

BCSD Nutrition Services

Mar 1, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

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

Portion Values - Detailed

Page 1

Generated on: 2/25/2020 10:17:31 AM

	Portion Size	Carb (g)
Mon - 03/02/2020		
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-French Fries	3 oz cooked	22.78
Broccoli-Cooked	1/2 CUP	4.92
Carrots-baby	1/2 cup	11.5
Condiments-Lunch (Elem)	1 each	5.01
Cracker-Graham	package	17.0
Weighted Daily Average		90.01
% of Calories		52.8%
Nutrient Guideline		

Tue - 03/03/2020		
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-Tuna Salad	1 each	31.25
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 & Cauliflower	1/2 cup	2.45
Condiments-Lunch (Elem)	1 each	5.01
Gelatin-Red with Pears	1/2 cup	20.8
Topping-Whipped Non-Dairy	serving	1.61
Weighted Daily Average		103.98
% of Calories		54.1%
Nutrient Guideline		

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Portion Values - Detailed

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Generated on: 2/25/2020 10:17:31 AM

	Portion Size	Carb (g)
Wed - 03/04/2020		
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-Italian Mix (K8)	Sandwich	24.47
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
Corn-Yellow	1/2 cup	17.74
Cucumber-Sliced	1/2 cup	1.89
Condiments-Lunch (Elem)	1 each	5.01
Weighted Daily Average		88.73
% of Calories		66.7%
Nutrient Guideline		

Thu - 03/05/2020		
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
Salad-Chef Chicken (K8)	salad	358.55
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
Green Beans-Cooked	1/2 CUP	5.0
Tomatoes-Cherry/Grape	1/2 cup	3.46
Condiments-Lunch (Elem)	1 each	5.01
Weighted Daily Average		87.32
% of Calories		51.2%
Nutrient Guideline		

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Portion Values - Detailed

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	Portion Size	Carb (g)
Fri - 03/06/2020		
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 - 03/09/2020		
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
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		

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Portion Values - Detailed

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	Portion Size	Carb (g)
Tue - 03/10/2020		
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-Tuna Salad	1 each	31.25
PBJ&String Cheese	see recipe	62.67
Milk-Lunch (Elem)	1 each	17.68
Cheese-String	1 each	1.0
Hash Brown Rounds Elementary	serving (2 ea)	15.0
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		92.41
% of Calories		53.0%
Nutrient Guideline		

Wed - 03/11/2020		
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-Italian Mix (K8)	Sandwich	24.47
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		71.26
% of Calories		47.1%
Nutrient Guideline		

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Portion Values - Detailed

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	Portion Size	Carb (g)
Thu - 03/12/2020		
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
Salad-Chef Chicken (K8)	salad	358.55
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-Cooked	1/2 CUP	5.64
Cucumber-Sliced	1/2 cup	1.89
Condiments-Lunch (Elem)	1 each	5.01
Weighted Daily Average		96.75
% of Calories		52.6%
Nutrient Guideline		

Fri - 03/13/2020		
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		

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Portion Values - Detailed

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	Portion Size	Carb (g)
Mon - 03/16/2020		
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
Corn-Yellow	1/2 cup	17.74
Broccoli & Cauliflower	1/2 cup	2.45
Guacamole RTU	1 oz	3.02
Salsa	1 oz	1.96
Condiments-Lunch (Elem)	1 each	5.01
Weighted Daily Average		76.97
% of Calories		44.4%
Nutrient Guideline		

Tue - 03/17/2020		
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	
Pretzel-Soft (Shamrock Shape)	1 each	30.0
Cheese-Cheddar Cup	1 each	14.0
Sandwich-Tuna Salad	1 each	31.25
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
Yogurt-4 oz assorted	1 each	20.0
Peppers-red sliced	1/2 cup	3.0
peppers-green sliced	1/2 cup	2.13
Condiments-Lunch (Elem)	1 each	5.01
Weighted Daily Average		92.15
% of Calories		60.4%
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Portion Values - Detailed

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	Portion Size	Carb (g)
Wed - 03/18/2020		
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	
Fish Nuggets (Sea Shapes)	serving (4ea)	21.0
Sandwich-Italian Mix (K8)	Sandwich	24.47
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
Peas & Carrots, Cooked	1/2 cup	7.72
Condiments-Lunch (Elem)	1 each	5.01
Pudding-Chocolate	1/2 cup	25.78
Weighted Daily Average		98.16
% of Calories		58.7%
Nutrient Guideline		

Thu - 03/19/2020		
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-Pizza Grilled Cheese	sandwich	28.77
Salad-Chef Chicken (K8)	salad	358.55
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		94.16
% of Calories		54.8%
Nutrient Guideline		

Fri - 03/20/2020		
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

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	Portion Size	Carb (g)
Weighted Daily Average		0.00
% of Calories		0.0%
Nutrient Guideline		

Mon - 03/23/2020		
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
Crackers-Goldfish Whole Grain	1 each	14.0
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		92.03
% of Calories		57.5%
Nutrient Guideline		

Tue - 03/24/2020		
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-Tuna Salad	1 each	31.25
PBJ&String Cheese	see recipe	62.67
Milk-Lunch (Elem)	1 each	17.68
Cheese-String	1 each	1.0
Hash Brown Rounds Elementary	serving (2 ea)	15.0
Fruit-Canned or Fresh-1/2 cup	1/2 cup	16.61
Mandarin Oranges (Canned)	1/2 cup	28.5
Juice 100%-Variety	1/2 each	7.3
Condiments-Lunch (Elem)	1 each	5.01
Weighted Daily Average		93.07
% of Calories		53.4%
Nutrient Guideline		

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Wed - 03/25/2020		
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	
Alfredo-Chicken	1 cup	34.01
Breadstick-French (not WG)	1 each	27.0
Sandwich-Italian Mix (K8)	Sandwich	24.47
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
Carrots-baby	1/2 cup	11.5
Condiments-Lunch (Elem)	1 each	5.01
Weighted Daily Average		97.75
% of Calories		60.5%
Nutrient Guideline		

Thu - 03/26/2020		
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
Salad-Chef Chicken (K8)	salad	358.55
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
Broccoli-Cooked	1/2 CUP	4.92
Condiments-Lunch (Elem)	1 each	5.01
Weighted Daily Average		89.49
% of Calories		53.6%
Nutrient Guideline		

Fri - 03/27/2020		
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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BCSD Nutrition Services

Mar 1, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

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

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
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 - 03/30/2020		
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-French Fries	3 oz cooked	22.78
Broccoli-Cooked	1/2 CUP	4.92
Carrots-baby	1/2 cup	11.5
Condiments-Lunch (Elem)	1 each	5.01
Cracker-Graham	package	17.0
Weighted Daily Average		90.01
% of Calories		52.8%
Nutrient Guideline		

Tue - 03/31/2020		
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

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BCSD Nutrition Services

Mar 1, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

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

Portion Values - Detailed

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	Portion Size	Carb (g)
Elementary (K-5) - Lunch	Total	
Italian Dippers	see recipe	48.0
Sandwich-Tuna Salad	1 each	31.25
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 & Cauliflower	1/2 cup	2.45
Condiments-Lunch (Elem)	1 each	5.01
Gelatin-Red with Pears	1/2 cup	20.8
Topping-Whipped Non-Dairy	serving	1.61
Weighted Daily Average		103.98
% of Calories		54.1%
Nutrient Guideline		

Weighted Average		88.33
		54.1%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	88.33	54.08%						

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