

# Columbia Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

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Oct 1, 2019 thru Oct 31, 2019

MIDDLE SCHOOL LUNCH

Generated on: 9/20/2019 1:09:15 PM

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Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)
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*\*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*  
*<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.*

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MIDDLE SCHOOL LUNCH

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)
Tue - 10/01/2019								
MIDDLE SCHOOL LUNCH	Total	100						
Chicken Tenders, Gold Kist, WG	3 PCS	1	203	383	1.00	18.46	11.13	9.03
Chicken Tenders, Guaj., GK, WG	3 PCS	1	230	450	3.00	22.0	18.0	8.0
Mashed Potatoes	1/2 CUP	77	43	96	0.47	0.94	8.03	0.47
Gravy, Chicken Trio	2 OZ	75	40	130	0.00	0.0	6.0	1.0
Green Beans, Seasoned	1/2 CUP	31	43	367	2.36	1.42	5.64	1.98
Biscuit, 1 oz.	1 oz	1	100	170	1.00	2.0	14.0	4.5
Pizza, Big Daddy's Cheese	1 SLICE	6	320	352	3.00	15.0	34.0	13.0
Pizza, Big Daddy's Pepperoni	1 SLICE	8	321	359	3.00	15.15	34.02	13.06
Pizza, Big Daddy's Four Meat	1 SLICE	1	296	520	3.20	16.0	28.8	13.6
Pizza, SM, Cheese, MS instruct	Pizza, personal	1	347	548	4.00	17.45	38.94	14.45
Pizza, SM, Pepper, MS instruct	Pizza, personal	1	377	658	4.00	18.95	39.44	16.95
Pizza, SM,Sausage, MS instruct	Pizza, personal	1	377	639	4.00	18.99	39.49	16.98
Cheeseburger on Bun	SANDWICH	7	322	505	3.37	20.64	32.54	12.29
Hamburger on Bun	Sandwich	1	287	355	3.37	17.64	31.54	10.04
Hummus and Chips	1 pkg Chip/hum	1	359	408	5.98	7.97	47.92	17.47
PB&J Uncrustable, 5.3 Entree	SANDWICH	1	630	620	7.00	19.0	64.0	33.0
Chicken Caesar Salad	SALAD	1	410	821	3.14	21.84	15.75	28.68
Milk, 1% White	1 CARTON	12	100	120	0.00	8.0	11.0	2.5
Milk, Non-Fat White	1 CARTON	0	80	120	0.00	8.0	11.0	0.0
Milk, Nonfat Flavored	1 CARTON	68	115	150	0.00	8.0	21.0	0.0
Farm to School Veg/Fruit	1/2 CUP	0	0	0	0.00	0.0	0.0	0.0
Lettuce, Salad Mix	1 CUP	13	4	3	0.36	0.26	0.89	0.05
Carrots, Fresh	1/2 CUP	7	20	44	1.64	0.36	4.62	0.07
Celery, Raw Sticks	1/2 CUP	2	8	40	0.81	0.35	1.5	0.09
Broccoli, Raw Florets	1/2 CUP	2	10	10	*N/A*	1.06	1.86	0.12
Cucumbers, Raw	1/2 CUP	1	8	1	0.26	0.34	1.89	0.06
Peppers, Red or Green, Raw	1/2 CUP	2	12	2	0.87	0.43	2.45	0.11
Peaches, Canned	1/2 CUP	8	70	10	0.00	0.0	17.0	0.0
Orange, Wedges	1/2 CUP	1	31	0	1.55	0.62	7.7	0.08
Fresh Whole Fruit	1 PIECE	27	94	2	4.13	0.73	23.9	0.29
Tuna, Canned	2 OZ	1	83	249	0.00	19.4	0.0	0.69
Croutons	.5 OZ	7	53	78	0.96	1.92	7.7	2.07
Cheese, Shredded	1/2 OZ	18	55	90	0.00	3.5	0.0	4.5
Beans, Canned Variety	1/2 CUP	1	114	126	6.43	6.97	20.6	0.71
Raisins, Box	1 BOX	1	112	4	0.99	0.99	29.76	0.0
Trail Mix/Dried Fruit	1/4 CUP	3	134	3	2.00	1.4	27.59	2.05
Peanut Butter	1.5 OZ	1	221	230	2.21	11.01	15.16	14.46
Sunbutter	1.5 OZ	16	266	160	5.00	9.0	9.0	21.0
Sunflower Seeds	1/2 OZ	16	85	26	1.42	2.83	4.72	6.14

\*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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Oct 1, 2019 thru Oct 31, 2019

MIDDLE SCHOOL LUNCH

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)
Tue - 10/01/2019								
Salad Dressing	1 OZ	35	131	435	0.00	0.83	5.33	12.16
Granola	1/4 cup	1	133	49	1.50	2.31	19.96	4.63
Mustard, PC's	1 PACKET	1	3	42	0.00	0.21	0.44	0.03
Mayonnaise, PC's	1 PACKET	1	10	100	0.00	0.0	3.0	0.0
Ketchup	1/2 OZ	70	17	167	0.00	0.0	4.17	0.0
BBQ Sauce	1/2 OZ	56	21	129	0.00	0.0	5.0	0.0
Sweet and Sour Sauce	1 OZ	2	61	12	0.01	0.02	15.43	0.0
Weighted Daily Average			455	950	*4.74	16.63	59.37	16.36
% of Calories						14.6%	52.2%	32.4%
Nutrient Guideline			600-700	1360				

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## Base Menu Spreadsheet

### Portion Values - Detailed

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Oct 1, 2019 thru Oct 31, 2019

MIDDLE SCHOOL LUNCH

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)
Wed - 10/02/2019								
MIDDLE SCHOOL LUNCH	Total	100						
Cheese Bread Stick, Sec	1 Serving (2)	1	279	537	1.99	13.93	29.84	11.94
Spaghetti Dipping Sauce	2 OZ	1	30	265	1.50	1.0	5.5	0.38
Carrots, Cooked, Seasoned	1/2 CUP	61	48	265	2.10	0.0	6.31	1.86
Pizza, Big Daddy's Cheese	1 SLICE	1	320	352	3.00	15.0	34.0	13.0
Pizza, Big Daddy's Pepperoni	1 SLICE	1	321	359	3.00	15.15	34.02	13.06
Pizza, Big Daddy Buff Chicken	1 SLICE	1	296	520	3.20	16.0	28.8	13.6
Pizza, SM, Cheese, MS instruct	Pizza, personal	1	347	548	4.00	17.45	38.94	14.45
Pizza, SM, Pepper, MS instruct	Pizza, personal	1	377	658	4.00	18.95	39.44	16.95
Pizza, SM,Sausage, MS instruct	Pizza, personal	1	377	639	4.00	18.99	39.49	16.98
Cheeseburger on Bun	SANDWICH	15	322	505	3.37	20.64	32.54	12.29
Hamburger on Bun	Sandwich	1	287	355	3.37	17.64	31.54	10.04
Hummus and Chips	1 pkg Chip/hum	1	359	408	5.98	7.97	47.92	17.47
PB&J Uncrustable, 5.3 Entree	SANDWICH	1	630	620	7.00	19.0	64.0	33.0
Chicken Caesar Salad	SALAD	0	410	821	3.14	21.84	15.75	28.68
Milk, 1% White	1 CARTON	10	100	120	0.00	8.0	11.0	2.5
Milk, Non-Fat White	1 CARTON	0	80	120	0.00	8.0	11.0	0.0
Milk, Nonfat Flavored	1 CARTON	60	115	150	0.00	8.0	21.0	0.0
Farm to School Veg/Fruit	1/2 CUP	1	0	0	0.00	0.0	0.0	0.0
Lettuce, Salad Mix	1 CUP	15	4	3	0.36	0.26	0.89	0.05
Carrots, Fresh	1/2 CUP	9	20	44	1.64	0.36	4.62	0.07
Celery, Raw Sticks	1/2 CUP	2	8	40	0.81	0.35	1.5	0.09
Broccoli, Raw Florets	1/2 CUP	2	10	10	*N/A*	1.06	1.86	0.12
Cucumbers, Raw	1/2 CUP	1	8	1	0.26	0.34	1.89	0.06
Peppers, Red or Green, Raw	1/2 CUP	2	12	2	0.87	0.43	2.45	0.11
Blueberries, Frozen	1/2 CUP	1	40	1	2.09	0.33	9.43	0.5
Apple, Granny Smith, Wedges	1/2 CUP	9	58	1	2.70	0.29	15.4	0.19
Fresh Whole Fruit	1 PIECE	26	94	2	4.13	0.73	23.9	0.29
Tuna, Canned	2 OZ	1	83	249	0.00	19.4	0.0	0.69
Croutons	.5 OZ	6	53	78	0.96	1.92	7.7	2.07
Cheese, Shredded	1/2 OZ	13	55	90	0.00	3.5	0.0	4.5
Beans, Canned Variety	1/2 CUP	0	114	126	6.43	6.97	20.6	0.71
Raisins, Box	1 BOX	1	112	4	0.99	0.99	29.76	0.0
Trail Mix/Dried Fruit	1/4 CUP	0	134	3	2.00	1.4	27.59	2.05
Peanut Butter	1.5 OZ	2	221	230	2.21	11.01	15.16	14.46
Sunbutter	1.5 OZ	1	266	160	5.00	9.0	9.0	21.0
Sunflower Seeds	1/2 OZ	17	85	26	1.42	2.83	4.72	6.14
Salad Dressing	1 OZ	38	131	435	0.00	0.83	5.33	12.16
Mustard, PC's	1 PACKET	2	3	42	0.00	0.21	0.44	0.03
Mayonnaise, PC's	1 PACKET	1	10	100	0.00	0.0	3.0	0.0

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)
Wed - 10/02/2019								
Ketchup	1/2 OZ	1	17	167	0.00	0.0	4.17	0.0
Weighted Daily Average			310	597	*4.18	12.52	38.80	11.83
% of Calories						16.2%	50.0%	34.3%
Nutrient Guideline			600-700	1360				

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)
Thu - 10/03/2019								
MIDDLE SCHOOL LUNCH	Total	100						
Chicken Wing FC 1 & 2	3 pieces	1	144	180	0.00	10.0	2.0	10.0
Breaded Mozzarella Sticks	2 pieces	1	120	176	1.00	6.0	13.0	44.0
Breaded Cheese Ravioli	4 pieces	1	103	171	2.00	6.0	17.0	14.0
Peas, Cooked, Seasoned	1/2 CUP	42	113	272	6.29	6.25	17.52	2.27
Pizza, Big Daddy's Cheese	1 SLICE	1	320	352	3.00	15.0	34.0	13.0
Pizza, Big Daddy's Pepperoni	1 SLICE	1	321	359	3.00	15.15	34.02	13.06
Pizza, Big Daddy's Four Meat	1 SLICE	1	296	520	3.20	16.0	28.8	13.6
Pizza, SM, Cheese, MS instruct	Pizza, personal	1	347	548	4.00	17.45	38.94	14.45
Pizza, SM, Pepper, MS instruct	Pizza, personal	1	377	658	4.00	18.95	39.44	16.95
Pizza, SM,Sausage, MS instruct	Pizza, personal	1	377	639	4.00	18.99	39.49	16.98
Cheeseburger on Bun	SANDWICH	7	322	505	3.37	20.64	32.54	12.29
Hamburger on Bun	Sandwich	1	287	355	3.37	17.64	31.54	10.04
Hummus and Chips	1 pkg Chip/hum	1	359	408	5.98	7.97	47.92	17.47
PB&J Uncrustable, 5.3 Entree	SANDWICH	1	630	620	7.00	19.0	64.0	33.0
Chicken Caesar Salad	SALAD	3	410	821	3.14	21.84	15.75	28.68
Milk, 1% White	1 CARTON	12	100	120	0.00	8.0	11.0	2.5
Milk, Non-Fat White	1 CARTON	0	80	120	0.00	8.0	11.0	0.0
Milk, Nonfat Flavored	1 CARTON	68	115	150	0.00	8.0	21.0	0.0
Farm to School Veg/Fruit	1/2 CUP	0	0	0	0.00	0.0	0.0	0.0
Lettuce, Salad Mix	1 CUP	13	4	3	0.36	0.26	0.89	0.05
Carrots, Fresh	1/2 CUP	7	20	44	1.64	0.36	4.62	0.07
Celery, Raw Sticks	1/2 CUP	2	8	40	0.81	0.35	1.5	0.09
Broccoli, Raw Florets	1/2 CUP	2	10	10	*N/A*	1.06	1.86	0.12
Peppers, Red or Green, Raw	1/2 CUP	2	12	2	0.87	0.43	2.45	0.11
Cucumbers, Raw	1/2 CUP	3	8	1	0.26	0.34	1.89	0.06
Strawberries, Frozen	1/2 CUP	1	39	2	2.32	0.48	10.09	0.12
Orange, Wedges	1/2 CUP	1	31	0	1.55	0.62	7.7	0.08
Fresh Whole Fruit	1 PIECE	27	94	2	4.13	0.73	23.9	0.29
Tuna, Canned	2 OZ	1	83	249	0.00	19.4	0.0	0.69
Croutons	.5 OZ	7	53	78	0.96	1.92	7.7	2.07
Cheese, Shredded	1/2 OZ	18	55	90	0.00	3.5	0.0	4.5
Beans, Canned Variety	1/2 CUP	0	114	126	6.43	6.97	20.6	0.71
Raisins, Box	1 BOX	1	112	4	0.99	0.99	29.76	0.0
Trail Mix/Dried Fruit	1/4 CUP	3	134	3	2.00	1.4	27.59	2.05
Peanut Butter	1.5 OZ	0	221	230	2.21	11.01	15.16	14.46
Sunbutter	1.5 OZ	16	266	160	5.00	9.0	9.0	21.0
Sunflower Seeds	1/2 OZ	0	85	26	1.42	2.83	4.72	6.14
Salad Dressing	1 OZ	35	131	435	0.00	0.83	5.33	12.16
Mustard, PC's	1 PACKET	1	3	42	0.00	0.21	0.44	0.03

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)
Thu - 10/03/2019								
Mayonnaise, PC's	1 PACKET	0	10	100	0.00	0.0	3.0	0.0
Margarine, PC's	1 EACH	9	70	112	0.00	0.0	0.0	7.0
Ketchup	1/2 OZ	70	17	167	0.00	0.0	4.17	0.0
BBQ Sauce	1/2 OZ	56	21	129	0.00	0.0	5.0	0.0
Weighted Daily Average			376	747	*5.67	15.86	47.55	14.51
% of Calories						16.9%	50.6%	34.8%
Nutrient Guideline			600-700	1360				

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 10/04/2019								
MIDDLE SCHOOL LUNCH	Total	100						
Meatball Sub Sandwich	1 SANDWICH	1	380	560	3.00	22.97	41.99	13.48
Spinach, Cooked, Seasoned	1/2 CUP	1	58	217	5.03	5.46	6.53	2.52
Pizza, Big Daddy's Cheese	1 SLICE	6	320	352	3.00	15.0	34.0	13.0
Pizza, Big Daddy's Pepperoni	1 SLICE	22	321	359	3.00	15.15	34.02	13.06
Pizza, Big Daddy Buff Chicken	1 SLICE	1	296	520	3.20	16.0	28.8	13.6
Pizza, SM, Cheese, MS instruct	Pizza, personal	1	347	548	4.00	17.45	38.94	14.45
Pizza, SM, Pepper, MS instruct	Pizza, personal	1	377	658	4.00	18.95	39.44	16.95
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Cheeseburger on Bun	SANDWICH	21	322	505	3.37	20.64	32.54	12.29
Hamburger on Bun	Sandwich	2	287	355	3.37	17.64	31.54	10.04
Hummus and Chips	1 pkg Chip/hum	1	359	408	5.98	7.97	47.92	17.47
PB&J Uncrustable, 5.3 Entree	SANDWICH	1	630	620	7.00	19.0	64.0	33.0
Chicken Caesar Salad	SALAD	1	410	821	3.14	21.84	15.75	28.68
Milk, 1% White	1 CARTON	12	100	120	0.00	8.0	11.0	2.5
Milk, Non-Fat White	1 CARTON	3	80	120	0.00	8.0	11.0	0.0
Milk, Nonfat Flavored	1 CARTON	55	115	150	0.00	8.0	21.0	0.0
Farm to School Veg/Fruit	1/2 CUP	2	0	0	0.00	0.0	0.0	0.0
Lettuce, Salad Mix	1 CUP	27	4	3	0.36	0.26	0.89	0.05
Carrots, Fresh	1/2 CUP	8	20	44	1.64	0.36	4.62	0.07
Celery, Raw Sticks	1/2 CUP	1	8	40	0.81	0.35	1.5	0.09
Broccoli, Raw Florets	1/2 CUP	2	10	10	*N/A*	1.06	1.86	0.12
Peppers, Red or Green, Raw	1/2 CUP	2	12	2	0.87	0.43	2.45	0.11
Cucumbers, Raw	1/2 CUP	3	8	1	0.26	0.34	1.89	0.06
Apples, Sliced Canned	1/2 CUP	1	36	5	1.00	0.0	9.0	0.0
Bananas, Fresh	1 EACH	22	90	1	2.63	1.1	23.07	0.33
Fresh Whole Fruit	1 PIECE	25	94	2	4.13	0.73	23.9	0.29
Tuna, Canned	2 OZ	1	83	249	0.00	19.4	0.0	0.69
Croutons	.5 OZ	7	53	78	0.96	1.92	7.7	2.07
Cheese, Shredded	1/2 OZ	14	55	90	0.00	3.5	0.0	4.5
Beans, Canned Variety	1/2 CUP	1	114	126	6.43	6.97	20.6	0.71
Raisins, Box	1 BOX	1	112	4	0.99	0.99	29.76	0.0
Trail Mix/Dried Fruit	1/4 CUP	1	134	3	2.00	1.4	27.59	2.05
Peanut Butter	1.5 OZ	3	221	230	2.21	11.01	15.16	14.46
Sunbutter	1.5 OZ	0	266	160	5.00	9.0	9.0	21.0
Sunflower Seeds	1/2 OZ	21	85	26	1.42	2.83	4.72	6.14
Salad Dressing	1 OZ	45	131	435	0.00	0.83	5.33	12.16
Mustard, PC's	1 PACKET	1	3	42	0.00	0.21	0.44	0.03
Mayonnaise, PC's	1 PACKET	1	10	100	0.00	0.0	3.0	0.0
Ketchup	1/2 OZ	15	17	167	0.00	0.0	4.17	0.0

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# Columbia Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

Page 9

Oct 1, 2019 thru Oct 31, 2019

MIDDLE SCHOOL LUNCH

Generated on: 9/20/2019 1:09:15 PM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)
Weighted Daily Average			422	626	*4.42	18.79	51.15	16.49
% of Calories						17.8%	48.5%	35.1%
Nutrient Guideline			600-700	1360				

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# Columbia Public Schools

## Base Menu Spreadsheet

### Portion Values - Detailed

Oct 1, 2019 thru Oct 31, 2019

MIDDLE SCHOOL LUNCH

Generated on: 9/20/2019 1:09:15 PM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)
Mon - 10/07/2019								
MIDDLE SCHOOL LUNCH	Total	100						
Macaroni & Cheese - BiB	6 oz.	1	283	648	2.00	15.0	31.0	11.0
Broccoli, Steamed	1/2 CUP	1	39	87	2.36	2.56	6.02	1.23
Roll, Baked for Schools, wg	1 Roll	1	105	198	1.00	3.0	15.0	3.78
Pizza, Big Daddy's Cheese	1 SLICE	8	320	352	3.00	15.0	34.0	13.0
Pizza, Big Daddy's Pepperoni	1 SLICE	12	321	359	3.00	15.15	34.02	13.06
Pizza, Big Daddy Buff Chicken	1 SLICE	1	296	520	3.20	16.0	28.8	13.6
Pizza, SM, Cheese, MS instruct	Pizza, personal	1	347	548	4.00	17.45	38.94	14.45
Pizza, SM, Pepper, MS instruct	Pizza, personal	1	377	658	4.00	18.95	39.44	16.95
Pizza, SM,Sausage, MS instruct	Pizza, personal	1	377	639	4.00	18.99	39.49	16.98
Cheeseburger on Bun	SANDWICH	18	322	505	3.37	20.64	32.54	12.29
Hamburger on Bun	Sandwich	1	287	355	3.37	17.64	31.54	10.04
Hummus and Chips	1 pkg Chip/hum	1	359	408	5.98	7.97	47.92	17.47
PB&J Uncrustable, 5.3 Entree	SANDWICH	1	630	620	7.00	19.0	64.0	33.0
Chicken Caesar Salad	SALAD	1	410	821	3.14	21.84	15.75	28.68
Milk, 1% White	1 CARTON	12	100	120	0.00	8.0	11.0	2.5
Milk, Non-Fat White	1 CARTON	3	80	120	0.00	8.0	11.0	0.0
Milk, Nonfat Flavored	1 CARTON	81	115	150	0.00	8.0	21.0	0.0
Farm to School Veg/Fruit	1/2 CUP	1	0	0	0.00	0.0	0.0	0.0
Lettuce, Salad Mix	1 CUP	15	4	3	0.36	0.26	0.89	0.05
Carrots, Fresh	1/2 CUP	7	20	44	1.64	0.36	4.62	0.07
Celery, Raw Sticks	1/2 CUP	2	8	40	0.81	0.35	1.5	0.09
Broccoli, Raw Florets	1/2 CUP	3	10	10	*N/A*	1.06	1.86	0.12
Cucumbers, Raw	1/2 CUP	1	8	1	0.26	0.34	1.89	0.06
Peppers, Red or Green, Raw	1/2 CUP	3	12	2	0.87	0.43	2.45	0.11
Cherries, Tart, Frozen	1/2 CUP	1	52	1	1.45	1.45	13.07	0.0
Grapes, Fresh	1/2 CUP	22	52	2	0.68	0.54	13.67	0.12
Orange, Wedges	1/2 CUP	15	31	0	1.55	0.62	7.7	0.08
Fresh Whole Fruit	1 PIECE	31	94	2	4.13	0.73	23.9	0.29
Tuna, Canned	2 OZ	1	83	249	0.00	19.4	0.0	0.69
Croutons	.5 OZ	8	53	78	0.96	1.92	7.7	2.07
Cheese, Shredded	1/2 OZ	16	55	90	0.00	3.5	0.0	4.5
Beans, Canned Variety	1/2 CUP	1	114	126	6.43	6.97	20.6	0.71
Raisins, Box	1 BOX	1	112	4	0.99	0.99	29.76	0.0
Trail Mix/Dried Fruit	1/4 CUP	1	134	3	2.00	1.4	27.59	2.05
Peanut Butter	1.5 OZ	4	221	230	2.21	11.01	15.16	14.46
Sunbutter	1.5 OZ	1	266	160	5.00	9.0	9.0	21.0
Sunflower Seeds	1/2 OZ	21	85	26	1.42	2.83	4.72	6.14
Salad Dressing	1 OZ	43	131	435	0.00	0.83	5.33	12.16
Mustard, PC's	1 PACKET	2	3	42	0.00	0.21	0.44	0.03

\*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

Page 11

Oct 1, 2019 thru Oct 31, 2019

MIDDLE SCHOOL LUNCH

Generated on: 9/20/2019 1:09:15 PM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)
Mon - 10/07/2019								
Mayonnaise, PC's	1 PACKET	1	10	100	0.00	0.0	3.0	0.0
Ketchup	1/2 OZ	1	17	167	0.00	0.0	4.17	0.0
Olives, Sliced Black	2 OZ	1	106	496	0.00	0.0	3.54	8.86
Jalapenos, Canned Sliced	1 OZ	1	5	274	0.94	0.0	0.94	0.0
Tomatoes, Sliced/Diced	1/2 CUP	1	10	3	0.68	0.5	2.22	0.11
Sour Cream, PC's	1 PKG	1	60	15	0.00	1.0	0.0	5.0
SALSA:COMMODITY	1 OZ	1	10	122	0.40	0.43	1.98	0.06
Weighted Daily Average			419	603	*4.13	19.08	52.78	15.31
% of Calories						18.2%	50.4%	32.9%
Nutrient Guideline			600-700	1360				

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# Columbia Public Schools

## Base Menu Spreadsheet

### Portion Values - Detailed

Page 12

Oct 1, 2019 thru Oct 31, 2019

MIDDLE SCHOOL LUNCH

Generated on: 9/20/2019 1:09:15 PM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)
Tue - 10/08/2019								
MIDDLE SCHOOL LUNCH	Total	100						
Chicken Tenders, Gold Kist, WG	3 PCS	1	203	383	1.00	18.46	11.13	9.03
Chicken Tenders, Guaj., GK, WG	3 PCS	1	230	450	3.00	22.0	18.0	8.0
Mashed Potatoes	1/2 CUP	77	43	96	0.47	0.94	8.03	0.47
Gravy, Chicken Trio	2 OZ	75	40	130	0.00	0.0	6.0	1.0
Green Beans, Seasoned	1/2 CUP	31	43	367	2.36	1.42	5.64	1.98
Biscuit, 1 oz.	1 oz	1	100	170	1.00	2.0	14.0	4.5
Pizza, Big Daddy's Cheese	1 SLICE	6	320	352	3.00	15.0	34.0	13.0
Pizza, Big Daddy's Pepperoni	1 SLICE	8	321	359	3.00	15.15	34.02	13.06
Pizza, Big Daddy's Four Meat	1 SLICE	1	296	520	3.20	16.0	28.8	13.6
Pizza, SM, Cheese, MS instruct	Pizza, personal	1	347	548	4.00	17.45	38.94	14.45
Pizza, SM, Pepper, MS instruct	Pizza, personal	1	377	658	4.00	18.95	39.44	16.95
Pizza, SM,Sausage, MS instruct	Pizza, personal	1	377	639	4.00	18.99	39.49	16.98
Cheeseburger on Bun	SANDWICH	7	322	505	3.37	20.64	32.54	12.29
Hamburger on Bun	Sandwich	1	287	355	3.37	17.64	31.54	10.04
Hummus and Chips	1 pkg Chip/hum	1	359	408	5.98	7.97	47.92	17.47
PB&J Uncrustable, 5.3 Entree	SANDWICH	1	630	620	7.00	19.0	64.0	33.0
Chicken Caesar Salad	SALAD	1	410	821	3.14	21.84	15.75	28.68
Milk, 1% White	1 CARTON	12	100	120	0.00	8.0	11.0	2.5
Milk, Non-Fat White	1 CARTON	0	80	120	0.00	8.0	11.0	0.0
Milk, Nonfat Flavored	1 CARTON	68	115	150	0.00	8.0	21.0	0.0
Farm to School Veg/Fruit	1/2 CUP	0	0	0	0.00	0.0	0.0	0.0
Lettuce, Salad Mix	1 CUP	13	4	3	0.36	0.26	0.89	0.05
Carrots, Fresh	1/2 CUP	7	20	44	1.64	0.36	4.62	0.07
Celery, Raw Sticks	1/2 CUP	2	8	40	0.81	0.35	1.5	0.09
Broccoli, Raw Florets	1/2 CUP	2	10	10	*N/A*	1.06	1.86	0.12
Cucumbers, Raw	1/2 CUP	1	8	1	0.26	0.34	1.89	0.06
Peppers, Red or Green, Raw	1/2 CUP	2	12	2	0.87	0.43	2.45	0.11
Peaches, Canned	1/2 CUP	8	70	10	0.00	0.0	17.0	0.0
Apple, Granny Smith, Wedges	1/2 CUP	1	58	1	2.70	0.29	15.4	0.19
Fresh Whole Fruit	1 PIECE	27	94	2	4.13	0.73	23.9	0.29
Tuna, Canned	2 OZ	1	83	249	0.00	19.4	0.0	0.69
Croutons	.5 OZ	7	53	78	0.96	1.92	7.7	2.07
Cheese, Shredded	1/2 OZ	18	55	90	0.00	3.5	0.0	4.5
Beans, Canned Variety	1/2 CUP	1	114	126	6.43	6.97	20.6	0.71
Raisins, Box	1 BOX	1	112	4	0.99	0.99	29.76	0.0
Trail Mix/Dried Fruit	1/4 CUP	3	134	3	2.00	1.4	27.59	2.05
Peanut Butter	1.5 OZ	1	221	230	2.21	11.01	15.16	14.46
Sunbutter	1.5 OZ	16	266	160	5.00	9.0	9.0	21.0
Sunflower Seeds	1/2 OZ	16	85	26	1.42	2.83	4.72	6.14

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# Columbia Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

Page 13

Oct 1, 2019 thru Oct 31, 2019

MIDDLE SCHOOL LUNCH

Generated on: 9/20/2019 1:09:15 PM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)
Tue - 10/08/2019								
Salad Dressing	1 OZ	35	131	435	0.00	0.83	5.33	12.16
Granola	1/4 cup	1	133	49	1.50	2.31	19.96	4.63
Mustard, PC's	1 PACKET	1	3	42	0.00	0.21	0.44	0.03
Mayonnaise, PC's	1 PACKET	1	10	100	0.00	0.0	3.0	0.0
Ketchup	1/2 OZ	70	17	167	0.00	0.0	4.17	0.0
BBQ Sauce	1/2 OZ	56	21	129	0.00	0.0	5.0	0.0
Sweet and Sour Sauce	1 OZ	2	61	12	0.01	0.02	15.43	0.0
Weighted Daily Average			455	950	*4.75	16.63	59.45	16.36
% of Calories						14.6%	52.3%	32.4%
Nutrient Guideline			600-700	1360				

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# Columbia Public Schools

## Base Menu Spreadsheet

### Portion Values - Detailed

Page 14

Oct 1, 2019 thru Oct 31, 2019

MIDDLE SCHOOL LUNCH

Generated on: 9/20/2019 1:09:15 PM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)
Wed - 10/09/2019								
MIDDLE SCHOOL LUNCH	Total	100						
Pizza Crunchers	4 Pieces	79	420	670	6.00	20.0	41.0	20.0
Spaghetti Dipping Sauce	2 OZ	61	30	265	1.50	1.0	5.5	0.38
Carrots, Cooked, Seasoned	1/2 CUP	17	48	265	2.10	0.0	6.31	1.86
Pizza, Big Daddy's Cheese	1 SLICE	6	320	352	3.00	15.0	34.0	13.0
Pizza, Big Daddy's Pepperoni	1 SLICE	15	321	359	3.00	15.15	34.02	13.06
Pizza, Big Daddy Buff Chicken	1 SLICE	1	296	520	3.20	16.0	28.8	13.6
Pizza, SM, Cheese, MS instruct	Pizza, personal	1	347	548	4.00	17.45	38.94	14.45
Pizza, SM, Pepper, MS instruct	Pizza, personal	1	377	658	4.00	18.95	39.44	16.95
Pizza, SM,Sausage, MS instruct	Pizza, personal	1	377	639	4.00	18.99	39.49	16.98
Cheeseburger on Bun	SANDWICH	15	322	505	3.37	20.64	32.54	12.29
Hamburger on Bun	Sandwich	1	287	355	3.37	17.64	31.54	10.04
Hummus and Chips	1 pkg Chip/hum	1	359	408	5.98	7.97	47.92	17.47
PB&J Uncrustable, 5.3 Entree	SANDWICH	1	630	620	7.00	19.0	64.0	33.0
Chicken Caesar Salad	SALAD	0	410	821	3.14	21.84	15.75	28.68
Milk, 1% White	1 CARTON	10	100	120	0.00	8.0	11.0	2.5
Milk, Non-Fat White	1 CARTON	0	80	120	0.00	8.0	11.0	0.0
Milk, Nonfat Flavored	1 CARTON	60	115	150	0.00	8.0	21.0	0.0
Farm to School Veg/Fruit	1/2 CUP	1	0	0	0.00	0.0	0.0	0.0
Lettuce, Salad Mix	1 CUP	15	4	3	0.36	0.26	0.89	0.05
Carrots, Fresh	1/2 CUP	9	20	44	1.64	0.36	4.62	0.07
Celery, Raw Sticks	1/2 CUP	2	8	40	0.81	0.35	1.5	0.09
Broccoli, Raw Florets	1/2 CUP	2	10	10	*N/A*	1.06	1.86	0.12
Cucumbers, Raw	1/2 CUP	1	8	1	0.26	0.34	1.89	0.06
Peppers, Red or Green, Raw	1/2 CUP	2	12	2	0.87	0.43	2.45	0.11
Pineapple, Canned	1/2 CUP	30	72	10	1.00	0.0	17.0	0.0
Apple, Gala, Wedges	1/2 CUP	15	48	1	2.20	0.24	12.57	0.15
Fresh Whole Fruit	1 PIECE	26	94	2	4.13	0.73	23.9	0.29
Tuna, Canned	2 OZ	1	83	249	0.00	19.4	0.0	0.69
Croutons	.5 OZ	6	53	78	0.96	1.92	7.7	2.07
Cheese, Shredded	1/2 OZ	13	55	90	0.00	3.5	0.0	4.5
Beans, Canned Variety	1/2 CUP	1	114	126	6.43	6.97	20.6	0.71
Raisins, Box	1 BOX	1	112	4	0.99	0.99	29.76	0.0
Trail Mix/Dried Fruit	1/4 CUP	1	134	3	2.00	1.4	27.59	2.05
Peanut Butter	1.5 OZ	2	221	230	2.21	11.01	15.16	14.46
Sunbutter	1.5 OZ	1	266	160	5.00	9.0	9.0	21.0
Sunflower Seeds	1/2 OZ	17	85	26	1.42	2.83	4.72	6.14
Salad Dressing	1 OZ	38	131	435	0.00	0.83	5.33	12.16
Mustard, PC's	1 PACKET	2	3	42	0.00	0.21	0.44	0.03
Mayonnaise, PC's	1 PACKET	1	10	100	0.00	0.0	3.0	0.0

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# Columbia Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

Page 15

Oct 1, 2019 thru Oct 31, 2019

MIDDLE SCHOOL LUNCH

Generated on: 9/20/2019 1:09:15 PM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)
Wed - 10/09/2019								
Ketchup	1/2 OZ	1	17	167	0.00	0.0	4.17	0.0
Weighted Daily Average			722	1235	*9.89	31.75	83.87	29.43
% of Calories						17.6%	46.4%	36.7%
Nutrient Guideline			600-700	1360				

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# Columbia Public Schools

## Base Menu Spreadsheet

### Portion Values - Detailed

Oct 1, 2019 thru Oct 31, 2019

MIDDLE SCHOOL LUNCH

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)
Thu - 10/10/2019								
MIDDLE SCHOOL LUNCH	Total	100						
Chicken, BBQ Teriyaki Chicken	3 oz.	1	143	411	0.00	18.89	7.46	4.35
Rice, Brown, 1 Cup	1 CUP	1	200	148	2.49	4.99	41.16	1.87
Peas, Cooked, Seasoned	1/2 CUP	1	113	272	6.29	6.25	17.52	2.27
Pizza, Big Daddy's Cheese	1 SLICE	13	320	352	3.00	15.0	34.0	13.0
Pizza, Big Daddy's Pepperoni	1 SLICE	17	321	359	3.00	15.15	34.02	13.06
Pizza, Big Daddy's Four Meat	1 SLICE	1	296	520	3.20	16.0	28.8	13.6
Pizza, SM, Cheese, MS instruct	Pizza, personal	1	347	548	4.00	17.45	38.94	14.45
Pizza, SM, Pepper, MS instruct	Pizza, personal	1	377	658	4.00	18.95	39.44	16.95
Pizza, SM,Sausage, MS instruct	Pizza, personal	1	377	639	4.00	18.99	39.49	16.98
Cheeseburger on Bun	SANDWICH	20	322	505	3.37	20.64	32.54	12.29
Hamburger on Bun	Sandwich	1	287	355	3.37	17.64	31.54	10.04
Hummus and Chips	1 pkg Chip/hum	1	359	408	5.98	7.97	47.92	17.47
PB&J Uncrustable, 5.3 Entree	SANDWICH	1	630	620	7.00	19.0	64.0	33.0
Chicken Caesar Salad	SALAD	2	410	821	3.14	21.84	15.75	28.68
Milk, 1% White	1 CARTON	12	100	120	0.00	8.0	11.0	2.5
Milk, Non-Fat White	1 CARTON	3	80	120	0.00	8.0	11.0	0.0
Milk, Nonfat Flavored	1 CARTON	81	115	150	0.00	8.0	21.0	0.0
Farm to School Veg/Fruit	1/2 CUP	1	0	0	0.00	0.0	0.0	0.0
Lettuce, Salad Mix	1 CUP	15	4	3	0.36	0.26	0.89	0.05
Carrots, Fresh	1/2 CUP	7	20	44	1.64	0.36	4.62	0.07
Broccoli, Raw Florets	1/2 CUP	32	10	10	*N/A*	1.06	1.86	0.12
Celery, Raw Sticks	1/2 CUP	3	8	40	0.81	0.35	1.5	0.09
Cucumbers, Raw	1/2 CUP	4	8	1	0.26	0.34	1.89	0.06
Peppers, Red or Green, Raw	1/2 CUP	3	12	2	0.87	0.43	2.45	0.11
Peaches, Canned	1/2 CUP	97	70	10	0.00	0.0	17.0	0.0
Orange, Wedges	1/2 CUP	1	31	0	1.55	0.62	7.7	0.08
Fresh Whole Fruit	1 PIECE	31	94	2	4.13	0.73	23.9	0.29
Tuna, Canned	2 OZ	1	83	249	0.00	19.4	0.0	0.69
Croutons	.5 OZ	8	53	78	0.96	1.92	7.7	2.07
Cheese, Shredded	1/2 OZ	16	55	90	0.00	3.5	0.0	4.5
Beans, Canned Variety	1/2 CUP	1	114	126	6.43	6.97	20.6	0.71
Trail Mix/Dried Fruit	1/4 CUP	1	134	3	2.00	1.4	27.59	2.05
Peanut Butter	1.5 OZ	4	221	230	2.21	11.01	15.16	14.46
Sunbutter	1.5 OZ	1	266	160	5.00	9.0	9.0	21.0
Sunflower Seeds	1/2 OZ	21	85	26	1.42	2.83	4.72	6.14
Salad Dressing	1 OZ	1	131	435	0.00	0.83	5.33	12.16
Mustard, PC's	1 PACKET	1	3	42	0.00	0.21	0.44	0.03
Mayonnaise, PC's	1 PACKET	1	10	100	0.00	0.0	3.0	0.0
Ketchup	1/2 OZ	1	17	167	0.00	0.0	4.17	0.0

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\* - 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 17

Oct 1, 2019 thru Oct 31, 2019

MIDDLE SCHOOL LUNCH

Generated on: 9/20/2019 1:09:15 PM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)
Weighted Daily Average			459	476	*4.16	21.03	67.39	11.82
% of Calories						18.3%	58.8%	23.2%
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

## Base Menu Spreadsheet

### Portion Values - Detailed

Page 18

Oct 1, 2019 thru Oct 31, 2019

MIDDLE SCHOOL LUNCH

Generated on: 9/20/2019 1:09:15 PM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 10/11/2019								
MIDDLE SCHOOL LUNCH	Total	100						
Chicken, Brd Drumstick	1 piece	1	259	320	0.00	24.38	4.57	16.76
Mashed Potatoes	1/2 cup	1	43	96	0.47	0.94	8.03	0.47
Gravy, Chicken Trio	2 OZ	1	40	130	0.00	0.0	6.0	1.0
Biscuit, 1 oz.	1 oz	1	100	170	1.00	2.0	14.0	4.5
Corn, Seasoned	1/2 CUP	1	120	421	2.80	3.3	24.17	2.92
Pizza, Big Daddy's Cheese	1 SLICE	13	320	352	3.00	15.0	34.0	13.0
Pizza, Big Daddy's Pepperoni	1 SLICE	17	321	359	3.00	15.15	34.02	13.06
Pizza, Big Daddy Buff Chicken	1 SLICE	1	296	520	3.20	16.0	28.8	13.6
Pizza, SM, Cheese, MS instruct	Pizza, personal	1	347	548	4.00	17.45	38.94	14.45
Pizza, SM, Pepper, MS instruct	Pizza, personal	1	377	658	4.00	18.95	39.44	16.95
Pizza, SM,Sausage, MS instruct	Pizza, personal	1	377	639	4.00	18.99	39.49	16.98
Cheeseburger on Bun	SANDWICH	20	322	505	3.37	20.64	32.54	12.29
Hamburger on Bun	Sandwich	1	287	355	3.37	17.64	31.54	10.04
Hummus and Chips	1 pkg Chip/hum	1	359	408	5.98	7.97	47.92	17.47
PB&J Uncrustable, 5.3 Entree	SANDWICH	1	630	620	7.00	19.0	64.0	33.0
Chicken Caesar Salad	SALAD	2	410	821	3.14	21.84	15.75	28.68
Milk, 1% White	1 CARTON	12	100	120	0.00	8.0	11.0	2.5
Milk, Non-Fat White	1 CARTON	3	80	120	0.00	8.0	11.0	0.0
Milk, Nonfat Flavored	1 CARTON	81	115	150	0.00	8.0	21.0	0.0
Farm to School Veg/Fruit	1/2 CUP	1	0	0	0.00	0.0	0.0	0.0
Lettuce, Salad Mix	1 CUP	15	4	3	0.36	0.26	0.89	0.05
Carrots, Fresh	1/2 CUP	7	20	44	1.64	0.36	4.62	0.07
Broccoli, Raw Florets	1/2 CUP	32	10	10	*N/A*	1.06	1.86	0.12
Celery, Raw Sticks	1/2 CUP	3	8	40	0.81	0.35	1.5	0.09
Cucumbers, Raw	1/2 CUP	4	8	1	0.26	0.34	1.89	0.06
Peppers, Red or Green, Raw	1/2 CUP	3	12	2	0.87	0.43	2.45	0.11
Applesauce, Canned	1/2 CUP	1	50	10	2.00	0.0	13.0	0.0
Bananas, Fresh	1 EACH	1	90	1	2.63	1.1	23.07	0.33
Fresh Whole Fruit	1 PIECE	31	94	2	4.13	0.73	23.9	0.29
Tuna, Canned	2 OZ	1	83	249	0.00	19.4	0.0	0.69
Croutons	.5 OZ	8	53	78	0.96	1.92	7.7	2.07
Cheese, Shredded	1/2 OZ	16	55	90	0.00	3.5	0.0	4.5
Beans, Canned Variety	1/2 CUP	1	114	126	6.43	6.97	20.6	0.71
Trail Mix/Dried Fruit	1/4 CUP	1	134	3	2.00	1.4	27.59	2.05
Peanut Butter	1.5 OZ	4	221	230	2.21	11.01	15.16	14.46
Sunbutter	1.5 OZ	1	266	160	5.00	9.0	9.0	21.0
Sunflower Seeds	1/2 OZ	21	85	26	1.42	2.83	4.72	6.14
Salad Dressing	1 OZ	1	131	435	0.00	0.83	5.33	12.16
Mustard, PC's	1 PACKET	1	3	42	0.00	0.21	0.44	0.03

\*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

Page 19

Oct 1, 2019 thru Oct 31, 2019

MIDDLE SCHOOL LUNCH

Generated on: 9/20/2019 1:09:15 PM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 10/11/2019								
Mayonnaise, PC's	1 PACKET	1	10	100	0.00	0.0	3.0	0.0
Ketchup	1/2 OZ	1	17	167	0.00	0.0	4.17	0.0
Weighted Daily Average			393	469	*4.15	21.04	51.09	12.00
% of Calories						21.4%	52.0%	27.5%
Nutrient Guideline			600-700	1360				

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# Columbia Public Schools

## Base Menu Spreadsheet

### Portion Values - Detailed

Page 20

Oct 1, 2019 thru Oct 31, 2019

MIDDLE SCHOOL LUNCH

Generated on: 9/20/2019 1:09:15 PM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)
Mon - 10/14/2019								
MIDDLE SCHOOL LUNCH	Total	100						
Chicken Brkfst Sausage, Sec	2 PATTIES	31	227	568	0.00	25.01	2.27	13.64
Waffle (2 Waffles)	2 WAFFLES	39	200	489	2.99	4.99	31.92	5.99
Pancake (2 Pancakes)	2 Pancakes	1	126	254	2.00	4.0	24.0	2.0
Apples, Spiced	1/2 CUP	39	52	5	1.28	0.03	13.16	0.01
Pizza, Big Daddy's Cheese	1 SLICE	1	320	352	3.00	15.0	34.0	13.0
Pizza, Big Daddy's Pepperoni	1 SLICE	1	321	359	3.00	15.15	34.02	13.06
Pizza, Big Daddy Buff Chicken	1 SLICE	1	296	520	3.20	16.0	28.8	13.6
Pizza, SM, Cheese, MS instruct	Pizza, personal	1	347	548	4.00	17.45	38.94	14.45
Pizza, SM, Pepper, MS instruct	Pizza, personal	1	377	658	4.00	18.95	39.44	16.95
Cheeseburger on Bun	SANDWICH	14	322	505	3.37	20.64	32.54	12.29
Hamburger on Bun	Sandwich	1	287	355	3.37	17.64	31.54	10.04
Hummus and Chips	1 pkg Chip/hum	1	359	408	5.98	7.97	47.92	17.47
PB&J Uncrustable, 5.3 Entree	SANDWICH	1	630	620	7.00	19.0	64.0	33.0
Chicken Caesar Salad	SALAD	1	410	821	3.14	21.84	15.75	28.68
Milk, 1% White	1 CARTON	11	100	120	0.00	8.0	11.0	2.5
Milk, Non-Fat White	1 CARTON	0	80	120	0.00	8.0	11.0	0.0
Milk, Nonfat Flavored	1 CARTON	62	115	150	0.00	8.0	21.0	0.0
Farm to School Veg/Fruit	1/2 CUP	0	0	0	0.00	0.0	0.0	0.0
Lettuce, Salad Mix	1 CUP	18	4	3	0.36	0.26	0.89	0.05
Carrots, Fresh	1/2 CUP	11	20	44	1.64	0.36	4.62	0.07
Celery, Raw Sticks	1/2 CUP	3	8	40	0.81	0.35	1.5	0.09
Broccoli, Raw Florets	1/2 CUP	3	10	10	*N/A*	1.06	1.86	0.12
Cucumbers, Raw	1/2 CUP	1	8	1	0.26	0.34	1.89	0.06
Peppers, Red or Green, Raw	1/2 CUP	3	12	2	0.87	0.43	2.45	0.11
Pears, Canned	1/2 CUP	39	80	5	2.00	0.0	20.0	0.0
Orange, Wedges	1/2 CUP	15	31	0	1.55	0.62	7.7	0.08
Fresh Whole Fruit	1 PIECE	30	94	2	4.13	0.73	23.9	0.29
Tuna, Canned	2 OZ	1	83	249	0.00	19.4	0.0	0.69
Croutons	.5 OZ	6	53	78	0.96	1.92	7.7	2.07
Cheese, Shredded	1/2 OZ	2	55	90	0.00	3.5	0.0	4.5
Beans, Canned Variety	1/2 CUP	0	114	126	6.43	6.97	20.6	0.71
Raisins, Box	1 BOX	1	112	4	0.99	0.99	29.76	0.0
Trail Mix/Dried Fruit	1/4 CUP	0	134	3	2.00	1.4	27.59	2.05
Peanut Butter	1.5 OZ	3	221	230	2.21	11.01	15.16	14.46
Sunbutter	1.5 OZ	1	266	160	5.00	9.0	9.0	21.0
Sunflower Seeds	1/2 OZ	23	85	26	1.42	2.83	4.72	6.14
Salad Dressing	1 OZ	50	131	435	0.00	0.83	5.33	12.16
Mustard, PC's	1 PACKET	3	3	42	0.00	0.21	0.44	0.03
Mayonnaise, PC's	1 PACKET	2	10	100	0.00	0.0	3.0	0.0

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# Columbia Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

Page 21

Oct 1, 2019 thru Oct 31, 2019

MIDDLE SCHOOL LUNCH

Generated on: 9/20/2019 1:09:15 PM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)
Mon - 10/14/2019								
Ketchup	1/2 OZ	75	17	167	0.00	0.0	4.17	0.0
Syrup, Pancake and Waffle	2 OZ	1	210	65	0.00	0.0	51.0	0.0
Weighted Daily Average			514	974	*5.58	22.31	66.41	18.67
% of Calories						17.4%	51.7%	32.7%
Nutrient Guideline			600-700	1360				

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# Columbia Public Schools

## Base Menu Spreadsheet

### Portion Values - Detailed

Oct 1, 2019 thru Oct 31, 2019

MIDDLE SCHOOL LUNCH

Generated on: 9/20/2019 1:09:16 PM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)
Tue - 10/15/2019								
MIDDLE SCHOOL LUNCH	Total	100						
Chicken Tenders, Gold Kist, WG	3 PCS	1	203	383	1.00	18.46	11.13	9.03
Chicken Tenders, Guaj., GK, WG	3 PCS	1	230	450	3.00	22.0	18.0	8.0
Mashed Potatoes	1/2 CUP	77	43	96	0.47	0.94	8.03	0.47
Gravy, Chicken Trio	2 OZ	75	40	130	0.00	0.0	6.0	1.0
Green Beans, Seasoned	1/2 CUP	31	43	367	2.36	1.42	5.64	1.98
Biscuit, 1 oz.	1 oz	1	100	170	1.00	2.0	14.0	4.5
Pizza, Big Daddy's Cheese	1 SLICE	6	320	352	3.00	15.0	34.0	13.0
Pizza, Big Daddy's Pepperoni	1 SLICE	8	321	359	3.00	15.15	34.02	13.06
Pizza, Big Daddy's Four Meat	1 SLICE	1	296	520	3.20	16.0	28.8	13.6
Pizza, SM, Cheese, MS instruct	Pizza, personal	1	347	548	4.00	17.45	38.94	14.45
Pizza, SM, Pepper, MS instruct	Pizza, personal	1	377	658	4.00	18.95	39.44	16.95
Cheeseburger on Bun	SANDWICH	7	322	505	3.37	20.64	32.54	12.29
Hamburger on Bun	Sandwich	1	287	355	3.37	17.64	31.54	10.04
Hummus and Chips	1 pkg Chip/hum	1	359	408	5.98	7.97	47.92	17.47
PB&J Uncrustable, 5.3 Entree	SANDWICH	1	630	620	7.00	19.0	64.0	33.0
Chicken Caesar Salad	SALAD	1	410	821	3.14	21.84	15.75	28.68
Milk, 1% White	1 CARTON	12	100	120	0.00	8.0	11.0	2.5
Milk, Non-Fat White	1 CARTON	0	80	120	0.00	8.0	11.0	0.0
Milk, Nonfat Flavored	1 CARTON	68	115	150	0.00	8.0	21.0	0.0
Farm to School Veg/Fruit	1/2 CUP	0	0	0	0.00	0.0	0.0	0.0
Lettuce, Salad Mix	1 CUP	13	4	3	0.36	0.26	0.89	0.05
Carrots, Fresh	1/2 CUP	7	20	44	1.64	0.36	4.62	0.07
Celery, Raw Sticks	1/2 CUP	2	8	40	0.81	0.35	1.5	0.09
Broccoli, Raw Florets	1/2 CUP	2	10	10	*N/A*	1.06	1.86	0.12
Cucumbers, Raw	1/2 CUP	1	8	1	0.26	0.34	1.89	0.06
Peppers, Red or Green, Raw	1/2 CUP	2	12	2	0.87	0.43	2.45	0.11
Mixed Fruit, Canned	1/2 CUP	24	35	13	0.50	0.0	8.0	0.0
Apple, Fuji, Wedges	1/2 CUP	1	29	1	1.40	0.15	7.83	0.1
Fresh Whole Fruit	1 PIECE	27	94	2	4.13	0.73	23.9	0.29
Tuna, Canned	2 OZ	1	83	249	0.00	19.4	0.0	0.69
Croutons	.5 OZ	7	53	78	0.96	1.92	7.7	2.07
Cheese, Shredded	1/2 OZ	18	55	90	0.00	3.5	0.0	4.5
Beans, Canned Variety	1/2 CUP	1	114	126	6.43	6.97	20.6	0.71
Raisins, Box	1 BOX	1	112	4	0.99	0.99	29.76	0.0
Trail Mix/Dried Fruit	1/4 CUP	3	134	3	2.00	1.4	27.59	2.05
Peanut Butter	1.5 OZ	1	221	230	2.21	11.01	15.16	14.46
Sunbutter	1.5 OZ	16	266	160	5.00	9.0	9.0	21.0
Sunflower Seeds	1/2 OZ	16	85	26	1.42	2.83	4.72	6.14
Salad Dressing	1 OZ	35	131	435	0.00	0.83	5.33	12.16

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# Columbia Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

Page 23

Oct 1, 2019 thru Oct 31, 2019

MIDDLE SCHOOL LUNCH

Generated on: 9/20/2019 1:09:16 PM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)
Tue - 10/15/2019								
Granola	1/4 cup	1	133	49	1.50	2.31	19.96	4.63
Mustard, PC's	1 PACKET	1	3	42	0.00	0.21	0.44	0.03
Mayonnaise, PC's	1 PACKET	1	10	100	0.00	0.0	3.0	0.0
Ketchup	1/2 OZ	70	17	167	0.00	0.0	4.17	0.0
BBQ Sauce	1/2 OZ	56	21	129	0.00	0.0	5.0	0.0
Sweet and Sour Sauce	1 OZ	2	61	12	0.01	0.02	15.43	0.0
Weighted Daily Average			454	946	*4.82	16.44	59.54	16.19
% of Calories						14.5%	52.5%	32.1%
Nutrient Guideline			600-700	1360				

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# Columbia Public Schools

## Base Menu Spreadsheet

### Portion Values - Detailed

Page 24

Oct 1, 2019 thru Oct 31, 2019

MIDDLE SCHOOL LUNCH

Generated on: 9/20/2019 1:09:16 PM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)
Wed - 10/16/2019								
MIDDLE SCHOOL LUNCH	Total	100						
Chicken Patty Sandwich	1 SANDWICH	17	401	601	5.01	19.04	46.05	16.05
Chicken Patty Sandwich, Spicy	SANDWICH	17	360	730	4.00	21.0	43.0	13.0
French Fries, Seasoned, Sec	4 OZ	1	202	227	3.36	1.68	33.61	6.72
Corn, Seasoned	1/2 CUP	30	120	421	2.80	3.3	24.17	2.92
Pizza, Big Daddy's Cheese	1 SLICE	1	320	352	3.00	15.0	34.0	13.0
Pizza, Big Daddy's Pepperoni	1 SLICE	1	321	359	3.00	15.15	34.02	13.06
Pizza, Big Daddy Buff Chicken	1 SLICE	1	296	520	3.20	16.0	28.8	13.6
Pizza, SM, Cheese, MS instruct	Pizza, personal	1	347	548	4.00	17.45	38.94	14.45
Pizza, SM, Pepper, MS instruct	Pizza, personal	1	377	658	4.00	18.95	39.44	16.95
Cheeseburger on Bun	SANDWICH	5	322	505	3.37	20.64	32.54	12.29
Hamburger on Bun	Sandwich	1	287	355	3.37	17.64	31.54	10.04
Hummus and Chips	1 pkg Chip/hum	1	359	408	5.98	7.97	47.92	17.47
PB&J Uncrustable, 5.3 Entree	SANDWICH	1	630	620	7.00	19.0	64.0	33.0
Chicken Caesar Salad	SALAD	1	410	821	3.14	21.84	15.75	28.68
Milk, 1% White	1 CARTON	14	100	120	0.00	8.0	11.0	2.5
Milk, Non-Fat White	1 CARTON	0	80	120	0.00	8.0	11.0	0.0
Milk, Nonfat Flavored	1 CARTON	78	115	150	0.00	8.0	21.0	0.0
Farm to School Veg/Fruit	1/2 CUP	0	0	0	0.00	0.0	0.0	0.0
Lettuce, Salad Mix	1 CUP	14	4	3	0.36	0.26	0.89	0.05
Carrots, Fresh	1/2 CUP	8	20	44	1.64	0.36	4.62	0.07
Celery, Raw Sticks	1/2 CUP	2	8	40	0.81	0.35	1.5	0.09
Broccoli, Raw Florets	1/2 CUP	2	10	10	*N/A*	1.06	1.86	0.12
Cucumbers, Raw	1/2 CUP	2	8	1	0.26	0.34	1.89	0.06
Peppers, Red or Green, Raw	1/2 CUP	2	12	2	0.87	0.43	2.45	0.11
Pineapple, Canned	1/2 CUP	40	72	10	1.00	0.0	17.0	0.0
Orange, Wedges	1/2 CUP	10	31	0	1.55	0.62	7.7	0.08
Fresh Whole Fruit	1 PIECE	29	94	2	4.13	0.73	23.9	0.29
Tuna, Canned	2 OZ	1	83	249	0.00	19.4	0.0	0.69
Croutons	.5 OZ	1	53	78	0.96	1.92	7.7	2.07
Cheese, Shredded	1/2 OZ	15	55	90	0.00	3.5	0.0	4.5
Beans, Canned Variety	1/2 CUP	1	114	126	6.43	6.97	20.6	0.71
Raisins, Box	1 BOX	1	112	4	0.99	0.99	29.76	0.0
Trail Mix/Dried Fruit	1/4 CUP	1	134	3	2.00	1.4	27.59	2.05
Peanut Butter	1.5 OZ	1	221	230	2.21	11.01	15.16	14.46
Sunbutter	1.5 OZ	1	266	160	5.00	9.0	9.0	21.0
Sunflower Seeds	1/2 OZ	14	85	26	1.42	2.83	4.72	6.14
Salad Dressing	1 OZ	45	131	435	0.00	0.83	5.33	12.16
Mustard, PC's	1 PACKET	1	3	42	0.00	0.21	0.44	0.03
Mayonnaise, PC's	1 PACKET	1	10	100	0.00	0.0	3.0	0.0

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

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

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# Columbia Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

Page 25

Oct 1, 2019 thru Oct 31, 2019

MIDDLE SCHOOL LUNCH

Generated on: 9/20/2019 1:09:16 PM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)
Wed - 10/16/2019								
Ketchup	1/2 OZ	45	17	167	0.00	0.0	4.17	0.0
Weighted Daily Average % of Calories			479	868	*5.29	19.88 16.6%	66.83 55.8%	15.98 30.0%
Nutrient Guideline			600-700	1360				

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# Columbia Public Schools

## Base Menu Spreadsheet

### Portion Values - Detailed

Oct 1, 2019 thru Oct 31, 2019

MIDDLE SCHOOL LUNCH

Generated on: 9/20/2019 1:09:16 PM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)
Thu - 10/17/2019								
MIDDLE SCHOOL LUNCH	Total	100						
Chicken, Tangerine	4 OZ	1	232	298	0.00	19.06	11.6	12.43
Rice, Brown, 1 Cup	1 CUP	60	200	148	2.49	4.99	41.16	1.87
Peas, Cooked, Seasoned	1/2 CUP	9	113	272	6.29	6.25	17.52	2.27
Pizza, Big Daddy's Cheese	1 SLICE	1	320	352	3.00	15.0	34.0	13.0
Pizza, Big Daddy's Pepperoni	1 SLICE	1	321	359	3.00	15.15	34.02	13.06
Pizza, Big Daddy's Four Meat	1 SLICE	1	296	520	3.20	16.0	28.8	13.6
Pizza, SM, Cheese, MS instruct	Pizza, personal	1	347	548	4.00	17.45	38.94	14.45
Pizza, SM, Pepper, MS instruct	Pizza, personal	1	377	658	4.00	18.95	39.44	16.95
Cheeseburger on Bun	SANDWICH	18	322	505	3.37	20.64	32.54	12.29
Hamburger on Bun	Sandwich	1	287	355	3.37	17.64	31.54	10.04
Hummus and Chips	1 pkg Chip/hum	1	359	408	5.98	7.97	47.92	17.47
PB&J Uncrustable, 5.3 Entree	SANDWICH	1	630	620	7.00	19.0	64.0	33.0
Chicken Caesar Salad	SALAD	0	410	821	3.14	21.84	15.75	28.68
Milk, 1% White	1 CARTON	12	100	120	0.00	8.0	11.0	2.5
Milk, Non-Fat White	1 CARTON	3	80	120	0.00	8.0	11.0	0.0
Milk, Nonfat Flavored	1 CARTON	81	115	150	0.00	8.0	21.0	0.0
Farm to School Veg/Fruit	1/2 CUP	1	0	0	0.00	0.0	0.0	0.0
Lettuce, Salad Mix	1 CUP	15	4	3	0.36	0.26	0.89	0.05
Carrots, Fresh	1/2 CUP	7	20	44	1.64	0.36	4.62	0.07
Celery, Raw Sticks	1/2 CUP	2	8	40	0.81	0.35	1.5	0.09
Broccoli, Raw Florets	1/2 CUP	3	10	10	*N/A*	1.06	1.86	0.12
Cucumbers, Raw	1/2 CUP	1	8	1	0.26	0.34	1.89	0.06
Peppers, Red or Green, Raw	1/2 CUP	3	12	2	0.87	0.43	2.45	0.11
Mandarin Oranges, Canned	1/2 CUP	97	130	12	2.48	1.12	33.24	0.29
Apple, Gala, Wedges	1/2 CUP	11	48	1	2.20	0.24	12.57	0.15
Fresh Whole Fruit	1 PIECE	31	94	2	4.13	0.73	23.9	0.29
Tuna, Canned	2 OZ	1	83	249	0.00	19.4	0.0	0.69
Croutons	.5 OZ	8	53	78	0.96	1.92	7.7	2.07
Cheese, Shredded	1/2 OZ	16	55	90	0.00	3.5	0.0	4.5
Beans, Canned Variety	1/2 CUP	0	114	126	6.43	6.97	20.6	0.71
Raisins, Box	1 BOX	1	112	4	0.99	0.99	29.76	0.0
Trail Mix/Dried Fruit	1/4 CUP	1	134	3	2.00	1.4	27.59	2.05
Peanut Butter	1.5 OZ	4	221	230	2.21	11.01	15.16	14.46
Sunbutter	1.5 OZ	1	266	160	5.00	9.0	9.0	21.0
Sunflower Seeds	1/2 OZ	21	85	26	1.42	2.83	4.72	6.14
Salad Dressing	1 OZ	43	131	435	0.00	0.83	5.33	12.16
Mustard, PC's	1 PACKET	2	3	42	0.00	0.21	0.44	0.03
Mayonnaise, PC's	1 PACKET	1	10	100	0.00	0.0	3.0	0.0
Ketchup	1/2 OZ	1	17	167	0.00	0.0	4.17	0.0

\*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

Page 27

Oct 1, 2019 thru Oct 31, 2019

MIDDLE SCHOOL LUNCH

Generated on: 9/20/2019 1:09:16 PM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)
Weighted Daily Average % of Calories			593	632	*7.69	20.29 13.7%	101.02 68.1%	13.91 21.1%
Nutrient Guideline			600-700	1360				

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# Columbia Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

Page 28

Oct 1, 2019 thru Oct 31, 2019

MIDDLE SCHOOL LUNCH

Generated on: 9/20/2019 1:09:16 PM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 10/18/2019								
MIDDLE SCHOOL LUNCH	Total	100						
Chicken, Breast/Thigh BBQ	SERVING	1	208	353	0.00	19.0	10.01	10.0
Roll, Baked for Schools, wg	1 Roll	1	105	198	1.00	3.0	15.0	3.78
Sweet Potatoes, Glazed	1/2 CUP	1	137	33	1.07	1.1	28.34	1.86
Pizza, Big Daddy's Cheese	1 SLICE	1	320	352	3.00	15.0	34.0	13.0
Pizza, Big Daddy's Pepperoni	1 SLICE	1	321	359	3.00	15.15	34.02	13.06
Pizza, Big Daddy Buff Chicken	1 SLICE	1	296	520	3.20	16.0	28.8	13.6
Pizza, SM, Cheese, MS instruct	Pizza, personal	1	347	548	4.00	17.45	38.94	14.45
Pizza, SM, Pepper, MS instruct	Pizza, personal	1	377	658	4.00	18.95	39.44	16.95
Cheeseburger on Bun	SANDWICH	29	322	505	3.37	20.64	32.54	12.29
Hamburger on Bun	Sandwich	3	287	355	3.37	17.64	31.54	10.04
Hummus and Chips	1 pkg Chip/hum	1	359	408	5.98	7.97	47.92	17.47
PB&J Uncrustable, 5.3 Entree	SANDWICH	1	630	620	7.00	19.0	64.0	33.0
Chicken Caesar Salad	SALAD	0	410	821	3.14	21.84	15.75	28.68
Milk, 1% White	1 CARTON	12	100	120	0.00	8.0	11.0	2.5
Milk, Non-Fat White	1 CARTON	0	80	120	0.00	8.0	11.0	0.0
Milk, Nonfat Flavored	1 CARTON	6	115	150	0.00	8.0	21.0	0.0
Farm to School Veg/Fruit	1/2 CUP	2	0	0	0.00	0.0	0.0	0.0
Lettuce, Salad Mix	1 CUP	15	4	3	0.36	0.26	0.89	0.05
Carrots, Fresh	1/2 CUP	8	20	44	1.64	0.36	4.62	0.07
Celery, Raw Sticks	1/2 CUP	1	8	40	0.81	0.35	1.5	0.09
Broccoli, Raw Florets	1/2 CUP	2	10	10	*N/A*	1.06	1.86	0.12
Cucumbers, Raw	1/2 CUP	1	8	1	0.26	0.34	1.89	0.06
Peppers, Red or Green, Raw	1/2 CUP	2	12	2	0.87	0.43	2.45	0.11
Cherries, Tart, Frozen	1/2 CUP	1	52	1	1.45	1.45	13.07	0.0
Bananas, Fresh	1 EACH	22	90	1	2.63	1.1	23.07	0.33
Fresh Whole Fruit	1 PIECE	25	94	2	4.13	0.73	23.9	0.29
Tuna, Canned	2 OZ	1	83	249	0.00	19.4	0.0	0.69
Croutons	.5 OZ	7	53	78	0.96	1.92	7.7	2.07
Cheese, Shredded	1/2 OZ	14	55	90	0.00	3.5	0.0	4.5
Beans, Canned Variety	1/2 CUP	0	114	126	6.43	6.97	20.6	0.71
Raisins, Box	1 BOX	1	112	4	0.99	0.99	29.76	0.0
Trail Mix/Dried Fruit	1/4 CUP	1	134	3	2.00	1.4	27.59	2.05
Peanut Butter	1.5 OZ	3	221	230	2.21	11.01	15.16	14.46
Sunbutter	1.5 OZ	0	266	160	5.00	9.0	9.0	21.0
Sunflower Seeds	1/2 OZ	21	85	26	1.42	2.83	4.72	6.14
Salad Dressing	1 OZ	45	131	435	0.00	0.83	5.33	12.16
Mustard, PC's	1 PACKET	1	3	42	0.00	0.21	0.44	0.03
Mayonnaise, PC's	1 PACKET	1	10	100	0.00	0.0	3.0	0.0
Ketchup	1/2 OZ	59	17	167	0.00	0.0	4.17	0.0

\*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

Page 29

Oct 1, 2019 thru Oct 31, 2019

MIDDLE SCHOOL LUNCH

Generated on: 9/20/2019 1:09:16 PM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 10/18/2019								
Granola	1/2 cup	1	265	98	3.01	4.62	39.93	9.26
Weighted Daily Average			309	556	*3.73	12.01	36.02	13.79
% of Calories						15.5%	46.6%	40.1%
Nutrient Guideline			600-700	1360				

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# Columbia Public Schools

## Base Menu Spreadsheet

### Portion Values - Detailed

Oct 1, 2019 thru Oct 31, 2019

MIDDLE SCHOOL LUNCH

Generated on: 9/20/2019 1:09:16 PM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)
Mon - 10/21/2019								
MIDDLE SCHOOL LUNCH	Total	100						
Chicken & Waffles	1 Sandwich	1	400	941	2.99	23.06	32.93	20.04
Beans, Baked	1/2 CUP	11	133	524	5.22	6.06	30.3	0.47
Pizza, Big Daddy's Cheese	1 SLICE	7	320	352	3.00	15.0	34.0	13.0
Pizza, Big Daddy's Pepperoni	1 SLICE	18	321	359	3.00	15.15	34.02	13.06
Pizza, Big Daddy Buff Chicken	1 SLICE	1	296	520	3.20	16.0	28.8	13.6
Pizza, SM, Cheese, MS instruct	Pizza, personal	1	347	548	4.00	17.45	38.94	14.45
Pizza, SM, Pepper, MS instruct	Pizza, personal	1	377	658	4.00	18.95	39.44	16.95
Cheeseburger on Bun	SANDWICH	17	322	505	3.37	20.64	32.54	12.29
Hamburger on Bun	Sandwich	1	287	355	3.37	17.64	31.54	10.04
Hummus and Chips	1 pkg Chip/hum	1	359	408	5.98	7.97	47.92	17.47
PB&J Uncrustable, 5.3 Entree	SANDWICH	1	630	620	7.00	19.0	64.0	33.0
Chicken Caesar Salad	SALAD	1	410	821	3.14	21.84	15.75	28.68
Milk, 1% White	1 CARTON	12	100	120	0.00	8.0	11.0	2.5
Milk, Non-Fat White	1 CARTON	1	80	120	0.00	8.0	11.0	0.0
Milk, Nonfat Flavored	1 CARTON	68	115	150	0.00	8.0	21.0	0.0
Farm to School Veg/Fruit	1/2 CUP	0	0	0	0.00	0.0	0.0	0.0
Lettuce, Salad Mix	1 CUP	42	4	3	0.36	0.26	0.89	0.05
Carrots, Fresh	1/2 CUP	10	20	44	1.64	0.36	4.62	0.07
Celery, Raw Sticks	1/2 CUP	2	8	40	0.81	0.35	1.5	0.09
Broccoli, Raw Florets	1/2 CUP	3	10	10	*N/A*	1.06	1.86	0.12
Peppers, Red or Green, Raw	1/2 CUP	2	12	2	0.87	0.43	2.45	0.11
Cucumbers, Raw	1/2 CUP	2	8	1	0.26	0.34	1.89	0.06
Pears, Canned	1/2 CUP	41	80	5	2.00	0.0	20.0	0.0
Apple, Fuji, Wedges	1/2 CUP	15	29	1	1.40	0.15	7.83	0.1
Fresh Whole Fruit	1 PIECE	26	94	2	4.13	0.73	23.9	0.29
Tuna, Canned	2 OZ	1	83	249	0.00	19.4	0.0	0.69
Croutons	.5 OZ	4	53	78	0.96	1.92	7.7	2.07
Cheese, Shredded	1/2 OZ	16	55	90	0.00	3.5	0.0	4.5
Beans, Canned Variety	1/2 CUP	1	114	126	6.43	6.97	20.6	0.71
Raisins, Box	1 BOX	1	112	4	0.99	0.99	29.76	0.0
Trail Mix/Dried Fruit	1/4 CUP	1	134	3	2.00	1.4	27.59	2.05
Peanut Butter	1.5 OZ	4	221	230	2.21	11.01	15.16	14.46
Sunbutter	1.5 OZ	1	266	160	5.00	9.0	9.0	21.0
Sunflower Seeds	1/2 OZ	19	85	26	1.42	2.83	4.72	6.14
Salad Dressing	1 OZ	50	131	435	0.00	0.83	5.33	12.16
Mustard, PC's	1 PACKET	0	3	42	0.00	0.21	0.44	0.03
Mayonnaise, PC's	1 PACKET	0	10	100	0.00	0.0	3.0	0.0
Ketchup	1/2 OZ	1	17	167	0.00	0.0	4.17	0.0
Syrup, Pancake and Waffle	2 OZ	1	210	65	0.00	0.0	51.0	0.0

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# Columbia Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

Page 31

Oct 1, 2019 thru Oct 31, 2019

MIDDLE SCHOOL LUNCH

Generated on: 9/20/2019 1:09:16 PM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)
Weighted Daily Average % of Calories			449	666	*5.23	18.67 16.6%	58.57 52.2%	16.25 32.6%
Nutrient Guideline			600-700	1360				

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# Columbia Public Schools

## Base Menu Spreadsheet

### Portion Values - Detailed

Page 32

Oct 1, 2019 thru Oct 31, 2019

MIDDLE SCHOOL LUNCH

Generated on: 9/20/2019 1:09:16 PM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)
Tue - 10/22/2019								
MIDDLE SCHOOL LUNCH	Total	100						
Chicken Tenders, Gold Kist, WG	3 PCS	1	203	383	1.00	18.46	11.13	9.03
Chicken Tenders, Guaj., GK, WG	3 PCS	1	230	450	3.00	22.0	18.0	8.0
Mashed Potatoes	1/2 CUP	77	43	96	0.47	0.94	8.03	0.47
Gravy, Chicken Trio	2 OZ	75	40	130	0.00	0.0	6.0	1.0
Green Beans, Seasoned	1/2 CUP	31	43	367	2.36	1.42	5.64	1.98
Biscuit, 1 oz.	1 oz	1	100	170	1.00	2.0	14.0	4.5
Pizza, Big Daddy's Cheese	1 SLICE	6	320	352	3.00	15.0	34.0	13.0
Pizza, Big Daddy's Pepperoni	1 SLICE	8	321	359	3.00	15.15	34.02	13.06
Pizza, Big Daddy's Four Meat	1 SLICE	1	296	520	3.20	16.0	28.8	13.6
Pizza, SM, Cheese, MS instruct	Pizza, personal	1	347	548	4.00	17.45	38.94	14.45
Pizza, SM, Pepper, MS instruct	Pizza, personal	1	377	658	4.00	18.95	39.44	16.95
Pizza, SM,Sausage, MS instruct	Pizza, personal	1	377	639	4.00	18.99	39.49	16.98
Cheeseburger on Bun	SANDWICH	7	322	505	3.37	20.64	32.54	12.29
Hamburger on Bun	Sandwich	1	287	355	3.37	17.64	31.54	10.04
Hummus and Chips	1 pkg Chip/hum	1	359	408	5.98	7.97	47.92	17.47
PB&J Uncrustable, 5.3 Entree	SANDWICH	1	630	620	7.00	19.0	64.0	33.0
Chicken Caesar Salad	SALAD	1	410	821	3.14	21.84	15.75	28.68
Milk, 1% White	1 CARTON	12	100	120	0.00	8.0	11.0	2.5
Milk, Non-Fat White	1 CARTON	0	80	120	0.00	8.0	11.0	0.0
Milk, Nonfat Flavored	1 CARTON	68	115	150	0.00	8.0	21.0	0.0
Farm to School Veg/Fruit	1/2 CUP	0	0	0	0.00	0.0	0.0	0.0
Lettuce, Salad Mix	1 CUP	13	4	3	0.36	0.26	0.89	0.05
Carrots, Fresh	1/2 CUP	7	20	44	1.64	0.36	4.62	0.07
Celery, Raw Sticks	1/2 CUP	2	8	40	0.81	0.35	1.5	0.09
Broccoli, Raw Florets	1/2 CUP	2	10	10	*N/A*	1.06	1.86	0.12
Cucumbers, Raw	1/2 CUP	1	8	1	0.26	0.34	1.89	0.06
Peppers, Red or Green, Raw	1/2 CUP	2	12	2	0.87	0.43	2.45	0.11
Peaches, Canned	1/2 CUP	8	70	10	0.00	0.0	17.0	0.0
Orange, Wedges	1/2 CUP	1	31	0	1.55	0.62	7.7	0.08
Fresh Whole Fruit	1 PIECE	27	94	2	4.13	0.73	23.9	0.29
Tuna, Canned	2 OZ	1	83	249	0.00	19.4	0.0	0.69
Croutons	.5 OZ	7	53	78	0.96	1.92	7.7	2.07
Cheese, Shredded	1/2 OZ	18	55	90	0.00	3.5	0.0	4.5
Beans, Canned Variety	1/2 CUP	1	114	126	6.43	6.97	20.6	0.71
Raisins, Box	1 BOX	1	112	4	0.99	0.99	29.76	0.0
Trail Mix/Dried Fruit	1/4 CUP	3	134	3	2.00	1.4	27.59	2.05
Peanut Butter	1.5 OZ	1	221	230	2.21	11.01	15.16	14.46
Sunbutter	1.5 OZ	16	266	160	5.00	9.0	9.0	21.0
Sunflower Seeds	1/2 OZ	16	85	26	1.42	2.83	4.72	6.14

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# Columbia Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

Page 33

Oct 1, 2019 thru Oct 31, 2019

MIDDLE SCHOOL LUNCH

Generated on: 9/20/2019 1:09:16 PM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)
Tue - 10/22/2019								
Salad Dressing	1 OZ	35	131	435	0.00	0.83	5.33	12.16
Granola	1/4 cup	1	133	49	1.50	2.31	19.96	4.63
Mustard, PC's	1 PACKET	1	3	42	0.00	0.21	0.44	0.03
Mayonnaise, PC's	1 PACKET	1	10	100	0.00	0.0	3.0	0.0
Ketchup	1/2 OZ	70	17	167	0.00	0.0	4.17	0.0
BBQ Sauce	1/2 OZ	56	21	129	0.00	0.0	5.0	0.0
Sweet and Sour Sauce	1 OZ	2	61	12	0.01	0.02	15.43	0.0
Weighted Daily Average			455	950	*4.74	16.63	59.37	16.36
% of Calories						14.6%	52.2%	32.4%
Nutrient Guideline			600-700	1360				

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# Columbia Public Schools

## Base Menu Spreadsheet

### Portion Values - Detailed

Page 34

Oct 1, 2019 thru Oct 31, 2019

MIDDLE SCHOOL LUNCH

Generated on: 9/20/2019 1:09:16 PM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)
Wed - 10/23/2019								
MIDDLE SCHOOL LUNCH	Total	100						
Cheese Bread Stick, Sec	1 Serving (2)	1	279	537	1.99	13.93	29.84	11.94
Spaghetti Dipping Sauce	2 OZ	1	30	265	1.50	1.0	5.5	0.38
Carrots, Cooked, Seasoned	1/2 CUP	61	48	265	2.10	0.0	6.31	1.86
Pizza, Big Daddy's Cheese	1 SLICE	1	320	352	3.00	15.0	34.0	13.0
Pizza, Big Daddy's Pepperoni	1 SLICE	1	321	359	3.00	15.15	34.02	13.06
Pizza, Big Daddy Buff Chicken	1 SLICE	1	296	520	3.20	16.0	28.8	13.6
Pizza, SM, Cheese, MS instruct	Pizza, personal	1	347	548	4.00	17.45	38.94	14.45
Pizza, SM, Pepper, MS instruct	Pizza, personal	1	377	658	4.00	18.95	39.44	16.95
Pizza, SM,Sausage, MS instruct	Pizza, personal	1	377	639	4.00	18.99	39.49	16.98
Cheeseburger on Bun	SANDWICH	15	322	505	3.37	20.64	32.54	12.29
Hamburger on Bun	Sandwich	1	287	355	3.37	17.64	31.54	10.04
Hummus and Chips	1 pkg Chip/hum	1	359	408	5.98	7.97	47.92	17.47
PB&J Uncrustable, 5.3 Entree	SANDWICH	1	630	620	7.00	19.0	64.0	33.0
Chicken Caesar Salad	SALAD	0	410	821	3.14	21.84	15.75	28.68
Milk, 1% White	1 CARTON	10	100	120	0.00	8.0	11.0	2.5
Milk, Non-Fat White	1 CARTON	0	80	120	0.00	8.0	11.0	0.0
Milk, Nonfat Flavored	1 CARTON	60	115	150	0.00	8.0	21.0	0.0
Farm to School Veg/Fruit	1/2 CUP	1	0	0	0.00	0.0	0.0	0.0
Lettuce, Salad Mix	1 CUP	15	4	3	0.36	0.26	0.89	0.05
Carrots, Fresh	1/2 CUP	9	20	44	1.64	0.36	4.62	0.07
Celery, Raw Sticks	1/2 CUP	2	8	40	0.81	0.35	1.5	0.09
Broccoli, Raw Florets	1/2 CUP	2	10	10	*N/A*	1.06	1.86	0.12
Cucumbers, Raw	1/2 CUP	1	8	1	0.26	0.34	1.89	0.06
Peppers, Red or Green, Raw	1/2 CUP	2	12	2	0.87	0.43	2.45	0.11
Blueberries, Frozen	1/2 CUP	1	40	1	2.09	0.33	9.43	0.5
Apple, Granny Smith, Wedges	1/2 CUP	9	58	1	2.70	0.29	15.4	0.19
Fresh Whole Fruit	1 PIECE	26	94	2	4.13	0.73	23.9	0.29
Tuna, Canned	2 OZ	1	83	249	0.00	19.4	0.0	0.69
Croutons	.5 OZ	6	53	78	0.96	1.92	7.7	2.07
Cheese, Shredded	1/2 OZ	13	55	90	0.00	3.5	0.0	4.5
Beans, Canned Variety	1/2 CUP	0	114	126	6.43	6.97	20.6	0.71
Raisins, Box	1 BOX	1	112	4	0.99	0.99	29.76	0.0
Trail Mix/Dried Fruit	1/4 CUP	0	134	3	2.00	1.4	27.59	2.05
Peanut Butter	1.5 OZ	2	221	230	2.21	11.01	15.16	14.46
Sunbutter	1.5 OZ	1	266	160	5.00	9.0	9.0	21.0
Sunflower Seeds	1/2 OZ	17	85	26	1.42	2.83	4.72	6.14
Salad Dressing	1 OZ	38	131	435	0.00	0.83	5.33	12.16
Mustard, PC's	1 PACKET	2	3	42	0.00	0.21	0.44	0.03
Mayonnaise, PC's	1 PACKET	1	10	100	0.00	0.0	3.0	0.0

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# Columbia Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

Page 35

Oct 1, 2019 thru Oct 31, 2019

MIDDLE SCHOOL LUNCH

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)
Wed - 10/23/2019								
Ketchup	1/2 OZ	1	17	167	0.00	0.0	4.17	0.0
Weighted Daily Average % of Calories			310	597	*4.18	12.52 16.2%	38.80 50.0%	11.83 34.3%
Nutrient Guideline			600-700	1360				

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# Columbia Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

Page 36

Oct 1, 2019 thru Oct 31, 2019

MIDDLE SCHOOL LUNCH

Generated on: 9/20/2019 1:09:16 PM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)
Thu - 10/24/2019								
MIDDLE SCHOOL LUNCH	Total	100						
BBQ Rib Sandwich	1 SANDWICH	1	382	916	2.79	19.31	50.07	11.61
French Fries, Seasoned, Sec	3 OZ	1	151	170	2.52	1.26	25.21	5.04
Peas, Cooked, Seasoned	1/2 CUP	42	113	272	6.29	6.25	17.52	2.27
Pizza, Big Daddy's Cheese	1 SLICE	1	320	352	3.00	15.0	34.0	13.0
Pizza, Big Daddy's Pepperoni	1 SLICE	1	321	359	3.00	15.15	34.02	13.06
Pizza, Big Daddy's Four Meat	1 SLICE	1	296	520	3.20	16.0	28.8	13.6
Pizza, SM, Cheese, MS instruct	Pizza, personal	1	347	548	4.00	17.45	38.94	14.45
Pizza, SM, Pepper, MS instruct	Pizza, personal	1	377	658	4.00	18.95	39.44	16.95
Pizza, SM,Sausage, MS instruct	Pizza, personal	1	377	639	4.00	18.99	39.49	16.98
Cheeseburger on Bun	SANDWICH	7	322	505	3.37	20.64	32.54	12.29
Hamburger on Bun	Sandwich	1	287	355	3.37	17.64	31.54	10.04
Hummus and Chips	1 pkg Chip/hum	1	359	408	5.98	7.97	47.92	17.47
PB&J Uncrustable, 5.3 Entree	SANDWICH	1	630	620	7.00	19.0	64.0	33.0
Chicken Caesar Salad	SALAD	3	410	821	3.14	21.84	15.75	28.68
Milk, 1% White	1 CARTON	12	100	120	0.00	8.0	11.0	2.5
Milk, Non-Fat White	1 CARTON	0	80	120	0.00	8.0	11.0	0.0
Milk, Nonfat Flavored	1 CARTON	68	115	150	0.00	8.0	21.0	0.0
Farm to School Veg/Fruit	1/2 CUP	0	0	0	0.00	0.0	0.0	0.0
Lettuce, Salad Mix	1 CUP	13	4	3	0.36	0.26	0.89	0.05
Carrots, Fresh	1/2 CUP	7	20	44	1.64	0.36	4.62	0.07
Celery, Raw Sticks	1/2 CUP	2	8	40	0.81	0.35	1.5	0.09
Broccoli, Raw Florets	1/2 CUP	2	10	10	*N/A*	1.06	1.86	0.12
Peppers, Red or Green, Raw	1/2 CUP	2	12	2	0.87	0.43	2.45	0.11
Cucumbers, Raw	1/2 CUP	3	8	1	0.26	0.34	1.89	0.06
Strawberries, Frozen	1/2 CUP	1	39	2	2.32	0.48	10.09	0.12
Orange, Wedges	1/2 CUP	1	31	0	1.55	0.62	7.7	0.08
Fresh Whole Fruit	1 PIECE	27	94	2	4.13	0.73	23.9	0.29
Tuna, Canned	2 OZ	1	83	249	0.00	19.4	0.0	0.69
Croutons	.5 OZ	7	53	78	0.96	1.92	7.7	2.07
Cheese, Shredded	1/2 OZ	18	55	90	0.00	3.5	0.0	4.5
Beans, Canned Variety	1/2 CUP	0	114	126	6.43	6.97	20.6	0.71
Raisins, Box	1 BOX	1	112	4	0.99	0.99	29.76	0.0
Trail Mix/Dried Fruit	1/4 CUP	3	134	3	2.00	1.4	27.59	2.05
Peanut Butter	1.5 OZ	0	221	230	2.21	11.01	15.16	14.46
Sunbutter	1.5 OZ	16	266	160	5.00	9.0	9.0	21.0
Sunflower Seeds	1/2 OZ	0	85	26	1.42	2.83	4.72	6.14
Salad Dressing	1 OZ	35	131	435	0.00	0.83	5.33	12.16
Mustard, PC's	1 PACKET	1	3	42	0.00	0.21	0.44	0.03
Mayonnaise, PC's	1 PACKET	0	10	100	0.00	0.0	3.0	0.0

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# Columbia Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

Page 37

Oct 1, 2019 thru Oct 31, 2019

MIDDLE SCHOOL LUNCH

Generated on: 9/20/2019 1:09:16 PM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)
Thu - 10/24/2019								
Margarine, PC's	1 EACH	9	70	112	0.00	0.0	0.0	7.0
Ketchup	1/2 OZ	70	17	167	0.00	0.0	4.17	0.0
BBQ Sauce	1/2 OZ	56	21	129	0.00	0.0	5.0	0.0
Weighted Daily Average			377	753	*5.69	15.85	47.98	13.99
% of Calories						16.8%	50.9%	33.4%
Nutrient Guideline			600-700	1360				

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# Columbia Public Schools

## Base Menu Spreadsheet

### Portion Values - Detailed

Oct 1, 2019 thru Oct 31, 2019

MIDDLE SCHOOL LUNCH

Generated on: 9/20/2019 1:09:16 PM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 10/25/2019								
MIDDLE SCHOOL LUNCH	Total	100						
Meatballs and Sauce	3 MEATBALLS	1	191	637	2.52	13.22	14.36	8.96
Rotini WG, Secondary	1 CUP	1	200	5	4.75	8.42	43.19	0.81
Spinach, Cooked, Seasoned	1/2 CUP	1	58	217	5.03	5.46	6.53	2.52
Pizza, Big Daddy's Cheese	1 SLICE	6	320	352	3.00	15.0	34.0	13.0
Pizza, Big Daddy's Pepperoni	1 SLICE	22	321	359	3.00	15.15	34.02	13.06
Pizza, Big Daddy Buff Chicken	1 SLICE	1	296	520	3.20	16.0	28.8	13.6
Pizza, SM, Cheese, MS instruct	Pizza, personal	1	347	548	4.00	17.45	38.94	14.45
Pizza, SM, Pepper, MS instruct	Pizza, personal	1	377	658	4.00	18.95	39.44	16.95
Pizza, SM,Sausage, MS instruct	Pizza, personal	1	377	639	4.00	18.99	39.49	16.98
Cheeseburger on Bun	SANDWICH	21	322	505	3.37	20.64	32.54	12.29
Hamburger on Bun	Sandwich	2	287	355	3.37	17.64	31.54	10.04
Hummus and Chips	1 pkg Chip/hum	1	359	408	5.98	7.97	47.92	17.47
PB&J Uncrustable, 5.3 Entree	SANDWICH	1	630	620	7.00	19.0	64.0	33.0
Chicken Caesar Salad	SALAD	1	410	821	3.14	21.84	15.75	28.68
Milk, 1% White	1 CARTON	12	100	120	0.00	8.0	11.0	2.5
Milk, Non-Fat White	1 CARTON	3	80	120	0.00	8.0	11.0	0.0
Milk, Nonfat Flavored	1 CARTON	55	115	150	0.00	8.0	21.0	0.0
Farm to School Veg/Fruit	1/2 CUP	2	0	0	0.00	0.0	0.0	0.0
Lettuce, Salad Mix	1 CUP	27	4	3	0.36	0.26	0.89	0.05
Carrots, Fresh	1/2 CUP	8	20	44	1.64	0.36	4.62	0.07
Celery, Raw Sticks	1/2 CUP	1	8	40	0.81	0.35	1.5	0.09
Broccoli, Raw Florets	1/2 CUP	2	10	10	*N/A*	1.06	1.86	0.12
Peppers, Red or Green, Raw	1/2 CUP	2	12	2	0.87	0.43	2.45	0.11
Cucumbers, Raw	1/2 CUP	3	8	1	0.26	0.34	1.89	0.06
Apples, Sliced Canned	1/2 CUP	1	36	5	1.00	0.0	9.0	0.0
Bananas, Fresh	1 EACH	22	90	1	2.63	1.1	23.07	0.33
Fresh Whole Fruit	1 PIECE	25	94	2	4.13	0.73	23.9	0.29
Tuna, Canned	2 OZ	1	83	249	0.00	19.4	0.0	0.69
Croutons	.5 OZ	7	53	78	0.96	1.92	7.7	2.07
Cheese, Shredded	1/2 OZ	14	55	90	0.00	3.5	0.0	4.5
Beans, Canned Variety	1/2 CUP	1	114	126	6.43	6.97	20.6	0.71
Raisins, Box	1 BOX	1	112	4	0.99	0.99	29.76	0.0
Trail Mix/Dried Fruit	1/4 CUP	1	134	3	2.00	1.4	27.59	2.05
Peanut Butter	1.5 OZ	3	221	230	2.21	11.01	15.16	14.46
Sunbutter	1.5 OZ	0	266	160	5.00	9.0	9.0	21.0
Sunflower Seeds	1/2 OZ	21	85	26	1.42	2.83	4.72	6.14
Salad Dressing	1 OZ	45	131	435	0.00	0.83	5.33	12.16
Mustard, PC's	1 PACKET	1	3	42	0.00	0.21	0.44	0.03
Mayonnaise, PC's	1 PACKET	1	10	100	0.00	0.0	3.0	0.0

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# Columbia Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

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Oct 1, 2019 thru Oct 31, 2019

MIDDLE SCHOOL LUNCH

Generated on: 9/20/2019 1:09:16 PM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 10/25/2019								
Ketchup	1/2 OZ	15	17	167	0.00	0.0	4.17	0.0
Weighted Daily Average % of Calories			422	627	*4.46	18.77 17.8%	51.31 48.6%	16.45 35.0%
Nutrient Guideline			600-700	1360				

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# Columbia Public Schools

## Base Menu Spreadsheet

### Portion Values - Detailed

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Oct 1, 2019 thru Oct 31, 2019

MIDDLE SCHOOL LUNCH

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)
Mon - 10/28/2019								
MIDDLE SCHOOL LUNCH	Total	100						
Macaroni & Cheese - BiB	6 oz.	1	283	648	2.00	15.0	31.0	11.0
Broccoli, Steamed	1/2 CUP	1	39	87	2.36	2.56	6.02	1.23
Roll, Baked for Schools, wg	1 Roll	1	105	198	1.00	3.0	15.0	3.78
Pizza, Big Daddy's Cheese	1 SLICE	8	320	352	3.00	15.0	34.0	13.0
Pizza, Big Daddy's Pepperoni	1 SLICE	12	321	359	3.00	15.15	34.02	13.06
Pizza, Big Daddy Buff Chicken	1 SLICE	1	296	520	3.20	16.0	28.8	13.6
Pizza, SM, Cheese, MS instruct	Pizza, personal	1	347	548	4.00	17.45	38.94	14.45
Pizza, SM, Pepper, MS instruct	Pizza, personal	1	377	658	4.00	18.95	39.44	16.95
Pizza, SM,Sausage, MS instruct	Pizza, personal	1	377	639	4.00	18.99	39.49	16.98
Cheeseburger on Bun	SANDWICH	18	322	505	3.37	20.64	32.54	12.29
Hamburger on Bun	Sandwich	1	287	355	3.37	17.64	31.54	10.04
Hummus and Chips	1 pkg Chip/hum	1	359	408	5.98	7.97	47.92	17.47
PB&J Uncrustable, 5.3 Entree	SANDWICH	1	630	620	7.00	19.0	64.0	33.0
Chicken Caesar Salad	SALAD	1	410	821	3.14	21.84	15.75	28.68
Milk, 1% White	1 CARTON	12	100	120	0.00	8.0	11.0	2.5
Milk, Non-Fat White	1 CARTON	3	80	120	0.00	8.0	11.0	0.0
Milk, Nonfat Flavored	1 CARTON	81	115	150	0.00	8.0	21.0	0.0
Farm to School Veg/Fruit	1/2 CUP	1	0	0	0.00	0.0	0.0	0.0
Lettuce, Salad Mix	1 CUP	15	4	3	0.36	0.26	0.89	0.05
Carrots, Fresh	1/2 CUP	7	20	44	1.64	0.36	4.62	0.07
Celery, Raw Sticks	1/2 CUP	2	8	40	0.81	0.35	1.5	0.09
Broccoli, Raw Florets	1/2 CUP	3	10	10	*N/A*	1.06	1.86	0.12
Cucumbers, Raw	1/2 CUP	1	8	1	0.26	0.34	1.89	0.06
Peppers, Red or Green, Raw	1/2 CUP	3	12	2	0.87	0.43	2.45	0.11
Cherries, Tart, Frozen	1/2 CUP	1	52	1	1.45	1.45	13.07	0.0
Grapes, Fresh	1/2 CUP	22	52	2	0.68	0.54	13.67	0.12
Orange, Wedges	1/2 CUP	15	31	0	1.55	0.62	7.7	0.08
Fresh Whole Fruit	1 PIECE	31	94	2	4.13	0.73	23.9	0.29
Tuna, Canned	2 OZ	1	83	249	0.00	19.4	0.0	0.69
Croutons	.5 OZ	8	53	78	0.96	1.92	7.7	2.07
Cheese, Shredded	1/2 OZ	16	55	90	0.00	3.5	0.0	4.5
Beans, Canned Variety	1/2 CUP	1	114	126	6.43	6.97	20.6	0.71
Raisins, Box	1 BOX	1	112	4	0.99	0.99	29.76	0.0
Trail Mix/Dried Fruit	1/4 CUP	1	134	3	2.00	1.4	27.59	2.05
Peanut Butter	1.5 OZ	4	221	230	2.21	11.01	15.16	14.46
Sunbutter	1.5 OZ	1	266	160	5.00	9.0	9.0	21.0
Sunflower Seeds	1/2 OZ	21	85	26	1.42	2.83	4.72	6.14
Salad Dressing	1 OZ	43	131	435	0.00	0.83	5.33	12.16
Mustard, PC's	1 PACKET	2	3	42	0.00	0.21	0.44	0.03

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# Columbia Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

Page 41

Oct 1, 2019 thru Oct 31, 2019

MIDDLE SCHOOL LUNCH

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)
Mon - 10/28/2019								
Mayonnaise, PC's	1 PACKET	1	10	100	0.00	0.0	3.0	0.0
Ketchup	1/2 OZ	1	17	167	0.00	0.0	4.17	0.0
Olives, Sliced Black	2 OZ	1	106	496	0.00	0.0	3.54	8.86
Jalapenos, Canned Sliced	1 OZ	1	5	274	0.94	0.0	0.94	0.0
Tomatoes, Sliced/Diced	1/2 CUP	1	10	3	0.68	0.5	2.22	0.11
Sour Cream, PC's	1 PKG	1	60	15	0.00	1.0	0.0	5.0
SALSA:COMMODITY	1 OZ	1	10	122	0.40	0.43	1.98	0.06
Weighted Daily Average			419	603	*4.13	19.08	52.78	15.31
% of Calories						18.2%	50.4%	32.9%
Nutrient Guideline			600-700	1360				

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# Columbia Public Schools

## Base Menu Spreadsheet

### Portion Values - Detailed

Page 42

Oct 1, 2019 thru Oct 31, 2019

MIDDLE SCHOOL LUNCH

Generated on: 9/20/2019 1:09:16 PM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)
Tue - 10/29/2019								
MIDDLE SCHOOL LUNCH	Total	100						
Chicken Tenders, Gold Kist, WG	3 PCS	1	203	383	1.00	18.46	11.13	9.03
Chicken Tenders, Guaj., GK, WG	3 PCS	1	230	450	3.00	22.0	18.0	8.0
Mashed Potatoes	1/2 CUP	77	43	96	0.47	0.94	8.03	0.47
Gravy, Chicken Trio	2 OZ	75	40	130	0.00	0.0	6.0	1.0
Green Beans, Seasoned	1/2 CUP	31	43	367	2.36	1.42	5.64	1.98
Biscuit, 1 oz.	1 oz	1	100	170	1.00	2.0	14.0	4.5
Pizza, Big Daddy's Cheese	1 SLICE	6	320	352	3.00	15.0	34.0	13.0
Pizza, Big Daddy's Pepperoni	1 SLICE	8	321	359	3.00	15.15	34.02	13.06
Pizza, Big Daddy's Four Meat	1 SLICE	1	296	520	3.20	16.0	28.8	13.6
Pizza, SM, Cheese, MS instruct	Pizza, personal	1	347	548	4.00	17.45	38.94	14.45
Pizza, SM, Pepper, MS instruct	Pizza, personal	1	377	658	4.00	18.95	39.44	16.95
Pizza, SM,Sausage, MS instruct	Pizza, personal	1	377	639	4.00	18.99	39.49	16.98
Cheeseburger on Bun	SANDWICH	7	322	505	3.37	20.64	32.54	12.29
Hamburger on Bun	Sandwich	1	287	355	3.37	17.64	31.54	10.04
Hummus and Chips	1 pkg Chip/hum	1	359	408	5.98	7.97	47.92	17.47
PB&J Uncrustable, 5.3 Entree	SANDWICH	1	630	620	7.00	19.0	64.0	33.0
Chicken Caesar Salad	SALAD	1	410	821	3.14	21.84	15.75	28.68
Milk, 1% White	1 CARTON	12	100	120	0.00	8.0	11.0	2.5
Milk, Non-Fat White	1 CARTON	0	80	120	0.00	8.0	11.0	0.0
Milk, Nonfat Flavored	1 CARTON	68	115	150	0.00	8.0	21.0	0.0
Farm to School Veg/Fruit	1/2 CUP	0	0	0	0.00	0.0	0.0	0.0
Lettuce, Salad Mix	1 CUP	13	4	3	0.36	0.26	0.89	0.05
Carrots, Fresh	1/2 CUP	7	20	44	1.64	0.36	4.62	0.07
Celery, Raw Sticks	1/2 CUP	2	8	40	0.81	0.35	1.5	0.09
Broccoli, Raw Florets	1/2 CUP	2	10	10	*N/A*	1.06	1.86	0.12
Cucumbers, Raw	1/2 CUP	1	8	1	0.26	0.34	1.89	0.06
Peppers, Red or Green, Raw	1/2 CUP	2	12	2	0.87	0.43	2.45	0.11
Peaches, Canned	1/2 CUP	8	70	10	0.00	0.0	17.0	0.0
Apple, Granny Smith, Wedges	1/2 CUP	1	58	1	2.70	0.29	15.4	0.19
Fresh Whole Fruit	1 PIECE	27	94	2	4.13	0.73	23.9	0.29
Tuna, Canned	2 OZ	1	83	249	0.00	19.4	0.0	0.69
Croutons	.5 OZ	7	53	78	0.96	1.92	7.7	2.07
Cheese, Shredded	1/2 OZ	18	55	90	0.00	3.5	0.0	4.5
Beans, Canned Variety	1/2 CUP	1	114	126	6.43	6.97	20.6	0.71
Raisins, Box	1 BOX	1	112	4	0.99	0.99	29.76	0.0
Trail Mix/Dried Fruit	1/4 CUP	3	134	3	2.00	1.4	27.59	2.05
Peanut Butter	1.5 OZ	1	221	230	2.21	11.01	15.16	14.46
Sunbutter	1.5 OZ	16	266	160	5.00	9.0	9.0	21.0
Sunflower Seeds	1/2 OZ	16	85	26	1.42	2.83	4.72	6.14

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# Columbia Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

Page 43

Oct 1, 2019 thru Oct 31, 2019

MIDDLE SCHOOL LUNCH

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)
Tue - 10/29/2019								
Salad Dressing	1 OZ	35	131	435	0.00	0.83	5.33	12.16
Granola	1/4 cup	1	133	49	1.50	2.31	19.96	4.63
Mustard, PC's	1 PACKET	1	3	42	0.00	0.21	0.44	0.03
Mayonnaise, PC's	1 PACKET	1	10	100	0.00	0.0	3.0	0.0
Ketchup	1/2 OZ	70	17	167	0.00	0.0	4.17	0.0
BBQ Sauce	1/2 OZ	56	21	129	0.00	0.0	5.0	0.0
Sweet and Sour Sauce	1 OZ	2	61	12	0.01	0.02	15.43	0.0
Weighted Daily Average			455	950	*4.75	16.63	59.45	16.36
% of Calories						14.6%	52.3%	32.4%
Nutrient Guideline			600-700	1360				

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# Columbia Public Schools

## Base Menu Spreadsheet

### Portion Values - Detailed

Page 44

Oct 1, 2019 thru Oct 31, 2019

MIDDLE SCHOOL LUNCH

Generated on: 9/20/2019 1:09:16 PM

	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)
Wed - 10/30/2019								
MIDDLE SCHOOL LUNCH	Total	100						
Pizza Crunchers	4 Pieces	79	420	670	6.00	20.0	41.0	20.0
Spaghetti Dipping Sauce	2 OZ	61	30	265	1.50	1.0	5.5	0.38
Carrots, Cooked, Seasoned	1/2 CUP	17	48	265	2.10	0.0	6.31	1.86
Pizza, Big Daddy's Cheese	1 SLICE	6	320	352	3.00	15.0	34.0	13.0
Pizza, Big Daddy's Pepperoni	1 SLICE	15	321	359	3.00	15.15	34.02	13.06
Pizza, Big Daddy Buff Chicken	1 SLICE	1	296	520	3.20	16.0	28.8	13.6
Pizza, SM, Cheese, MS instruct	Pizza, personal	1	347	548	4.00	17.45	38.94	14.45
Pizza, SM, Pepper, MS instruct	Pizza, personal	1	377	658	4.00	18.95	39.44	16.95
Pizza, SM,Sausage, MS instruct	Pizza, personal	1	377	639	4.00	18.99	39.49	16.98
Cheeseburger on Bun	SANDWICH	15	322	505	3.37	20.64	32.54	12.29
Hamburger on Bun	Sandwich	1	287	355	3.37	17.64	31.54	10.04
Hummus and Chips	1 pkg Chip/hum	1	359	408	5.98	7.97	47.92	17.47
PB&J Uncrustable, 5.3 Entree	SANDWICH	1	630	620	7.00	19.0	64.0	33.0
Chicken Caesar Salad	SALAD	0	410	821	3.14	21.84	15.75	28.68
Milk, 1% White	1 CARTON	10	100	120	0.00	8.0	11.0	2.5
Milk, Non-Fat White	1 CARTON	0	80	120	0.00	8.0	11.0	0.0
Milk, Nonfat Flavored	1 CARTON	60	115	150	0.00	8.0	21.0	0.0
Farm to School Veg/Fruit	1/2 CUP	1	0	0	0.00	0.0	0.0	0.0
Lettuce, Salad Mix	1 CUP	15	4	3	0.36	0.26	0.89	0.05
Carrots, Fresh	1/2 CUP	9	20	44	1.64	0.36	4.62	0.07
Celery, Raw Sticks	1/2 CUP	2	8	40	0.81	0.35	1.5	0.09
Broccoli, Raw Florets	1/2 CUP	2	10	10	*N/A*	1.06	1.86	0.12
Cucumbers, Raw	1/2 CUP	1	8	1	0.26	0.34	1.89	0.06
Peppers, Red or Green, Raw	1/2 CUP	2	12	2	0.87	0.43	2.45	0.11
Pineapple, Canned	1/2 CUP	30	72	10	1.00	0.0	17.0	0.0
Apple, Gala, Wedges	1/2 CUP	15	48	1	2.20	0.24	12.57	0.15
Fresh Whole Fruit	1 PIECE	26	94	2	4.13	0.73	23.9	0.29
Tuna, Canned	2 OZ	1	83	249	0.00	19.4	0.0	0.69
Croutons	.5 OZ	6	53	78	0.96	1.92	7.7	2.07
Cheese, Shredded	1/2 OZ	13	55	90	0.00	3.5	0.0	4.5
Beans, Canned Variety	1/2 CUP	1	114	126	6.43	6.97	20.6	0.71
Raisins, Box	1 BOX	1	112	4	0.99	0.99	29.76	0.0
Trail Mix/Dried Fruit	1/4 CUP	1	134	3	2.00	1.4	27.59	2.05
Peanut Butter	1.5 OZ	2	221	230	2.21	11.01	15.16	14.46
Sunbutter	1.5 OZ	1	266	160	5.00	9.0	9.0	21.0
Sunflower Seeds	1/2 OZ	17	85	26	1.42	2.83	4.72	6.14
Salad Dressing	1 OZ	38	131	435	0.00	0.83	5.33	12.16
Mustard, PC's	1 PACKET	2	3	42	0.00	0.21	0.44	0.03
Mayonnaise, PC's	1 PACKET	1	10	100	0.00	0.0	3.0	0.0

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# Columbia Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

Page 45

Oct 1, 2019 thru Oct 31, 2019

MIDDLE SCHOOL LUNCH

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)
Wed - 10/30/2019								
Ketchup	1/2 OZ	1	17	167	0.00	0.0	4.17	0.0
Weighted Daily Average			722	1235	*9.89	31.75	83.87	29.43
% of Calories						17.6%	46.4%	36.7%
Nutrient Guideline			600-700	1360				

Weighted Average			453	773	*5.29	18.82	58.79	16.30
						16.6%	51.9%	32.4%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	453		600 - 700	76%		147		Correction Required - Calories are Low
Sodium 1 (mg)	773		1360					
Sodium 2 (mg)	773		1035					
Fiber (g)	5.29				Missing			
Protein (g)	18.82	16.62%						
Carbohydrate (g)	58.79	51.90%						
Total Fat (g)	16.30	32.38%						

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