

BCSD Nutrition Services

May 1, 2019 thru May 31, 2019

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 1

Generated on: 4/17/2019 3:29:20 PM

	Portion Size	Carb (g)
Wed - 05/01/2019		
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	
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
Condiments-Lunch (Elem)	1 each	5.01
Weighted Daily Average		72.01
% of Calories		46.8%
Nutrient Guideline		

Thu - 05/02/2019		
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	
Burger-Plain	1 each	25.0
Burger-Cheese	1 each	25.23
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
Chip-Potato Baked	bag	20.0
Beans-Baked	1/2 cup	33.09
Peppers-red sliced	1/2 cup	3.0
Condiments-Lunch (Elem)	1 each	5.01
Weighted Daily Average		95.25
% of Calories		54.9%
Nutrient Guideline		

Fri - 05/03/2019		
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

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.

BCSD Nutrition Services

May 1, 2019 thru May 31, 2019

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 2

Generated on: 4/17/2019 3:29:20 PM

	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 - 05/06/2019		
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 - 05/07/2019		
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

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.

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.

BCSD Nutrition Services

May 1, 2019 thru May 31, 2019

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 3

Generated on: 4/17/2019 3:29:21 PM

	Portion Size	Carb (g)
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
Applesauce-Cinnamon	1/2 cup	25.52
Weighted Daily Average		113.59
% of Calories		57.6%
Nutrient Guideline		

Wed - 05/08/2019		
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	
Quesadilla-Chicken Cheese	1 each	26.15
Quesadilla-Cheese	1 each	25.14
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
Cracker-Graham	package	17.0
peppers-green sliced	1/2 cup	2.13
Peppers-red sliced	1/2 cup	3.0
Guacamole RTU	1 oz	3.02
Salsa	1 oz	1.96
Condiments-Lunch (Elem)	1 each	5.01
Weighted Daily Average		81.53
% of Calories		45.0%
Nutrient Guideline		

Thu - 05/09/2019		
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

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.

BCSD Nutrition Services

May 1, 2019 thru May 31, 2019

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 4

Generated on: 4/17/2019 3:29:21 PM

	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-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
Broccoli-Cooked	1/2 CUP	4.92
Condiments-Lunch (Elem)	1 each	5.01
Weighted Daily Average		98.21
% of Calories		49.2%
Nutrient Guideline		

Fri - 05/10/2019		
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	
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 - 05/13/2019		
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.

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.

BCSD Nutrition Services

May 1, 2019 thru May 31, 2019

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 5

Generated on: 4/17/2019 3:29:21 PM

	Portion Size	Carb (g)
Elementary (K-5) - Lunch	Total	
Hot Dog on a Bun	1 each	22.0
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
Popcorn-White Cheddar	.5 oz	7.5
Corn-Yellow	1/2 cup	17.74
Cucumber-Sliced	1/2 cup	1.89
Condiments-Lunch (Elem)	1 each	5.01
Weighted Daily Average		75.60
% of Calories		52.9%
Nutrient Guideline		

Tue - 05/14/2019		
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	
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
Peppers-red sliced	1/2 cup	3.0
Fruit-Canned or Fresh-1/2 cup	1/2 cup	16.61
Juice 100%-Variety	1/2 each	7.3
Condiments-Lunch (Elem)	1 each	5.01
Weighted Daily Average		86.61
% of Calories		48.9%
Nutrient Guideline		

Wed - 05/15/2019		
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

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.

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.

BCSD Nutrition Services

May 1, 2019 thru May 31, 2019

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 6

Generated on: 4/17/2019 3:29:21 PM

	Portion Size	Carb (g)
Elementary (K-5) - Lunch	Total	
Pasta-Cheeseburger Macaroni	1 cup	47.61
Sandwich-Turkey & Cheese	sandwich	28.45
PBJ&String Cheese	see recipe	62.67
Milk-Lunch (Elem)	1 each	17.68
Fruit-Canned or Fresh-1/2 cup	1/2 cup	16.61
Cheese-String	1 each	1.0
Breadstick-Cheese (Bosco)	1 each	17.0
Tomatoes-Cherry/Grape	1/2 cup	3.46
Pickles- dill chips	1 OZ	0.0
Condiments-Lunch (Elem)	1 each	5.01
Weighted Daily Average		92.75
% of Calories		45.4%
Nutrient Guideline		

Thu - 05/16/2019		
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	
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 - 05/17/2019		
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

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.

BCSD Nutrition Services

May 1, 2019 thru May 31, 2019

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 7

Generated on: 4/17/2019 3:29:21 PM

	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 - 05/20/2019		
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
Cucumber-Sliced	1/2 cup	1.89
Beans-Black	2 oz	9.59
Salsa	1.5 oz	2.93
Condiments-Lunch (Elem)	1 each	5.01
Weighted Daily Average		87.45
% of Calories		50.1%
Nutrient Guideline		

Tue - 05/21/2019		
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

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.

BCSD Nutrition Services

May 1, 2019 thru May 31, 2019

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 8

Generated on: 4/17/2019 3:29:21 PM

	Portion Size	Carb (g)
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
Applesauce-Cinnamon	1/2 cup	25.52
Weighted Daily Average		107.61
% of Calories		56.3%
Nutrient Guideline		

Wed - 05/22/2019		
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, Smiles	3 oz/5 pcs	23.99
Peas & Carrots, Cooked	1/2 cup	7.72
Pudding-Chocolate	1/2 cup	25.78
Condiments-Lunch (Elem)	1 each	5.01
Weighted Daily Average		96.20
% of Calories		52.0%
Nutrient Guideline		

Thu - 05/23/2019		
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.

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.

BCSD Nutrition Services

May 1, 2019 thru May 31, 2019

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 9

Generated on: 4/17/2019 3:29:21 PM

	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		75.14
% of Calories		52.2%
Nutrient Guideline		

Fri - 05/24/2019		
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		

Mon - 05/27/2019		
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 - 05/28/2019		
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

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.

BCSD Nutrition Services

May 1, 2019 thru May 31, 2019

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 10

Generated on: 4/17/2019 3:29:21 PM

	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
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		81.83
% of Calories		47.6%
Nutrient Guideline		

Wed - 05/29/2019		
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	
Taco-Beef (Elementary)	see recipe	24.28
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
lettuce-shred	1/4 cup	0.38
Salsa	1 oz	1.96
Beans-Black	2 oz	9.59
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		87.72
% of Calories		65.9%
Nutrient Guideline		

Thu - 05/30/2019		
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.

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.

BCSD Nutrition Services

May 1, 2019 thru May 31, 2019

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 11

Generated on: 4/17/2019 3:29:21 PM

	Portion Size	Carb (g)
Elementary (K-5) - Lunch	Total	
Alfredo-Chicken	1 cup	34.01
Breadstick-Cheese (Bosco)	1 each	17.0
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
Peas & Carrots, Cooked	1/2 cup	7.72
Condiments-Lunch (Elem)	1 each	5.01
Weighted Daily Average		87.33
% of Calories		53.3%
Nutrient Guideline		

Fri - 05/31/2019		
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	
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		73.05
% of Calories		51.6%
Nutrient Guideline		

Weighted Average		85.76
		51.8%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	85.76	51.78%						

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.