

BCSD Nutrition Services

Feb 3, 2020 thru Feb 28, 2020

Base Menu Spreadsheet

Combined: Middle School (6-8) -Breakfast/Middle School (6-8) - Lunch

Portion Values - Detailed

Page 1

Generated on: 1/27/2020 1:20:38 PM

	Portion Size	Carb (g)
Mon - 02/03/2020		
Middle School (6-8) -Breakfa	Total	
Smoothie Yogurt - Straw/Mango	1 cup	36.64
Bread-Banana Slice IW WG	1 each	45.18
Muffin-Blueberry or Choc Chip	1 each	65.5
Breakfast-Cereal & String Chz	see recipe	24.4
Breakfast-Sandwich Choice	sandwich	29.61
Breakfast Wrap-Choice	wrap	15.39
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
Middle School (6-8) - Lunch	Total	
Chicken Buffalo Wrap	1 each	29.04
Sandwich-Crispy Chix Wrap	1 each	36.03
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
Broccoli-Cooked	1/2 CUP	4.92
Carrots-baby	1/2 cup	11.5
Condiments-Lunch (MS)	1 each	9.34
Weighted Daily Average		95.93
% of Calories		58.0%
Nutrient Guideline		

Tue - 02/04/2020		
Middle School (6-8) -Breakfa	Total	
Cinnamon Roll-Bake & Serve 3oz	3 oz	36.0
Breakfast-Cereal & String Chz	see recipe	24.4
Breakfast-Sandwich Choice	sandwich	29.61
Breakfast Wrap-Choice	wrap	15.39
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
Middle School (6-8) - Lunch	Total	
Alfredo-Chicken	1 cup	34.01
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
Green Beans-Cooked	1/2 CUP	5.0
Peppers-red sliced	1/2 cup	3.0
Condiments-Lunch (MS)	1 each	9.34
Weighted Daily Average		91.87
% of Calories		56.8%
Nutrient Guideline		

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Feb 3, 2020 thru Feb 28, 2020

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Combined: Middle School (6-8) -Breakfast/Middle School (6-8) - Lunch

Portion Values - Detailed

Page 2

Generated on: 1/27/2020 1:20:39 PM

	Portion Size	Carb (g)
Wed - 02/05/2020		
Middle School (6-8) -Breakfa	Total	
Yogurt Parfait	parfait	38.87
Muffin-Blueberry or Choc Chip	1 each	65.5
Breakfast-Cereal & String Chz	see recipe	24.4
Breakfast-Sandwich Choice	sandwich	29.61
Breakfast Wrap-Choice	wrap	15.39
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
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
Hash Brown Rounds	serving (3 ea)	22.5
Juice 100%-Variety	1 each	14.6
Condiments-Lunch (MS)	1 each	9.34
Weighted Daily Average		98.11
% of Calories		54.2%
Nutrient Guideline		

Thu - 02/06/2020		
Middle School (6-8) -Breakfa	Total	
Egg, Sausage & Potato Bake	servings (1/12)	16.62
Muffin-Blueberry or Choc Chip	1 each	65.5
Breakfast-Cereal & String Chz	see recipe	24.4
Breakfast-Sandwich Choice	sandwich	29.61
Breakfast Wrap-Choice	wrap	15.39
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
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
Corn-Yellow	1/2 cup	17.74
Beans-Baked	1/2 cup	33.09
Coleslaw	1/2 cup	13.0
Carrots-baby	1/4 cup	5.75
Hummus-Garbanzo bean	1/4 cup	11.5
Condiments-Lunch (MS)	1 each	9.34
Weighted Daily Average		88.23
% of Calories		56.8%
Nutrient Guideline		

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Combined: Middle School (6-8) -Breakfast/Middle School (6-8) - Lunch

Portion Values - Detailed

Page 3

Generated on: 1/27/2020 1:20:39 PM

	Portion Size	Carb (g)
Fri - 02/07/2020		
Middle School (6-8) -Breakfa	Total	
Donut-Yeast Ring w/Glaze WG	1 each	30.0
Muffin-Blueberry or Choc Chip	1 each	65.5
Breakfast-Cereal & String Chz	see recipe	24.4
Breakfast-Sandwich Choice	sandwich	29.61
Breakfast Wrap-Choice	wrap	15.39
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
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
Cookies-Chocolate Chip	1 each	18.11
Weighted Daily Average		86.38
% of Calories		53.6%
Nutrient Guideline		

Mon - 02/10/2020		
Middle School (6-8) -Breakfa	Total	
Smoothie Yogurt - Straw/Mango	1 cup	36.64
Bread-Banana Slice IW WG	1 each	45.18
Muffin-Blueberry or Choc Chip	1 each	65.5
Breakfast-Cereal & String Chz	see recipe	24.4
Breakfast-Sandwich Choice	sandwich	29.61
Breakfast Wrap-Choice	wrap	15.39
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

Page 4

Generated on: 1/27/2020 1:20:39 PM

	Portion Size	Carb (g)
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		103.52
% of Calories		50.8%
Nutrient Guideline		

Tue - 02/11/2020		
	Portion Size	Carb (g)
Middle School (6-8) -Breakfa	Total	
Cinnamon Roll-Bake & Serve 3oz	3 oz	36.0
Breakfast-Cereal & String Chz	see recipe	24.4
Breakfast-Sandwich Choice	sandwich	29.61
Breakfast Wrap-Choice	wrap	15.39
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
Middle School (6-8) - Lunch	Total	
Italian Dippers	see recipe	48.0
Salad-Chef (MMS)	salad	3.64
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
Cucumber-Sliced	1/2 cup	1.89
Soup-Chicken Noodle	6 oz	6.0
Condiments-Lunch (MS)	1 each	9.34
Weighted Daily Average		86.05
% of Calories		51.3%
Nutrient Guideline		

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Portion Values - Detailed

Page 5

Generated on: 1/27/2020 1:20:39 PM

	Portion Size	Carb (g)
Wed - 02/12/2020		
Middle School (6-8) -Breakfa	Total	
Yogurt Parfait	parfait	38.87
Muffin-Blueberry or Choc Chip	1 each	65.5
Breakfast-Cereal & String Chz	see recipe	24.4
Breakfast-Sandwich Choice	sandwich	29.61
Breakfast Wrap-Choice	wrap	15.39
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
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
Peppers-red sliced	1/2 cup	3.0
Condiments-Lunch (MS)	1 each	9.34
Weighted Daily Average		78.84
% of Calories		46.1%
Nutrient Guideline		

Thu - 02/13/2020		
Middle School (6-8) -Breakfa	Total	
Egg, Sausage & Potato Bake	servings (1/12)	16.62
Muffin-Blueberry or Choc Chip	1 each	65.5
Breakfast-Cereal & String Chz	see recipe	24.4
Breakfast-Sandwich Choice	sandwich	29.61
Breakfast Wrap-Choice	wrap	15.39
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
Middle School (6-8) - Lunch	Total	
Burger-Plain	1 Each	25.0
Burger-Cheese	1 Each	25.23
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
Potatoes-Curly Fries	serving (3oz)	14.97
Celery-Sticks	1/2 cup	2.07
Carrots-baby	1/2 cup	11.5
Condiments-Lunch (MS)	1 each	9.34
Weighted Daily Average		78.29
% of Calories		47.3%
Nutrient Guideline		

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Portion Values - Detailed

Page 6

Generated on: 1/27/2020 1:20:39 PM

	Portion Size	Carb (g)
Fri - 02/14/2020		
Middle School (6-8) -Breakfa	Total	
Donut-Yeast Ring w/Glaze WG	1 each	30.0
Muffin-Blueberry or Choc Chip	1 each	65.5
Breakfast-Cereal & String Chz	see recipe	24.4
Breakfast-Sandwich Choice	sandwich	29.61
Breakfast Wrap-Choice	wrap	15.39
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
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
Cookies-Chocolate Chip	1 each	18.11
Weighted Daily Average		86.38
% of Calories		53.6%
Nutrient Guideline		

Mon - 02/17/2020		
Middle School (6-8) -Breakfa	Total	
No School	1 each	0.0
No Breakfast or Lunch	1 each	0.0
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%
Nutrient Guideline		

Tue - 02/18/2020		
Middle School (6-8) -Breakfa	Total	
No School	1 each	0.0
No Breakfast or Lunch	1 each	0.0
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%
Nutrient Guideline		

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Portion Values - Detailed

Page 7

Generated on: 1/27/2020 1:20:39 PM

	Portion Size	Carb (g)
Wed - 02/19/2020		
Middle School (6-8) -Breakfa	Total	
No School	1 each	0.0
No Breakfast or Lunch	1 each	0.0
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%
Nutrient Guideline		

Thu - 02/20/2020		
Middle School (6-8) -Breakfa	Total	
No School	1 each	0.0
No Breakfast or Lunch	1 each	0.0
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%
Nutrient Guideline		

Fri - 02/21/2020		
Middle School (6-8) -Breakfa	Total	
No School	1 each	0.0
No Breakfast or Lunch	1 each	0.0
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%
Nutrient Guideline		

Mon - 02/24/2020		
Middle School (6-8) -Breakfa	Total	
Smoothie Yogurt - Straw/Mango	1 cup	36.64
Bread-Banana Slice IW WG	1 each	45.18
Muffin-Blueberry or Choc Chip	1 each	65.5
Breakfast-Cereal & String Chz	see recipe	24.4
Breakfast-Sandwich Choice	sandwich	29.61
Breakfast Wrap-Choice	wrap	15.39
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

Page 8

Generated on: 1/27/2020 1:20:39 PM

	Portion Size	Carb (g)
Middle School (6-8) - Lunch	Total	
Bowl-BC Mashed Potato	bowl	100.33
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
Bread-Dinner Roll	1 each	16.0
Corn-Yellow	1/2 cup	17.74
Broccoli & Cauliflower	1/2 cup	2.45
Condiments-Lunch (MS)	1 each	9.34
Weighted Daily Average		148.29
% of Calories		64.5%
Nutrient Guideline		

Tue - 02/25/2020		
Middle School (6-8) -Breakfa	Total	
Cinnamon Roll-Bake & Serve 3oz	3 oz	36.0
Breakfast-Cereal & String Chz	see recipe	24.4
Breakfast-Sandwich Choice	sandwich	29.61
Breakfast Wrap-Choice	wrap	15.39
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
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
Carrots-baby	1/2 cup	11.5
Soup-Chicken Noodle	6 oz	6.0
Condiments-Lunch (MS)	1 each	9.34
Weighted Daily Average		89.35
% of Calories		51.6%
Nutrient Guideline		

Wed - 02/26/2020		
Middle School (6-8) -Breakfa	Total	
Yogurt Parfait	parfait	38.87
Muffin-Blueberry or Choc Chip	1 each	65.5
Breakfast-Cereal & String Chz	see recipe	24.4
Breakfast-Sandwich Choice	sandwich	29.61
Breakfast Wrap-Choice	wrap	15.39
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

Page 9

Generated on: 1/27/2020 1:20:39 PM

	Portion Size	Carb (g)
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
Hash Brown Rounds	serving (3 ea)	22.5
Juice 100%-Variety	1 each	14.6
Condiments-Lunch (MS)	1 each	9.34
Weighted Daily Average		98.11
% of Calories		54.2%
Nutrient Guideline		

Thu - 02/27/2020		
Middle School (6-8) -Breakfa	Total	
Egg, Sausage & Potato Bake	servings (1/12)	16.62
Muffin-Blueberry or Choc Chip	1 each	65.5
Breakfast-Cereal & String Chz	see recipe	24.4
Breakfast-Sandwich Choice	sandwich	29.61
Breakfast Wrap-Choice	wrap	15.39
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
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		78.04
% of Calories		48.7%
Nutrient Guideline		

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BCSD Nutrition Services

Feb 3, 2020 thru Feb 28, 2020

Base Menu Spreadsheet

Combined: Middle School (6-8) -Breakfast/Middle School (6-8) - Lunch

Portion Values - Detailed

Page 10

Generated on: 1/27/2020 1:20:39 PM

	Portion Size	Carb (g)
Fri - 02/28/2020		
Middle School (6-8) -Breakfa	Total	
Donut-Yeast Ring w/Glaze WG	1 each	30.0
Muffin-Blueberry or Choc Chip	1 each	65.5
Breakfast-Cereal & String Chz	see recipe	24.4
Breakfast-Sandwich Choice	sandwich	29.61
Breakfast Wrap-Choice	wrap	15.39
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
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
Cookies-Chocolate Chip	1 each	18.11
Weighted Daily Average		86.38
% of Calories		53.6%
Nutrient Guideline		

Weighted Average		92.92 53.6%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	92.92	53.65%						

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

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