

# BCSD Nutrition Services

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

Combined: Elementary (K-5) Breakfast/Elementary (K-5) - Lunch

Portion Values - Detailed

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	Portion Size	Carb (g)
Tue - 01/01/2019		
Elementary (K-5) Breakfast	Total	
No School	1 each	0.0
No Breakfast or Lunch	1 each	0.0
Elementary (K-5) - 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		

Wed - 01/02/2019		
Elementary (K-5) Breakfast	Total	
Breakfast-Yogurt & Grahams	see recipe	38.0
Breakfast-Cereal & String Chz	see recipe	24.4
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
Elementary (K-5) - Lunch	Total	
Quesadilla-Chicken Cheese	1 each	2.15
Sandwich-Turkey & Cheese	sandwich	28.45
PBJ&String Cheese	see recipe	62.67
Milk-Lunch (Elem)	1 each	17.68
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
peppers-green sliced	1/2 cup	2.13
Peppers-red sliced	1/2 cup	3.0
Salsa	1 oz	1.96
SOUR CREAM-ounce	1 oz	1.89
Condiments-Lunch (Elem)	1 each	5.01
Weighted Daily Average		58.82
% of Calories		38.3%
Nutrient Guideline		

Thu - 01/03/2019		
Elementary (K-5) Breakfast	Total	
Breakfast-Yogurt & Grahams	see recipe	38.0
Breakfast-Cereal & String Chz	see recipe	24.4
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 Size	Carb (g)
Elementary (K-5) - Lunch	Total	
Hot Dog on a Bun	1 each	22.0
Sandwich-Bologna & Cheese	Sandwich	33.24
PBJ&String Cheese	see recipe	62.67
Milk-Lunch (Elem)	1 each	17.68
Cheese-String	1 each	1.0
Fruit-Canned or Fresh-1/2 cup	1/2 cup	16.61
Crackers-Goldfish Whole Grain	1 each	14.0
Green Beans-Cooked	1/2 CUP	5.0
Beans-Baked	1/2 cup	33.09
Cucumber-Sliced	1/2 cup	1.89
Condiments-Lunch (Elem)	1 each	5.01
Weighted Daily Average		88.62
% of Calories		56.5%
Nutrient Guideline		

Fri - 01/04/2019		
Elementary (K-5) Breakfast	Total	
Breakfast-Yogurt & Grahams	see recipe	38.0
Breakfast-Cereal & String Chz	see recipe	24.4
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
Elementary (K-5) - Lunch	Total	
Pizza-Cheese or Pepperoni	slice (1/10th)	28.02
Sandwich-Turkey & Cheese	sandwich	28.45
PBJ&String Cheese	see recipe	62.67
Milk-Lunch (Elem)	1 each	17.68
Cheese-String	1 each	1.0
Fruit-Canned or Fresh-1/2 cup	1/2 cup	16.61
Vegetables-Mixed	1/2 cup	10.95
Salad-Romaine Lettuce	1 cup	3.18
Beans-Garbanzo Marinated	serving (2oz)	7.49
Condiments-Lunch (Elem)	1 each	5.01
Weighted Daily Average		69.85
% of Calories		50.4%
Nutrient Guideline		

Mon - 01/07/2019		
Elementary (K-5) Breakfast	Total	
Breakfast-Yogurt & Grahams	see recipe	38.0
Breakfast-Cereal & String Chz	see recipe	24.4
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 Size	Carb (g)
Elementary (K-5) - Lunch	Total	
Sandwich-Chicken Patty	sandwich	35.0
Sandwich-Turkey & Cheese	sandwich	28.45
PBJ&String Cheese	see recipe	62.67
Milk-Lunch (Elem)	1 each	17.68
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 (Elem)	1 each	5.01
Weighted Daily Average		85.02
% of Calories		55.0%
Nutrient Guideline		

Tue - 01/08/2019		
Elementary (K-5) Breakfast	Total	
Breakfast-Yogurt & Grahams	see recipe	38.0
Breakfast-Cereal & String Chz	see recipe	24.4
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
Elementary (K-5) - Lunch	Total	
Italian Dippers	see recipe	48.0
Sandwich-Ham & Cheese	sandwich	30.76
PBJ&String Cheese	see recipe	62.67
Milk-Lunch (Elem)	1 each	17.68
Cheese-String	1 each	1.0
Fruit-Canned or Fresh-1/2 cup	1/2 cup	16.61
Broccoli-Cooked	1/2 CUP	4.92
Condiments-Lunch (Elem)	1 each	5.01
Cookies-Chocolate Chip	1 each	18.11
Weighted Daily Average		100.70
% of Calories		52.6%
Nutrient Guideline		

Wed - 01/09/2019		
Elementary (K-5) Breakfast	Total	
Breakfast-Yogurt & Grahams	see recipe	38.0
Breakfast-Cereal & String Chz	see recipe	24.4
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 Size	Carb (g)
Elementary (K-5) - Lunch	Total	
Chicken Nuggets (Tyson 2155)	serving (5ea)	12.0
Sandwich-Turkey & Cheese	sandwich	28.45
PBJ&String Cheese	see recipe	62.67
Milk-Lunch (Elem)	1 each	17.68
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
Carrots-Cooked	1/2 CUP	5.64
Celery-Sticks	1/2 cup	2.07
Condiments-Lunch (Elem)	1 each	5.01
Weighted Daily Average		72.93
% of Calories		47.1%
Nutrient Guideline		

Thu - 01/10/2019		
Elementary (K-5) Breakfast	Total	
Breakfast-Yogurt & Grahams	see recipe	38.0
Breakfast-Cereal & String Chz	see recipe	24.4
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
Elementary (K-5) - Lunch	Total	
Chicken-Teriyaki Rice Bowl	servings	45.96
Sandwich-Bologna & Cheese	Sandwich	33.24
PBJ&String Cheese	see recipe	62.67
Milk-Lunch (Elem)	1 each	17.68
Cheese-String	1 each	1.0
Fruit-Canned or Fresh-1/2 cup	1/2 cup	16.61
Vegetables-Stir Fry	1/2 cup	2.55
Carrots-baby	1/2 cup	11.5
Condiments-Lunch (Elem)	1 each	5.01
Weighted Daily Average		88.25
% of Calories		59.9%
Nutrient Guideline		

Fri - 01/11/2019		
Elementary (K-5) Breakfast	Total	
Breakfast-Yogurt & Grahams	see recipe	38.0
Breakfast-Cereal & String Chz	see recipe	24.4
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 Size	Carb (g)
Elementary (K-5) - Lunch	Total	
Pizza-Cheese or Pepperoni	slice (1/10th)	28.02
Sandwich-Turkey & Cheese	sandwich	28.45
PBJ&String Cheese	see recipe	62.67
Milk-Lunch (Elem)	1 each	17.68
Cheese-String	1 each	1.0
Fruit-Canned or Fresh-1/2 cup	1/2 cup	16.61
Vegetables-Mixed	1/2 cup	10.95
Salad-Romaine Lettuce	1 cup	3.18
Beans-Garbanzo Marinated	serving (2oz)	7.49
Condiments-Lunch (Elem)	1 each	5.01
Weighted Daily Average		69.85
% of Calories		50.4%
Nutrient Guideline		

Mon - 01/14/2019		
Elementary (K-5) Breakfast	Total	
Breakfast-Yogurt & Grahams	see recipe	38.0
Breakfast-Cereal & String Chz	see recipe	24.4
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
Elementary (K-5) - Lunch	Total	
Chicken-Tenders	serving (3each)	16.19
Sandwich-Turkey & Cheese	sandwich	28.45
PBJ&String Cheese	see recipe	62.67
Milk-Lunch (Elem)	1 each	17.68
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
Yogurt-4 oz assorted	1 each	20.0
Corn-Yellow	1/2 cup	17.74
Peppers-red sliced	1/2 cup	3.0
Condiments-Lunch (Elem)	1 each	5.01
Weighted Daily Average		95.68
% of Calories		54.2%
Nutrient Guideline		

Tue - 01/15/2019		
Elementary (K-5) Breakfast	Total	
Breakfast-Yogurt & Grahams	see recipe	38.0
Breakfast-Cereal & String Chz	see recipe	24.4
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 Size	Carb (g)
Elementary (K-5) - Lunch	Total	
Breakfast-French Toast Sticks	Serving (4)	35.0
Sausage-Link	2 each	0.0
Sandwich-Ham & Cheese	sandwich	30.76
PBJ&String Cheese	see recipe	62.67
Milk-Lunch (Elem)	1 each	17.68
Cheese-String	1 each	1.0
Potatoes-Tater Tots	3 oz	19.05
Cucumber-Sliced	1/2 cup	1.89
Oranges-Satsuma	1 Each	11.28
Juice 100%-Variety	1/2 each	7.3
Condiments-Lunch (Elem)	1 each	5.01
Weighted Daily Average		84.82
% of Calories		48.4%
Nutrient Guideline		

Wed - 01/16/2019		
Elementary (K-5) Breakfast	Total	
Breakfast-Yogurt & Grahams	see recipe	38.0
Breakfast-Cereal & String Chz	see recipe	24.4
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
Elementary (K-5) - Lunch	Total	
Spaghetti & Meatballs	3/4 cup	38.01
Breadstick-French (not WG)	1 each	27.0
Sandwich-Turkey & Cheese	sandwich	28.45
PBJ&String Cheese	see recipe	62.67
Milk-Lunch (Elem)	1 each	17.68
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 (Elem)	1 each	5.01
Gelatin-Red with Pears	1/2 cup	20.8
Weighted Daily Average		111.09
% of Calories		52.1%
Nutrient Guideline		

Thu - 01/17/2019		
Elementary (K-5) Breakfast	Total	
Breakfast-Yogurt & Grahams	see recipe	38.0
Breakfast-Cereal & String Chz	see recipe	24.4
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)
Elementary (K-5) - Lunch	Total	
Sandwich-Cheese Toasted	sandwich	28.9
Sandwich-Bologna & Cheese	Sandwich	33.24
PBJ&String Cheese	see recipe	62.67
Milk-Lunch (Elem)	1 each	17.68
Cheese-String	1 each	1.0
Fruit-Canned or Fresh-1/2 cup	1/2 cup	16.61
Soup-Tomato	1 cup	27.33
Celery-Sticks	1/2 cup	2.07
Carrots-baby	1/2 cup	11.5
Condiments-Lunch (Elem)	1 each	5.01
Weighted Daily Average		88.92
% of Calories		52.6%
Nutrient Guideline		

Fri - 01/18/2019		
Elementary (K-5) Breakfast	Total	
Breakfast-Yogurt & Grahams	see recipe	38.0
Breakfast-Cereal & String Chz	see recipe	24.4
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
Elementary (K-5) - Lunch	Total	
Pizza-Cheese or Pepperoni	slice (1/10th)	28.02
Sandwich-Turkey & Cheese	sandwich	28.45
PBJ&String Cheese	see recipe	62.67
Milk-Lunch (Elem)	1 each	17.68
Cheese-String	1 each	1.0
Fruit-Canned or Fresh-1/2 cup	1/2 cup	16.61
Vegetables-Mixed	1/2 cup	10.95
Salad-Romaine Lettuce	1 cup	3.18
Beans-Garbanzo Marinated	serving (2oz)	7.49
Condiments-Lunch (Elem)	1 each	5.01
Weighted Daily Average		69.85
% of Calories		50.4%
Nutrient Guideline		

Mon - 01/21/2019		
Elementary (K-5) Breakfast	Total	
No School	1 each	0.0
No Breakfast or Lunch	1 each	0.0
Elementary (K-5) - 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		

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	Portion Size	Carb (g)
<b>Tue - 01/22/2019</b>		
Elementary (K-5) Breakfast	Total	
Breakfast-Yogurt & Grahams	see recipe	38.0
Breakfast-Cereal & String Chz	see recipe	24.4
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
Elementary (K-5) - Lunch	Total	
Italian Dippers	see recipe	48.0
Sandwich-Ham & Cheese	sandwich	30.76
PBJ&String Cheese	see recipe	62.67
Milk-Lunch (Elem)	1 each	17.68
Cheese-String	1 each	1.0
Fruit-Canned or Fresh-1/2 cup	1/2 cup	16.61
Broccoli-Cooked	1/2 CUP	4.92
Condiments-Lunch (Elem)	1 each	5.01
Pudding-Chocolate	1/2 cup	25.78
Weighted Daily Average		103.40
% of Calories		53.7%
Nutrient Guideline		

<b>Wed - 01/23/2019</b>		
Elementary (K-5) Breakfast	Total	
Breakfast-Yogurt & Grahams	see recipe	38.0
Breakfast-Cereal & String Chz	see recipe	24.4
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
Elementary (K-5) - Lunch	Total	
Chicken Nuggets (Tyson 2155)	serving (5ea)	12.0
Sandwich-Turkey & Cheese	sandwich	28.45
PBJ&String Cheese	see recipe	62.67
Milk-Lunch (Elem)	1 each	17.68
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
Green Beans-Cooked	1/2 CUP	5.0
Carrots-baby	1/2 cup	11.5
Condiments-Lunch (Elem)	1 each	5.01
Weighted Daily Average		75.63
% of Calories		47.9%
Nutrient Guideline		

<b>Thu - 01/24/2019</b>		
Elementary (K-5) Breakfast	Total	
Breakfast-Yogurt & Grahams	see recipe	38.0
Breakfast-Cereal & String Chz	see recipe	24.4
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 Size	Carb (g)
Elementary (K-5) - Lunch	Total	
Nachos-Elementary (chs only)	see recipe	34.57
Sandwich-Bologna & Cheese	Sandwich	33.24
PBJ&String Cheese	see recipe	62.67
Milk-Lunch (Elem)	1 each	17.68
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
Peppers-red sliced	1/2 cup	3.0
Beans-Black	2 oz	9.59
Salsa	1.5 oz	2.93
Condiments-Lunch (Elem)	1 each	5.01
Weighted Daily Average		87.50
% of Calories		58.8%
Nutrient Guideline		

Fri - 01/25/2019		
Elementary (K-5) Breakfast	Total	
Breakfast-Yogurt & Grahams	see recipe	38.0
Breakfast-Cereal & String Chz	see recipe	24.4
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
Elementary (K-5) - Lunch	Total	
Pizza-Cheese or Pepperoni	slice (1/10th)	28.02
Sandwich-Turkey & Cheese	sandwich	28.45
PBJ&String Cheese	see recipe	62.67
Milk-Lunch (Elem)	1 each	17.68
Cheese-String	1 each	1.0
Fruit-Canned or Fresh-1/2 cup	1/2 cup	16.61
Vegetables-Mixed	1/2 cup	10.95
Salad-Romaine Lettuce	1 cup	3.18
Beans-Garbanzo Marinated	serving (2oz)	7.49
Condiments-Lunch (Elem)	1 each	5.01
Weighted Daily Average		69.85
% of Calories		50.4%
Nutrient Guideline		

Mon - 01/28/2019		
Elementary (K-5) Breakfast	Total	
Breakfast-Yogurt & Grahams	see recipe	38.0
Breakfast-Cereal & String Chz	see recipe	24.4
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 Size	Carb (g)
Elementary (K-5) - Lunch	Total	
Burger-Plain	1 each	25.0
Burger-Cheese	1 each	25.23
Sandwich-Turkey & Cheese	sandwich	28.45
PBJ&String Cheese	see recipe	62.67
Milk-Lunch (Elem)	1 each	17.68
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 (Elem)	1 each	5.01
Weighted Daily Average		102.16
% of Calories		55.1%
Nutrient Guideline		

Tue - 01/29/2019		
Elementary (K-5) Breakfast	Total	
Breakfast-Yogurt & Grahams	see recipe	38.0
Breakfast-Cereal & String Chz	see recipe	24.4
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
Elementary (K-5) - Lunch	Total	
Breakfast-French Toast Sticks	Serving (4)	35.0
Sausage-Link	2 each	0.0
Sandwich-Ham & Cheese	sandwich	30.76
PBJ&String Cheese	see recipe	62.67
Milk-Lunch (Elem)	1 each	17.68
Cheese-String	1 each	1.0
Potatoes-Tater Tots	3 oz	19.05
Carrots-baby	1/2 cup	11.5
Applesauce-Cinnamon	1/2 cup	25.52
Juice 100%-Variety	1/2 each	7.3
Condiments-Lunch (Elem)	1 each	5.01
Weighted Daily Average		97.44
% of Calories		52.0%
Nutrient Guideline		

Wed - 01/30/2019		
Elementary (K-5) Breakfast	Total	
Breakfast-Yogurt & Grahams	see recipe	38.0
Breakfast-Cereal & String Chz	see recipe	24.4
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  
 † - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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# BCSD Nutrition Services

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

Combined: Elementary (K-5) Breakfast/Elementary (K-5) - Lunch

Portion Values - Detailed

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	Portion Size	Carb (g)
Elementary (K-5) - Lunch	Total	
Taco-Chicken	see recipe	2.53
Sandwich-Turkey & Cheese	sandwich	28.45
PBJ&String Cheese	see recipe	62.67
Milk-Lunch (Elem)	1 each	17.68
Cheese-String	1 each	1.0
Fruit-Canned or Fresh-1/2 cup	1/2 cup	16.61
Rice-White Parboiled	1/2 cup	18.95
Corn-Yellow	1/2 cup	17.74
peppers-green sliced	1/2 cup	2.13
Peppers-red sliced	1/2 cup	3.0
Salsa	1 oz	1.96
Condiments-Lunch (Elem)	1 each	5.01
Weighted Daily Average		70.95
% of Calories		55.3%
Nutrient Guideline		

Thu - 01/31/2019		
Elementary (K-5) Breakfast	Total	
Breakfast-Yogurt & Grahams	see recipe	38.0
Breakfast-Cereal & String Chz	see recipe	24.4
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
Elementary (K-5) - Lunch	Total	
Sandwich-Cheese Toasted	sandwich	28.9
Sandwich-Bologna & Cheese	Sandwich	33.24
PBJ&String Cheese	see recipe	62.67
Milk-Lunch (Elem)	1 each	17.68
Cheese-String	1 each	1.0
Fruit-Canned or Fresh-1/2 cup	1/2 cup	16.61
Soup-Tomato	1 cup	27.33
Broccoli-Cooked	1/2 CUP	4.92
Condiments-Lunch (Elem)	1 each	5.01
Weighted Daily Average		85.59
% of Calories		51.6%
Nutrient Guideline		

Weighted Average		84.62
		52.1%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	84.62	52.08%						

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