

BCSD Nutrition Services

Apr 1, 2019 thru Apr 30, 2019

Base Menu Spreadsheet

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

Portion Values - Detailed

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Generated on: 3/21/2019 9:49:33 AM

	Portion Size	Carb (g)
Mon - 04/01/2019		
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-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
Cucumber-Sliced	1/2 cup	1.89
Carrots-Cooked	1/2 CUP	5.64
Condiments-Lunch (Elem)	1 each	5.01
Weighted Daily Average		79.45
% of Calories		53.4%
Nutrient Guideline		

Tue - 04/02/2019		
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	
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
Corn-Yellow	1/2 cup	17.74
Condiments-Lunch (Elem)	1 each	5.01
Gelatin-Red with Mixed Fruit	1/2 cup	18.74
Weighted Daily Average		108.17
% of Calories		55.8%
Nutrient Guideline		

Wed - 04/03/2019		
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	
Quesadilla-Chicken Cheese	1 each	26.15
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
Potatoes-French Fries	3 oz cooked	22.78
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		85.03
% of Calories		45.4%
Nutrient Guideline		

Thu - 04/04/2019		
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	
Sandwich-Cheese Toasted	sandwich	28.9
Sandwich-Ham&Cheese (Hot)	sandwich	30.48
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		87.35
% of Calories		52.6%
Nutrient Guideline		

Fri - 04/05/2019		
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	
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
Corn-Yellow	1/2 cup	17.74
Salad-Romaine Lettuce	1 cup	3.18
Beans-Garbanzo Marinated	serving (2oz)	7.49
Condiments-Lunch (Elem)	1 each	5.01
Weighted Daily Average		74.09
% of Calories		51.9%
Nutrient Guideline		

Mon - 04/08/2019		
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	
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
Chip-Potato Baked	bag	20.0
Carrots-baby	1/2 cup	11.5
Celery-Sticks	1/2 cup	2.07
Condiments-Lunch (Elem)	1 each	5.01
Weighted Daily Average		86.62
% of Calories		52.9%
Nutrient Guideline		

Tue - 04/09/2019		
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	
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
Corn-Yellow	1/2 cup	17.74
Fruit-grapes, fresh	1/2 cup	7.89
Juice 100%-Variety	1/2 each	7.3
Condiments-Lunch (Elem)	1 each	5.01
Weighted Daily Average		87.78
% of Calories		49.1%
Nutrient Guideline		

Wed - 04/10/2019		
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 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
Broccoli-Cooked	1/2 CUP	4.92
Tomatoes-Cherry/Grape	1/2 cup	3.46
Condiments-Lunch (Elem)	1 each	5.01
Weighted Daily Average		73.09
% of Calories		47.1%
Nutrient Guideline		

Thu - 04/11/2019		
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	
Taco-Beef (Elementary)	see recipe	24.28
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
Rice-White Parboiled	1/2 cup	18.95
lettuce-shred	1/4 cup	0.38
Salsa	1 oz	1.96
Beans-Black	2 oz	9.59
peppers-green sliced	1/2 cup	2.13
Peppers-red sliced	1/2 cup	3.0
Condiments-Lunch (Elem)	1 each	5.01
Weighted Daily Average		81.98
% of Calories		64.6%
Nutrient Guideline		

Fri - 04/12/2019		
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
Corn-Yellow	1/2 cup	17.74
Broccoli-Cooked	1/2 CUP	4.92
Salad-Romaine Lettuce	1 cup	3.18
Beans-Garbanzo Marinated	serving (2oz)	7.49
Condiments-Lunch (Elem)	1 each	5.01
Weighted Daily Average		75.08
% of Calories		52.0%
Nutrient Guideline		

Mon - 04/15/2019		
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	
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
Tomatoes-Cherry/Grape	1/2 cup	3.46
Cucumber-Sliced	1/2 cup	1.89
Condiments-Lunch (Elem)	1 each	5.01
Cracker-Graham	package	17.0
Weighted Daily Average		87.21
% of Calories		52.0%
Nutrient Guideline		

Tue - 04/16/2019		
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	
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
Corn-Yellow	1/2 cup	17.74
Condiments-Lunch (Elem)	1 each	5.01
Pudding-Chocolate	1/2 cup	25.78
Weighted Daily Average		113.80
% of Calories		55.7%
Nutrient Guideline		

Wed - 04/17/2019		
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 Size	Carb (g)
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
Broccoli-Cooked	1/2 CUP	4.92
Condiments-Lunch (Elem)	1 each	5.01
Weighted Daily Average		98.06
% of Calories		49.2%
Nutrient Guideline		

Thu - 04/18/2019		
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
Asparagus-Roasted	3.2 oz	4.43
Salad-Romaine Lettuce	1 cup	3.18
Beans-Garbanzo Marinated	serving (2oz)	7.49
Condiments-Lunch (Elem)	1 each	5.01
Weighted Daily Average		67.31
% of Calories		48.0%
Nutrient Guideline		

Fri - 04/19/2019		
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%
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	Portion Size	Carb (g)
Mon - 04/22/2019		
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		

Tue - 04/23/2019		
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 - 04/24/2019		
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		

Thu - 04/25/2019		
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%
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	Portion Size	Carb (g)
Fri - 04/26/2019		
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		

Mon - 04/29/2019		
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	
Nachos-Elementary (chs only)	see recipe	34.57
Beef w/Taco Seasoning	2 oz	1.08
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
Carrots-baby	1/2 cup	11.5
Beans-Black	2 oz	9.59
Salsa	1.5 oz	2.93
Condiments-Lunch (Elem)	1 each	5.01
Weighted Daily Average		91.15
% of Calories		51.1%
Nutrient Guideline		

Tue - 04/30/2019		
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

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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
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		93.72
% of Calories		51.1%
Nutrient Guideline		

Weighted Average		86.87 51.8%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	86.87	51.85%						

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

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.