

# Cotati-Rohnert Park USD

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

Jan 7, 2019 thru Jan 31, 2019

K-8 LUNCH CYCLE 1

Generated on: 12/11/2018 3:05:23 PM

	Portion Size	Reimb Qty	Protn (g)	Carb (g)
Mon - 01/07/2019				
K-8 LUNCH CYCLE 1	Total	100		
CHICKEN TERIYAKI FAJITA	serving	40	15.33	9.74
RICE BROWN WG COOKED	1/2 CUP	40	2.76	25.51
ENCHIRITO BEAN & CHEESE	1 EACH	40	22.0	53.04
SAND COLD TURKEY & CHEESE SUB	1 EACH	20	23.0	31.5
APPLE, WHOLE 198 COUNT	1 EACH	45	0.26	13.95
APPLESAUCE CND	1/2 CUP	45	0.0	13.0
RAISINS BOX 1.5 OZ	BOX	10	1.0	31.0
BEANS PINTO	1/2 CUP	25	6.0	18.0
CARROTS BABY FRESH	1/2 cup	50	0.45	5.78
SALAD CAESAR BULK SIDE	1 CUP	25	3.35	7.69
MILK CHOCOLATE FF CLOVER	1 EACH	70	8.0	21.0
MILK WHITE 1% CLOVER	1 EACH	30	11.0	14.0
KETCHUP DISPENSER	.5 OZ	20	0.0	4.17
BBQ SAUCE 12GM PKT 27810	12 GM PKT	20	0.0	4.0
DRESSING RANCH LF DISPENSER	.5 OZ	20	0.0	3.34
MUSTARD 5.5 G PACKET 5390	PACKET	20	0.5	0.5
MAYONNAISE 9 GM PACKET	PACKET 9 GM	20	0.0	0.0
Weighted Daily Average			32.41	87.45
% of Calories			20.4%	55.0%
Nutrient Guideline				

Tue - 01/08/2019				
K-8 LUNCH CYCLE 1	Total	100		
SAND COLD PBJ GRAPE WG IW 6960	2.6 OZ	100	10.0	32.0
CHEESE STRING LOL IW	1 EACH	1	7.0	1.0
RAISINS BOX 1.5 OZ	BOX	100	1.0	31.0
CARROT STICKS	1 CUP	100	1.13	11.69
MILK CHOCOLATE FF CLOVER	1 EACH	70	8.0	21.0
MILK WHITE 1% CLOVER	1 EACH	30	11.0	14.0
DRESSING RANCH 12GM PKT 22810	12 GM PACKET	100	0.0	1.0
Weighted Daily Average			21.10	94.60
% of Calories			12.4%	55.6%
Nutrient Guideline				

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

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Jan 7, 2019 thru Jan 31, 2019

K-8 LUNCH CYCLE 1

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	Portion Size	Reimb Qty	Protn (g)	Carb (g)
Wed - 01/09/2019				
K-8 LUNCH CYCLE 1	Total	100		
BEEF DIPPERS TERIYAKI	4 DIPPERS	40	14.25	6.11
RICE BROWN WG COOKED	1/2 CUP	40	2.76	25.51
HOT DOG TURKEY 51% WW GIULIANO	1 EACH	40	13.0	28.0
WRAP CHICKEN CAESAR USDA	WRAP	20	25.8	33.93
ORANGE FRESH WHOLE 138 COUNT	1 EACH	45	1.25	15.66
PEARS CANNED IN JUICE	1/2 CUP	45	0.0	14.0
RAISINS BOX 1.5 OZ	BOX	5	1.0	31.0
PEAS GREEN	1/2 CUP	50	4.32	11.88
SALAD CAESAR BULK SIDE	1 CUP	50	3.35	7.69
MILK CHOCOLATE FF CLOVER	1 EACH	70	8.0	21.0
MILK WHITE 1% CLOVER	1 EACH	30	11.0	14.0
KETCHUP DISPENSER	.5 OZ	20	0.0	4.17
BBQ SAUCE 12GM PKT 27810	12 GM PKT	20	0.0	4.0
DRESSING RANCH LF DISPENSER	.5 OZ	20	0.0	3.34
MUSTARD 5.5 G PACKET 5390	PACKET	20	0.5	0.5
MAYONNAISE 9 GM PACKET	PACKET 9 GM	20	0.0	0.0
Weighted Daily Average			30.61	76.61
% of Calories			20.8%	52.2%
Nutrient Guideline				

	Portion Size	Reimb Qty	Protn (g)	Carb (g)
Thu - 01/10/2019				
K-8 LUNCH CYCLE 1	Total	100		
PIZZA SMART CHEESE 100%, WG	PIECE	50	18.0	34.0
CRISPY CHICKEN SAND 70304 GUIL	1 sandwich	20	20.0	43.0
SPICY CHICKEN SAND 70314 GIUL	1 sandwich	20	19.0	44.0
PARFAIT BERRY BLEND 6-12-UP	1 parfait	10	10.18	72.64
BANANAS:150ct	1 EACH	45	1.29	26.95
PEACHES CANNED DICED IN JUICE	1/2 CUP	45	0.0	12.0
RAISINS BOX 1.5 OZ	BOX	10	1.0	31.0
CORN CANNED 15483	1/2 CUP	45	3.0	17.0
BEANS GREEN USDA	1/2 CUP	10	0.86	2.89
SALAD CAESAR BULK SIDE	1 CUP	45	3.35	7.69
MILK CHOCOLATE FF CLOVER	1 EACH	70	8.0	21.0
MILK WHITE 1% CLOVER	1 EACH	30	11.0	14.0
KETCHUP DISPENSER	.5 OZ	20	0.0	4.17
BBQ SAUCE 12GM PKT 27810	12 GM PKT	20	0.0	4.0
DRESSING RANCH LF DISPENSER	.5 OZ	10	0.0	3.34
MUSTARD 5.5 G PACKET 5390	PACKET	25	0.5	0.5
MAYONNAISE 9 GM PACKET	PACKET 9 GM	5	0.0	0.0
Weighted Daily Average			30.47	94.68
% of Calories			18.8%	58.5%
Nutrient Guideline				

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Jan 7, 2019 thru Jan 31, 2019

K-8 LUNCH CYCLE 1

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	Portion Size	Reimb Qty	Protn (g)	Carb (g)
Fri - 01/11/2019				
K-8 LUNCH CYCLE 1	Total	100		
NACHOS BEEF CHZ SAUCE 1-320410	1 EACH	40	17.13	46.24
ITALIAN DUNKERS WG 73338	2 breadsticks	30	18.0	31.0
SAUCE MARINARA	2 OZ	30	0.91	4.54
SAND COLD AMERICAN SUB GIULIAN	1 EACH	30	23.12	32.5
PEAR WHOLE FRESH 100 CT	1 EACH	45	0.63	25.66
FRUIT MIX CANNED IN JUICE	1/2 CUP	45	0.0	14.0
RAISINS BOX 1.5 OZ	BOX	10	1.0	31.0
BROCCOLI FRESH	1/2 CUP	50	1.24	2.92
SALAD CAESAR BULK SIDE	1 CUP	50	3.35	7.69
MILK CHOCOLATE FF CLOVER	1 EACH	70	8.0	21.0
MILK WHITE 1% CLOVER	1 EACH	30	11.0	14.0
KETCHUP DISPENSER	.5 OZ	20	0.0	4.17
BBQ SAUCE 12GM PKT 27810	12 GM PKT	10	0.0	4.0
DRESSING RANCH LF DISPENSER	.5 OZ	20	0.0	3.34
MUSTARD 5.5 G PACKET 5390	PACKET	10	0.5	0.5
MAYONNAISE 9 GM PACKET	PACKET 9 GM	5	0.0	0.0
Weighted Daily Average			31.09	86.01
% of Calories			18.7%	51.9%
Nutrient Guideline				

	Portion Size	Reimb Qty	Protn (g)	Carb (g)
Mon - 01/14/2019				
K-8 LUNCH CYCLE 1	Total	100		
CHICKEN ORANGE POPCORN WG70368	12 EACH	40	15.25	30.92
RICE BROWN WG COOKED	1/2 CUP	1	2.76	25.51
CHEESEBURGER 1-15-320 GIULIANO	1 EACH	40	17.5	27.0
YOGURT STRING CHZ CINN GRAHAMS	1 yog, 1 chz, 1g	20	12.01	36.06
APPLE, WHOLE 198 COUNT	1 EACH	45	0.26	13.95
APPLESAUCE CND	1/2 CUP	45	0.0	13.0
RAISINS BOX 1.5 OZ	BOX	10	1.0	31.0
BEANS PINTO	1/2 CUP	15	6.0	18.0
CARROTS BABY FRESH	1/2 cup	75	0.45	5.78
SALAD CAESAR BULK SIDE	1 CUP	10	3.35	7.69
MILK CHOCOLATE FF CLOVER	1 EACH	70	8.0	21.0
MILK WHITE 1% CLOVER	1 EACH	30	11.0	14.0
KETCHUP DISPENSER	.5 OZ	20	0.0	4.17
BBQ SAUCE 12GM PKT 27810	12 GM PKT	20	0.0	4.0
DRESSING RANCH LF DISPENSER	.5 OZ	20	0.0	3.34
MUSTARD 5.5 G PACKET 5390	PACKET	20	0.5	0.5
MAYONNAISE 9 GM PACKET	PACKET 9 GM	20	0.0	0.0
Weighted Daily Average			26.32	74.96
% of Calories			18.3%	52.1%
Nutrient Guideline				

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K-8 LUNCH CYCLE 1

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	Portion Size	Reimb Qty	Protn (g)	Carb (g)
Tue - 01/15/2019				
K-8 LUNCH CYCLE 1	Total	100		
PIZZA GALAXY CHEESE 100% IW WG	1 EACH	100	16.0	32.0
CARROT STICKS	1 CUP	100	1.13	11.69
RAISINS BOX 1.5 OZ	BOX	100	1.0	31.0
MILK CHOCOLATE FF CLOVER	1 EACH	70	8.0	21.0
MILK WHITE 1% CLOVER	1 EACH	30	11.0	14.0
DRESSING RANCH 12GM PKT 22810	12 GM PACKET	25	0.0	1.0
Weighted Daily Average			27.03	93.84
% of Calories			17.6%	61.0%
Nutrient Guideline				

	Portion Size	Reimb Qty	Protn (g)	Carb (g)
Wed - 01/16/2019				
K-8 LUNCH CYCLE 1	Total	100		
TURKEY GRAVY w/MASHED POTATOES	gravity+potato	40	18.03	23.36
ROLL DINNER 2 OZ WG ARTISAN	1 EACH	40	5.0	34.0
CRISPY CHICKEN SAND 70304 GIUL	1 sandwich	20	20.0	43.0
SPICY CHICKEN SAND 70314 GIUL	1 sandwich	20	19.0	44.0
SAND COLD EGG SALAD GIULIANOS	1 EACH	20	10.85	28.34
ORANGE FRESH WHOLE 138 COUNT	1 EACH	45	1.25	15.66
PEARS CANNED IN JUICE	1/2 CUP	45	0.0	14.0
RAISINS BOX 1.5 OZ	BOX	10	1.0	31.0
PEAS GREEN	1/2 CUP	75	4.32	11.88
SALAD CAESAR BULK SIDE	1 CUP	25	3.35	7.69
MILK CHOCOLATE FF CLOVER	1 EACH	70	8.0	21.0
MILK WHITE 1% CLOVER	1 EACH	30	11.0	14.0
KETCHUP DISPENSER	.5 OZ	20	0.0	4.17
BBQ SAUCE 12GM PKT 27810	12 GM PKT	10	0.0	4.0
DRESSING RANCH LF DISPENSER	.5 OZ	20	0.0	3.34
MUSTARD 5.5 G PACKET 5390	PACKET	20	0.5	0.5
MAYONNAISE 9 GM PACKET	PACKET 9 GM	10	0.0	0.0
Weighted Daily Average			32.92	94.19
% of Calories			19.8%	56.5%
Nutrient Guideline				

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Jan 7, 2019 thru Jan 31, 2019

K-8 LUNCH CYCLE 1

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	Portion Size	Reimb Qty	Protn (g)	Carb (g)
Thu - 01/17/2019				
K-8 LUNCH CYCLE 1	Total	100		
PIZZA SMART W/PEP 100%, WG	PIECE	50	19.0	34.09
CHICKEN TENDER WG: TYSON	3 tenders	40	15.04	16.04
POTATO FRENCH FRIES CRINKLE	1/2 CUP	40	1.0	15.0
PARFAIT TROPICAL 6-12-UP	1 parfait	10	9.89	74.3
BANANAS:150ct	1 EACH	45	1.29	26.95
PEACHES CANNED DICED IN JUICE	1/2 CUP	45	0.0	12.0
RAISINS BOX 1.5 OZ	BOX	10	1.0	31.0
CORN CANNED 15483	1/2 CUP	45	3.0	17.0
BEANS GREEN USDA	1/2 CUP	10	0.86	2.89
SALAD CAESAR BULK SIDE	1 CUP	45	3.35	7.69
MILK CHOCOLATE FF CLOVER	1 EACH	70	8.0	21.0
MILK WHITE 1% CLOVER	1 EACH	30	11.0	14.0
KETCHUP DISPENSER	.5 OZ	20	0.0	4.17
BBQ SAUCE 12GM PKT 27810	12 GM PKT	20	0.0	4.0
DRESSING RANCH LF DISPENSER	.5 OZ	10	0.0	3.34
MUSTARD 5.5 G PACKET 5390	PACKET	25	0.5	0.5
MAYONNAISE 9 GM PACKET	PACKET 9 GM	5	0.0	0.0
Weighted Daily Average			29.55	89.91
% of Calories			18.6%	56.5%
Nutrient Guideline				

	Portion Size	Reimb Qty	Protn (g)	Carb (g)
Fri - 01/18/2019				
K-8 LUNCH CYCLE 1	Total	100		
CHILI CHEESE FRIES	1 cup	40	*N/A*	*N/A*
RIB BEEF HONEY BBQ 3716 GIULIA	1 EACH	40	19.0	40.0
PROTEIN PACK w/sunflower seed	CONTAINER	20	15.94	68.91
PEAR WHOLE FRESH 100 CT	1 EACH	45	0.63	25.66
FRUIT MIX CANNED IN JUICE	1/2 CUP	45	0.0	14.0
RAISINS BOX 1.5 OZ	BOX	10	1.0	31.0
BROCCOLI FRESH	1/2 CUP	50	1.24	2.92
SALAD CAESAR BULK SIDE	1 CUP	50	3.35	7.69
MILK CHOCOLATE FF CLOVER	1 EACH	70	8.0	21.0
MILK WHITE 1% CLOVER	1 EACH	30	11.0	14.0
KETCHUP DISPENSER	.5 OZ	20	0.0	4.17
BBQ SAUCE 12GM PKT 27810	12 GM PKT	20	0.0	4.0
DRESSING RANCH LF DISPENSER	.5 OZ	20	0.0	3.34
MUSTARD 5.5 G PACKET 5390	PACKET	20	0.5	0.5
MAYONNAISE 9 GM PACKET	PACKET 9 GM	20	0.0	0.0
Weighted Daily Average			22.47	77.34
% of Calories			17.0%	58.7%
Nutrient Guideline				

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Jan 7, 2019 thru Jan 31, 2019

K-8 LUNCH CYCLE 1

Generated on: 12/11/2018 3:05:24 PM

	Portion Size	Reimb Qty	Protn (g)	Carb (g)
<b>Mon - 01/21/2019</b>				
K-8 LUNCH CYCLE 1	Total	100		
CHICKEN TERIYAKI FAJITA	serving	40	15.33	9.74
RICE BROWN WG COOKED	1/2 CUP	40	2.76	25.51
ENCHIRITO BEAN & CHEESE	1 EACH	40	22.0	53.04
SAND COLD TURKEY & CHEESE SUB	1 EACH	20	23.0	31.5
APPLE, WHOLE 198 COUNT	1 EACH	45	0.26	13.95
APPLESAUCE CND	1/2 CUP	45	0.0	13.0
RAISINS BOX 1.5 OZ	BOX	10	1.0	31.0
BEANS PINTO	1/2 CUP	25	6.0	18.0
CARROTS BABY FRESH	1/2 cup	50	0.45	5.78
SALAD CAESAR BULK SIDE	1 CUP	25	3.35	7.69
MILK CHOCOLATE FF CLOVER	1 EACH	70	8.0	21.0
MILK WHITE 1% CLOVER	1 EACH	30	11.0	14.0
KETCHUP DISPENSER	.5 OZ	20	0.0	4.17
BBQ SAUCE 12GM PKT 27810	12 GM PKT	20	0.0	4.0
DRESSING RANCH LF DISPENSER	.5 OZ	20	0.0	3.34
MUSTARD 5.5 G PACKET 5390	PACKET	20	0.5	0.5
MAYONNAISE 9 GM PACKET	PACKET 9 GM	20	0.0	0.0
Weighted Daily Average			32.41	87.45
% of Calories			20.4%	55.0%
Nutrient Guideline				

<b>Tue - 01/22/2019</b>				
K-8 LUNCH CYCLE 1	Total	100		
BURRITO BEAN & CHZ WG K-12	1 burrito	100	15.0	46.0
RAISINS BOX 1.5 OZ	BOX	100	1.0	31.0
CARROT STICKS	1 CUP	100	1.13	11.69
MILK CHOCOLATE FF CLOVER	1 EACH	70	8.0	21.0
MILK WHITE 1% CLOVER	1 EACH	30	11.0	14.0
DRESSING RANCH 12GM PKT 22810	12 GM PACKET	100	0.0	1.0
Weighted Daily Average			26.03	108.59
% of Calories			15.5%	64.8%
Nutrient Guideline				

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	Portion Size	Reimb Qty	Protn (g)	Carb (g)
Wed - 01/23/2019				
K-8 LUNCH CYCLE 1	Total	100		
BEEF DIPPERS TERIYAKI	4 DIPPERS	40	14.25	6.11
RICE BROWN WG COOKED	1/2 CUP	40	2.76	25.51
HOT DOG TURKEY 51% WW GIULIANO	1 EACH	40	13.0	28.0
WRAP CHICKEN CAESAR USDA	WRAP	20	25.8	33.93
ORANGE FRESH WHOLE 138 COUNT	1 EACH	45	1.25	15.66
PEARS CANNED IN JUICE	1/2 CUP	45	0.0	14.0
RAISINS BOX 1.5 OZ	BOX	5	1.0	31.0
PEAS GREEN	1/2 CUP	50	4.32	11.88
SALAD CAESAR BULK SIDE	1 CUP	50	3.35	7.69
MILK CHOCOLATE FF CLOVER	1 EACH	70	8.0	21.0
MILK WHITE 1% CLOVER	1 EACH	30	11.0	14.0
KETCHUP DISPENSER	.5 OZ	20	0.0	4.17
BBQ SAUCE 12GM PKT 27810	12 GM PKT	20	0.0	4.0
DRESSING RANCH LF DISPENSER	.5 OZ	20	0.0	3.34
MUSTARD 5.5 G PACKET 5390	PACKET	20	0.5	0.5
MAYONNAISE 9 GM PACKET	PACKET 9 GM	20	0.0	0.0
Weighted Daily Average			30.61	76.61
% of Calories			20.8%	52.2%
Nutrient Guideline				

	Portion Size	Reimb Qty	Protn (g)	Carb (g)
Thu - 01/24/2019				
K-8 LUNCH CYCLE 1	Total	100		
PIZZA SMART CHEESE 100%, WG	PIECE	50	18.0	34.0
CRISPY CHICKEN SAND 70304 GUIL	1 sandwich	20	20.0	43.0
SPICY CHICKEN SAND 70314 GIUL	1 sandwich	20	19.0	44.0
PARFAIT BERRY BLEND 6-12-UP	1 parfait	10	10.18	72.64
BANANAS:150ct	1 EACH	45	1.29	26.95
PEACHES CANNED DICED IN JUICE	1/2 CUP	45	0.0	12.0
RAISINS BOX 1.5 OZ	BOX	10	1.0	31.0
CORN CANNED 15483	1/2 CUP	45	3.0	17.0
BEANS GREEN USDA	1/2 CUP	10	0.86	2.89
SALAD CAESAR BULK SIDE	1 CUP	45	3.35	7.69
MILK CHOCOLATE FF CLOVER	1 EACH	70	8.0	21.0
MILK WHITE 1% CLOVER	1 EACH	30	11.0	14.0
KETCHUP DISPENSER	.5 OZ	20	0.0	4.17
BBQ SAUCE 12GM PKT 27810	12 GM PKT	20	0.0	4.0
DRESSING RANCH LF DISPENSER	.5 OZ	10	0.0	3.34
MUSTARD 5.5 G PACKET 5390	PACKET	25	0.5	0.5
MAYONNAISE 9 GM PACKET	PACKET 9 GM	5	0.0	0.0
Weighted Daily Average			30.47	94.68
% of Calories			18.8%	58.5%
Nutrient Guideline				

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	Portion Size	Reimb Qty	Protn (g)	Carb (g)
Fri - 01/25/2019				
K-8 LUNCH CYCLE 1	Total	100		
NACHOS BEEF CHZ SAUCE 1-320410	1 EACH	40	17.13	46.24
ITALIAN DUNKERS WG 73338	2 breadsticks	30	18.0	31.0
SAUCE MARINARA	2 OZ	30	0.91	4.54
SAND COLD AMERICAN SUB GIULIAN	1 EACH	30	23.12	32.5
PEAR WHOLE FRESH 100 CT	1 EACH	45	0.63	25.66
FRUIT MIX CANNED IN JUICE	1/2 CUP	45	0.0	14.0
RAISINS BOX 1.5 OZ	BOX	10	1.0	31.0
BROCCOLI FRESH	1/2 CUP	50	1.24	2.92
SALAD CAESAR BULK SIDE	1 CUP	50	3.35	7.69
MILK CHOCOLATE FF CLOVER	1 EACH	70	8.0	21.0
MILK WHITE 1% CLOVER	1 EACH	30	11.0	14.0
KETCHUP DISPENSER	.5 OZ	20	0.0	4.17
BBQ SAUCE 12GM PKT 27810	12 GM PKT	10	0.0	4.0
DRESSING RANCH LF DISPENSER	.5 OZ	20	0.0	3.34
MUSTARD 5.5 G PACKET 5390	PACKET	10	0.5	0.5
MAYONNAISE 9 GM PACKET	PACKET 9 GM	5	0.0	0.0
Weighted Daily Average			31.09	86.01
% of Calories			18.7%	51.9%
Nutrient Guideline				

	Portion Size	Reimb Qty	Protn (g)	Carb (g)
Mon - 01/28/2019				
K-8 LUNCH CYCLE 1	Total	100		
CHICKEN ORANGE POPCORN WG70368	12 EACH	40	15.25	30.92
RICE BROWN WG COOKED	1/2 CUP	1	2.76	25.51
CHEESEBURGER 1-15-320 GIULIANO	1 EACH	40	17.5	27.0
YOGURT STRING CHZ CINN GRAHAMS	1 yog, 1 chz, 1g	20	12.01	36.06
APPLE, WHOLE 198 COUNT	1 EACH	45	0.26	13.95
APPLESAUCE CND	1/2 CUP	45	0.0	13.0
RAISINS BOX 1.5 OZ	BOX	10	1.0	31.0
BEANS PINTO	1/2 CUP	15	6.0	18.0
CARROTS BABY FRESH	1/2 cup	75	0.45	5.78
SALAD CAESAR BULK SIDE	1 CUP	10	3.35	7.69
MILK CHOCOLATE FF CLOVER	1 EACH	70	8.0	21.0
MILK WHITE 1% CLOVER	1 EACH	30	11.0	14.0
KETCHUP DISPENSER	.5 OZ	20	0.0	4.17
BBQ SAUCE 12GM PKT 27810	12 GM PKT	20	0.0	4.0
DRESSING RANCH LF DISPENSER	.5 OZ	20	0.0	3.34
MUSTARD 5.5 G PACKET 5390	PACKET	20	0.5	0.5
MAYONNAISE 9 GM PACKET	PACKET 9 GM	20	0.0	0.0
Weighted Daily Average			26.32	74.96
% of Calories			18.3%	52.1%
Nutrient Guideline				

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# Cotati-Rohnert Park USD

Base Menu Spreadsheet

Portion Values - Detailed

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Jan 7, 2019 thru Jan 31, 2019

K-8 LUNCH CYCLE 1

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	Portion Size	Reimb Qty	Protn (g)	Carb (g)
Tue - 01/29/2019				
K-8 LUNCH CYCLE 1	Total	100		
CORN DOG CHICKEN IW WG	1 EACH	100	9.0	30.0
CARROT STICKS	1 CUP	100	1.13	11.69
RAISINS BOX 1.5 OZ	BOX	100	1.0	31.0
MILK CHOCOLATE FF CLOVER	1 EACH	70	8.0	21.0
MILK WHITE 1% CLOVER	1 EACH	30	11.0	14.0
DRESSING RANCH 12GM PKT 22810	12 GM PACKET	25	0.0	1.0
Weighted Daily Average			20.03	91.84
% of Calories			14.4%	66.2%
Nutrient Guideline				

	Portion Size	Reimb Qty	Protn (g)	Carb (g)
Wed - 01/30/2019				
K-8 LUNCH CYCLE 1	Total	100		
TURKEY GRAVY w/MASHED POTATOES	gravity+potato	40	18.03	23.36
ROLL DINNER 2 OZ WG ARTISAN	1 EACH	40	5.0	34.0
CRISPY CHICKEN SAND 70304 GUIL	1 sandwich	20	20.0	43.0
SPICY CHICKEN SAND 70314 GIUL	1 sandwich	20	19.0	44.0
SAND COLD EGG SALAD GIULIANOS	1 EACH	20	10.85	28.34
ORANGE FRESH WHOLE 138 COUNT	1 EACH	45	1.25	15.66
PEARS CANNED IN JUICE	1/2 CUP	45	0.0	14.0
RAISINS BOX 1.5 OZ	BOX	10	1.0	31.0
PEAS GREEN	1/2 CUP	75	4.32	11.88
SALAD CAESAR BULK SIDE	1 CUP	25	3.35	7.69
MILK CHOCOLATE FF CLOVER	1 EACH	70	8.0	21.0
MILK WHITE 1% CLOVER	1 EACH	30	11.0	14.0
KETCHUP DISPENSER	.5 OZ	20	0.0	4.17
BBQ SAUCE 12GM PKT 27810	12 GM PKT	10	0.0	4.0
DRESSING RANCH LF DISPENSER	.5 OZ	20	0.0	3.34
MUSTARD 5.5 G PACKET 5390	PACKET	20	0.5	0.5
MAYONNAISE 9 GM PACKET	PACKET 9 GM	10	0.0	0.0
Weighted Daily Average			32.92	94.19
% of Calories			19.8%	56.5%
Nutrient Guideline				

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# Cotati-Rohnert Park USD

Base Menu Spreadsheet

Portion Values - Detailed

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Jan 7, 2019 thru Jan 31, 2019

K-8 LUNCH CYCLE 1

Generated on: 12/11/2018 3:05:24 PM

	Portion Size	Reimb Qty	Protn (g)	Carb (g)
Thu - 01/31/2019				
K-8 LUNCH CYCLE 1	Total	100		
PIZZA SMART W/PEP 100%, WG	PIECE	50	19.0	34.09
CHICKEN TENDER WG: TYSON	3 tenders	40	15.04	16.04
POTATO FRENCH FRIES CRINKLE	1/2 CUP	40	1.0	15.0
PARFAIT TROPICAL 6-12-UP	1 parfait	10	9.89	74.3
BANANAS:150ct	1 EACH	45	1.29	26.95
PEACHES CANNED DICED IN JUICE	1/2 CUP	45	0.0	12.0
RAISINS BOX 1.5 OZ	BOX	10	1.0	31.0
CORN CANNED 15483	1/2 CUP	45	3.0	17.0
BEANS GREEN USDA	1/2 CUP	10	0.86	2.89
SALAD CAESAR BULK SIDE	1 CUP	45	3.35	7.69
MILK CHOCOLATE FF CLOVER	1 EACH	70	8.0	21.0
MILK WHITE 1% CLOVER	1 EACH	30	11.0	14.0
KETCHUP DISPENSER	.5 OZ	20	0.0	4.17
BBQ SAUCE 12GM PKT 27810	12 GM PKT	20	0.0	4.0
DRESSING RANCH LF DISPENSER	.5 OZ	10	0.0	3.34
MUSTARD 5.5 G PACKET 5390	PACKET	25	0.5	0.5
MAYONNAISE 9 GM PACKET	PACKET 9 GM	5	0.0	0.0
Weighted Daily Average			29.55	89.91
% of Calories			18.6%	56.5%
Nutrient Guideline				

Weighted Average			28.60	88.10
			18.3%	56.4%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Protein (g)	28.60	18.30%						
Carbohydrate (g)	88.10	56.37%						

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