

Campbell County School District

Mar 1, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

Combined: Breakfast K-5 4 day/Breakfast 6 4day

Portion Values - Detailed

Page 1

Generated on: 2/26/2020 6:42:38 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 03/02/2020															
Breakfast K-5 4 day	Total														
Cereal Elem	Bowl	101	0	0	3.04	0.00	0.0	30	0.0	6	32.4	24.3	0.0	0.00	0.00
Yogurt Danimals	Container	80	5	65	0.00	0.00	150.0	60	0.0	12	4.0	15.0	0.0	0.00	0.00
Cinnamon Sugar	.5 oz	90	0	2	7.53	1.19	142.2	42	0.54	14	0.57	25.6	0.18	0.05	*0.00
Bread	Slice	80	0	125	1.00	0.72	20.0	5	0.0	1	4.0	14.0	1.0	0.00	0.00
Fruit Assorted	1/2 Cup	160	0	0	2.00	0.72	40.0	0	0.0	30	2.0	38.0	0.0	0.00	0.00
Milk White CCSD	1 Cup	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk Skim CCSD	1 Cup	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Milk Chocolate CCSD	1 Cup	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
Breakfast 6 4day	Total														
Cereal Sec	2 Bowls	101	0	0	3.04	0.00	0.0	30	0.0	6	32.4	24.3	0.0	0.00	0.00
Yogurt Danimals	Container	80	5	65	0.00	0.00	150.0	60	0.0	12	4.0	15.0	0.0	0.00	0.00
Cinnamon Sugar	.5 oz	90	0	2	7.53	1.19	142.2	42	0.54	14	0.57	25.6	0.18	0.05	*0.00
Bread	Slice	80	0	125	1.00	0.72	20.0	5	0.0	1	4.0	14.0	1.0	0.00	0.00
Fruit Assorted	1/2 Cup	160	0	0	2.00	0.72	40.0	0	0.0	30	2.0	38.0	0.0	0.00	0.00
Milk White CCSD	1 Cup	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk Skim CCSD	1 Cup	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Milk Chocolate CCSD	1 Cup	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average		370	6	158	5.49	1.06	288.5	382	1.28	49	36.51	78.76	1.18	0.50	*0.00
% of Calories										52.8%	39.5%	85.1%	2.9%	1.2%	*0.0%
Nutrient Guideline		375-525		570										<10.00	

Tue - 03/03/2020															
Breakfast K-5 4 day	Total														
Sunrise Quinoa	1/2 Cup	320	0	0	8.00	2.88	40.0	10	0.0	2	14.0	62.0	3.0	0.00	0.00
Yogurt Danimals	Container	80	5	65	0.00	0.00	150.0	60	0.0	12	4.0	15.0	0.0	0.00	0.00
Cereal Elem	Bowl	101	0	0	3.04	0.00	0.0	30	0.0	6	32.4	24.3	0.0	0.00	0.00
Cinnamon Sugar	.5 oz	90	0	2	7.53	1.19	142.2	42	0.54	14	0.57	25.6	0.18	0.05	*0.00
Bread	Slice	80	0	125	1.00	0.72	20.0	5	0.0	1	4.0	14.0	1.0	0.00	0.00
Fruit Assorted	1/2 Cup	160	0	0	2.00	0.72	40.0	0	0.0	30	2.0	38.0	0.0	0.00	0.00
Milk White CCSD	1 Cup	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk Skim CCSD	1 Cup	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00

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.

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Campbell County School District

Mar 1, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

Combined: Breakfast K-5 4 day/Breakfast 6 4day

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Breakfast 6 4day	Total														
Sunrise Quinoa	1 Cup	640	0	0	16.00	5.76	80.0	20	0.0	4	28.0	124.0	6.0	0.00	0.00
Yogurt Danimals	Container	80	5	65	0.00	0.00	150.0	60	0.0	12	4.0	15.0	0.0	0.00	0.00
Cereal Sec	2 Bowls	101	0	0	3.04	0.00	0.0	30	0.0	6	32.4	24.3	0.0	0.00	0.00
Cinnamon Sugar	.5 oz	90	0	2	7.53	1.19	142.2	42	0.54	14	0.57	25.6	0.18	0.05	*0.00
Bread	Slice	80	0	125	1.00	0.72	20.0	5	0.0	1	4.0	14.0	1.0	0.00	0.00
Fruit Assorted	1/2 Cup	160	0	0	2.00	0.72	40.0	0	0.0	30	2.0	38.0	0.0	0.00	0.00
Milk White CCSD	1 Cup	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk Skim CCSD	1 Cup	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		518	5	104	9.72	3.22	231.0	210	0.88	42	25.78	105.67	3.43	0.50	*0.00
% of Calories										32.3%	19.9%	81.7%	6.0%	0.9%	*0.0%
Nutrient Guideline		375-525		570										<10.00	

Wed - 03/04/2020															
Breakfast K-5 4 day	Total														
Cereal Elem	Bowl	101	0	0	3.04	0.00	0.0	30	0.0	6	32.4	24.3	0.0	0.00	0.00
Yogurt Danimals	Container	80	5	65	0.00	0.00	150.0	60	0.0	12	4.0	15.0	0.0	0.00	0.00
Cinnamon Sugar	.5 oz	90	0	2	7.53	1.19	142.2	42	0.54	14	0.57	25.6	0.18	0.05	*0.00
Bread	Slice	80	0	125	1.00	0.72	20.0	5	0.0	1	4.0	14.0	1.0	0.00	0.00
Fruit Assorted	1/2 Cup	160	0	0	2.00	0.72	40.0	0	0.0	30	2.0	38.0	0.0	0.00	0.00
Milk White CCSD	1 Cup	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk Skim CCSD	1 Cup	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Breakfast 6 4day	Total														
Cereal Sec	2 Bowls	101	0	0	3.04	0.00	0.0	30	0.0	6	32.4	24.3	0.0	0.00	0.00
Yogurt Danimals	Container	80	5	65	0.00	0.00	150.0	60	0.0	12	4.0	15.0	0.0	0.00	0.00
Cinnamon Sugar	.5 oz	90	0	2	7.53	1.19	142.2	42	0.54	14	0.57	25.6	0.18	0.05	*0.00
Bread	Slice	80	0	125	1.00	0.72	20.0	5	0.0	1	4.0	14.0	1.0	0.00	0.00
Fruit Assorted	1/2 Cup	160	0	0	2.00	0.72	40.0	0	0.0	30	2.0	38.0	0.0	0.00	0.00
Milk White CCSD	1 Cup	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk Skim CCSD	1 Cup	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		330	4	98	5.49	1.06	188.5	215	0.88	43	33.85	72.10	1.18	0.50	*0.00
% of Calories										51.9%	41.0%	87.4%	3.2%	1.4%	*0.0%
Nutrient Guideline		375-525		570										<10.00	

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Base Menu Spreadsheet

Combined: Breakfast K-5 4 day/Breakfast 6 4day

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 03/05/2020															
Breakfast K-5 4 day	Total														
Scrambled Eggs	1/2 Cup	140	420	140	0.00	1.80	60.0	500	0.0	0	12.0	0.0	18.0	1.06	0.00
Cereal Elem	Bowl	101	0	0	3.04	0.00	0.0	30	0.0	6	32.4	24.3	0.0	0.00	0.00
Yogurt Danimals	Container	80	5	65	0.00	0.00	150.0	60	0.0	12	4.0	15.0	0.0	0.00	0.00
Cinnamon Sugar	.5 oz	90	0	2	7.53	1.19	142.2	42	0.54	14	0.57	25.6	0.18	0.05	*0.00
Bread	Slice	80	0	125	1.00	0.72	20.0	5	0.0	1	4.0	14.0	1.0	0.00	0.00
Fruit Assorted	1/2 Cup	160	0	0	2.00	0.72	40.0	0	0.0	30	2.0	38.0	0.0	0.00	0.00
Milk White CCSD	1 Cup	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk Skim CCSD	1 Cup	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Milk Chocolate CCSD	1 Cup	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
Breakfast 6 4day	Total														
Scrambled Eggs	1 Cup	280	840	280	0.00	3.60	120.0	1000	0.0	0	24.0	0.0	36.0	2.12	0.00
Cereal Sec	2 Bowls	101	0	0	3.04	0.00	0.0	30	0.0	6	32.4	24.3	0.0	0.00	0.00
Yogurt Danimals	Container	80	5	65	0.00	0.00	150.0	60	0.0	12	4.0	15.0	0.0	0.00	0.00
Cinnamon Sugar	.5 oz	90	0	2	7.53	1.19	142.2	42	0.54	14	0.57	25.6	0.18	0.05	*0.00
Bread	Slice	80	0	125	1.00	0.72	20.0	5	0.0	1	4.0	14.0	1.0	0.00	0.00
Fruit Assorted	1/2 Cup	160	0	0	2.00	0.72	40.0	0	0.0	30	2.0	38.0	0.0	0.00	0.00
Milk White CCSD	1 Cup	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk Skim CCSD	1 Cup	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Milk Chocolate CCSD	1 Cup	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average		405	424	241	3.47	2.86	253.5	704	0.90	39	24.38	56.23	19.18	1.56	*0.00
% of Calories										38.6%	24.1%	55.6%	42.7%	3.5%	*0.0%
Nutrient Guideline		375-525		570										<10.00	

Mon - 03/09/2020															
Breakfast K-5 4 day	Total														
Cereal Elem	Bowl	101	0	0	3.04	0.00	0.0	30	0.0	6	32.4	24.3	0.0	0.00	0.00
Yogurt Danimals	Container	80	5	65	0.00	0.00	150.0	60	0.0	12	4.0	15.0	0.0	0.00	0.00
Cinnamon Sugar	.5 oz	90	0	2	7.53	1.19	142.2	42	0.54	14	0.57	25.6	0.18	0.05	*0.00
Bread	Slice	80	0	125	1.00	0.72	20.0	5	0.0	1	4.0	14.0	1.0	0.00	0.00
Fruit Assorted	1/2 Cup	160	0	0	2.00	0.72	40.0	0	0.0	30	2.0	38.0	0.0	0.00	0.00
Milk White CCSD	1 Cup	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk Skim CCSD	1 Cup	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Milk Chocolate CCSD	1 Cup	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00

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Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Breakfast 6 4day Cereal Sec	Total 2 Bowls	101	0	0	3.04	0.00	0.0	30	0.0	6	32.4	24.3	0.0	0.00	0.00
Yogurt Danimals	Container	80	5	65	0.00	0.00	150.0	60	0.0	12	4.0	15.0	0.0	0.00	0.00
Cinnamon Sugar	.5 oz	90	0	2	7.53	1.19	142.2	42	0.54	14	0.57	25.6	0.18	0.05	*0.00
Bread	Slice	80	0	125	1.00	0.72	20.0	5	0.0	1	4.0	14.0	1.0	0.00	0.00
Fruit Assorted	1/2 Cup	160	0	0	2.00	0.72	40.0	0	0.0	30	2.0	38.0	0.0	0.00	0.00
Milk White CCSD	1 Cup	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk Skim CCSD	1 Cup	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Milk Chocolate CCSD	1 Cup	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average		370	6	158	5.49	1.06	288.5	382	1.28	49	36.51	78.76	1.18	0.50	*0.00
% of Calories										52.8%	39.5%	85.1%	2.9%	1.2%	*0.0%
Nutrient Guideline		375-525		570										<10.00	

Tue - 03/10/2020															
Breakfast K-5 4 day Sunrise Quinoa	Total 1/2 Cup	320	0	0	8.00	2.88	40.0	10	0.0	2	14.0	62.0	3.0	0.00	0.00
Yogurt Danimals	Container	80	5	65	0.00	0.00	150.0	60	0.0	12	4.0	15.0	0.0	0.00	0.00
Cereal Elem	Bowl	101	0	0	3.04	0.00	0.0	30	0.0	6	32.4	24.3	0.0	0.00	0.00
Cinnamon Sugar	.5 oz	90	0	2	7.53	1.19	142.2	42	0.54	14	0.57	25.6	0.18	0.05	*0.00
Bread	Slice	80	0	125	1.00	0.72	20.0	5	0.0	1	4.0	14.0	1.0	0.00	0.00
Fruit Assorted	1/2 Cup	160	0	0	2.00	0.72	40.0	0	0.0	30	2.0	38.0	0.0	0.00	0.00
Milk White CCSD	1 Cup	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk Skim CCSD	1 Cup	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Breakfast 6 4day Sunrise Quinoa	Total 1 Cup	640	0	0	16.00	5.76	80.0	20	0.0	4	28.0	124.0	6.0	0.00	0.00
Yogurt Danimals	Container	80	5	65	0.00	0.00	150.0	60	0.0	12	4.0	15.0	0.0	0.00	0.00
Cereal Sec	2 Bowls	101	0	0	3.04	0.00	0.0	30	0.0	6	32.4	24.3	0.0	0.00	0.00
Cinnamon Sugar	.5 oz	90	0	2	7.53	1.19	142.2	42	0.54	14	0.57	25.6	0.18	0.05	*0.00
Bread	Slice	80	0	125	1.00	0.72	20.0	5	0.0	1	4.0	14.0	1.0	0.00	0.00
Fruit Assorted	1/2 Cup	160	0	0	2.00	0.72	40.0	0	0.0	30	2.0	38.0	0.0	0.00	0.00
Milk White CCSD	1 Cup	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk Skim CCSD	1 Cup	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		518	5	104	9.72	3.22	231.0	210	0.88	42	25.78	105.67	3.43	0.50	*0.00
% of Calories										32.3%	19.9%	81.7%	6.0%	0.9%	*0.0%
Nutrient Guideline		375-525		570										<10.00	

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Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 03/11/2020															
Breakfast K-5 4 day	Total														
Cereal Elem	Bowl	101	0	0	3.04	0.00	0.0	30	0.0	6	32.4	24.3	0.0	0.00	0.00
Yogurt Danimals	Container	80	5	65	0.00	0.00	150.0	60	0.0	12	4.0	15.0	0.0	0.00	0.00
Cinnamon Sugar	.5 oz	90	0	2	7.53	1.19	142.2	42	0.54	14	0.57	25.6	0.18	0.05	*0.00
Bread	Slice	80	0	125	1.00	0.72	20.0	5	0.0	1	4.0	14.0	1.0	0.00	0.00
Fruit Assorted	1/2 Cup	160	0	0	2.00	0.72	40.0	0	0.0	30	2.0	38.0	0.0	0.00	0.00
Milk White CCSD	1 Cup	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk Skim CCSD	1 Cup	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Breakfast 6 4day	Total														
Cereal Sec	2 Bowls	101	0	0	3.04	0.00	0.0	30	0.0	6	32.4	24.3	0.0	0.00	0.00
Yogurt Danimals	Container	80	5	65	0.00	0.00	150.0	60	0.0	12	4.0	15.0	0.0	0.00	0.00
Cinnamon Sugar	.5 oz	90	0	2	7.53	1.19	142.2	42	0.54	14	0.57	25.6	0.18	0.05	*0.00
Bread	Slice	80	0	125	1.00	0.72	20.0	5	0.0	1	4.0	14.0	1.0	0.00	0.00
Fruit Assorted	1/2 Cup	160	0	0	2.00	0.72	40.0	0	0.0	30	2.0	38.0	0.0	0.00	0.00
Milk White CCSD	1 Cup	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk Skim CCSD	1 Cup	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		330	4	98	5.49	1.06	188.5	215	0.88	43	33.85	72.10	1.18	0.50	*0.00
% of Calories										51.9%	41.0%	87.4%	3.2%	1.4%	*0.0%
Nutrient Guideline		375-525		570										<10.00	

Thu - 03/12/2020															
Breakfast K-5 4 day	Total														
Scrambled Eggs	1/2 Cup	140	420	140	0.00	1.80	60.0	500	0.0	0	12.0	0.0	18.0	1.06	0.00
Cereal Elem	Bowl	101	0	0	3.04	0.00	0.0	30	0.0	6	32.4	24.3	0.0	0.00	0.00
Yogurt Danimals	Container	80	5	65	0.00	0.00	150.0	60	0.0	12	4.0	15.0	0.0	0.00	0.00
Cinnamon Sugar	.5 oz	90	0	2	7.53	1.19	142.2	42	0.54	14	0.57	25.6	0.18	0.05	*0.00
Bread	Slice	80	0	125	1.00	0.72	20.0	5	0.0	1	4.0	14.0	1.0	0.00	0.00
Fruit Assorted	1/2 Cup	160	0	0	2.00	0.72	40.0	0	0.0	30	2.0	38.0	0.0	0.00	0.00
Milk White CCSD	1 Cup	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk Skim CCSD	1 Cup	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Milk Chocolate CCSD	1 Cup	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00

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Campbell County School District

Mar 1, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

Combined: Breakfast K-5 4 day/Breakfast 6 4day

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Breakfast 6 4day	Total														
Scrambled Eggs	1 Cup	280	840	280	0.00	3.60	120.0	1000	0.0	0	24.0	0.0	36.0	2.12	0.00
Cereal Sec	2 Bowls	101	0	0	3.04	0.00	0.0	30	0.0	6	32.4	24.3	0.0	0.00	0.00
Yogurt Danimals	Container	80	5	65	0.00	0.00	150.0	60	0.0	12	4.0	15.0	0.0	0.00	0.00
Cinnamon Sugar	.5 oz	90	0	2	7.53	1.19	142.2	42	0.54	14	0.57	25.6	0.18	0.05	*0.00
Bread	Slice	80	0	125	1.00	0.72	20.0	5	0.0	1	4.0	14.0	1.0	0.00	0.00
Fruit Assorted	1/2 Cup	160	0	0	2.00	0.72	40.0	0	0.0	30	2.0	38.0	0.0	0.00	0.00
Milk White CCSD	1 Cup	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk Skim CCSD	1 Cup	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		404	424	240	3.47	2.86	251.0	699	0.89	39	24.31	56.07	19.18	1.56	*0.00
% of Calories										38.6%	24.1%	55.6%	42.8%	3.5%	*0.0%
Nutrient Guideline		375-525		570										<10.00	

Mon - 03/23/2020															
Breakfast K-5 4 day	Total														
Cereal Elem	Bowl	101	0	0	3.04	0.00	0.0	30	0.0	6	32.4	24.3	0.0	0.00	0.00
Yogurt Danimals	Container	80	5	65	0.00	0.00	150.0	60	0.0	12	4.0	15.0	0.0	0.00	0.00
Cinnamon Sugar	.5 oz	90	0	2	7.53	1.19	142.2	42	0.54	14	0.57	25.6	0.18	0.05	*0.00
Bread	Slice	80	0	125	1.00	0.72	20.0	5	0.0	1	4.0	14.0	1.0	0.00	0.00
Fruit Assorted	1/2 Cup	160	0	0	2.00	0.72	40.0	0	0.0	30	2.0	38.0	0.0	0.00	0.00
Milk White CCSD	1 Cup	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk Skim CCSD	1 Cup	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Milk Chocolate CCSD	1 Cup	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
Breakfast 6 4day	Total														
Cereal Sec	2 Bowls	101	0	0	3.04	0.00	0.0	30	0.0	6	32.4	24.3	0.0	0.00	0.00
Yogurt Danimals	Container	80	5	65	0.00	0.00	150.0	60	0.0	12	4.0	15.0	0.0	0.00	0.00
Cinnamon Sugar	.5 oz	90	0	2	7.53	1.19	142.2	42	0.54	14	0.57	25.6	0.18	0.05	*0.00
Bread	Slice	80	0	125	1.00	0.72	20.0	5	0.0	1	4.0	14.0	1.0	0.00	0.00
Fruit Assorted	1/2 Cup	160	0	0	2.00	0.72	40.0	0	0.0	30	2.0	38.0	0.0	0.00	0.00
Milk White CCSD	1 Cup	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk Skim CCSD	1 Cup	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Milk Chocolate CCSD	1 Cup	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average		370	6	158	5.49	1.06	288.5	382	1.28	49	36.51	78.76	1.18	0.50	*0.00
% of Calories										52.8%	39.5%	85.1%	2.9%	1.2%	*0.0%
Nutrient Guideline		375-525		570										<10.00	

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Campbell County School District

Mar 1, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

Combined: Breakfast K-5 4 day/Breakfast 6 4day

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 03/24/2020															
Breakfast K-5 4 day	Total														
Sunrise Quinoa	1/2 Cup	320	0	0	8.00	2.88	40.0	10	0.0	2	14.0	62.0	3.0	0.00	0.00
Yogurt Danimals	Container	80	5	65	0.00	0.00	150.0	60	0.0	12	4.0	15.0	0.0	0.00	0.00
Cereal Elem	Bowl	101	0	0	3.04	0.00	0.0	30	0.0	6	32.4	24.3	0.0	0.00	0.00
Cinnamon Sugar	.5 oz	90	0	2	7.53	1.19	142.2	42	0.54	14	0.57	25.6	0.18	0.05	*0.00
Bread	Slice	80	0	125	1.00	0.72	20.0	5	0.0	1	4.0	14.0	1.0	0.00	0.00
Fruit Assorted	1/2 Cup	160	0	0	2.00	0.72	40.0	0	0.0	30	2.0	38.0	0.0	0.00	0.00
Milk White CCSD	1 Cup	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk Skim CCSD	1 Cup	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Breakfast 6 4day	Total														
Sunrise Quinoa	1 Cup	640	0	0	16.00	5.76	80.0	20	0.0	4	28.0	124.0	6.0	0.00	0.00
Yogurt Danimals	Container	80	5	65	0.00	0.00	150.0	60	0.0	12	4.0	15.0	0.0	0.00	0.00
Cereal Sec	2 Bowls	101	0	0	3.04	0.00	0.0	30	0.0	6	32.4	24.3	0.0	0.00	0.00
Cinnamon Sugar	.5 oz	90	0	2	7.53	1.19	142.2	42	0.54	14	0.57	25.6	0.18	0.05	*0.00
Bread	Slice	80	0	125	1.00	0.72	20.0	5	0.0	1	4.0	14.0	1.0	0.00	0.00
Fruit Assorted	1/2 Cup	160	0	0	2.00	0.72	40.0	0	0.0	30	2.0	38.0	0.0	0.00	0.00
Milk White CCSD	1 Cup	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk Skim CCSD	1 Cup	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		518	5	104	9.72	3.22	231.0	210	0.88	42	25.78	105.67	3.43	0.50	*0.00
% of Calories										32.3%	19.9%	81.7%	6.0%	0.9%	*0.0%
Nutrient Guideline		375-525		570										<10.00	

Wed - 03/25/2020															
Breakfast K-5 4 day	Total														
Cereal Elem	Bowl	101	0	0	3.04	0.00	0.0	30	0.0	6	32.4	24.3	0.0	0.00	0.00
Yogurt Danimals	Container	80	5	65	0.00	0.00	150.0	60	0.0	12	4.0	15.0	0.0	0.00	0.00
Cinnamon Sugar	.5 oz	90	0	2	7.53	1.19	142.2	42	0.54	14	0.57	25.6	0.18	0.05	*0.00
Bread	Slice	80	0	125	1.00	0.72	20.0	5	0.0	1	4.0	14.0	1.0	0.00	0.00
Fruit Assorted	1/2 Cup	160	0	0	2.00	0.72	40.0	0	0.0	30	2.0	38.0	0.0	0.00	0.00
Milk White CCSD	1 Cup	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk Skim CCSD	1 Cup	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00

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Campbell County School District

Mar 1, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

Combined: Breakfast K-5 4 day/Breakfast 6 4day

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Breakfast 6 4day	Total														
Cereal Sec	2 Bowls	101	0	0	3.04	0.00	0.0	30	0.0	6	32.4	24.3	0.0	0.00	0.00
Yogurt Danimals	Container	80	5	65	0.00	0.00	150.0	60	0.0	12	4.0	15.0	0.0	0.00	0.00
Cinnamon Sugar	.5 oz	90	0	2	7.53	1.19	142.2	42	0.54	14	0.57	25.6	0.18	0.05	*0.00
Bread	Slice	80	0	125	1.00	0.72	20.0	5	0.0	1	4.0	14.0	1.0	0.00	0.00
Fruit Assorted	1/2 Cup	160	0	0	2.00	0.72	40.0	0	0.0	30	2.0	38.0	0.0	0.00	0.00
Milk White CCSD	1 Cup	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk Skim CCSD	1 Cup	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		330	4	98	5.49	1.06	188.5	215	0.88	43	33.85	72.10	1.18	0.50	*0.00
% of Calories										51.9%	41.0%	87.4%	3.2%	1.4%	*0.0%
Nutrient Guideline		375-525		570										<10.00	

Thu - 03/26/2020															
Breakfast K-5 4 day	Total														
Scrambled Eggs	1/2 Cup		420	140	0.00	1.80	60.0	500	0.0	0	12.0	0.0	18.0	1.06	0.00
Cereal Elem	Bowl	101	0	0	3.04	0.00	0.0	30	0.0	6	32.4	24.3	0.0	0.00	0.00
Yogurt Danimals	Container	80	5	65	0.00	0.00	150.0	60	0.0	12	4.0	15.0	0.0	0.00	0.00
Cinnamon Sugar	.5 oz	90	0	2	7.53	1.19	142.2	42	0.54	14	0.57	25.6	0.18	0.05	*0.00
Bread	Slice	80	0	125	1.00	0.72	20.0	5	0.0	1	4.0	14.0	1.0	0.00	0.00
Fruit Assorted	1/2 Cup	160	0	0	2.00	0.72	40.0	0	0.0	30	2.0	38.0	0.0	0.00	0.00
Milk White CCSD	1 Cup	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk Skim CCSD	1 Cup	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Milk Chocolate CCSD	1 Cup	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
Breakfast 6 4day	Total														
Scrambled Eggs	1 Cup	280	840	280	0.00	3.60	120.0	1000	0.0	0	24.0	0.0	36.0	2.12	0.00
Cereal Sec	2 Bowls	101	0	0	3.04	0.00	0.0	30	0.0	6	32.4	24.3	0.0	0.00	0.00
Yogurt Danimals	Container	80	5	65	0.00	0.00	150.0	60	0.0	12	4.0	15.0	0.0	0.00	0.00
Cinnamon Sugar	.5 oz	90	0	2	7.53	1.19	142.2	42	0.54	14	0.57	25.6	0.18	0.05	*0.00
Bread	Slice	80	0	125	1.00	0.72	20.0	5	0.0	1	4.0	14.0	1.0	0.00	0.00
Fruit Assorted	1/2 Cup	160	0	0	2.00	0.72	40.0	0	0.0	30	2.0	38.0	0.0	0.00	0.00
Milk White CCSD	1 Cup	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk Skim CCSD	1 Cup	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Milk Chocolate CCSD	1 Cup	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average		405	424	241	3.47	2.86	253.5	704	0.90	39	24.38	56.23	19.18	1.56	*0.00
% of Calories										38.6%	24.1%	55.6%	42.7%	3.5%	*0.0%
Nutrient Guideline		375-525		570										<10.00	

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Campbell County School District

Mar 1, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

Combined: Breakfast K-5 4 day/Breakfast 6 4day

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 03/27/2020															
Breakfast K-5 4 day	Total														
Donut, LongJohn Maple Elem	1 Donut	340	0	460	2.00	1.44	20.0	0	0.0	30	5.0	56.0	11.0	4.50	0.00
Cereal Elem	Bowl	101	0	0	3.04	0.00	0.0	30	0.0	6	32.4	24.3	0.0	0.00	0.00
Yogurt Danimals	Container	80	5	65	0.00	0.00	150.0	60	0.0	12	4.0	15.0	0.0	0.00	0.00
Cinnamon Sugar	.5 oz	90	0	2	7.53	1.19	142.2	42	0.54	14	0.57	25.6	0.18	0.05	*0.00
Bread	Slice	80	0	125	1.00	0.72	20.0	5	0.0	1	4.0	14.0	1.0	0.00	0.00
Fruit Assorted	1/2 Cup	160	0	0	2.00	0.72	40.0	0	0.0	30	2.0	38.0	0.0	0.00	0.00
Milk White CCSD	1 Cup	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk Skim CCSD	1 Cup	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Milk Chocolate CCSD	1 Cup	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
Breakfast 6 4day	Total														
Donut, LongJohn Maple Elem	1 Donut	340	0	460	2.00	1.44	20.0	0	0.0	30	5.0	56.0	11.0	4.50	0.00
Cereal Sec	2 Bowls	101	0	0	3.04	0.00	0.0	30	0.0	6	32.4	24.3	0.0	0.00	0.00
Yogurt Danimals	Container	80	5	65	0.00	0.00	150.0	60	0.0	12	4.0	15.0	0.0	0.00	0.00
Cinnamon Sugar	.5 oz	90	0	2	7.53	1.19	142.2	42	0.54	14	0.57	25.6	0.18	0.05	*0.00
Bread	Slice	80	0	125	1.00	0.72	20.0	5	0.0	1	4.0	14.0	1.0	0.00	0.00
Fruit Assorted	1/2 Cup	160	0	0	2.00	0.72	40.0	0	0.0	30	2.0	38.0	0.0	0.00	0.00
Milk White CCSD	1 Cup	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk Skim CCSD	1 Cup	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Milk Chocolate CCSD	1 Cup	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average		571	5	536	4.88	2.26	292.7	354	1.28	68	16.05	105.96	10.35	4.25	*0.00
% of Calories										47.8%	11.2%	74.3%	16.3%	6.7%	*0.0%
Nutrient Guideline		375-525		570										<10.00	

Mon - 03/30/2020															
Breakfast K-5 4 day	Total														
Cereal Elem	Bowl	101	0	0	3.04	0.00	0.0	30	0.0	6	32.4	24.3	0.0	0.00	0.00
Yogurt Danimals	Container	80	5	65	0.00	0.00	150.0	60	0.0	12	4.0	15.0	0.0	0.00	0.00
Cinnamon Sugar	.5 oz	90	0	2	7.53	1.19	142.2	42	0.54	14	0.57	25.6	0.18	0.05	*0.00
Bread	Slice	80	0	125	1.00	0.72	20.0	5	0.0	1	4.0	14.0	1.0	0.00	0.00
Fruit Assorted	1/2 Cup	160	0	0	2.00	0.72	40.0	0	0.0	30	2.0	38.0	0.0	0.00	0.00
Milk White CCSD	1 Cup	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk Skim CCSD	1 Cup	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Milk Chocolate CCSD	1 Cup	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00

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Campbell County School District

Mar 1, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

Combined: Breakfast K-5 4 day/Breakfast 6 4day

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Breakfast 6 4day	Total														
Cereal Sec	2 Bowls	101	0	0	3.04	0.00	0.0	30	0.0	6	32.4	24.3	0.0	0.00	0.00
Yogurt Danimals	Container	80	5	65	0.00	0.00	150.0	60	0.0	12	4.0	15.0	0.0	0.00	0.00
Cinnamon Sugar	.5 oz	90	0	2	7.53	1.19	142.2	42	0.54	14	0.57	25.6	0.18	0.05	*0.00
Bread	Slice	80	0	125	1.00	0.72	20.0	5	0.0	1	4.0	14.0	1.0	0.00	0.00
Fruit Assorted	1/2 Cup	160	0	0	2.00	0.72	40.0	0	0.0	30	2.0	38.0	0.0	0.00	0.00
Milk White CCSD	1 Cup	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk Skim CCSD	1 Cup	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Milk Chocolate CCSD	1 Cup	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
Weighted Daily Average		370	6	158	5.49	1.06	288.5	382	1.28	49	36.51	78.76	1.18	0.50	*0.00
% of Calories										52.8%	39.5%	85.1%	2.9%	1.2%	*0.0%
Nutrient Guideline		375-525		570										<10.00	

Tue - 03/31/2020															
Breakfast K-5 4 day	Total														
Sunrise Quinoa	1/2 Cup	320	0	0	8.00	2.88	40.0	10	0.0	2	14.0	62.0	3.0	0.00	0.00
Yogurt Danimals	Container	80	5	65	0.00	0.00	150.0	60	0.0	12	4.0	15.0	0.0	0.00	0.00
Cereal Elem	Bowl	101	0	0	3.04	0.00	0.0	30	0.0	6	32.4	24.3	0.0	0.00	0.00
Cinnamon Sugar	.5 oz	90	0	2	7.53	1.19	142.2	42	0.54	14	0.57	25.6	0.18	0.05	*0.00
Bread	Slice	80	0	125	1.00	0.72	20.0	5	0.0	1	4.0	14.0	1.0	0.00	0.00
Fruit Assorted	1/2 Cup	160	0	0	2.00	0.72	40.0	0	0.0	30	2.0	38.0	0.0	0.00	0.00
Milk White CCSD	1 Cup	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk Skim CCSD	1 Cup	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Breakfast 6 4day	Total														
Sunrise Quinoa	1 Cup	640	0	0	16.00	5.76	80.0	20	0.0	4	28.0	124.0	6.0	0.00	0.00
Yogurt Danimals	Container	80	5	65	0.00	0.00	150.0	60	0.0	12	4.0	15.0	0.0	0.00	0.00
Cereal Sec	2 Bowls	101	0	0	3.04	0.00	0.0	30	0.0	6	32.4	24.3	0.0	0.00	0.00
Cinnamon Sugar	.5 oz	90	0	2	7.53	1.19	142.2	42	0.54	14	0.57	25.6	0.18	0.05	*0.00
Bread	Slice	80	0	125	1.00	0.72	20.0	5	0.0	1	4.0	14.0	1.0	0.00	0.00
Fruit Assorted	1/2 Cup	160	0	0	2.00	0.72	40.0	0	0.0	30	2.0	38.0	0.0	0.00	0.00
Milk White CCSD	1 Cup	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk Skim CCSD	1 Cup	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Weighted Daily Average		518	5	104	9.72	3.22	231.0	210	0.88	42	25.78	105.67	3.43	0.50	*0.00
% of Calories										32.3%	19.9%	81.7%	6.0%	0.9%	*0.0%
Nutrient Guideline		375-525		570										<10.00	

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Campbell County School District

Mar 1, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

Combined: Breakfast K-5 4 day/Breakfast 6 4day

Portion Values - Detailed

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Generated on: 2/26/2020 6:42:38 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Average		422	89	173	6.17	2.07	246.3	365	1.02	45 96.2%	29.32 27.8%	81.90 77.7%	5.99 12.8%	0.97 2.1%	*0.00 *0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	422		375 - 525	100%				
Cholesterol (mg)	89							
Sodium (mg)	173		570					
Fiber (g)	6.17							
Iron (mg)	2.07							
Calcium (mg)	246.3							
Vitamin A (IU)	365							
Sugars (g)	45	42.75%						
Vitamin C (mg)	1.02							
Protein (g)	29.32	27.82%						
Carbohydrate (g)	81.90	77.70%						
Total Fat (g)	5.99	12.79%						
Saturated Fat (g)	0.97	2.06%	<10.00%					
Trans Fat ¹ (g)	0.00	0.00%			Missing			

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Campbell County School District

Mar 1, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

Combined: Lunch K-5 4day/Lunch 6 4day

Portion Values - Detailed

Page 1

Generated on: 2/26/2020 6:45:22 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 03/02/2020															
Lunch K-5 4day	Total														
SCRAMBLED EGGS	1/4 CUP	82	215	144	0.00	0.74	50.0	321	0.1	*N/A*	7.01	1.64	5.07	1.57	*N/A*
Ham Sliced	2 oz Slice	80	30	700	0.00	0.36	0.0	25	0.0	3	9.0	3.0	2.5	1.00	0.00
Bread	Slice	80	0	125	1.00	0.72	20.0	5	0.0	1	4.0	14.0	1.0	0.00	0.00
JELLY	1 TBSP	56	0	6	0.21	0.04	1.5	1	0.19	11	0.03	14.69	0.0	0.00	*N/A*
Salad Mix	1/2 Cup	40	0	27	2.67	1.92	53.4	10673	6.4	3	2.67	8.0	0.0	0.00	0.00
Carrot Sticks	1/4 CUP	50	0	84	3.42	0.37	40.3	20381	7.2	6	1.13	11.69	0.29	0.05	0.00
Broccoli,raw: fresh	1/4 CUP	31	0	30	2.37	0.66	42.8	567	81.17	2	2.57	6.04	0.34	0.04	0.00
Cherry Tomatoes	1/2 Cup	18	0	5	1.31	0.24	6.6	821	12.61	3	0.66	3.94	0.0	0.00	0.00
Pineapple	1/2 Cup	83	0	2	2.31	0.48	21.5	96	78.87	16	0.89	21.65	0.2	0.01	0.00
Pears: canned,light syrup	1/4 Cup	15	0	3	0.50	0.09	0.0	0	0.3	3	0.0	3.5	0.0	0.00	0.00
Milk White CCSD	1 Cup	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk Skim CCSD	1 Cup	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Ranch Dressing	2 TBSP	160	15	170	0.00	0.00	0.0	0	0.0	1	1.0	1.0	17.0	3.00	0.00
Lunch 6 4day	Total														
Scrambled Eggs	1/2 Cup	140	420	140	0.00	1.80	60.0	500	0.0	0	12.0	0.0	18.0	1.06	0.00
Ham Sliced	2 oz Slice	80	30	700	0.00	0.36	0.0	25	0.0	3	9.0	3.0	2.5	1.00	0.00
Bread	Slice	80	0	125	1.00	0.72	20.0	5	0.0	1	4.0	14.0	1.0	0.00	0.00
JELLY	1 TBSP	56	0	6	0.21	0.04	1.5	1	0.19	11	0.03	14.69	0.0	0.00	*N/A*
Salad Mix	1/2 Cup	40	0	27	2.67	1.92	53.4	10673	6.4	3	2.67	8.0	0.0	0.00	0.00
Carrot Sticks	1/4 CUP	50	0	84	3.42	0.37	40.3	20381	7.2	6	1.13	11.69	0.29	0.05	0.00
Broccoli,raw: fresh	1/4 CUP	31	0	30	2.37	0.66	42.8	567	81.17	2	2.57	6.04	0.34	0.04	0.00
Cherry Tomatoes	1/2 Cup	18	0	5	1.31	0.24	6.6	821	12.61	3	0.66	3.94	0.0	0.00	0.00
Pineapple	1/2 Cup	83	0	2	2.31	0.48	21.5	96	78.87	16	0.89	21.65	0.2	0.01	0.00
Pears: canned,light syrup	1/4 Cup	15	0	3	0.50	0.09	0.0	0	0.3	3	0.0	3.5	0.0	0.00	0.00
Milk White CCSD	1 Cup	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk Skim CCSD	1 Cup	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Ranch Dressing	2 TBSP	160	15	170	0.00	0.00	0.0	0	0.0	1	1.0	1.0	17.0	3.00	0.00
Weighted Daily Average		380	350	998	7.16	3.83	303.2	21923	94.40	*29	26.86	43.86	14.52	2.39	*0.00
% of Calories										*30.5%	28.3%	46.2%	34.4%	5.7%	*0.0%
Nutrient Guideline		575-675		1295										<10.00	

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Campbell County School District

Mar 1, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

Combined: Lunch K-5 4day/Lunch 6 4day

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 03/03/2020															
Lunch K-5 4day	Total														
Cheeseburger	Sandwich	370	50	730	4.00	3.60	140.0	*100	*0.0	2	22.0	31.0	19.5	8.00	1.00
Potato Wedges Elem	3 Wedges	168	0	11	2.77	1.83	27.7	2	12.14	1	4.56	38.49	0.17	0.06	0.00
Salad Mix	1/4 Cup	20	0	13	1.33	0.96	26.7	5336	3.2	1	1.33	4.0	0.0	0.00	0.00
Carrot Sticks	1/4 CUP	50	0	84	3.42	0.37	40.3	20381	7.2	6	1.13	11.69	0.29	0.05	0.00
Broccoli,raw: fresh	1/4 CUP	31	0	30	2.37	0.66	42.8	567	81.17	2	2.57	6.04	0.34	0.04	0.00
Cherry Tomatoes	1/2 Cup	18	0	5	1.31	0.24	6.6	821	12.61	3	0.66	3.94	0.0	0.00	0.00
Cantaloupe	1/2 Cup	60	0	28	1.60	0.36	10.0	5950	64.8	14	1.5	14.0	0.3	0.10	0.00
Applesauce	1/4 Cup	15	0	2	0.25	0.00	0.0	0	0.3	3	0.0	3.75	0.0	0.00	0.00
Milk White CCSD	1 Cup	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk Skim CCSD	1 Cup	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Ranch Dressing	2 TBSP	160	15	170	0.00	0.00	0.0	0	0.0	1	1.0	1.0	17.0	3.00	0.00
MUSTARD: individual PC	Pkt 5g	3	0	55	0.20	0.08	3.2	5	0.02	0	0.19	0.29	0.17	0.01	0.00
KETCHUP: individual	Pkt 6g	9	0	82	0.03	0.03	1.4	47	0.37	2	0.09	2.47	0.01	0.00	0.00
Lunch 6 4day	Total														
Cheeseburger	Sandwich	370	50	730	4.00	3.60	140.0	*100	*0.0	2	22.0	31.0	19.5	8.00	1.00
Potato Wedges Sec	4 Wedges	284	0	22	7.75	2.99	44.3	7	72.69	3	7.56	64.54	0.33	0.09	0.00
Salad Mix	1/4 Cup	20	0	13	1.33	0.96	26.7	5336	3.2	1	1.33	4.0	0.0	0.00	0.00
Carrot Sticks	1/4 CUP	50	0	84	3.42	0.37	40.3	20381	7.2	6	1.13	11.69	0.29	0.05	0.00
Broccoli,raw: fresh	1/4 CUP	31	0	30	2.37	0.66	42.8	567	81.17	2	2.57	6.04	0.34	0.04	0.00
Cherry Tomatoes	1/2 Cup	18	0	5	1.31	0.24	6.6	821	12.61	3	0.66	3.94	0.0	0.00	0.00
Cantaloupe	1/2 Cup	60	0	28	1.60	0.36	10.0	5950	64.8	14	1.5	14.0	0.3	0.10	0.00
Applesauce	1/4 Cup	15	0	2	0.25	0.00	0.0	0	0.3	3	0.0	3.75	0.0	0.00	0.00
Milk White CCSD	1 Cup	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk Skim CCSD	1 Cup	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Ranch Dressing	2 TBSP	160	15	170	0.00	0.00	0.0	0	0.0	1	1.0	1.0	17.0	3.00	0.00
MUSTARD: individual PC	Pkt 5g	3	0	55	0.20	0.08	3.2	5	0.02	0	0.19	0.29	0.17	0.01	0.00
KETCHUP: individual	Pkt 6g	9	0	82	0.03	0.03	1.4	47	0.37	2	0.09	2.47	0.01	0.00	0.00
Weighted Daily Average		687	49	847	13.68	6.73	381.1	*21928	*118.18	27	33.07	103.68	18.63	7.53	0.92
% of Calories										16.0%	19.2%	60.3%	24.4%	9.9%	1.2%
Nutrient Guideline		575-675		1295										<10.00	

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Campbell County School District

Mar 1, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

Combined: Lunch K-5 4day/Lunch 6 4day

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 03/04/2020															
Lunch K-5 4day	Total														
Chicken Nachos K-5	1/4 Cup	349	37	334	4.03	1.57	102.3	194	*0.13	*2	15.84	33.06	16.72	2.91	*0.00
Refried Beans K-6	1/4 Cup	225	19	600	8.00	1.80	140.0	150	1.2	0	11.5	24.5	9.0	4.50	0.00
Shredded Lettuce	1/4 Cup	2	0	2	0.18	0.04	2.5	75	0.3	0	0.12	0.41	0.02	0.00	0.00
Carrot Sticks	1/4 CUP	50	0	84	3.42	0.37	40.3	20381	7.2	6	1.13	11.69	0.29	0.05	0.00
Broccoli,raw: fresh	1/4 CUP	31	0	30	2.37	0.66	42.8	567	81.17	2	2.57	6.04	0.34	0.04	0.00
Cherry Tomatoes	1/2 Cup	18	0	5	1.31	0.24	6.6	821	12.61	3	0.66	3.94	0.0	0.00	0.00
Orange Halves	1 Half	62	0	0	3.14	0.13	52.4	295	69.69	12	1.23	15.39	0.16	0.02	0.00
Peaches: canned,light syrup	1/4 CUP	26	0	3	0.65	0.19	3.0	170	1.9	*N/A*	0.25	6.7	0.07	0.00	0.00
Milk White CCSD	1 Cup	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk Skim CCSD	1 Cup	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Ranch Dressing	2 TBSP	160	15	170	0.00	0.00	0.0	0	0.0	1	1.0	1.0	17.0	3.00	0.00
Salsa	2 Oz	10	0	220	1.00	0.00	0.0	100	3.6	1	0.0	2.0	0.0	0.00	0.00
Sour Cream	2 TBSP	18	2	34	0.00	0.00	30.0	61	0.0	0	0.74	3.74	0.0	0.00	*N/A*
Shredded Cheese	1/4 Cup	81	22	133	0.00	0.00	148.2	222	0.0	0	5.19	0.74	6.67	4.44	0.00
Lunch 6 4day	Total														
Chicken Nachos 6-12	1/2 Cup	624	74	623	6.87	2.82	198.6	386	*0.26	*3	30.79	56.56	29.86	5.53	*0.00
Refried Beans K-6	1/4 Cup	225	19	600	8.00	1.80	140.0	150	1.2	0	11.5	24.5	9.0	4.50	0.00
Shredded Lettuce	1/4 Cup	2	0	2	0.18	0.04	2.5	75	0.3	0	0.12	0.41	0.02	0.00	0.00
Carrot Sticks	1/4 CUP	50	0	84	3.42	0.37	40.3	20381	7.2	6	1.13	11.69	0.29	0.05	0.00
Broccoli,raw: fresh	1/4 CUP	31	0	30	2.37	0.66	42.8	567	81.17	2	2.57	6.04	0.34	0.04	0.00
Cherry Tomatoes	1/2 Cup	18	0	5	1.31	0.24	6.6	821	12.61	3	0.66	3.94	0.0	0.00	0.00
Orange Halves	1 Half	62	0	0	3.14	0.13	52.4	295	69.69	12	1.23	15.39	0.16	0.02	0.00
Peaches: canned,light syrup	1/4 CUP	26	0	3	0.65	0.19	3.0	170	1.9	*N/A*	0.25	6.7	0.07	0.00	0.00
Milk White CCSD	1 Cup	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk Skim CCSD	1 Cup	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Ranch Dressing	2 TBSP	160	15	170	0.00	0.00	0.0	0	0.0	1	1.0	1.0	17.0	3.00	0.00
Salsa	2 Oz	10	0	220	1.00	0.00	0.0	100	3.6	1	0.0	2.0	0.0	0.00	0.00
Sour Cream	2 TBSP	18	2	34	0.00	0.00	30.0	61	0.0	0	0.74	3.74	0.0	0.00	*N/A*
Shredded Cheese	1/4 Cup	81	22	133	0.00	0.00	148.2	222	0.0	0	5.19	0.74	6.67	4.44	0.00
Weighted Daily Average		922	92	1305	19.60	4.78	626.1	15257	*86.62	*22	45.31	102.64	37.25	11.76	*0.00
% of Calories										*9.7%	19.7%	44.5%	36.4%	11.5%	*0.0%
Nutrient Guideline		575-675		1295										<10.00	

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Campbell County School District

Mar 1, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

Combined: Lunch K-5 4day/Lunch 6 4day

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 03/05/2020															
Lunch K-5 4day	Total														
Breakfast Burrito K-5	Burrito	220	40	310	4.00	1.80	100.0	500	15.0	2	10.0	25.0	9.0	4.00	0.00
Hash Brown K5	1 Piece	130	0	230	2.00	0.36	0.0	0	4.8	0	1.0	14.0	8.0	1.00	0.00
Salad Mix	1/2 Cup	40	0	27	2.67	1.92	53.4	10673	6.4	3	2.67	8.0	0.0	0.00	0.00
Carrot Sticks	1/4 CUP	50	0	84	3.42	0.37	40.3	20381	7.2	6	1.13	11.69	0.29	0.05	0.00
Broccoli,raw: fresh	1/4 CUP	31	0	30	2.37	0.66	42.8	567	81.17	2	2.57	6.04	0.34	0.04	0.00
Cherry Tomatoes	1/2 Cup	18	0	5	1.31	0.24	6.6	821	12.61	3	0.66	3.94	0.0	0.00	0.00
Apple Slices,Fresh	1/2 Apple	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	0.00
Mandarin Oranges	1/4 Cup	36	0	4	0.40	0.15	8.1	506	10.93	9	0.4	9.32	0.0	0.00	0.00
Milk White CCSD	1 Cup	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk Skim CCSD	1 Cup	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Milk Chocolate CCSD	1 Cup	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
Ranch Dressing	2 TBSP	160	15	170	0.00	0.00	0.0	0	0.0	1	1.0	1.0	17.0	3.00	0.00
Lunch 6 4day	Total														
Breakfast Burrito 6	2 Burritos	440	80	620	8.00	3.60	200.0	1000	30.0	4	20.0	50.0	18.0	8.00	0.00
Hash Brown	2 Pieces	260	0	460	4.00	0.72	0.0	0	9.6	0	2.0	28.0	16.0	2.00	0.00
Salad Mix	1/2 Cup	40	0	27	2.67	1.92	53.4	10673	6.4	3	2.67	8.0	0.0	0.00	0.00
Carrot Sticks	1/4 CUP	50	0	84	3.42	0.37	40.3	20381	7.2	6	1.13	11.69	0.29	0.05	0.00
Broccoli,raw: fresh	1/4 CUP	31	0	30	2.37	0.66	42.8	567	81.17	2	2.57	6.04	0.34	0.04	0.00
Cherry Tomatoes	1/2 Cup	18	0	5	1.31	0.24	6.6	821	12.61	3	0.66	3.94	0.0	0.00	0.00
Apple Slices,Fresh	1/2 Apple	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	0.00
Mandarin Oranges	1/4 Cup	36	0	4	0.40	0.15	8.1	506	10.93	9	0.4	9.32	0.0	0.00	0.00
Milk White CCSD	1 Cup	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk Skim CCSD	1 Cup	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Milk Chocolate CCSD	1 Cup	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
Ranch Dressing	2 TBSP	160	15	170	0.00	0.00	0.0	0	0.0	1	1.0	1.0	17.0	3.00	0.00
Weighted Daily Average		458	33	562	12.26	3.65	320.8	22188	67.95	30	16.53	71.40	13.25	3.84	0.00
% of Calories										26.4%	14.4%	62.3%	26.0%	7.5%	0.0%
Nutrient Guideline		575-675		1295										<10.00	

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Campbell County School District

Mar 1, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

Combined: Lunch K-5 4day/Lunch 6 4day

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 03/09/2020															
Lunch K-5 4day	Total														
Hard Shell Beef Tacos K-5	1 Taco	376	81	350	1.00	2.54	1.3	63	0.0	0	21.25	14.9	26.26	10.10	0.00
Refried Beans K-6	1/4 Cup	225	19	600	8.00	1.80	140.0	150	1.2	0	11.5	24.5	9.0	4.50	0.00
Shredded Lettuce	1/4 Cup	2	0	2	0.18	0.04	2.5	75	0.3	0	0.12	0.41	0.02	0.00	0.00
Carrot Sticks	1/4 CUP	50	0	84	3.42	0.37	40.3	20381	7.2	6	1.13	11.69	0.29	0.05	0.00
Broccoli,raw: fresh	1/4 CUP	31	0	30	2.37	0.66	42.8	567	81.17	2	2.57	6.04	0.34	0.04	0.00
CAULIFLOWER,raw: fresh	1/2 Cup	25	0	30	2.00	0.42	22.0	0	48.2	2	1.92	4.97	0.28	0.13	0.00
Grapes,Fresh	1/2 CUP	62	0	2	0.83	0.27	12.9	92	3.68	15	0.58	15.78	0.32	0.10	0.00
Pears: canned,light syrup	1/4 Cup	15	0	3	0.50	0.09	0.0	0	0.3	3	0.0	3.5	0.0	0.00	0.00
Milk White CCSD	1 Cup	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk Skim CCSD	1 Cup	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Ranch Dressing	2 TBSP	160	15	170	0.00	0.00	0.0	0	0.0	1	1.0	1.0	17.0	3.00	0.00
Salsa	2 Oz	10	0	220	1.00	0.00	0.0	100	3.6	1	0.0	2.0	0.0	0.00	0.00
Sour Cream	2 TBSP	18	2	34	0.00	0.00	30.0	61	0.0	0	0.74	3.74	0.0	0.00	*N/A*
Lunch 6 4day	Total														
Hard Shell Beef Tacos Sec	2 Tacos	752	162	700	2.00	5.08	2.6	127	0.0	0	42.5	29.81	52.52	20.20	0.00
Refried Beans K-6	1/4 Cup	225	19	600	8.00	1.80	140.0	150	1.2	0	11.5	24.5	9.0	4.50	0.00
Shredded Lettuce	1/4 Cup	2	0	2	0.18	0.04	2.5	75	0.3	0	0.12	0.41	0.02	0.00	0.00
Carrot Sticks	1/4 CUP	50	0	84	3.42	0.37	40.3	20381	7.2	6	1.13	11.69	0.29	0.05	0.00
Broccoli,raw: fresh	1/4 CUP	31	0	30	2.37	0.66	42.8	567	81.17	2	2.57	6.04	0.34	0.04	0.00
CAULIFLOWER,raw: fresh	1/2 Cup	25	0	30	2.00	0.42	22.0	0	48.2	2	1.92	4.97	0.28	0.13	0.00
Grapes,Fresh	1/2 CUP	62	0	2	0.83	0.27	12.9	92	3.68	15	0.58	15.78	0.32	0.10	0.00
Pears: canned,light syrup	1/4 Cup	15	0	3	0.50	0.09	0.0	0	0.3	3	0.0	3.5	0.0	0.00	0.00
Milk White CCSD	1 Cup	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk Skim CCSD	1 Cup	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Ranch Dressing	2 TBSP	160	15	170	0.00	0.00	0.0	0	0.0	1	1.0	1.0	17.0	3.00	0.00
Salsa	2 Oz	10	0	220	1.00	0.00	0.0	100	3.6	1	0.0	2.0	0.0	0.00	0.00
Sour Cream	2 TBSP	18	2	34	0.00	0.00	30.0	61	0.0	0	0.74	3.74	0.0	0.00	*N/A*
Weighted Daily Average		940	143	1273	14.23	6.49	355.6	14391	53.22	23	50.23	78.16	49.06	19.83	*0.00
% of Calories										9.9%	21.4%	33.3%	47.0%	19.0%	*0.0%
Nutrient Guideline		575-675		1295										<10.00	

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Campbell County School District

Mar 1, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

Combined: Lunch K-5 4day/Lunch 6 4day

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 03/10/2020															
Lunch K-5 4day	Total														
Ham, Egg & Cheese Biscuit	Sandwich	608	165	1941	3.98	2.87	398.4	*245	*0.0	7	24.96	53.75	33.4	17.44	0.00
Potato Wedges Elem	3 Wedges	168	0	11	2.77	1.83	27.7	2	12.14	1	4.56	38.49	0.17	0.06	0.00
Salad Mix	1/4 Cup	20	0	13	1.33	0.96	26.7	5336	3.2	1	1.33	4.0	0.0	0.00	0.00
Carrot Sticks	1/4 CUP	50	0	84	3.42	0.37	40.3	20381	7.2	6	1.13	11.69	0.29	0.05	0.00
Broccoli,raw: fresh	1/4 CUP	31	0	30	2.37	0.66	42.8	567	81.17	2	2.57	6.04	0.34	0.04	0.00
CAULIFLOWER,raw: fresh	1/2 Cup	25	0	30	2.00	0.42	22.0	0	48.2	2	1.92	4.97	0.28	0.13	0.00
Orange Halves	1 Half	62	0	0	3.14	0.13	52.4	295	69.69	12	1.23	15.39	0.16	0.02	0.00
Applesauce	1/4 Cup	15	0	2	0.25	0.00	0.0	0	0.3	3	0.0	3.75	0.0	0.00	0.00
Milk White CCSD	1 Cup	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk Skim CCSD	1 Cup	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Ranch Dressing	2 TBSP	160	15	170	0.00	0.00	0.0	0	0.0	1	1.0	1.0	17.0	3.00	0.00
KETCHUP: individual	Pkt 6g	9	0	82	0.03	0.03	1.4	47	0.37	2	0.09	2.47	0.01	0.00	0.00
Lunch 6 4day	Total														
Ham, Egg & Cheese Biscuit	Sandwich	608	165	1941	3.98	2.87	398.4	*245	*0.0	7	24.96	53.75	33.4	17.44	0.00
Potato Wedges Sec	4 Wedges	284	0	22	7.75	2.99	44.3	7	72.69	3	7.56	64.54	0.33	0.09	0.00
Salad Mix	1/4 Cup	20	0	13	1.33	0.96	26.7	5336	3.2	1	1.33	4.0	0.0	0.00	0.00
Carrot Sticks	1/4 CUP	50	0	84	3.42	0.37	40.3	20381	7.2	6	1.13	11.69	0.29	0.05	0.00
Broccoli,raw: fresh	1/4 CUP	31	0	30	2.37	0.66	42.8	567	81.17	2	2.57	6.04	0.34	0.04	0.00
CAULIFLOWER,raw: fresh	1/2 Cup	25	0	30	2.00	0.42	22.0	0	48.2	2	1.92	4.97	0.28	0.13	0.00
Orange Halves	1 Half	62	0	0	3.14	0.13	52.4	295	69.69	12	1.23	15.39	0.16	0.02	0.00
Applesauce	1/4 Cup	15	0	2	0.25	0.00	0.0	0	0.3	3	0.0	3.75	0.0	0.00	0.00
Milk White CCSD	1 Cup	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk Skim CCSD	1 Cup	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Ranch Dressing	2 TBSP	160	15	170	0.00	0.00	0.0	0	0.0	1	1.0	1.0	17.0	3.00	0.00
KETCHUP: individual	Pkt 6g	9	0	82	0.03	0.03	1.4	47	0.37	2	0.09	2.47	0.01	0.00	0.00
Weighted Daily Average		997	168	2111	16.12	6.62	690.6	*18039	*140.38	32	39.11	138.88	34.20	17.63	0.00
% of Calories										12.7%	15.7%	55.7%	30.9%	15.9%	0.0%
Nutrient Guideline		575-675		1295										<10.00	

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Campbell County School District

Mar 1, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

Combined: Lunch K-5 4day/Lunch 6 4day

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 03/11/2020															
Lunch K-5 4day	Total														
Beef Hot Dog	1 Frank	240	40	720	0.00	1.08	0.0	0	0.0	2	8.0	4.0	21.0	9.00	0.00
Baked Beans	1/4 Cup	56	0	140	3.43	1.06	38.1	85	0.92	1	2.67	10.68	0.0	0.00	0.00
Salad Mix	1/4 Cup	20	0	13	1.33	0.96	26.7	5336	3.2	1	1.33	4.0	0.0	0.00	0.00
Carrot Sticks	1/4 CUP	50	0	84	3.42	0.37	40.3	20381	7.2	6	1.13	11.69	0.29	0.05	0.00
Broccoli,raw: fresh	1/4 CUP	31	0	30	2.37	0.66	42.8	567	81.17	2	2.57	6.04	0.34	0.04	0.00
CAULIFLOWER,raw: fresh	1/2 Cup	25	0	30	2.00	0.42	22.0	0	48.2	2	1.92	4.97	0.28	0.13	0.00
Honeydew	1/2 Cup	64	0	32	1.40	0.36	10.0	100	1.2	14	1.0	16.1	0.2	0.10	0.00
Peaches: canned,light syrup	1/4 CUP	26	0	3	0.65	0.19	3.0	170	1.9	*N/A*	0.25	6.7	0.07	0.00	0.00
Milk White CCSD	1 Cup	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk Skim CCSD	1 Cup	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Ranch Dressing	2 TBSP	160	15	170	0.00	0.00	0.0	0	0.0	1	1.0	1.0	17.0	3.00	0.00
KETCHUP: individual	Pkt 6g	9	0	82	0.03	0.03	1.4	47	0.37	2	0.09	2.47	0.01	0.00	0.00
MUSTARD: individual PC	Pkt 5g	3	0	55	0.20	0.08	3.2	5	0.02	0	0.19	0.29	0.17	0.01	0.00
Lunch 6 4day	Total														
Beef Hot Dog	1 Frank	240	40	720	0.00	1.08	0.0	0	0.0	2	8.0	4.0	21.0	9.00	0.00
Baked Beans	1/4 Cup	56	0	140	3.43	1.06	38.1	85	0.92	1	2.67	10.68	0.0	0.00	0.00
Salad Mix	1/4 Cup	20	0	13	1.33	0.96	26.7	5336	3.2	1	1.33	4.0	0.0	0.00	0.00
Carrot Sticks	1/4 CUP	50	0	84	3.42	0.37	40.3	20381	7.2	6	1.13	11.69	0.29	0.05	0.00
Broccoli,raw: fresh	1/4 CUP	31	0	30	2.37	0.66	42.8	567	81.17	2	2.57	6.04	0.34	0.04	0.00
CAULIFLOWER,raw: fresh	1/2 Cup	25	0	30	2.00	0.42	22.0	0	48.2	2	1.92	4.97	0.28	0.13	0.00
Honeydew	1/2 Cup	64	0	32	1.40	0.36	10.0	100	1.2	14	1.0	16.1	0.2	0.10	0.00
Peaches: canned,light syrup	1/4 CUP	26	0	3	0.65	0.19	3.0	170	1.9	*N/A*	0.25	6.7	0.07	0.00	0.00
Milk White CCSD	1 Cup	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk Skim CCSD	1 Cup	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Ranch Dressing	2 TBSP	160	15	170	0.00	0.00	0.0	0	0.0	1	1.0	1.0	17.0	3.00	0.00
KETCHUP: individual	Pkt 6g	9	0	82	0.03	0.03	1.4	47	0.37	2	0.09	2.47	0.01	0.00	0.00
MUSTARD: individual PC	Pkt 5g	3	0	55	0.20	0.08	3.2	5	0.02	0	0.19	0.29	0.17	0.01	0.00
Weighted Daily Average		468	43	1036	9.42	3.75	268.0	17858	54.29	*25	18.78	50.72	21.62	9.18	0.00
% of Calories										*21.1%	16.0%	43.3%	41.6%	17.6%	0.0%
Nutrient Guideline		575-675		1295										<10.00	

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Campbell County School District

Mar 1, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

Combined: Lunch K-5 4day/Lunch 6 4day

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 03/12/2020															
Lunch K-5 4day	Total														
Spaghetti Noodles Elem	1/2 Cup	105	0	0	2.00	0.90	10.0	5	0.0	1	3.5	20.5	0.75	0.00	0.00
Spaghetti Meat Sauce Elem	1/2 Cup	327	81	584	1.81	2.80	18.1	454	8.16	6	22.06	10.89	22.62	8.10	0.00
Garlic Bread	Slice	70	0	95	1.00	0.72	0.0	0	0.0	0	2.0	11.0	2.5	0.50	0.00
Salad Mix	1/4 Cup	20	0	13	1.33	0.96	26.7	5336	3.2	1	1.33	4.0	0.0	0.00	0.00
Carrot Sticks	1/4 CUP	50	0	84	3.42	0.37	40.3	20381	7.2	6	1.13	11.69	0.29	0.05	0.00
Broccoli,raw: fresh	1/4 CUP	31	0	30	2.37	0.66	42.8	567	81.17	2	2.57	6.04	0.34	0.04	0.00
CAULIFLOWER,raw: fresh	1/2 Cup	25	0	30	2.00	0.42	22.0	0	48.2	2	1.92	4.97	0.28	0.13	0.00
Apple Slices,Fresh	1/2 Apple	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	0.00
Mandarin Oranges	1/4 Cup	36	0	4	0.40	0.15	8.1	506	10.93	9	0.4	9.32	0.0	0.00	0.00
Milk White CCSD	1 Cup	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk Skim CCSD	1 Cup	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Milk Chocolate CCSD	1 Cup	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
Ranch Dressing	2 TBSP	160	15	170	0.00	0.00	0.0	0	0.0	1	1.0	1.0	17.0	3.00	0.00
Lunch 6 4day	Total														
Spaghetti Noodles Elem	1/2 Cup	105	0	0	2.00	0.90	10.0	5	0.0	1	3.5	20.5	0.75	0.00	0.00
Spaghetti Meat Sauce Elem	1/2 Cup	327	81	584	1.81	2.80	18.1	454	8.16	6	22.06	10.89	22.62	8.10	0.00
Garlic Bread	Slice	70	0	95	1.00	0.72	0.0	0	0.0	0	2.0	11.0	2.5	0.50	0.00
Salad Mix	1/4 Cup	20	0	13	1.33	0.96	26.7	5336	3.2	1	1.33	4.0	0.0	0.00	0.00
Carrot Sticks	1/4 CUP	50	0	84	3.42	0.37	40.3	20381	7.2	6	1.13	11.69	0.29	0.05	0.00
Broccoli,raw: fresh	1/4 CUP	31	0	30	2.37	0.66	42.8	567	81.17	2	2.57	6.04	0.34	0.04	0.00
CAULIFLOWER,raw: fresh	1/2 Cup	25	0	30	2.00	0.42	22.0	0	48.2	2	1.92	4.97	0.28	0.13	0.00
Apple Slices,Fresh	1/2 Apple	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	0.00
Mandarin Oranges	1/4 Cup	36	0	4	0.40	0.15	8.1	506	10.93	9	0.4	9.32	0.0	0.00	0.00
Milk White CCSD	1 Cup	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk Skim CCSD	1 Cup	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Milk Chocolate CCSD	1 Cup	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
Ranch Dressing	2 TBSP	160	15	170	0.00	0.00	0.0	0	0.0	1	1.0	1.0	17.0	3.00	0.00
Weighted Daily Average		686	84	835	11.91	5.88	261.3	18440	70.99	35	35.37	82.22	26.47	8.74	0.00
% of Calories										20.4%	20.6%	47.9%	34.7%	11.5%	0.0%
Nutrient Guideline		575-675		1295										<10.00	

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Campbell County School District

Mar 1, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

Combined: Lunch K-5 4day/Lunch 6 4day

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 03/23/2020															
Lunch K-5 4day	Total														
Turkey Club K-5	Sandwich	371	50	1717	3.00	2.16	140.0	*0	*0.0	4	26.12	39.02	13.0	5.00	0.00
Baked Cheetos	Bag	40	0	200	1.00	0.00	100.0	5	0.0	1	2.0	17.0	4.5	0.50	0.00
Salad Mix	1/4 Cup	20	0	13	1.33	0.96	26.7	5336	3.2	1	1.33	4.0	0.0	0.00	0.00
Carrot Sticks	1/4 CUP	50	0	84	3.42	0.37	40.3	20381	7.2	6	1.13	11.69	0.29	0.05	0.00
Broccoli,raw: fresh	1/4 CUP	31	0	30	2.37	0.66	42.8	567	81.17	2	2.57	6.04	0.34	0.04	0.00
Cucumber, Raw	1/4 Cup	14	0	2	0.83	0.26	16.7	86	3.81	2	0.7	2.57	0.19	0.02	0.00
Cantaloupe	1/2 Cup	60	0	28	1.60	0.36	10.0	5950	64.8	14	1.5	14.0	0.3	0.10	0.00
Tropical Mixed Fruit	1/4 Cup	100	0	0	1.00	0.72	20.0	0	15.0	19	0.0	20.0	0.0	0.00	0.00
Milk White CCSD	1 Cup	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk Skim CCSD	1 Cup	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Ranch Dressing	2 TBSP	160	15	170	0.00	0.00	0.0	0	0.0	1	1.0	1.0	17.0	3.00	0.00
MUSTARD: individual PC	Pkt 5g	3	0	55	0.20	0.08	3.2	5	0.02	0	0.19	0.29	0.17	0.01	0.00
MAYONNAISE:individual PC	Pkt 7g	351	29	278	0.00	0.25	8.8	137	0.0	0	0.54	1.32	38.91	4.21	*N/A*
Lunch 6 4day	Total														
Turkey Club 6th	Sandwich	381	55	1717	3.00	2.16	170.0	300	0.0	4	28.12	32.02	14.5	7.00	0.00
Baked Cheetos	Bag	40	0	200	1.00	0.00	100.0	5	0.0	1	2.0	17.0	4.5	0.50	0.00
Salad Mix	1/4 Cup	20	0	13	1.33	0.96	26.7	5336	3.2	1	1.33	4.0	0.0	0.00	0.00
Carrot Sticks	1/4 CUP	50	0	84	3.42	0.37	40.3	20381	7.2	6	1.13	11.69	0.29	0.05	0.00
Broccoli,raw: fresh	1/4 CUP	31	0	30	2.37	0.66	42.8	567	81.17	2	2.57	6.04	0.34	0.04	0.00
Cucumber, Raw	1/4 Cup	14	0	2	0.83	0.26	16.7	86	3.81	2	0.7	2.57	0.19	0.02	0.00
Cantaloupe	1/2 Cup	60	0	28	1.60	0.36	10.0	5950	64.8	14	1.5	14.0	0.3	0.10	0.00
Tropical Mixed Fruit	1/4 Cup	100	0	0	1.00	0.72	20.0	0	15.0	19	0.0	20.0	0.0	0.00	0.00
Milk White CCSD	1 Cup	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk Skim CCSD	1 Cup	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Ranch Dressing	2 TBSP	160	15	170	0.00	0.00	0.0	0	0.0	1	1.0	1.0	17.0	3.00	0.00
MUSTARD: individual PC	Pkt 5g	3	0	55	0.20	0.08	3.2	5	0.02	0	0.19	0.29	0.17	0.01	0.00
MAYONNAISE:individual PC	Pkt 7g	351	29	278	0.00	0.25	8.8	137	0.0	0	0.54	1.32	38.91	4.21	*N/A*
Weighted Daily Average		593	51	1902	9.55	3.90	464.9	*21729	*89.70	39	34.40	89.45	16.97	6.05	*0.00
% of Calories										26.0%	23.2%	60.3%	25.8%	9.2%	*0.0%
Nutrient Guideline		575-675		1295										<10.00	

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Campbell County School District

Mar 1, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

Combined: Lunch K-5 4day/Lunch 6 4day

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 03/24/2020															
Lunch K-5 4day	Total														
Orange Chicken Elem	1/2 Cup	185	13	290	1.98	1.19	26.4	98	0.0	7	9.23	17.06	8.57	1.65	0.00
Rice	1/2 Cup	170	0	0	1.00	0.72	*N/A*	*N/A*	*N/A*	0	4.0	23.0	1.5	0.00	0.00
Salad Mix	1/4 Cup	20	0	13	1.33	0.96	26.7	5336	3.2	1	1.33	4.0	0.0	0.00	0.00
Carrot Sticks	1/4 CUP	50	0	84	3.42	0.37	40.3	20381	7.2	6	1.13	11.69	0.29	0.05	0.00
Broccoli,raw: fresh	1/4 CUP	31	0	30	2.37	0.66	42.8	567	81.17	2	2.57	6.04	0.34	0.04	0.00
Cucumber, Raw	1/4 Cup	14	0	2	0.83	0.26	16.7	86	3.81	2	0.7	2.57	0.19	0.02	0.00
Honeydew	1/2 Cup	64	0	32	1.40	0.36	10.0	100	1.2	14	1.0	16.1	0.2	0.10	0.00
Applesauce	1/4 Cup	15	0	2	0.25	0.00	0.0	0	0.3	3	0.0	3.75	0.0	0.00	0.00
Milk White CCSD	1 Cup	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk Skim CCSD	1 Cup	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Ranch Dressing	2 TBSP	160	15	170	0.00	0.00	0.0	0	0.0	1	1.0	1.0	17.0	3.00	0.00
Lunch 6 4day	Total														
Orange Chicken Elem	1/2 Cup	185	13	290	1.98	1.19	26.4	98	0.0	7	9.23	17.06	8.57	1.65	0.00
Rice	1/2 Cup	170	0	0	1.00	0.72	*N/A*	*N/A*	*N/A*	0	4.0	23.0	1.5	0.00	0.00
Salad Mix	1/4 Cup	20	0	13	1.33	0.96	26.7	5336	3.2	1	1.33	4.0	0.0	0.00	0.00
Carrot Sticks	1/4 CUP	50	0	84	3.42	0.37	40.3	20381	7.2	6	1.13	11.69	0.29	0.05	0.00
Broccoli,raw: fresh	1/4 CUP	31	0	30	2.37	0.66	42.8	567	81.17	2	2.57	6.04	0.34	0.04	0.00
Cucumber, Raw	1/4 Cup	14	0	2	0.83	0.26	16.7	86	3.81	2	0.7	2.57	0.19	0.02	0.00
Honeydew	1/2 Cup	64	0	32	1.40	0.36	10.0	100	1.2	14	1.0	16.1	0.2	0.10	0.00
Applesauce	1/4 Cup	15	0	2	0.25	0.00	0.0	0	0.3	3	0.0	3.75	0.0	0.00	0.00
Milk White CCSD	1 Cup	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk Skim CCSD	1 Cup	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Ranch Dressing	2 TBSP	160	15	170	0.00	0.00	0.0	0	0.0	1	1.0	1.0	17.0	3.00	0.00
Weighted Daily Average		516	16	456	8.31	3.34	*252.5	*17785	*37.50	31	20.76	73.34	10.62	1.79	0.00
% of Calories										23.8%	16.1%	56.8%	18.5%	3.1%	0.0%
Nutrient Guideline		575-675		1295										<10.00	

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Campbell County School District

Mar 1, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

Combined: Lunch K-5 4day/Lunch 6 4day

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 03/25/2020															
Lunch K-5 4day	Total														
Corn Dog	Corn Dog	240	40	390	5.00	1.80	80.0	0	0.0	5	9.0	30.0	8.0	2.50	0.00
Funnel Cake K-5	1/2 Cake	150	10	175	1.50	0.90	5.0	0	0.0	6	2.0	21.5	6.5	1.50	0.00
Watermelon Sorbet	1 Cup	70	0	10	3.00	0.00	60.0	0	0.0	15	0.0	20.0	0.0	0.00	0.00
Salad Mix	1/4 Cup	20	0	13	1.33	0.96	26.7	5336	3.2	1	1.33	4.0	0.0	0.00	0.00
Carrot Sticks	1/4 CUP	50	0	84	3.42	0.37	40.3	20381	7.2	6	1.13	11.69	0.29	0.05	0.00
Broccoli,raw: fresh	1/4 CUP	31	0	30	2.37	0.66	42.8	567	81.17	2	2.57	6.04	0.34	0.04	0.00
Cucumber, Raw	1/4 Cup	14	0	2	0.83	0.26	16.7	86	3.81	2	0.7	2.57	0.19	0.02	0.00
Pineapple	1/2 Cup	83	0	2	2.31	0.48	21.5	96	78.87	16	0.89	21.65	0.2	0.01	0.00
Pears: canned,light syrup	1/4 Cup	15	0	3	0.50	0.09	0.0	0	0.3	3	0.0	3.5	0.0	0.00	0.00
Milk White CCSD	1 Cup	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk Skim CCSD	1 Cup	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Ranch Dressing	2 TBSP	160	15	170	0.00	0.00	0.0	0	0.0	1	1.0	1.0	17.0	3.00	0.00
KETCHUP: individual	Pkt 6g	9	0	82	0.03	0.03	1.4	47	0.37	2	0.09	2.47	0.01	0.00	0.00
MUSTARD: individual PC	Pkt 5g	3	0	55	0.20	0.08	3.2	5	0.02	0	0.19	0.29	0.17	0.01	0.00
Lunch 6 4day	Total														
Corn Dog	Corn Dog	240	40	390	5.00	1.80	80.0	0	0.0	5	9.0	30.0	8.0	2.50	0.00
Funnel Cake 6-12	1 Cake	300	20	350	3.00	1.80	10.0	0	0.0	12	4.0	43.0	13.0	3.00	0.00
Watermelon Sorbet	1 Cup	70	0	10	3.00	0.00	60.0	0	0.0	15	0.0	20.0	0.0	0.00	0.00
Salad Mix	1/4 Cup	20	0	13	1.33	0.96	26.7	5336	3.2	1	1.33	4.0	0.0	0.00	0.00
Carrot Sticks	1/4 CUP	50	0	84	3.42	0.37	40.3	20381	7.2	6	1.13	11.69	0.29	0.05	0.00
Broccoli,raw: fresh	1/4 CUP	31	0	30	2.37	0.66	42.8	567	81.17	2	2.57	6.04	0.34	0.04	0.00
Cucumber, Raw	1/4 Cup	14	0	2	0.83	0.26	16.7	86	3.81	2	0.7	2.57	0.19	0.02	0.00
Pineapple	1/2 Cup	83	0	2	2.31	0.48	21.5	96	78.87	16	0.89	21.65	0.2	0.01	0.00
Pears: canned,light syrup	1/4 Cup	15	0	3	0.50	0.09	0.0	0	0.3	3	0.0	3.5	0.0	0.00	0.00
Milk White CCSD	1 Cup	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk Skim CCSD	1 Cup	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Ranch Dressing	2 TBSP	160	15	170	0.00	0.00	0.0	0	0.0	1	1.0	1.0	17.0	3.00	0.00
KETCHUP: individual	Pkt 6g	9	0	82	0.03	0.03	1.4	47	0.37	2	0.09	2.47	0.01	0.00	0.00
MUSTARD: individual PC	Pkt 5g	3	0	55	0.20	0.08	3.2	5	0.02	0	0.19	0.29	0.17	0.01	0.00
Weighted Daily Average		639	58	798	13.37	4.72	321.4	17685	89.28	39	19.46	99.13	18.30	4.83	0.00
% of Calories										24.2%	12.2%	62.1%	25.8%	6.8%	0.0%
Nutrient Guideline		575-675		1295										<10.00	

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Campbell County School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 12

Mar 1, 2020 thru Mar 31, 2020

Combined: Lunch K-5 4day/Lunch 6 4day

Generated on: 2/26/2020 6:45:22 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 03/26/2020															
Lunch K-5 4day	Total														
Taco Meat Beef K-5	1/2 Cup	276	81	350	0.00	1.82	1.3	63	0.0	0	20.25	1.9	21.26	8.10	0.00
Black Beans Elem	1/4 Cup	65	0	180	3.00	3.60	75.0	3	0.0	0	4.0	11.5	0.0	0.00	0.00
Shredded Lettuce	1/4 Cup	2	0	2	0.18	0.04	2.5	75	0.3	0	0.12	0.41	0.02	0.00	0.00
Carrot Sticks	1/4 CUP	50	0	84	3.42	0.37	40.3	20381	7.2	6	1.13	11.69	0.29	0.05	0.00
Broccoli,raw: fresh	1/4 CUP	31	0	30	2.37	0.66	42.8	567	81.17	2	2.57	6.04	0.34	0.04	0.00
Cucumber, Raw	1/4 Cup	14	0	2	0.83	0.26	16.7	86	3.81	2	0.7	2.57	0.19	0.02	0.00
Grapes,Fresh	1/2 CUP	62	0	2	0.83	0.27	12.9	92	3.68	15	0.58	15.78	0.32	0.10	0.00
Pineapple Tidbit:canned,lt syr	1/4 CUP	80	0	0	1.00	0.36	20.0	0	0.0	15	1.0	19.0	0.0	0.00	0.00
Milk White CCSD	1 Cup	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk Skim CCSD	1 Cup	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Ranch Dressing	2 TBSP	160	15	170	0.00	0.00	0.0	0	0.0	1	1.0	1.0	17.0	3.00	0.00
Shredded Cheese	1/4 Cup	81	22	133	0.00	0.00	148.2	222	0.0	0	5.19	0.74	6.67	4.44	0.00
Sour Cream	2 TBSP	18	2	34	0.00	0.00	30.0	61	0.0	0	0.74	3.74	0.0	0.00	*N/A*
Salsa	2 Oz	10	0	220	1.00	0.00	0.0	100	3.6	1	0.0	2.0	0.0	0.00	0.00
Lunch 6 4day	Total														
Taco Meat Beef 6-12	1/2 Cup	276	81	350	0.00	1.82	1.3	63	0.0	0	20.25	1.9	21.26	8.10	0.00
Black Beans Elem	1/4 Cup	65	0	180	3.00	3.60	75.0	3	0.0	0	4.0	11.5	0.0	0.00	0.00
Shredded Lettuce	1/4 Cup	2	0	2	0.18	0.04	2.5	75	0.3	0	0.12	0.41	0.02	0.00	0.00
Carrot Sticks	1/4 CUP	50	0	84	3.42	0.37	40.3	20381	7.2	6	1.13	11.69	0.29	0.05	0.00
Broccoli,raw: fresh	1/4 CUP	31	0	30	2.37	0.66	42.8	567	81.17	2	2.57	6.04	0.34	0.04	0.00
Cucumber, Raw	1/4 Cup	14	0	2	0.83	0.26	16.7	86	3.81	2	0.7	2.57	0.19	0.02	0.00
Grapes,Fresh	1/2 CUP	62	0	2	0.83	0.27	12.9	92	3.68	15	0.58	15.78	0.32	0.10	0.00
Pineapple Tidbit:canned,lt syr	1/4 CUP	80	0	0	1.00	0.36	20.0	0	0.0	15	1.0	19.0	0.0	0.00	0.00
Milk White CCSD	1 Cup	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk Skim CCSD	1 Cup	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Ranch Dressing	2 TBSP	160	15	170	0.00	0.00	0.0	0	0.0	1	1.0	1.0	17.0	3.00	0.00
Shredded Cheese	1/4 Cup	81	22	133	0.00	0.00	148.2	222	0.0	0	5.19	0.74	6.67	4.44	0.00
Sour Cream	2 TBSP	18	2	34	0.00	0.00	30.0	61	0.0	0	0.74	3.74	0.0	0.00	*N/A*
Salsa	2 Oz	10	0	220	1.00	0.00	0.0	100	3.6	1	0.0	2.0	0.0	0.00	0.00
Weighted Daily Average		586	98	756	7.68	6.42	400.4	14389	37.03	32	34.82	54.75	26.35	11.20	*0.00
% of Calories										21.7%	23.8%	37.4%	40.4%	17.2%	*0.0%
Nutrient Guideline		575-675		1295										<10.00	

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Campbell County School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 13

Mar 1, 2020 thru Mar 31, 2020

Combined: Lunch K-5 4day/Lunch 6 4day

Generated on: 2/26/2020 6:45:22 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 03/27/2020															
Lunch K-5 4day	Total														
Chicken Noodle Soup	1/2 Cup	90	20	485	1.00	0.72	24.7	750	0.0	1	9.0	8.0	2.0	0.50	0.00
Biscuit	Biscuit	189	0	408	1.99	0.72	149.2	10	0.0	2	3.98	23.87	8.95	5.97	0.00
Honey Packet	Packet	25	0	0	0.00	0.00	0.0	0	0.0	7	0.0	7.0	0.0	0.00	0.00
Salad Mix	1/4 Cup	20	0	13	1.33	0.96	26.7	5336	3.2	1	1.33	4.0	0.0	0.00	0.00
Carrot Sticks	1/4 CUP	50	0	84	3.42	0.37	40.3	20381	7.2	6	1.13	11.69	0.29	0.05	0.00
Broccoli,raw: fresh	1/4 CUP	31	0	30	2.37	0.66	42.8	567	81.17	2	2.57	6.04	0.34	0.04	0.00
Cucumber, Raw	1/4 Cup	14	0	2	0.83	0.26	16.7	86	3.81	2	0.7	2.57	0.19	0.02	0.00
Apple Slices,Fresh	1/2 Apple	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	0.00
Mandarin Oranges	1/4 Cup	36	0	4	0.40	0.15	8.1	506	10.93	9	0.4	9.32	0.0	0.00	0.00
Milk White CCSD	1 Cup	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk Skim CCSD	1 Cup	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Milk Chocolate CCSD	1 Cup	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
Ranch Dressing	2 TBSP	160	15	170	0.00	0.00	0.0	0	0.0	1	1.0	1.0	17.0	3.00	0.00
CRACKERS	1 EACH	13	0	28	0.08	0.17	0.6	0	0.0	0	0.28	2.22	0.26	0.05	0.01
Lunch 6 4day	Total														
Chicken Noodle Soup	1 Cup	180	40	969	2.00	1.44	49.5	1500	0.0	2	18.0	16.0	4.0	1.00	0.00
Biscuit	Biscuit	189	0	408	1.99	0.72	149.2	10	0.0	2	3.98	23.87	8.95	5.97	0.00
Honey Packet	Packet	25	0	0	0.00	0.00	0.0	0	0.0	7	0.0	7.0	0.0	0.00	0.00
Salad Mix	1/4 Cup	20	0	13	1.33	0.96	26.7	5336	3.2	1	1.33	4.0	0.0	0.00	0.00
Carrot Sticks	1/4 CUP	50	0	84	3.42	0.37	40.3	20381	7.2	6	1.13	11.69	0.29	0.05	0.00
Broccoli,raw: fresh	1/4 CUP	31	0	30	2.37	0.66	42.8	567	81.17	2	2.57	6.04	0.34	0.04	0.00
Cucumber, Raw	1/4 Cup	14	0	2	0.83	0.26	16.7	86	3.81	2	0.7	2.57	0.19	0.02	0.00
Apple Slices,Fresh	1/2 Apple	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	0.00
Mandarin Oranges	1/4 Cup	36	0	4	0.40	0.15	8.1	506	10.93	9	0.4	9.32	0.0	0.00	0.00
Milk White CCSD	1 Cup	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk Skim CCSD	1 Cup	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Milk Chocolate CCSD	1 Cup	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
Ranch Dressing	2 TBSP	160	15	170	0.00	0.00	0.0	0	0.0	1	1.0	1.0	17.0	3.00	0.00
CRACKERS	1 EACH	13	0	28	0.08	0.17	0.6	0	0.0	0	0.28	2.22	0.26	0.05	0.01
Weighted Daily Average		317	33	876	8.22	2.48	269.0	19135	48.03	29	20.92	51.13	3.60	0.87	0.00
% of Calories										36.7%	26.4%	64.6%	10.2%	2.5%	0.0%
Nutrient Guideline		575-675		1295										<10.00	

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Campbell County School District

Mar 1, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

Combined: Lunch K-5 4day/Lunch 6 4day

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 03/30/2020															
Lunch K-5 4day	Total														
Chicken Sandwich Regular	Sandwich	380	25	650	6.00	3.60	60.0	0	0.0	3	21.0	42.0	14.5	2.50	0.00
Sweet Potato Fries K-6	1/4 Cup	70	0	85	1.00	0.36	10.0	500	2.4	4	0.5	10.5	3.0	0.75	0.00
Salad Mix	1/4 Cup	20	0	13	1.33	0.96	26.7	5336	3.2	1	1.33	4.0	0.0	0.00	0.00
Carrot Sticks	1/4 CUP	50	0	84	3.42	0.37	40.3	20381	7.2	6	1.13	11.69	0.29	0.05	0.00
Broccoli,raw: fresh	1/4 CUP	31	0	30	2.37	0.66	42.8	567	81.17	2	2.57	6.04	0.34	0.04	0.00
Celery Sticks	1/2 CUP	10	0	48	0.96	0.12	24.0	269	1.86	1	0.41	1.78	0.1	0.03	0.00
Orange Halves	1 Half	62	0	0	3.14	0.13	52.4	295	69.69	12	1.23	15.39	0.16	0.02	0.00
Applesauce	1/4 Cup	15	0	2	0.25	0.00	0.0	0	0.3	3	0.0	3.75	0.0	0.00	0.00
Milk White CCSD	1 Cup	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk Skim CCSD	1 Cup	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Ranch Dressing	2 TBSP	160	15	170	0.00	0.00	0.0	0	0.0	1	1.0	1.0	17.0	3.00	0.00
KETCHUP: individual	Pkt 6g	9	0	82	0.03	0.03	1.4	47	0.37	2	0.09	2.47	0.01	0.00	0.00
MAYONNAISE:individual PC	Pkt 7g	351	29	278	0.00	0.25	8.8	137	0.0	0	0.54	1.32	38.91	4.21	*N/A*
Lunch 6 4day	Total														
Chicken Sandwich Regular	Sandwich	380	25	650	6.00	3.60	60.0	0	0.0	3	21.0	42.0	14.5	2.50	0.00
Sweet Potato Fries Sec	1/2 Cup	140	0	170	2.00	0.72	20.0	1000	4.8	8	1.0	21.0	6.0	1.50	0.00
Salad Mix	1/4 Cup	20	0	13	1.33	0.96	26.7	5336	3.2	1	1.33	4.0	0.0	0.00	0.00
Carrot Sticks	1/4 CUP	50	0	84	3.42	0.37	40.3	20381	7.2	6	1.13	11.69	0.29	0.05	0.00
Broccoli,raw: fresh	1/4 CUP	31	0	30	2.37	0.66	42.8	567	81.17	2	2.57	6.04	0.34	0.04	0.00
Celery Sticks	1/2 CUP	10	0	48	0.96	0.12	24.0	269	1.86	1	0.41	1.78	0.1	0.03	0.00
Orange Halves	1 Half	62	0	0	3.14	0.13	52.4	295	69.69	12	1.23	15.39	0.16	0.02	0.00
Applesauce	1/4 Cup	15	0	2	0.25	0.00	0.0	0	0.3	3	0.0	3.75	0.0	0.00	0.00
Milk White CCSD	1 Cup	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk Skim CCSD	1 Cup	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Ranch Dressing	2 TBSP	160	15	170	0.00	0.00	0.0	0	0.0	1	1.0	1.0	17.0	3.00	0.00
KETCHUP: individual	Pkt 6g	9	0	82	0.03	0.03	1.4	47	0.37	2	0.09	2.47	0.01	0.00	0.00
MAYONNAISE:individual PC	Pkt 7g	351	29	278	0.00	0.25	8.8	137	0.0	0	0.54	1.32	38.91	4.21	*N/A*
Weighted Daily Average		595	26	863	13.29	4.98	324.3	18504	85.51	30	27.47	84.18	17.66	3.33	*0.00
% of Calories										20.0%	18.5%	56.6%	26.7%	5.0%	*0.0%
Nutrient Guideline		575-675		1295										<10.00	

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Campbell County School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 15

Mar 1, 2020 thru Mar 31, 2020

Combined: Lunch K-5 4day/Lunch 6 4day

Generated on: 2/26/2020 6:45:22 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 03/31/2020															
Lunch K-5 4day	Total														
Pizza Pepperoni Elem	Slice	346	48	816	2.90	1.45	*422.7	*678	*4.05	1	22.03	25.63	14.84	8.59	0.00
Pizza Cheese Elem	Slice	295	40	514	2.23	0.86	409.2	408	*0.0	1	19.91	22.25	11.08	7.14	0.00
Cottage Cheese	1/4 Cup	50	8	230	0.00	0.00	5.0	0	0.0	2	7.0	2.5	0.75	0.75	0.00
Salad Mix	1/2 Cup	40	0	27	2.67	1.92	53.4	10673	6.4	3	2.67	8.0	0.0	0.00	0.00
Carrot Sticks	1/4 CUP	50	0	84	3.42	0.37	40.3	20381	7.2	6	1.13	11.69	0.29	0.05	0.00
Broccoli,raw: fresh	1/4 CUP	31	0	30	2.37	0.66	42.8	567	81.17	2	2.57	6.04	0.34	0.04	0.00
Celery Sticks	1/2 CUP	10	0	48	0.96	0.12	24.0	269	1.86	1	0.41	1.78	0.1	0.03	0.00
Apple Slices,Fresh	1/2 Apple	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	0.00
Mandarin Oranges	1/4 Cup	36	0	4	0.40	0.15	8.1	506	10.93	9	0.4	9.32	0.0	0.00	0.00
Milk White CCSD	1 Cup	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk Skim CCSD	1 Cup	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Ranch Dressing	2 TBSP	160	15	170	0.00	0.00	0.0	0	0.0	1	1.0	1.0	17.0	3.00	0.00
Lunch 6 4day	Total														
Pizza Pepperoni Elem	Slice	346	48	816	2.90	1.45	*422.7	*678	*4.05	1	22.03	25.63	14.84	8.59	0.00
Pizza Cheese Elem	Slice	295	40	514	2.23	0.86	409.2	408	*0.0	1	19.91	22.25	11.08	7.14	0.00
Cottage Cheese	1/4 Cup	50	8	230	0.00	0.00	5.0	0	0.0	2	7.0	2.5	0.75	0.75	0.00
Salad Mix	1/2 Cup	40	0	27	2.67	1.92	53.4	10673	6.4	3	2.67	8.0	0.0	0.00	0.00
Carrot Sticks	1/4 CUP	50	0	84	3.42	0.37	40.3	20381	7.2	6	1.13	11.69	0.29	0.05	0.00
Broccoli,raw: fresh	1/4 CUP	31	0	30	2.37	0.66	42.8	567	81.17	2	2.57	6.04	0.34	0.04	0.00
Celery Sticks	1/2 CUP	10	0	48	0.96	0.12	24.0	269	1.86	1	0.41	1.78	0.1	0.03	0.00
Apple Slices,Fresh	1/2 Apple	72	0	1	3.31	0.17	8.3	75	6.35	14	0.36	19.06	0.23	0.04	0.00
Mandarin Oranges	1/4 Cup	36	0	4	0.40	0.15	8.1	506	10.93	9	0.4	9.32	0.0	0.00	0.00
Milk White CCSD	1 Cup	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk Skim CCSD	1 Cup	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Ranch Dressing	2 TBSP	160	15	170	0.00	0.00	0.0	0	0.0	1	1.0	1.0	17.0	3.00	0.00
Weighted Daily Average		416	34	810	9.10	2.72	*468.3	*21967	*51.53	30	26.25	56.76	8.75	5.17	0.00
% of Calories										29.2%	25.2%	54.5%	18.9%	11.2%	0.0%
Nutrient Guideline		575-675		1295										<10.00	

Weighted Average		613	85	1029	11.59	4.69	*380.5	*18748	*74.97	*30	29.96	78.69	21.15	7.61	*0.06
										*44.3%	19.5%	51.3%	31.0%	11.2%	*0.1%

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Mar 1, 2020 thru Mar 31, 2020

Combined: Lunch K-5 4day/Lunch 6 4day

Generated on: 2/26/2020 6:45:22 AM

Nutrient	Menu AVG	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)	Error Messages (if any)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage										
Calories	613		575 - 675	100%													
Cholesterol (mg)	85																
Sodium (mg)	1029		1295														
Fiber (g)	11.59																
Iron (mg)	4.69																
Calcium (mg)	380.5				Missing												
Vitamin A (IU)	18748				Missing												
Sugars (g)	30	19.68%			Missing												
Vitamin C (mg)	74.97				Missing												
Protein (g)	29.96	19.53%															
Carbohydrate (g)	78.69	51.31%															
Total Fat (g)	21.15	31.03%															
Saturated Fat (g)	7.61	11.16%	<10.00%														Correction Required - Sat. Fat too High
Trans Fat ¹ (g)	0.06	0.09%			Missing												

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.