

BCSD Nutrition Services

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

Combined: Middle School (6-8) -Breakfast/Middle School (6-8) - Lunch

Portion Values - Detailed

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	Portion Size	Carb (g)
Tue - 01/01/2019		
Middle School (6-8) -Breakfa	Total	
No School	1 each	0.0
No Breakfast or Lunch	1 each	0.0
Middle School (6-8) - Lunch	Total	
No School	1 each	0.0
No Breakfast or Lunch	1 each	0.0
Weighted Daily Average		0.00
% of Calories		0.0%
Nutrient Guideline		

	Portion Size	Carb (g)
Wed - 01/02/2019		
Middle School (6-8) -Breakfa	Total	
Yogurt Parfait	parfait	38.87
Cracker-Graham	package	17.0
Breakfast-Yogurt & Cereal Bar	see recipe	44.0
Breakfast-Cereal & String Chz	see recipe	24.4
Bagel w/Topping	each	40.0
Milk-Chocolate or White	1 each	15.33
Fruit-Canned or Fresh-1/2 cup	1/2 cup	16.61
Juice 100%-Variety	1 each	14.6
Middle School (6-8) - Lunch	Total	
Italian Dippers	see recipe	48.0
Salad-Chicken Bacon Cobb	salad	17.09
Breadstick-French (not WG)	2 each	54.0
Sandwich-Deli Choice (MS)	sandwich	30.81
PBJ&String Cheese	see recipe	62.67
Milk-Lunch (MS)	1 each	17.81
Cheese-String	1 each	1.0
Fruit-Canned or Fresh-1/2 cup	1/2 cup	16.61
Green Beans-Cooked	1/2 CUP	5.0
Condiments-Lunch (MS)	1 each	9.34
Weighted Daily Average		89.18
% of Calories		52.2%
Nutrient Guideline		

	Portion Size	Carb (g)
Thu - 01/03/2019		
Middle School (6-8) -Breakfa	Total	
Breakfast-Mini Pancake	pouch	41.0
Breakfast-Yogurt & Cereal Bar	see recipe	44.0
Breakfast-Cereal & String Chz	see recipe	24.4
Bagel w/Topping	1 each	40.0
Milk-Chocolate or White	1 each	15.33
Fruit-Canned or Fresh-1/2 cup	1/2 cup	16.61
Juice 100%-Variety	1 each	14.6

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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Combined: Middle School (6-8) -Breakfast/Middle School (6-8) - Lunch

Portion Values - Detailed

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	Portion Size	Carb (g)
Middle School (6-8) - Lunch	Total	
Chicken Buffalo Wrap	1 each	5.04
Chicken Caesar Wrap	1 each	5.5
Sandwich-Deli Choice (MS)	sandwich	30.81
PBJ&String Cheese	see recipe	62.67
Milk-Lunch (MS)	1 each	17.81
Cheese-String	1 each	1.0
Fruit-Canned or Fresh-1/2 cup	1/2 cup	16.61
Potatoes-French Fries	3 oz cooked	22.78
Carrots-Cooked	1/2 CUP	5.64
Cucumber-Sliced	1/2 cup	1.89
Condiments-Lunch (MS)	1 each	9.34
Weighted Daily Average		73.61
% of Calories		52.1%
Nutrient Guideline		

Fri - 01/04/2019		
Middle School (6-8) -Breakfa	Total	
Breakfast-Sandwich Egg Cheese	sandwich	30.08
Breakfast-Sandwich Egg Sausage	sandwich	31.08
Breakfast-Yogurt & Cereal Bar	see recipe	44.0
Breakfast-Cereal & String Chz	see recipe	24.4
Bagel w/Topping	1 each	40.0
Milk-Chocolate or White	1 each	15.33
Fruit-Canned or Fresh-1/2 cup	1/2 cup	16.61
Juice 100%-Variety	1 each	14.6
Middle School (6-8) - Lunch	Total	
Pizza-Cheese or Pepperoni	slice	28.02
Sandwich-Deli Choice (MS)	1 each	30.81
PBJ&String Cheese	1 each	62.67
Sandwich-Cheese Toasted	sandwich	28.9
Soup-Tomato	3/4 cup	20.5
Milk-Lunch (MS)	1 each	17.81
Cheese-String	1 each	1.0
Fruit-Canned or Fresh-1/2 cup	1/2 cup	16.61
Salad-Romaine Lettuce	1 cup	3.18
Vegetables-Mixed	1/2 cup	10.95
Beans-Garbanzo Roasted	serving (2oz)	7.41
Condiments-Lunch (MS)	1 each	9.34
Weighted Daily Average		76.35
% of Calories		51.4%
Nutrient Guideline		

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Base Menu Spreadsheet

Combined: Middle School (6-8) -Breakfast/Middle School (6-8) - Lunch

Portion Values - Detailed

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	Portion Size	Carb (g)
Mon - 01/07/2019		
Middle School (6-8) -Breakfa	Total	
Breakfast-Sandwich Egg Cheese	sandwich	30.08
Breakfast-Sandwich Egg Sausage	sandwich	31.08
Breakfast-Yogurt & Cereal Bar	see recipe	44.0
Breakfast-Cereal & String Chz	see recipe	24.4
Bagel w/Topping	1 each	40.0
Milk-Chocolate or White	1 each	15.33
Fruit-Canned or Fresh-1/2 cup	1/2 cup	16.61
Juice 100%-Variety	1 each	14.6
Middle School (6-8) - Lunch	Total	
Sandwich-Chicken Patty	1 EACH	35.0
Sandwich-Chicken Patty Spicy	sandwich	36.0
Sandwich-Deli Choice (MS)	1 each	30.81
PBJ&String Cheese	1 each	62.67
Milk-Lunch (MS)	1 each	17.81
Cheese-String	1 each	1.0
Fruit-Canned or Fresh-1/2 cup	1/2 cup	16.61
Potatoes-Instant with Cheese	1/2 cup	6.14
Broccoli-Cooked	1/2 CUP	4.92
Peppers-red sliced	1/2 cup	3.0
Condiments-Lunch (MS)	1 each	9.34
Weighted Daily Average		80.85
% of Calories		52.8%
Nutrient Guideline		

Tue - 01/08/2019		
Middle School (6-8) -Breakfa	Total	
Donut-Old Fashioned w/Cinn+Sug	1 each	29.99
Breakfast-Yogurt & Cereal Bar	see recipe	44.0
Breakfast-Cereal & String Chz	see recipe	24.4
Bagel w/Topping	each	40.0
Milk-Chocolate or White	1 each	15.33
Fruit-Canned or Fresh-1/2 cup	1/2 cup	16.61
Juice 100%-Variety	1 each	14.6
Middle School (6-8) - Lunch	Total	
Breakfast-French Toast Sticks	Serving (4)	35.0
Sausage-Link	2 each	0.0
Sandwich-Deli Choice (MS)	1 each	30.81
PBJ&String Cheese	1 each	62.67
Milk-Lunch (MS)	1 each	17.81
Cheese-String	1 each	1.0
Fruit-Canned or Fresh-1/2 cup	1/2 cup	16.61
Potatoes-Tater Tots	3 oz	19.05
Cucumber-Sliced	1/2 cup	1.89
Juice 100%-Variety	1 each	14.6
Condiments-Lunch (MS)	1 each	9.34
Weighted Daily Average		95.44
% of Calories		52.4%
Nutrient Guideline		

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Portion Values - Detailed

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	Portion Size	Carb (g)
Wed - 01/09/2019		
Middle School (6-8) -Breakfa	Total	
Yogurt Parfait	parfait	38.87
Cracker-Graham	package	17.0
Breakfast-Yogurt & Cereal Bar	see recipe	44.0
Breakfast-Cereal & String Chz	see recipe	24.4
Bagel w/Topping	each	40.0
Milk-Chocolate or White	1 each	15.33
Fruit-Canned or Fresh-1/2 cup	1/2 cup	16.61
Juice 100%-Variety	1 each	14.6
Middle School (6-8) - Lunch	Total	
Nachos-Make your Own	3# boat	46.76
Sandwich-Deli Choice (MS)	1 each	30.81
PBJ&String Cheese	1 each	62.67
Milk-Lunch (MS)	1 each	17.81
Cheese-String	1 each	1.0
Fruit-Canned or Fresh-1/2 cup	1/2 cup	16.61
Corn-Yellow	1/2 cup	17.74
Olives/slicedd	2 Tbsp	1.05
Salsa	2 oz	3.91
SOUR CREAM-ounce	1 oz	1.89
Condiments-Lunch (MS)	1 each	9.34
Weighted Daily Average		99.46
% of Calories		50.7%
Nutrient Guideline		

Thu - 01/10/2019		
Middle School (6-8) -Breakfa	Total	
Breakfast-Mini Pancake	pouch	41.0
Breakfast-Yogurt & Cereal Bar	see recipe	44.0
Breakfast-Cereal & String Chz	see recipe	24.4
Bagel w/Topping	1 each	40.0
Milk-Chocolate or White	1 each	15.33
Fruit-Canned or Fresh-1/2 cup	1/2 cup	16.61
Juice 100%-Variety	1 each	14.6
Middle School (6-8) - Lunch	Total	
Chicken-Teriyaki Rice Bowl	servings	45.96
Turkey Gravy	1/2 cup	5.01
Rice-White Parboiled	1/2 cup	18.95
Peas & Carrots, Cooked	1/2 cup	7.72
Sandwich-Deli Choice (MS)	1 each	30.81
PBJ&String Cheese	1 each	62.67
Milk-Lunch (MS)	1 each	17.81
Cheese-String	1 each	1.0
Fruit-Canned or Fresh-1/2 cup	1/2 cup	16.61
Condiments-Lunch (MS)	1 each	9.34
Cookies-Fortune	1 Each	27.0
Weighted Daily Average		96.26
% of Calories		61.7%
Nutrient Guideline		

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Portion Values - Detailed

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	Portion Size	Carb (g)
Fri - 01/11/2019		
Middle School (6-8) -Breakfa	Total	
Breakfast-Sandwich Egg Cheese	sandwich	30.08
Breakfast-Sandwich Egg Sausage	sandwich	31.08
Breakfast-Yogurt & Cereal Bar	see recipe	44.0
Breakfast-Cereal & String Chz	see recipe	24.4
Bagel w/Topping	1 each	40.0
Milk-Chocolate or White	1 each	15.33
Fruit-Canned or Fresh-1/2 cup	1/2 cup	16.61
Juice 100%-Variety	1 each	14.6
Middle School (6-8) - Lunch	Total	
Pizza-Personal (Chs or Pepp)	pizza	38.0
Sandwich-Deli Choice (MS)	1 each	30.81
PBJ&String Cheese	1 each	62.67
Sandwich-Cheese Toasted	sandwich	28.9
Soup-Tomato	3/4 cup	20.5
Milk-Lunch (MS)	1 each	17.81
Cheese-String	1 each	1.0
Fruit-Canned or Fresh-1/2 cup	1/2 cup	16.61
Salad-Romaine Lettuce	1 cup	3.18
Vegetables-Mixed	1/2 cup	10.95
Beans-Garbanzo Roasted	serving (2oz)	7.41
Condiments-Lunch (MS)	1 each	9.34
Weighted Daily Average		84.72
% of Calories		52.9%
Nutrient Guideline		

Mon - 01/14/2019		
Middle School (6-8) -Breakfa	Total	
Breakfast-Sandwich Egg Cheese	sandwich	30.08
Breakfast-Sandwich Egg Sausage	sandwich	31.08
Breakfast-Yogurt & Cereal Bar	see recipe	44.0
Breakfast-Cereal & String Chz	see recipe	24.4
Bagel w/Topping	1 each	40.0
Milk-Chocolate or White	1 each	15.33
Fruit-Canned or Fresh-1/2 cup	1/2 cup	16.61
Juice 100%-Variety	1 each	14.6
Middle School (6-8) - Lunch	Total	
Hot Dog on a Bun	1 each	22.0
Corndog-Turkey (Foster)	1 each	33.0
Sandwich-Deli Choice (MS)	sandwich	30.81
PBJ&String Cheese	see recipe	62.67
Milk-Lunch (MS)	1 each	17.81
Cheese-String	1 each	1.0
Fruit-Canned or Fresh-1/2 cup	1/2 cup	16.61
Chip-Potato Baked	bag	20.0
Beans-Baked	1/2 cup	33.09
Cucumber-Sliced	1/2 cup	1.89
Carrots-baby	1/2 cup	11.5
Condiments-Lunch (MS)	1 each	9.34

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Portion Values - Detailed

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	Portion Size	Carb (g)
Weighted Daily Average		118.55
% of Calories		65.2%
Nutrient Guideline		

Tue - 01/15/2019		
Middle School (6-8) -Breakfa	Total	
Donut-Old Fashioned w/Cinn+Sug	1 each	29.99
Breakfast-Yogurt & Cereal Bar	see recipe	44.0
Breakfast-Cereal & String Chz	see recipe	24.4
Bagel w/Topping	each	40.0
Milk-Chocolate or White	1 each	15.33
Fruit-Canned or Fresh-1/2 cup	1/2 cup	16.61
Juice 100%-Variety	1 each	14.6
Middle School (6-8) - Lunch	Total	
Italian Dippers	see recipe	48.0
Salad-Chicken Caesar	salad	3.98
Breadstick-French (not WG)	2 each	54.0
Sandwich-Deli Choice (MS)	sandwich	30.81
PBJ&String Cheese	see recipe	62.67
Milk-Lunch (MS)	1 each	17.81
Cheese-String	1 each	1.0
Fruit-Canned or Fresh-1/2 cup	1/2 cup	16.61
Green Beans-Cooked	1/2 CUP	5.0
Condiments-Lunch (MS)	1 each	9.34
Weighted Daily Average		86.43
% of Calories		51.1%
Nutrient Guideline		

Wed - 01/16/2019		
Middle School (6-8) -Breakfa	Total	
Yogurt Parfait	parfait	38.87
Cracker-Graham	package	17.0
Breakfast-Yogurt & Cereal Bar	see recipe	44.0
Breakfast-Cereal & String Chz	see recipe	24.4
Bagel w/Topping	each	40.0
Milk-Chocolate or White	1 each	15.33
Fruit-Canned or Fresh-1/2 cup	1/2 cup	16.61
Juice 100%-Variety	1 each	14.6
Middle School (6-8) - Lunch	Total	
Chicken-Tenders	serving (3each)	16.19
Sandwich-Deli Choice (MS)	sandwich	30.81
PBJ&String Cheese	see recipe	62.67
Milk-Lunch (MS)	1 each	17.81
Cheese-String	1 each	1.0
Fruit-Canned or Fresh-1/2 cup	1/2 cup	16.61
Macaroni & Cheese	1/2 cup	23.8
Broccoli-Cooked	1/2 CUP	4.92
Peppers-red sliced	1/2 cup	3.0
Condiments-Lunch (MS)	1 each	9.34

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Portion Values - Detailed

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	Portion Size	Carb (g)
Weighted Daily Average		80.51
% of Calories		47.2%
Nutrient Guideline		

Thu - 01/17/2019		
Middle School (6-8) -Breakfa	Total	
Breakfast-Mini Pancake	pouch	41.0
Breakfast-Yogurt & Cereal Bar	see recipe	44.0
Breakfast-Cereal & String Chz	see recipe	24.4
Bagel w/Topping	1 each	40.0
Milk-Chocolate or White	1 each	15.33
Fruit-Canned or Fresh-1/2 cup	1/2 cup	16.61
Juice 100%-Variety	1 each	14.6
Middle School (6-8) - Lunch	Total	
Salad-Taco (Secondary)	salad	6.16
Lettuce & Tomato	1/4# boat	1.91
Sandwich-Deli Choice (MS)	1 each	30.81
PBJ&String Cheese	1 each	62.67
Milk-Lunch (MS)	1 each	17.81
Cheese-String	1 each	1.0
Fruit-Canned or Fresh-1/2 cup	1/2 cup	16.61
Chips-Tortilla Individual	1 each	15.75
Corn-Yellow	1/2 cup	17.74
Tomatoes-Cherry/Grape	1/2 cup	3.46
Beans-Black	2 oz	9.59
Salsa	2 oz	3.91
SOUR CREAM-ounce	1 oz	1.89
Condiments-Lunch (MS)	1 each	9.34
Weighted Daily Average		80.73
% of Calories		50.8%
Nutrient Guideline		

Fri - 01/18/2019		
Middle School (6-8) -Breakfa	Total	
Breakfast-Sandwich Egg Cheese	sandwich	30.08
Breakfast-Sandwich Egg Sausage	sandwich	31.08
Breakfast-Yogurt & Cereal Bar	see recipe	44.0
Breakfast-Cereal & String Chz	see recipe	24.4
Bagel w/Topping	1 each	40.0
Milk-Chocolate or White	1 each	15.33
Fruit-Canned or Fresh-1/2 cup	1/2 cup	16.61
Juice 100%-Variety	1 each	14.6

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Portion Values - Detailed

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	Portion Size	Carb (g)
Middle School (6-8) - Lunch	Total	
Pizza-Cheese or Pepperoni	slice	28.02
Sandwich-Deli Choice (MS)	1 each	30.81
PBJ&String Cheese	1 each	62.67
Sandwich-Cheese Toasted	sandwich	28.9
Soup-Tomato	3/4 cup	20.5
Milk-Lunch (MS)	1 each	17.81
Cheese-String	1 each	1.0
Fruit-Canned or Fresh-1/2 cup	1/2 cup	16.61
Salad-Romaine Lettuce	1 cup	3.18
Vegetables-Mixed	1/2 cup	10.95
Beans-Garbanzo Roasted	serving (2oz)	7.41
Condiments-Lunch (MS)	1 each	9.34
Weighted Daily Average		76.35
% of Calories		51.4%
Nutrient Guideline		

Mon - 01/21/2019		
Middle School (6-8) -Breakfa	Total	
No School	1 each	0.0
No Breakfast or Lunch	1 each	0.0
Middle School (6-8) - Lunch	Total	
No School	1 each	0.0
No Breakfast or Lunch	1 each	0.0
Weighted Daily Average		0.00
% of Calories		0.0%
Nutrient Guideline		

Tue - 01/22/2019		
Middle School (6-8) -Breakfa	Total	
Donut-Old Fashioned w/Cinn+Sug	1 each	29.99
Breakfast-Yogurt & Cereal Bar	see recipe	44.0
Breakfast-Cereal & String Chz	see recipe	24.4
Bagel w/Topping	each	40.0
Milk-Chocolate or White	1 each	15.33
Fruit-Canned or Fresh-1/2 cup	1/2 cup	16.61
Juice 100%-Variety	1 each	14.6
Middle School (6-8) - Lunch	Total	
Burger-Plain	1 Each	25.0
Burger-Cheese	1 Each	25.23
Lettuce & Tomato	1/4# boat	1.91
Sandwich-Deli Choice (MS)	1 each	30.81
PBJ&String Cheese	1 each	62.67
Milk-Lunch (MS)	1 each	17.81
Cheese-String	1 each	1.0
Fruit-Canned or Fresh-1/2 cup	1/2 cup	16.61
Potatoes-French Fries	3 oz cooked	22.78
Beans-Baked	1/2 cup	33.09
Green Beans-Cooked	1/2 CUP	5.0
Cucumber-Sliced	1/2 cup	1.89
Condiments-Lunch (MS)	1 each	9.34

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Portion Values - Detailed

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	Portion Size	Carb (g)
Weighted Daily Average		97.10
% of Calories		54.0%
Nutrient Guideline		

Wed - 01/23/2019		
Middle School (6-8) -Breakfa	Total	
Yogurt Parfait	parfait	38.87
Cracker-Graham	package	17.0
Breakfast-Yogurt & Cereal Bar	see recipe	44.0
Breakfast-Cereal & String Chz	see recipe	24.4
Bagel w/Topping	each	40.0
Milk-Chocolate or White	1 each	15.33
Fruit-Canned or Fresh-1/2 cup	1/2 cup	16.61
Juice 100%-Variety	1 each	14.6
Middle School (6-8) - Lunch	Total	
Chicken Buffalo Wrap	1 each	5.04
Chicken Caesar Wrap	1 each	5.5
Chili-Homemade	1 cup	27.54
Cornbread-plain	1 EACH	18.16
Sandwich-Deli Choice (MS)	sandwich	30.81
PBJ&String Cheese	see recipe	62.67
Milk-Lunch (MS)	1 each	17.81
Cheese-String	1 each	1.0
Fruit-Canned or Fresh-1/2 cup	1/2 cup	16.61
Salad-Pasta, Cold	4 oz	24.54
Chip-Potato Baked	bag	20.0
Broccoli-Cooked	1/2 CUP	4.92
Condiments-Lunch (MS)	1 each	9.34
Weighted Daily Average		90.17
% of Calories		52.6%
Nutrient Guideline		

Thu - 01/24/2019		
Middle School (6-8) -Breakfa	Total	
Breakfast-Mini Pancake	pouch	41.0
Breakfast-Yogurt & Cereal Bar	see recipe	44.0
Breakfast-Cereal & String Chz	see recipe	24.4
Bagel w/Topping	1 each	40.0
Milk-Chocolate or White	1 each	15.33
Fruit-Canned or Fresh-1/2 cup	1/2 cup	16.61
Juice 100%-Variety	1 each	14.6

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BCSD Nutrition Services

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

Combined: Middle School (6-8) -Breakfast/Middle School (6-8) - Lunch

Portion Values - Detailed

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	Portion Size	Carb (g)
Middle School (6-8) - Lunch	Total	
Nachos-Make your Own	3# boat	46.76
Sandwich-Deli Choice (MS)	1 each	30.81
PBJ&String Cheese	1 each	62.67
Milk-Lunch (MS)	1 each	17.81
Cheese-String	1 each	1.0
Fruit-Canned or Fresh-1/2 cup	1/2 cup	16.61
Corn-Yellow	1/2 cup	17.74
Olives/sliced	2 Tbsp	1.05
Salsa	2 oz	3.91
SOUR CREAM-ounce	1 oz	1.89
Condiments-Lunch (MS)	1 each	9.34
Weighted Daily Average		99.54
% of Calories		50.1%
Nutrient Guideline		

Fri - 01/25/2019		
Middle School (6-8) -Breakfa	Total	
Breakfast-Sandwich Egg Cheese	sandwich	30.08
Breakfast-Sandwich Egg Sausage	sandwich	31.08
Breakfast-Yogurt & Cereal Bar	see recipe	44.0
Breakfast-Cereal & String Chz	see recipe	24.4
Bagel w/Topping	1 each	40.0
Milk-Chocolate or White	1 each	15.33
Fruit-Canned or Fresh-1/2 cup	1/2 cup	16.61
Juice 100%-Variety	1 each	14.6
Middle School (6-8) - Lunch	Total	
Pizza-Personal (Chs or Pepp)	pizza	38.0
Sandwich-Deli Choice (MS)	1 each	30.81
PBJ&String Cheese	1 each	62.67
Sandwich-Cheese Toasted	sandwich	28.9
Soup-Tomato	3/4 cup	20.5
Milk-Lunch (MS)	1 each	17.81
Cheese-String	1 each	1.0
Fruit-Canned or Fresh-1/2 cup	1/2 cup	16.61
Salad-Romaine Lettuce	1 cup	3.18
Vegetables-Mixed	1/2 cup	10.95
Beans-Garbanzo Roasted	serving (2oz)	7.41
Condiments-Lunch (MS)	1 each	9.34
Weighted Daily Average		84.72
% of Calories		52.9%
Nutrient Guideline		

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BCSD Nutrition Services

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

Combined: Middle School (6-8) -Breakfast/Middle School (6-8) - Lunch

Portion Values - Detailed

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	Portion Size	Carb (g)
Mon - 01/28/2019		
Middle School (6-8) -Breakfa	Total	
Breakfast-Sandwich Egg Cheese	sandwich	30.08
Breakfast-Sandwich Egg Sausage	sandwich	31.08
Breakfast-Yogurt & Cereal Bar	see recipe	44.0
Breakfast-Cereal & String Chz	see recipe	24.4
Bagel w/Topping	1 each	40.0
Milk-Chocolate or White	1 each	15.33
Fruit-Canned or Fresh-1/2 cup	1/2 cup	16.61
Juice 100%-Variety	1 each	14.6
Middle School (6-8) - Lunch	Total	
Sandwich-Chicken Patty	1 EACH	35.0
Sandwich-Chicken Patty Spicy	sandwich	36.0
Sandwich-Deli Choice (MS)	1 each	30.81
PBJ&String Cheese	1 each	62.67
Milk-Lunch (MS)	1 each	17.81
Cheese-String	1 each	1.0
Fruit-Canned or Fresh-1/2 cup	1/2 cup	16.61
Potatoes-Instant with Cheese	1/2 cup	6.14
Corn-Yellow	1/2 cup	17.74
Cucumber-Sliced	1/2 cup	1.89
Condiments-Lunch (MS)	1 each	9.34
Weighted Daily Average		83.39
% of Calories		53.6%
Nutrient Guideline		

Tue - 01/29/2019		
Middle School (6-8) -Breakfa	Total	
Donut-Old Fashioned w/Cinn+Sug	1 each	29.99
Breakfast-Yogurt & Cereal Bar	see recipe	44.0
Breakfast-Cereal & String Chz	see recipe	24.4
Bagel w/Topping	each	40.0
Milk-Chocolate or White	1 each	15.33
Fruit-Canned or Fresh-1/2 cup	1/2 cup	16.61
Juice 100%-Variety	1 each	14.6
Middle School (6-8) - Lunch	Total	
Breakfast-French Toast Sticks	Serving (4)	35.0
Sausage-Link	2 each	0.0
Sandwich-Deli Choice (MS)	1 each	30.81
PBJ&String Cheese	1 each	62.67
Milk-Lunch (MS)	1 each	17.81
Cheese-String	1 each	1.0
Fruit-Canned or Fresh-1/2 cup	1/2 cup	16.61
Potatoes-Tater Tots	3 oz	19.05
Peppers-red sliced	1/2 cup	3.0
Juice 100%-Variety	1 each	14.6
Condiments-Lunch (MS)	1 each	9.34
Weighted Daily Average		95.68
% of Calories		52.4%
Nutrient Guideline		

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BCSD Nutrition Services

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

Combined: Middle School (6-8) -Breakfast/Middle School (6-8) - Lunch

Portion Values - Detailed

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	Portion Size	Carb (g)
Wed - 01/30/2019		
Middle School (6-8) -Breakfa	Total	
Yogurt Parfait	parfait	38.87
Cracker-Graham	package	17.0
Breakfast-Yogurt & Cereal Bar	see recipe	44.0
Breakfast-Cereal & String Chz	see recipe	24.4
Bagel w/Topping	each	40.0
Milk-Chocolate or White	1 each	15.33
Fruit-Canned or Fresh-1/2 cup	1/2 cup	16.61
Juice 100%-Variety	1 each	14.6
Middle School (6-8) - Lunch	Total	
Chicken-Tenders	serving (3each)	16.19
Sandwich-Deli Choice (MS)	sandwich	30.81
PBJ&String Cheese	see recipe	62.67
Milk-Lunch (MS)	1 each	17.81
Cheese-String	1 each	1.0
Fruit-Canned or Fresh-1/2 cup	1/2 cup	16.61
Macaroni & Cheese	1/2 cup	23.8
Broccoli-Cooked	1/2 CUP	4.92
Carrots-baby	1/2 cup	11.5
Condiments-Lunch (MS)	1 each	9.34
Weighted Daily Average		82.44
% of Calories		47.8%
Nutrient Guideline		

Thu - 01/31/2019		
Middle School (6-8) -Breakfa	Total	
Breakfast-Mini Pancake	pouch	41.0
Breakfast-Yogurt & Cereal Bar	see recipe	44.0
Breakfast-Cereal & String Chz	see recipe	24.4
Bagel w/Topping	1 each	40.0
Milk-Chocolate or White	1 each	15.33
Fruit-Canned or Fresh-1/2 cup	1/2 cup	16.61
Juice 100%-Variety	1 each	14.6
Middle School (6-8) - Lunch	Total	
Sandwich-BBQ Pork	sandwich	32.41
Sandwich-Deli Choice (MS)	1 each	30.81
PBJ&String Cheese	1 each	62.67
Milk-Lunch (MS)	1 each	17.81
Cheese-String	1 each	1.0
Fruit-Canned or Fresh-1/2 cup	1/2 cup	16.61
Potatoes-Sweet Potato Fries	3.1 oz	25.0
Coleslaw	1/2 cup	13.0
Condiments-Lunch (MS)	1 each	9.34
Gelatin-Red with Pears	1/2 cup	20.8
Weighted Daily Average		103.29
% of Calories		49.3%
Nutrient Guideline		

Weighted Average		89.28
		52.5%

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BCSD Nutrition Services

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

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Portion Values - Detailed

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Portion Size Carb (g)

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	89.28	52.55%						

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