

BCSD Nutrition Services

Sep 2, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

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

Portion Values - Detailed

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	Portion Size	Carb (g)
Thu - 09/05/2019		
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
Elementary (K-5) - Lunch	Total	
Italian Dippers	see recipe	48.0
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
Vegetables-Mixed	1/2 cup	10.95
Condiments-Lunch (Elem)	1 each	5.01
Ice Cream Sandwich	bar	25.0
Weighted Daily Average		114.14
% of Calories		55.2%
Nutrient Guideline		

Fri - 09/06/2019		
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	
Pizza-Stuffed Crust Chs/Pepp	slice (1/8 pie)	34.0
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
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		75.78
% of Calories		52.1%
Nutrient Guideline		

Mon - 09/09/2019		
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 Values - Detailed

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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-Curly Fries	serving (3oz)	14.97
Cucumber-Sliced	1/2 cup	1.89
Watermelon-slice	slice	8.62
Condiments-Lunch (Elem)	1 each	5.01
Weighted Daily Average		73.30
% of Calories		48.3%
Nutrient Guideline		

Tue - 09/10/2019		
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	
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
Blueberries-Frozen	1/2 cup	25.24
Juice 100%-Variety	1/2 each	7.3
Condiments-Lunch (Elem)	1 each	5.01
Weighted Daily Average		94.50
% of Calories		51.2%
Nutrient Guideline		

Wed - 09/11/2019		
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 Values - Detailed

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	Portion Size	Carb (g)
Elementary (K-5) - Lunch	Total	
Nachos-Elementary (chs only)	see recipe	34.57
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-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		87.13
% of Calories		58.8%
Nutrient Guideline		

Thu - 09/12/2019		
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	
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
Potatoes, Smiles	3 oz/5 pcs	23.99
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		84.72
% of Calories		53.7%
Nutrient Guideline		

Fri - 09/13/2019		
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

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Portion Values - Detailed

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	Portion Size	Carb (g)
Elementary (K-5) - Lunch	Total	
Pizza-Stuffed Crust Chs/Pepp	slice (1/8 pie)	34.0
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
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		75.78
% of Calories		52.1%
Nutrient Guideline		

Mon - 09/16/2019		
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	
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
Beans-Baked	1/2 cup	33.09
Carrots-baby	1/2 cup	11.5
Condiments-Lunch (Elem)	1 each	5.01
Weighted Daily Average		98.59
% of Calories		55.8%
Nutrient Guideline		

Tue - 09/17/2019		
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	
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
Green Beans-Cooked	1/2 CUP	5.0
Vegetables-Mixed	1/2 cup	10.95
Condiments-Lunch (Elem)	1 each	5.01
Cookies-Chocolate Chip	1 each	18.11
Weighted Daily Average		105.37
% of Calories		53.5%
Nutrient Guideline		

Wed - 09/18/2019		
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	
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
Chips-Tortilla Individual	1 each	15.75
Hummus-Garbanzo bean	1/2 cup	23.0
Celery-Sticks	1/2 cup	2.07
Peppers-red sliced	1/2 cup	3.0
Condiments-Lunch (Elem)	1 each	5.01
Weighted Daily Average		72.23
% of Calories		48.6%
Nutrient Guideline		

Thu - 09/19/2019		
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-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-Chicken Noodle	8 oz	8.0
Salad-Spinach	1/2 cup	0.79
Tomatoes-Cherry/Grape	1/2 cup	3.46
Condiments-Lunch (Elem)	1 each	5.01
Weighted Daily Average		73.44
% of Calories		47.1%
Nutrient Guideline		

Fri - 09/20/2019		
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	
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 - 09/23/2019		
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

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Portion Values - Detailed

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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
Carrots-Cooked	1/2 CUP	5.64
Cucumber-Sliced	1/2 cup	1.89
Condiments-Lunch (Elem)	1 each	5.01
Weighted Daily Average		79.45
% of Calories		53.4%
Nutrient Guideline		

Tue - 09/24/2019		
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
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		94.78
% of Calories		51.3%
Nutrient Guideline		

Wed - 09/25/2019		
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

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Portion Values - Detailed

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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
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
Guacamole RTU	2 oz	6.05
Condiments-Lunch (Elem)	1 each	5.01
Cracker-Graham	package	17.0
Weighted Daily Average		91.23
% of Calories		46.2%
Nutrient Guideline		

Thu - 09/26/2019		
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	
Sub Sandwich-Turkey Cheese	sub sandwich	27.0
Lettuce & Tomato	1/4# boat	1.91
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
Vegetables-Mixed	1/2 cup	10.95
Condiments-Lunch (Elem)	1 each	5.01
Weighted Daily Average		87.58
% of Calories		60.0%
Nutrient Guideline		

Fri - 09/27/2019		
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 - 09/30/2019		
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		

Weighted Average		85.16
		52.2%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	85.16	52.23%						

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