy Bread	Pizza, personal	*355	*35	*569	*18.03	*39.05
Pizza, SM, Pepper, MS instruct	Pizza, personal	377	41	658	18.95	39.44
Pizza, SM,Sausage, MS instruct	Pizza, personal	377	40	639	18.99	39.49
Chicken Caesar Salad	SALAD	534	80	1514	25.29	40.33
PB&J Uncrustable, 5.3 Entree	SANDWICH	630	0	620	19.0	64.0
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
Cherries, Frozen	1/2 CUP	52	0	1	1.45	13.07
Orange, Wedges	1/2 CUP	31	0	0	0.62	7.7
Apple, Slices	1/2 CUP	49	*0	1	0.24	12.6
Fresh Whole Fruit	1 PIECE	94	*0	2	0.73	23.9
Granola, Rocin'ola - Straw.	1 pkg.	120	0	0	3.0	21.0
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		*638	*53	*1100	*28.10	*78.07
% of Calories					*17.6%	*48.9%
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

## Base Menu Spreadsheet

### Portion Values - Detailed

Page 7

Oct 1, 2021 thru Oct 27, 2021

MIDDLE SCHOOL LUNCH IN SCHOOL

Generated on: 9/17/2021 7:51:18 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)
Tue - 10/12/2021						
MIDDLE SCHOOL LUNCH I						
	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
Burger, Cheeseburger on Bun	SANDWICH	302	47	535	19.64	28.54
Burger, Hamburger on Bun	Sandwich	267	40	385	16.64	27.54
Pizza, Big Daddy's Cheese	1 SLICE	427	37	469	20.0	45.33
Pizza, Big Daddy's Pepperoni	1 SLICE	321	29	359	15.15	34.02
Pizza, SM, Cheese, MS instruct	Pizza, personal	347	33	548	17.45	38.94
Pizza, SM, Cheesy Bread	Pizza, personal	*355	*35	*569	*18.03	*39.05
Pizza, SM, Pepper, MS instruct	Pizza, personal	377	41	658	18.95	39.44
Pizza, SM,Sausage, MS instruct	Pizza, personal	377	40	639	18.99	39.49
Chicken Caesar Salad	SALAD	534	80	1514	25.29	40.33
PB&J Uncrustable, 5.3 Entree	SANDWICH	630	0	620	19.0	64.0
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
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
Apple, Slices	1/2 CUP	49	*0	1	0.24	12.6
Fresh Whole Fruit	1 PIECE	94	*0	2	0.73	23.9
Granola, Rocin'ola - Straw.	1 pkg.	120	0	0	3.0	21.0
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
Sauce, Sweet and Sour	1 OZ	61	0	12	0.02	15.43
Sauce, BBQ	1/2 OZ	21	0	129	0.0	5.0
Weighted Daily Average		*607	*55	*1097	*27.59	*74.88
% of Calories					*18.2%	*49.4%
Nutrient Guideline		600-700		1360		

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# Columbia Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

Page 8

Oct 1, 2021 thru Oct 27, 2021

MIDDLE SCHOOL LUNCH IN SCHOOL

Generated on: 9/17/2021 7:51:18 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)
Wed - 10/13/2021						
MIDDLE SCHOOL LUNCH I	Total					
BBQ Rib Sandwich	1 SANDWICH	346	40	925	19.0	41.72
Potato, FF, Seasoned, Sec	4 OZ	202	0	227	1.68	33.61
Potato, Sweet, Glazed	1/2 CUP	137	0	33	1.1	28.34
Burger, Cheeseburger on Bun	SANDWICH	302	47	535	19.64	28.54
Burger, Hamburger on Bun	Sandwich	267	40	385	16.64	27.54
Pizza, Big Daddy's Cheese	1 SLICE	427	37	469	20.0	45.33
Pizza, Big Daddy's Pepperoni	1 SLICE	321	29	359	15.15	34.02
Pizza, SM, Cheese, MS instruct	Pizza, personal	347	33	548	17.45	38.94
Pizza, SM, Cheesy Bread	Pizza, personal	*355	*35	*569	*18.03	*39.05
Pizza, SM, Pepper, MS instruct	Pizza, personal	377	41	658	18.95	39.44
Pizza, SM,Sausage, MS instruct	Pizza, personal	377	40	639	18.99	39.49
Chicken Caesar Salad	SALAD	534	80	1514	25.29	40.33
PB&J Uncrustable, 5.3 Entree	SANDWICH	630	0	620	19.0	64.0
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
Pineapple, Canned	1/2 CUP	72	0	10	0.0	17.0
Apple, Slices	1/2 CUP	49	*0	1	0.24	12.6
Apple, Gala, Wedges	1/2 CUP	48	0	1	0.24	12.57
Fresh Whole Fruit	1 PIECE	94	*0	2	0.73	23.9
Granola, Rocin'ola - Straw.	1 pkg.	120	0	0	3.0	21.0
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		*687	*54	*1201	*28.60	*87.83
% of Calories					*16.7%	*51.2%
Nutrient Guideline		600-700		1360		

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# Columbia Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

Page 9

Oct 1, 2021 thru Oct 27, 2021

MIDDLE SCHOOL LUNCH IN SCHOOL

Generated on: 9/17/2021 7:51:18 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)
Thu - 10/14/2021						
MIDDLE SCHOOL LUNCH I	Total					
Pizza Crunchers	4 Pieces	420	30	670	20.0	41.0
Spaghetti Dipping Sauce	2 OZ	30	0	265	1.0	5.5
Corn, Seasoned	1/2 CUP	120	0	421	3.3	24.17
Burger, Cheeseburger on Bun	SANDWICH	302	47	535	19.64	28.54
Burger, Hamburger on Bun	Sandwich	267	40	385	16.64	27.54
Pizza, Big Daddy's Cheese	1 SLICE	427	37	469	20.0	45.33
Pizza, Big Daddy's Pepperoni	1 SLICE	321	29	359	15.15	34.02
Pizza, SM, Cheese, MS instruct	Pizza, personal	347	33	548	17.45	38.94
Pizza, SM, Cheesy Bread	Pizza, personal	*355	*35	*569	*18.03	*39.05
Pizza, SM, Pepper, MS instruct	Pizza, personal	377	41	658	18.95	39.44
Pizza, SM,Sausage, MS instruct	Pizza, personal	377	40	639	18.99	39.49
Chicken Caesar Salad	SALAD	534	80	1514	25.29	40.33
PB&J Uncrustable, 5.3 Entree	SANDWICH	630	0	620	19.0	64.0
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
Peaches, Canned	1/2 CUP	70	0	10	0.0	17.0
Orange, Wedges	1/2 CUP	31	0	0	0.62	7.7
Apple, Slices	1/2 CUP	49	*0	1	0.24	12.6
Fresh Whole Fruit	1 PIECE	94	*0	2	0.73	23.9
Granola, Rocin'ola - Straw.	1 pkg.	120	0	0	3.0	21.0
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		*604	*45	*1049	*25.22	*76.64
% of Calories					*16.7%	*50.8%
Nutrient Guideline		600-700		1360		

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# Columbia Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

Page 10

Oct 1, 2021 thru Oct 27, 2021

MIDDLE SCHOOL LUNCH IN SCHOOL

Generated on: 9/17/2021 7:51:18 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)
Fri - 10/15/2021						
MIDDLE SCHOOL LUNCH I	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
Burger, Cheeseburger on Bun	SANDWICH	302	47	535	19.64	28.54
Burger, Hamburger on Bun	Sandwich	267	40	385	16.64	27.54
Pizza, Big Daddy's Cheese	1 SLICE	427	37	469	20.0	45.33
Pizza, Big Daddy's Pepperoni	1 SLICE	321	29	359	15.15	34.02
Pizza, SM, Cheese, MS instruct	Pizza, personal	347	33	548	17.45	38.94
Pizza, SM, Cheesy Bread	Pizza, personal	*355	*35	*569	*18.03	*39.05
Pizza, SM, Pepper, MS instruct	Pizza, personal	377	41	658	18.95	39.44
Pizza, SM,Sausage, MS instruct	Pizza, personal	377	40	639	18.99	39.49
Chicken Caesar Salad	SALAD	534	80	1514	25.29	40.33
PB&J Uncrustable, 5.3 Entree	SANDWICH	630	0	620	19.0	64.0
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
Applesauce, Canned	1/2 CUP	50	0	10	0.0	13.0
Apple, Slices	1/2 CUP	49	*0	1	0.24	12.6
Bananas, Fresh	1 EACH	90	0	1	1.1	23.07
Fresh Whole Fruit	1 PIECE	94	*0	2	0.73	23.9
Granola, Rocin'ola - Straw.	1 pkg.	120	0	0	3.0	21.0
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
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		*705	*63	*1101	*31.80	*84.95
% of Calories					*18.0%	*48.2%
Nutrient Guideline		600-700		1360		

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# Columbia Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

Page 11

Oct 1, 2021 thru Oct 27, 2021

MIDDLE SCHOOL LUNCH IN SCHOOL

Generated on: 9/17/2021 7:51:18 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)
Mon - 10/18/2021						
MIDDLE SCHOOL LUNCH I	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 patties	91	0	192	1.01	15.18
Pizza, Big Daddy's Cheese	1 SLICE	427	37	469	20.0	45.33
Pizza, Big Daddy's Pepperoni	1 SLICE	321	29	359	15.15	34.02
Pizza, Big Daddy Buff Chicken	1 SLICE	296	32	520	16.0	28.8
Pizza, SM, Cheese, MS instruct	Pizza, personal	347	33	548	17.45	38.94
Pizza, SM, Pepper, MS instruct	Pizza, personal	377	41	658	18.95	39.44
Pizza, SM,Sausage, MS instruct	Pizza, personal	377	40	639	18.99	39.49
Pizza, SM, Cheesy Bread	Pizza, personal	*355	*35	*569	*18.03	*39.05
Burger, Cheeseburger on Bun	SANDWICH	302	47	535	19.64	28.54
Burger, Hamburger on Bun	Sandwich	267	40	385	16.64	27.54
PB&J Uncrustable, 5.3 Entree	SANDWICH	630	0	620	19.0	64.0
Chicken Caesar Salad	SALAD	534	80	1514	25.29	40.33
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
Lettuce, Salad Mix	1 CUP	4	0	3	0.26	0.89
Carrots, Fresh	1/2 CUP	20	0	44	0.36	4.62
Celery, Raw Sticks	1/2 CUP	8	0	40	0.35	1.5
Broccoli, Raw Florets	1/2 CUP	10	0	10	1.06	1.86
Cucumbers, Raw	1/2 CUP	8	0	1	0.34	1.89
Tomatoes, Raw Cherry/Grape	1/2 cup	20	0	6	1.0	4.45
Pears, Canned	1/2 CUP	80	0	5	0.0	20.0
Orange, Wedges	1/2 CUP	31	0	0	0.62	7.7
Apple, Slices	1/2 CUP	49	*0	1	0.24	12.6
Fresh Whole Fruit	1 PIECE	94	*0	2	0.73	23.9
Granola, Rocin'ola - Straw.	1 pkg.	120	0	0	3.0	21.0
Tuna, Canned	2.0 OZ	1	0	3	0.26	0.0
Croutons	.5 OZ	53	0	78	1.92	7.7
Cheese, Shredded	1/2 OZ	55	15	90	3.5	0.0
Beans, Canned Variety	1/2 CUP	114	0	126	6.97	20.6
Raisins, Box	1 BOX	112	0	4	0.99	29.76
Trail Mix/Dried Fruit	1/4 CUP	134	0	3	1.4	27.59
Peanut Butter	1.5 OZ	221	0	230	11.01	15.16
Sunbutter	1.5 OZ	266	0	160	9.0	9.0
Sunflower Seeds	1/2 OZ	85	0	26	2.83	4.72
Salad Dressing	1.5 OZ	196	12	653	1.25	7.99
Mustard, PC's	1 PACKET	3	0	42	0.21	0.44
Mayonnaise, PC's	1 PACKET	10	5	100	0.0	3.0
Ketchup	1/2 OZ	17	0	167	0.0	4.17
Sauce, Syrup, Pancake & Waffle	2 OZ	210	0	65	0.0	51.0
Weighted Daily Average		*748	*68	*1273	*31.49	*97.65
% of Calories					*16.9%	*52.3%
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

## Base Menu Spreadsheet

### Portion Values - Detailed

Page 12

Oct 1, 2021 thru Oct 27, 2021

MIDDLE SCHOOL LUNCH IN SCHOOL

Generated on: 9/17/2021 7:51:18 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)
Tue - 10/19/2021						
MIDDLE SCHOOL LUNCH I	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
Pizza, Big Daddy's Cheese	1 SLICE	427	37	469	20.0	45.33
Pizza, Big Daddy's Pepperoni	1 SLICE	321	29	359	15.15	34.02
Pizza, Big Daddy's Four Meat	1 SLICE	296	32	520	16.0	28.8
Pizza, SM, Cheese, MS instruct	Pizza, personal	347	33	548	17.45	38.94
Pizza, SM, Pepper, MS instruct	Pizza, personal	377	41	658	18.95	39.44
Pizza, SM,Sausage, MS instruct	Pizza, personal	377	40	639	18.99	39.49
Pizza, SM, Cheesy Bread	Pizza, personal	*355	*35	*569	*18.03	*39.05
Burger, Cheeseburger on Bun	SANDWICH	302	47	535	19.64	28.54
Burger, Hamburger on Bun	Sandwich	267	40	385	16.64	27.54
PB&J Uncrustable, 5.3 Entree	SANDWICH	630	0	620	19.0	64.0
Chicken Caesar Salad	SALAD	534	80	1514	25.29	40.33
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
Lettuce, Salad Mix	1 CUP	4	0	3	0.26	0.89
Carrots, Fresh	1/2 CUP	20	0	44	0.36	4.62
Celery, Raw Sticks	1/2 CUP	8	0	40	0.35	1.5
Broccoli, Raw Florets	1/2 CUP	10	0	10	1.06	1.86
Cucumbers, Raw	1/2 CUP	8	0	1	0.34	1.89
Tomatoes, Raw Cherry/Grape	1/2 cup	20	0	6	1.0	4.45
Fruit, Mixed, Canned	1/2 CUP	35	0	13	0.0	8.0
Apple, Slices	1/2 CUP	49	*0	1	0.24	12.6
Apple, Fuji, Wedges	1/2 CUP	29	0	1	0.15	7.83
Fresh Whole Fruit	1 PIECE	94	*0	2	0.73	23.9
Granola, Rocin'ola - Straw.	1 pkg.	120	0	0	3.0	21.0
Tuna, Canned	2.0 OZ	1	0	3	0.26	0.0
Croutons	.5 OZ	53	0	78	1.92	7.7
Cheese, Shredded	1/2 OZ	55	15	90	3.5	0.0
Beans, Canned Variety	1/2 CUP	114	0	126	6.97	20.6
Raisins, Box	1 BOX	112	0	4	0.99	29.76
Trail Mix/Dried Fruit	1/4 CUP	134	0	3	1.4	27.59
Peanut Butter	1.5 OZ	221	0	230	11.01	15.16
Sunbutter	1.5 OZ	266	0	160	9.0	9.0
Sunflower Seeds	1/2 OZ	85	0	26	2.83	4.72
Salad Dressing	1.5 OZ	196	12	653	1.25	7.99
Mustard, PC's	1 PACKET	3	0	42	0.21	0.44
Mayonnaise, PC's	1 PACKET	10	5	100	0.0	3.0
Ketchup	1/2 OZ	17	0	167	0.0	4.17
KETCHUP: individual	Pkt 6g	9	0	82	0.09	2.47
Sauce, Sweet and Sour	1 OZ	61	0	12	0.02	15.43
Sauce, BBQ	1/2 OZ	21	0	129	0.0	5.0
Weighted Daily Average		*605	*55	*1110	*27.73	*73.71
% of Calories					*18.3%	*48.8%
Nutrient Guideline		600-700		1360		

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# Columbia Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

Page 13

Oct 1, 2021 thru Oct 27, 2021

MIDDLE SCHOOL LUNCH IN SCHOOL

Generated on: 9/17/2021 7:51:18 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)
Wed - 10/20/2021						
MIDDLE SCHOOL LUNCH I	Total					
Ripper, Turkey Ham and Cheese	piece	270	25	590	22.0	28.0
Spaghetti Dipping Sauce	2 OZ	30	0	265	1.0	5.5
Spinach, Cooked, Seasoned	1/2 CUP	58	0	217	5.46	6.53
Pizza, Big Daddy's Cheese	1 SLICE	427	37	469	20.0	45.33
Pizza, Big Daddy's Pepperoni	1 SLICE	321	29	359	15.15	34.02
Pizza, Big Daddy Buff Chicken	1 SLICE	296	32	520	16.0	28.8
Pizza, SM, Cheese, MS instruct	Pizza, personal	347	33	548	17.45	38.94
Pizza, SM, Pepper, MS instruct	Pizza, personal	377	41	658	18.95	39.44
Pizza, SM,Sausage, MS instruct	Pizza, personal	377	40	639	18.99	39.49
Pizza, SM, Cheesy Bread	Pizza, personal	*355	*35	*569	*18.03	*39.05
Burger, Cheeseburger on Bun	SANDWICH	302	47	535	19.64	28.54
Burger, Hamburger on Bun	Sandwich	267	40	385	16.64	27.54
PB&J Uncrustable, 5.3 Entree	SANDWICH	630	0	620	19.0	64.0
Chicken Caesar Salad	SALAD	534	80	1514	25.29	40.33
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
Lettuce, Salad Mix	1 CUP	4	0	3	0.26	0.89
Carrots, Fresh	1/2 CUP	20	0	44	0.36	4.62
Celery, Raw Sticks	1/2 CUP	8	0	40	0.35	1.5
Broccoli, Raw Florets	1/2 CUP	10	0	10	1.06	1.86
Cucumbers, Raw	1/2 CUP	8	0	1	0.34	1.89
Tomatoes, Raw Cherry/Grape	1/2 cup	20	0	6	1.0	4.45
Pineapple, Canned	1/2 CUP	72	0	10	0.0	17.0
Apple, Slices	1/2 CUP	49	*0	1	0.24	12.6
Apple, Fuji, Wedges	1/2 CUP	29	0	1	0.15	7.83
Fresh Whole Fruit	1 PIECE	94	*0	2	0.73	23.9
Granola, Rocin'ola - Straw.	1 pkg.	120	0	0	3.0	21.0
Tuna, Canned	2.0 OZ	1	0	3	0.26	0.0
Croutons	.5 OZ	53	0	78	1.92	7.7
Cheese, Shredded	1/2 OZ	55	15	90	3.5	0.0
Beans, Canned Variety	1/2 CUP	114	0	126	6.97	20.6
Raisins, Box	1 BOX	112	0	4	0.99	29.76
Trail Mix/Dried Fruit	1/4 CUP	134	0	3	1.4	27.59
Peanut Butter	1.5 OZ	221	0	230	11.01	15.16
Sunbutter	1.5 OZ	266	0	160	9.0	9.0
Sunflower Seeds	1/2 OZ	85	0	26	2.83	4.72
Salad Dressing	1.5 OZ	196	12	653	1.25	7.99
Mustard, PC's	1 PACKET	3	0	42	0.21	0.44
Mayonnaise, PC's	1 PACKET	10	5	100	0.0	3.0
Ketchup	1/2 OZ	17	0	167	0.0	4.17
Weighted Daily Average		*627	*49	*1066	*28.88	*77.20
% of Calories					*18.4%	*49.2%
Nutrient Guideline		600-700		1360		

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# Columbia Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

Page 14

Oct 1, 2021 thru Oct 27, 2021

MIDDLE SCHOOL LUNCH IN SCHOOL

Generated on: 9/17/2021 7:51:18 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)
Thu - 10/21/2021						
MIDDLE SCHOOL LUNCH I	Total					
Chicken, Mandarin Orange	3.6 oz.	150	40	280	11.0	19.0
Rice, Brown, 1 Cup	1 CUP	200	0	148	4.99	41.16
Carrots, Cooked, Seasoned	1/2 CUP	48	0	265	0.0	6.31
Pizza, Big Daddy's Cheese	1 SLICE	427	37	469	20.0	45.33
Pizza, Big Daddy's Pepperoni	1 SLICE	321	29	359	15.15	34.02
Pizza, Big Daddy's Four Meat	1 SLICE	296	32	520	16.0	28.8
Pizza, SM, Cheese, MS instruct	Pizza, personal	347	33	548	17.45	38.94
Pizza, SM, Pepper, MS instruct	Pizza, personal	377	41	658	18.95	39.44
Pizza, SM,Sausage, MS instruct	Pizza, personal	377	40	639	18.99	39.49
Pizza, SM, Cheesy Bread	Pizza, personal	*355	*35	*569	*18.03	*39.05
Burger, Cheeseburger on Bun	SANDWICH	302	47	535	19.64	28.54
Burger, Hamburger on Bun	Sandwich	267	40	385	16.64	27.54
PB&J Uncrustable, 5.3 Entree	SANDWICH	630	0	620	19.0	64.0
Chicken Caesar Salad	SALAD	534	80	1514	25.29	40.33
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
Lettuce, Salad Mix	1 CUP	4	0	3	0.26	0.89
Carrots, Fresh	1/2 CUP	20	0	44	0.36	4.62
Broccoli, Raw Florets	1/2 CUP	10	0	10	1.06	1.86
Celery, Raw Sticks	1/2 CUP	8	0	40	0.35	1.5
Cucumbers, Raw	1/2 CUP	8	0	1	0.34	1.89
Tomatoes, Raw Cherry/Grape	1/2 cup	20	0	6	1.0	4.45
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
Apple, Slices	1/2 CUP	49	*0	1	0.24	12.6
Fresh Whole Fruit	1 PIECE	94	*0	2	0.73	23.9
Granola, Rocin'ola - Straw.	1 pkg.	120	0	0	3.0	21.0
Tuna, Canned	2.0 OZ	1	0	3	0.26	0.0
Croutons	.5 OZ	53	0	78	1.92	7.7
Cheese, Shredded	1/2 OZ	55	15	90	3.5	0.0
Beans, Canned Variety	1/2 CUP	114	0	126	6.97	20.6
Trail Mix/Dried Fruit	1/4 CUP	134	0	3	1.4	27.59
Peanut Butter	1.5 OZ	221	0	230	11.01	15.16
Sunbutter	1.5 OZ	266	0	160	9.0	9.0
Sunflower Seeds	1/2 OZ	85	0	26	2.83	4.72
Salad Dressing	1.5 OZ	196	12	653	1.25	7.99
Mustard, PC's	1 PACKET	3	0	42	0.21	0.44
Mayonnaise, PC's	1 PACKET	10	5	100	0.0	3.0
Ketchup	1/2 OZ	17	0	167	0.0	4.17
Weighted Daily Average		*693	*52	*1013	*27.66	*96.26
% of Calories					*16.0%	*55.6%
Nutrient Guideline		600-700		1360		

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# Columbia Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

Page 15

Oct 1, 2021 thru Oct 27, 2021

MIDDLE SCHOOL LUNCH IN SCHOOL

Generated on: 9/17/2021 7:51:18 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)
Fri - 10/22/2021						
MIDDLE SCHOOL LUNCH I	Total					
Taco Meat, Beef, boil in bag	4 oz	183	72	424	20.0	2.67
Taco, Hard Shell, Corn	3 Shells	160	0	0	2.0	21.0
Beans, Refried	1/2 CUP	351	7	690	15.42	53.9
Pizza, Big Daddy's Cheese	1 SLICE	427	37	469	20.0	45.33
Pizza, Big Daddy's Pepperoni	1 SLICE	321	29	359	15.15	34.02
Pizza, Big Daddy's Four Meat	1 SLICE	296	32	520	16.0	28.8
Pizza, SM, Cheese, MS instruct	Pizza, personal	347	33	548	17.45	38.94
Pizza, SM, Pepper, MS instruct	Pizza, personal	377	41	658	18.95	39.44
Pizza, SM,Sausage, MS instruct	Pizza, personal	377	40	639	18.99	39.49
Pizza, SM, Cheesy Bread	Pizza, personal	*355	*35	*569	*18.03	*39.05
Burger, Cheeseburger on Bun	SANDWICH	302	47	535	19.64	28.54
Burger, Hamburger on Bun	Sandwich	267	40	385	16.64	27.54
PB&J Uncrustable, 5.3 Entree	SANDWICH	630	0	620	19.0	64.0
Chicken Caesar Salad	SALAD	534	80	1514	25.29	40.33
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
Lettuce, Salad Mix	1 CUP	4	0	3	0.26	0.89
Carrots, Fresh	1/2 CUP	20	0	44	0.36	4.62
Celery, Raw Sticks	1/2 CUP	8	0	40	0.35	1.5
Broccoli, Raw Florets	1/2 CUP	10	0	10	1.06	1.86
Cucumbers, Raw	1/2 CUP	8	0	1	0.34	1.89
Tomatoes, Raw Cherry/Grape	1/2 cup	20	0	6	1.0	4.45
Cherries, Frozen	1/2 CUP	52	0	1	1.45	13.07
Apple, Slices	1/2 CUP	49	*0	1	0.24	12.6
Bananas, Fresh	1 EACH	90	0	1	1.1	23.07
Fresh Whole Fruit	1 PIECE	94	*0	2	0.73	23.9
Granola, Rocin'ola - Straw.	1 pkg.	120	0	0	3.0	21.0
Tuna, Canned	2.0 OZ	1	0	3	0.26	0.0
Croutons	.5 OZ	53	0	78	1.92	7.7
Cheese, Shredded	1/2 OZ	55	15	90	3.5	0.0
Beans, Canned Variety	1/2 CUP	114	0	126	6.97	20.6
Raisins, Box	1 BOX	112	0	4	0.99	29.76
Trail Mix/Dried Fruit	1/4 CUP	134	0	3	1.4	27.59
Peanut Butter	1.5 OZ	221	0	230	11.01	15.16
Sunbutter	1.5 OZ	266	0	160	9.0	9.0
Sunflower Seeds	1/2 OZ	85	0	26	2.83	4.72
Salad Dressing	1.5 OZ	196	12	653	1.25	7.99
Mustard, PC's	1 PACKET	3	0	42	0.21	0.44
Mayonnaise, PC's	1 PACKET	10	5	100	0.0	3.0
Ketchup	1/2 OZ	17	0	167	0.0	4.17
SALSA:COMMODITY	1 OZ	10	0	122	0.43	1.98
Sour Cream, PC's	1 PKG	60	20	15	1.0	0.0
Weighted Daily Average		*677	*68	*1074	*31.20	*75.41
% of Calories					*18.4%	*44.6%
Nutrient Guideline		600-700		1360		

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# Columbia Public Schools

## Base Menu Spreadsheet

### Portion Values - Detailed

Page 16

Oct 1, 2021 thru Oct 27, 2021

MIDDLE SCHOOL LUNCH IN SCHOOL

Generated on: 9/17/2021 7:51:18 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)
Mon - 10/25/2021						
MIDDLE SCHOOL LUNCH I	Total					
Burrito, Shredded Beef	1 Piece	378	38	625	20.62	41.35
Potato, Sweet, Glazed	1/2 CUP	137	0	33	1.1	28.34
Beans, Refried	1/2 CUP	351	7	690	15.42	53.9
Pizza Wedge, Cheese, Elem	1 SLICE	300	10	390	18.0	30.0
Pizza, Big Daddy's Pepperoni	1 SLICE	321	29	359	15.15	34.02
Pizza, Big Daddy's Four Meat	1 SLICE	296	32	520	16.0	28.8
Pizza, SM, Cheese, MS instruct	Pizza, personal	347	33	548	17.45	38.94
Pizza, SM, Pepper, MS instruct	Pizza, personal	377	41	658	18.95	39.44
Pizza, SM,Sausage, MS instruct	Pizza, personal	377	40	639	18.99	39.49
Pizza, SM, Cheesy Bread	Pizza, personal	*355	*35	*569	*18.03	*39.05
Burger, Cheeseburger on Bun	SANDWICH	302	47	535	19.64	28.54
Burger, Hamburger on Bun	Sandwich	267	40	385	16.64	27.54
PB&J Uncrustable, 5.3 Entree	SANDWICH	630	0	620	19.0	64.0
Chicken Caesar Salad	SALAD	534	80	1514	25.29	40.33
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
Lettuce, Salad Mix	1 CUP	4	0	3	0.26	0.89
Carrots, Fresh	1/2 CUP	20	0	44	0.36	4.62
Celery, Raw Sticks	1/2 CUP	8	0	40	0.35	1.5
Broccoli, Raw Florets	1/2 CUP	10	0	10	1.06	1.86
Cucumbers, Raw	1/2 CUP	8	0	1	0.34	1.89
Tomatoes, Raw Cherry/Grape	1/2 cup	20	0	6	1.0	4.45
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
Apple, Slices	1/2 CUP	49	*0	1	0.24	12.6
Fresh Whole Fruit	1 PIECE	94	*0	2	0.73	23.9
Granola, Rocin'ola - Straw.	1 pkg.	120	0	0	3.0	21.0
Tuna, Canned	2.0 OZ	1	0	3	0.26	0.0
Croutons	.5 OZ	53	0	78	1.92	7.7
Cheese, Shredded	1/2 OZ	55	15	90	3.5	0.0
Beans, Canned Variety	1/2 CUP	114	0	126	6.97	20.6
Raisins, Box	1 BOX	112	0	4	0.99	29.76
Trail Mix/Dried Fruit	1/4 CUP	134	0	3	1.4	27.59
Peanut Butter	1.5 OZ	221	0	230	11.01	15.16
Sunbutter	1.5 OZ	266	0	160	9.0	9.0
Sunflower Seeds	1/2 OZ	85	0	26	2.83	4.72
Salad Dressing	1.5 OZ	196	12	653	1.25	7.99
Mustard, PC's	1 PACKET	3	0	42	0.21	0.44
Mayonnaise, PC's	1 PACKET	10	5	100	0.0	3.0
Ketchup	1/2 OZ	17	0	167	0.0	4.17
Weighted Daily Average		*690	*53	*1108	*30.48	*87.09
% of Calories					*17.7%	*50.5%
Nutrient Guideline		600-700		1360		

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# Columbia Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

Page 17

Oct 1, 2021 thru Oct 27, 2021

MIDDLE SCHOOL LUNCH IN SCHOOL

Generated on: 9/17/2021 7:51:18 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)
Tue - 10/26/2021						
MIDDLE SCHOOL LUNCH I	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
Pizza, Big Daddy's Cheese	1 SLICE	427	37	469	20.0	45.33
Pizza, Big Daddy's Pepperoni	1 SLICE	321	29	359	15.15	34.02
Pizza, Big Daddy's Four Meat	1 SLICE	296	32	520	16.0	28.8
Pizza, SM, Cheese, MS instruct	Pizza, personal	347	33	548	17.45	38.94
Pizza, SM, Pepper, MS instruct	Pizza, personal	377	41	658	18.95	39.44
Pizza, SM,Sausage, MS instruct	Pizza, personal	377	40	639	18.99	39.49
Pizza, SM, Cheesy Bread	Pizza, personal	*355	*35	*569	*18.03	*39.05
Burger, Cheeseburger on Bun	SANDWICH	302	47	535	19.64	28.54
Burger, Hamburger on Bun	Sandwich	267	40	385	16.64	27.54
PB&J Uncrustable, 5.3 Entree	SANDWICH	630	0	620	19.0	64.0
Chicken Caesar Salad	SALAD	534	80	1514	25.29	40.33
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
Lettuce, Salad Mix	1 CUP	4	0	3	0.26	0.89
Carrots, Fresh	1/2 CUP	20	0	44	0.36	4.62
Celery, Raw Sticks	1/2 CUP	8	0	40	0.35	1.5
Broccoli, Raw Florets	1/2 CUP	10	0	10	1.06	1.86
Cucumbers, Raw	1/2 CUP	8	0	1	0.34	1.89
Tomatoes, Raw Cherry/Grape	1/2 cup	20	0	6	1.0	4.45
Fruit, Mixed, Canned	1/2 CUP	35	0	13	0.0	8.0
Orange, Wedges	1/2 CUP	31	0	0	0.62	7.7
Apple, Slices	1/2 CUP	49	*0	1	0.24	12.6
Fresh Whole Fruit	1 PIECE	94	*0	2	0.73	23.9
Granola, Rocin'ola - Straw.	1 pkg.	120	0	0	3.0	21.0
Tuna, Canned	2.0 OZ	1	0	3	0.26	0.0
Croutons	.5 OZ	53	0	78	1.92	7.7
Cheese, Shredded	1/2 OZ	55	15	90	3.5	0.0
Beans, Canned Variety	1/2 CUP	114	0	126	6.97	20.6
Raisins, Box	1 BOX	112	0	4	0.99	29.76
Trail Mix/Dried Fruit	1/4 CUP	134	0	3	1.4	27.59
Peanut Butter	1.5 OZ	221	0	230	11.01	15.16
Sunbutter	1.5 OZ	266	0	160	9.0	9.0
Sunflower Seeds	1/2 OZ	85	0	26	2.83	4.72
Salad Dressing	1.5 OZ	196	12	653	1.25	7.99
Mustard, PC's	1 PACKET	3	0	42	0.21	0.44
Mayonnaise, PC's	1 PACKET	10	5	100	0.0	3.0
Ketchup	1/2 OZ	17	0	167	0.0	4.17
KETCHUP: individual	Pkt 6g	9	0	82	0.09	2.47
Sauce, Sweet and Sour	1 OZ	61	0	12	0.02	15.43
Sauce, BBQ	1/2 OZ	21	0	129	0.0	5.0
Weighted Daily Average		*650	*59	*1161	*29.93	*78.15
% of Calories					*18.4%	*48.1%
Nutrient Guideline		600-700		1360		

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# Columbia Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

Page 18

Oct 1, 2021 thru Oct 27, 2021

MIDDLE SCHOOL LUNCH IN SCHOOL

Generated on: 9/17/2021 7:51:19 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)
Wed - 10/27/2021						
MIDDLE SCHOOL LUNCH I						
	Total					
Cheese Brded Stick, Sec, WM	2 Breadsticks	279	30	537	13.93	29.84
Spaghetti Dipping Sauce	2 OZ	30	0	265	1.0	5.5
Corn, Seasoned	1/2 CUP	120	0	421	3.3	24.17
Burger, Cheeseburger on Bun	SANDWICH	302	47	535	19.64	28.54
Burger, Hamburger on Bun	Sandwich	267	40	385	16.64	27.54
Pizza, Big Daddy's Cheese	1 SLICE	427	37	469	20.0	45.33
Pizza, Big Daddy's Pepperoni	1 SLICE	321	29	359	15.15	34.02
Pizza, SM, Cheese, MS instruct	Pizza, personal	347	33	548	17.45	38.94
Pizza, SM, Cheesy Bread	Pizza, personal	*355	*35	*569	*18.03	*39.05
Pizza, SM, Pepper, MS instruct	Pizza, personal	377	41	658	18.95	39.44
Pizza, SM,Sausage, MS instruct	Pizza, personal	377	40	639	18.99	39.49
Chicken Caesar Salad	SALAD	534	80	1514	25.29	40.33
PB&J Uncrustable, 5.3 Entree	SANDWICH	630	0	620	19.0	64.0
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
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
Apple, Slices	1/2 CUP	49	*0	1	0.24	12.6
Fresh Whole Fruit	1 PIECE	94	*0	2	0.73	23.9
Granola, Rocin'ola - Straw.	1 pkg.	120	0	0	3.0	21.0
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		*614	*48	*1112	*27.36	*78.24
% of Calories					*17.8%	*51.0%
Nutrient Guideline		600-700		1360		

Weighted Average		*650	*55	*1109	*28.77 *17.7%	*81.04 *49.8%
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Page 19

Oct 1, 2021 thru Oct 27, 2021

MIDDLE SCHOOL LUNCH IN SCHOOL

Generated on: 9/17/2021 7:51:19 AM

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	650		600 - 700	100%	Missing			
Cholesterol (mg)	55				Missing			
Sodium 1 (mg)	1109		1360		Missing			
Sodium 2 (mg)	1109		1035		Missing			
Protein (g)	28.77	17.69%			Missing		74	
Carbohydrate (g)	81.04	49.83%			Missing			Correction Required - Sodium too High

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