

BCSD Nutrition Services

Sep 2, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Middle School (6-8) - Lunch

Portion Values - Detailed

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	Portion Size	Carb (g)
Thu - 09/05/2019		
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
Potatoes, Smiles	3 oz/5 pcs	23.99
Vegetables-Mixed	1/2 cup	10.95
Condiments-Lunch (MS)	1 each	9.34
Ice Cream Sandwich	bar	25.0
Weighted Daily Average		104.19
% of Calories		52.7%
Nutrient Guideline		

Fri - 09/06/2019		
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		76.37
% of Calories		51.9%
Nutrient Guideline		

Mon - 09/09/2019		
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
Carrots-baby	1/2 cup	11.5
Celery-Sticks	1/2 cup	2.07
Condiments-Lunch (MS)	1 each	9.34
Weighted Daily Average		108.48
% of Calories		64.6%
Nutrient Guideline		

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	Portion Size	Carb (g)
Tue - 09/10/2019		
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		98.63
% of Calories		51.5%
Nutrient Guideline		

Wed - 09/11/2019		
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
Beans-Black	2 oz	9.59
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		106.17
% of Calories		49.9%
Nutrient Guideline		

Thu - 09/12/2019		
Middle School (6-8) - Lunch	Total	
Chicken-Teriyaki Rice Bowl	servings	45.96
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
Watermelon-slice	slice	8.62
Condiments-Lunch (MS)	1 each	9.34
Cookies-Fortune	1 Each	27.0
Weighted Daily Average		104.38
% of Calories		62.5%
Nutrient Guideline		

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	Portion Size	Carb (g)
Fri - 09/13/2019		
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		76.37
% of Calories		51.9%
Nutrient Guideline		

Mon - 09/16/2019		
Middle School (6-8) - Lunch	Total	
Chicken Buffalo Wrap	1 each	29.04
Chicken Caesar Wrap	1 each	29.5
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		95.51
% of Calories		54.2%
Nutrient Guideline		

Tue - 09/17/2019		
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
Pudding-Chocolate	1/2 cup	25.78
Weighted Daily Average		106.17
% of Calories		53.6%
Nutrient Guideline		

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	Portion Size	Carb (g)
Wed - 09/18/2019		
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		80.64
% of Calories		49.7%
Nutrient Guideline		

Thu - 09/19/2019		
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
Condiments-Lunch (MS)	1 each	9.34
Weighted Daily Average		79.11
% of Calories		45.1%
Nutrient Guideline		

Fri - 09/20/2019		
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

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	Portion Size	Carb (g)
Weighted Daily Average		76.37
% of Calories		51.9%
Nutrient Guideline		

Mon - 09/23/2019		
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
Carrots-baby	cup	23.0
Condiments-Lunch (MS)	1 each	9.34
Weighted Daily Average		93.56
% of Calories		56.8%
Nutrient Guideline		

Tue - 09/24/2019		
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		98.78
% of Calories		51.5%
Nutrient Guideline		

Wed - 09/25/2019		
Middle School (6-8) - Lunch	Total	
Spaghetti & Meatballs	3/4 cup	38.01
Breadstick-French (not WG)	1 each	27.0
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
Broccoli-Cooked	1/2 CUP	4.92
Condiments-Lunch (MS)	1 each	9.34

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	Portion Size	Carb (g)
Weighted Daily Average		103.60
% of Calories		47.3%
Nutrient Guideline		

Thu - 09/26/2019		
Middle School (6-8) - Lunch	Total	
Quesadilla-Chicken Cheese	1 each	26.15
Quesadilla-Cheese	1 each	25.14
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
Beans-Black	2 oz	9.59
Rice-White Parboiled	1/2 cup	18.95
peppers-green sliced	1/2 cup	2.13
Peppers-red sliced	1/2 cup	3.0
Salsa	2 oz	3.91
SOUR CREAM-ounce	1 oz	1.89
Guacamole RTU	2 oz	6.05
Condiments-Lunch (MS)	1 each	9.34
Weighted Daily Average		83.11
% of Calories		40.3%
Nutrient Guideline		

Fri - 09/27/2019		
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		76.37
% of Calories		51.9%
Nutrient Guideline		

Mon - 09/30/2019		
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%
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	Portion Size	Carb (g)
Weighted Average		92.22 51.9%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	92.22	51.94%						

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