

# Cotati-Rohnert Park USD

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

Jan 7, 2019 thru Jan 31, 2019

9-12 GRADE LUNCH CYCLE 1

Generated on: 12/11/2018 3:08:42 PM

	Portion Size	Reimb Qty	Protn (g)	Carb (g)
Mon - 01/07/2019				
9-12 GRADE LUNCH CYCL	Total	100		
SPAGHETTI & MEATBALLS 1-17-505	1CUP+5meatballs	40	23.09	50.96
ROLL DINNER 2 OZ WG ARTISAN	1 EACH	40	5.0	34.0
ITALIAN DUNKERS WG 73338	2 breadsticks	20	18.0	31.0
SAUCE MARINARA	1 OZ	20	0.45	2.27
PIZZA BIG DADDY'S HT CHEESE	SLICE	20	18.02	36.04
SPICY CHICKEN SAND 70314 GIUL	1 sandwich	20	19.0	44.0
POTATO TATER TOTS	1/2 cup	20	2.0	16.0
APPLE, WHOLE 198 COUNT	1 EACH	10	0.26	13.95
APPLESAUCE CND	1/2 CUP	10	0.0	13.0
RAISINS BOX 1.5 OZ	BOX	80	1.0	31.0
CARROT STICKS	HALF CUP	20	0.57	5.84
SALAD CAESAR BULK SIDE	1 CUP	80	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	25	0.0	4.17
MUSTARD DISPENSER	.5 OZ	5	0.0	0.0
BBQ SAUCE DISPENSER	.5 OZ	20	0.0	3.75
DRESSING RANCH LF DISPENSER	.5 OZ	20	0.0	3.34
MAYONNAISE DISPENSER	.5 OZ	30	0.0	0.0
Weighted Daily Average			35.25	116.02
% of Calories			17.3%	56.9%
Nutrient Guideline				

	Portion Size	Reimb Qty	Protn (g)	Carb (g)
Tue - 01/08/2019				
9-12 GRADE LUNCH CYCL	Total	100		
CHICKEN TENDER SPICY TYSON	3 tenders	20	15.0	17.0
POTATO TATER TOTS	1/2 cup	20	2.0	16.0
ROLL DINNER 2 OZ WG ARTISAN	1 EACH	20	5.0	34.0
SPICY CHICKEN SAND 70314 GIUL	1 sandwich	30	19.0	44.0
POTATO TATER TOTS	1/2 cup	30	2.0	16.0
CHEESEBURGER 1-15-320 GIULIANO	1 EACH	30	17.5	27.0
POTATO TATER TOTS	1/2 cup	30	2.0	16.0
PIZZA BIG DADDY'S HT PEPPERONI	SLICE	20	19.35	36.16
ORANGE FRESH WHOLE 138 COUNT	1 EACH	50	1.25	15.66
RAISINS BOX 1.5 OZ	BOX	50	1.0	31.0
CELERY STICKS	1/2 cup	35	0.51	2.21
TOMATOES, CHERRY	HALF CUP	35	0.65	2.87
SALAD CAESAR BULK SIDE	1 CUP	30	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
MUSTARD DISPENSER	.5 OZ	20	0.0	0.0
BBQ SAUCE DISPENSER	.5 OZ	20	0.0	3.75
DRESSING RANCH LF DISPENSER	.5 OZ	20	0.0	3.34
MAYONNAISE DISPENSER	.5 OZ	20	0.0	0.0
Weighted Daily Average			31.86	100.09
% of Calories			16.4%	51.6%
Nutrient Guideline				

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Jan 7, 2019 thru Jan 31, 2019

9-12 GRADE LUNCH CYCLE 1

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	Portion Size	Reimb Qty	Protn (g)	Carb (g)
Wed - 01/09/2019				
9-12 GRADE LUNCH CYCL	Total	100		
CHICKEN BBQ ROASTED 100098	SERVING	20	14.93	0.97
RICE BROWN WG COOKED	1/2 CUP	20	2.76	25.51
ROLL DINNER 2 OZ WG ARTISAN	1 EACH	20	5.0	34.0
PIZZA BIG DADDY'S HT CHEESE	SLICE	30	18.02	36.04
SPICY CHICKEN SAND 70314 GIUL	1 sandwich	30	19.0	44.0
POTATO TATER TOTS	1/2 cup	30	2.0	16.0
CHEESEBURGER 1-15-320 GIULIANO	1 EACH	20	17.5	27.0
POTATO TATER TOTS	1/2 cup	20	2.0	16.0
APPLE, WHOLE 198 COUNT	1 EACH	15	0.26	13.95
PEARS CANNED IN JUICE	1/2 CUP	15	0.0	14.0
RAISINS BOX 1.5 OZ	BOX	70	1.0	31.0
PEAS GREEN	1/2 CUP	25	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	25	0.0	4.17
MUSTARD DISPENSER	.5 OZ	5	0.0	0.0
BBQ SAUCE DISPENSER	.5 OZ	20	0.0	3.75
DRESSING RANCH LF DISPENSER	.5 OZ	20	0.0	3.34
MAYONNAISE DISPENSER	.5 OZ	30	0.0	0.0
Weighted Daily Average			32.54	103.57
% of Calories			16.6%	52.9%
Nutrient Guideline				

	Portion Size	Reimb Qty	Protn (g)	Carb (g)
Thu - 01/10/2019				
9-12 GRADE LUNCH CYCL	Total	100		
CHICKEN ORANGE POPCORN WG70368	12 EACH	20	15.25	30.92
RICE BROWN WG COOKED	1/2 CUP	20	2.76	25.51
CHEESEBURGER 1-15-320 GIULIANO	1 EACH	30	17.5	27.0
POTATO TATER TOTS	1/2 cup	30	2.0	16.0
SPICY CHICKEN SAND 70314 GIUL	1 sandwich	30	19.0	44.0
POTATO TATER TOTS	1/2 cup	30	2.0	16.0
PARFAIT BERRY BLEND 6-12-UP	1 parfait	20	10.18	72.64
BANANAS:150ct	1 EACH	45	1.29	26.95
PEACHES CANNED DICED IN JUICE	1/2 CUP	10	0.0	12.0
RAISINS BOX 1.5 OZ	BOX	45	1.0	31.0
BEANS KIDNEY	1/2 CUP	35	7.0	22.0
CORN CANNED 15483	1/2 CUP	35	3.0	17.0
SALAD CAESAR BULK SIDE	1 CUP	30	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	10	0.0	4.17
MUSTARD DISPENSER	.5 OZ	0	0.0	0.0
BBQ SAUCE DISPENSER	.5 OZ	10	0.0	3.75
DRESSING RANCH LF DISPENSER	.5 OZ	10	0.0	3.34
MAYONNAISE DISPENSER	.5 OZ	0	0.0	0.0
Weighted Daily Average			32.22	119.97
% of Calories			16.0%	59.6%
Nutrient Guideline				

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Base Menu Spreadsheet

Portion Values - Detailed

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Jan 7, 2019 thru Jan 31, 2019

9-12 GRADE LUNCH CYCLE 1

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	Portion Size	Reimb Qty	Protn (g)	Carb (g)
Fri - 01/11/2019				
9-12 GRADE LUNCH CYCL	Total	100		
TURKEY GRAVY w/MASHED POTATOES	gravy+potato	20	18.03	23.36
ROLL DINNER 2 OZ WG ARTISAN	1 EACH	20	5.0	34.0
SPICY CHICKEN SAND 70314 GIUL	1 sandwich	20	19.0	44.0
POTATO FRENCH FRIES CRNKL USDA	1/2 CUP	20	2.4	33.93
CHEESEBURGER 1-15-320 GIULIANO	1 EACH	20	17.5	27.0
POTATO FRENCH FRIES CRNKL USDA	1/2 CUP	20	2.4	33.93
PIZZA BIG DADDY'S HT PEPPERONI	SLICE	40	19.35	36.16
APPLE, WHOLE 198 COUNT	1 EACH	30	0.26	13.95
FRUIT MIX CANNED IN JUICE	1/2 CUP	30	0.0	14.0
RAISINS BOX 1.5 OZ	BOX	40	1.0	31.0
BEANS GREEN USDA	1/2 CUP	30	0.86	2.89
BROCCOLI FRESH	1/2 CUP	30	1.24	2.92
SALAD CAESAR BULK SIDE	1 CUP	40	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
MUSTARD DISPENSER	.5 OZ	20	0.0	0.0
BBQ SAUCE DISPENSER	.5 OZ	10	0.0	3.75
DRESSING RANCH LF DISPENSER	.5 OZ	20	0.0	3.34
MAYONNAISE DISPENSER	.5 OZ	30	0.0	0.0
Weighted Daily Average			31.96	100.09
% of Calories			17.1%	53.4%
Nutrient Guideline				

Mon - 01/14/2019				
9-12 GRADE LUNCH CYCL	Total	100		
BEEF MEATLOAF 9300	EA 3 OZ	40	12.0	8.0
POTATO MASHED:instant 10326	#8 scoop	40	2.03	21.36
ROLL DINNER 2 OZ WG ARTISAN	1 EACH	40	5.0	34.0
ITALIAN DUNKERS WG 73338	2 breadsticks	20	18.0	31.0
SAUCE MARINARA	1 OZ	20	0.45	2.27
PIZZA BIG DADDY'S HT CHEESE	SLICE	20	18.02	36.04
SPICY CHICKEN SAND 70314 GIUL	1 sandwich	20	19.0	44.0
POTATO TATER TOTS	1/2 cup	20	2.0	16.0
APPLE, WHOLE 198 COUNT	1 EACH	10	0.26	13.95
APPLESAUCE CND	1/2 CUP	10	0.0	13.0
RAISINS BOX 1.5 OZ	BOX	80	1.0	31.0
CARROT STICKS	HALF CUP	20	0.57	5.84
SALAD CAESAR BULK SIDE	1 CUP	80	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	25	0.0	4.17
MUSTARD DISPENSER	.5 OZ	5	0.0	0.0
BBQ SAUCE DISPENSER	.5 OZ	20	0.0	3.75
DRESSING RANCH LF DISPENSER	.5 OZ	20	0.0	3.34
MAYONNAISE DISPENSER	.5 OZ	30	0.0	0.0
Weighted Daily Average			31.63	107.38
% of Calories			16.3%	55.3%
Nutrient Guideline				

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Portion Values - Detailed

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Jan 7, 2019 thru Jan 31, 2019

9-12 GRADE LUNCH CYCLE 1

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	Portion Size	Reimb Qty	Protn (g)	Carb (g)
Tue - 01/15/2019				
9-12 GRADE LUNCH CYCL	Total	100		
PIZZA BIG DADDY'S HT PEPPERONI	SLICE	20	19.35	36.16
SPICY CHICKEN SAND 70314 GIUL	1 sandwich	30	19.0	44.0
POTATO TATER TOTS	1/2 cup	30	2.0	16.0
CHEESEBURGER 1-15-320 GIULIANO	1 EACH	30	17.5	27.0
POTATO TATER TOTS	1/2 cup	30	2.0	16.0
CHILI CHEESE FRIES	1 cup	20	*N/A*	*N/A*
ORANGE FRESH WHOLE 138 COUNT	1 EACH	50	1.25	15.66
RAISINS BOX 1.5 OZ	BOX	50	1.0	31.0
CELERY STICKS	1/2 cup	35	0.51	2.21
TOMATOES, CHERRY	HALF CUP	35	0.65	2.87
SALAD CAESAR BULK SIDE	1 CUP	30	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
MUSTARD DISPENSER	.5 OZ	10	0.0	0.0
BBQ SAUCE DISPENSER	.5 OZ	10	0.0	3.75
DRESSING RANCH LF DISPENSER	.5 OZ	20	0.0	3.34
MAYONNAISE DISPENSER	.5 OZ	40	0.0	0.0
Weighted Daily Average			27.46	86.32
% of Calories			16.1%	50.6%
Nutrient Guideline				

	Portion Size	Reimb Qty	Protn (g)	Carb (g)
Wed - 01/16/2019				
9-12 GRADE LUNCH CYCL	Total	100		
NACHOS BEEF CHZ SAUCE 1-320410	1 EACH	30	16.38	37.46
RICE SPANISH	1/2 CUP	30	3.06	34.67
PIZZA BIG DADDY'S HT CHEESE	SLICE	30	18.02	36.04
SPICY CHICKEN SAND 70314 GIUL	1 sandwich	20	19.0	44.0
POTATO TATER TOTS	1/2 cup	20	2.0	16.0
CHEESEBURGER 1-15-320 GIULIANO	1 EACH	20	17.5	27.0
POTATO TATER TOTS	1/2 cup	20	2.0	16.0
APPLE, WHOLE 198 COUNT	1 EACH	15	0.26	13.95
PEARS CANNED IN JUICE	1/2 CUP	15	0.0	14.0
RAISINS BOX 1.5 OZ	BOX	70	1.0	31.0
PEAS GREEN	1/2 CUP	25	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	25	0.0	4.17
MUSTARD DISPENSER	.5 OZ	5	0.0	0.0
BBQ SAUCE DISPENSER	.5 OZ	20	0.0	3.75
DRESSING RANCH LF DISPENSER	.5 OZ	20	0.0	3.34
MAYONNAISE DISPENSER	.5 OZ	30	0.0	0.0
Weighted Daily Average			31.73	107.12
% of Calories			15.4%	51.9%
Nutrient Guideline				

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Jan 7, 2019 thru Jan 31, 2019

9-12 GRADE LUNCH CYCLE 1

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	Portion Size	Reimb Qty	Protn (g)	Carb (g)
Thu - 01/17/2019				
9-12 GRADE LUNCH CYCL	Total	100		
CHICKEN TERIYAKI FAJITA	serving	20	15.33	9.74
RICE BROWN WG COOKED	1/2 CUP	20	2.76	25.51
ROLL DINNER 2 OZ WG ARTISAN	1 EACH	20	5.0	34.0
CHEESEBURGER 1-15-320 GIULIANO	1 EACH	30	17.5	27.0
POTATO TATER TOTS	1/2 cup	30	2.0	16.0
SPICY CHICKEN SAND 70314 GIUL	1 sandwich	30	19.0	44.0
POTATO TATER TOTS	1/2 cup	30	2.0	16.0
PARFAIT TROPICAL 6-12-UP	1 parfait	20	9.89	74.3
BANANAS:150ct	1 EACH	45	1.29	26.95
PEACHES CANNED DICED IN JUICE	1/2 CUP	10	0.0	12.0
RAISINS BOX 1.5 OZ	BOX	45	1.0	31.0
BEANS KIDNEY	1/2 CUP	35	7.0	22.0
CORN CANNED 15483	1/2 CUP	35	3.0	17.0
SALAD CAESAR BULK SIDE	1 CUP	30	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	10	0.0	4.17
MUSTARD DISPENSER	.5 OZ	0	0.0	0.0
BBQ SAUCE DISPENSER	.5 OZ	10	0.0	3.75
DRESSING RANCH LF DISPENSER	.5 OZ	10	0.0	3.34
MAYONNAISE DISPENSER	.5 OZ	0	0.0	0.0
Weighted Daily Average			33.18	122.87
% of Calories			16.5%	61.0%
Nutrient Guideline				

Fri - 01/18/2019				
9-12 GRADE LUNCH CYCL	Total	100		
SPICY CHICKEN SAND 70314 GIUL	1 sandwich	20	19.0	44.0
POTATO FRENCH FRIES CRNKL USDA	1/2 CUP	20	2.4	33.93
CHEESEBURGER 1-15-320 GIULIANO	1 EACH	25	17.5	27.0
POTATO FRENCH FRIES CRNKL USDA	1/2 CUP	25	2.4	33.93
RIB BEEF HONEY BBQ 3716 GIULIA	1 EACH	25	19.0	40.0
PIZZA BIG DADDY'S HT PEPPERONI	SLICE	30	19.35	36.16
APPLE, WHOLE 198 COUNT	1 EACH	30	0.26	13.95
FRUIT MIX CANNED IN JUICE	1/2 CUP	30	0.0	14.0
RAISINS BOX 1.5 OZ	BOX	40	1.0	31.0
BROCCOLI FRESH	1/2 CUP	30	1.24	2.92
SALAD CAESAR BULK SIDE	1 CUP	70	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
MUSTARD DISPENSER	.5 OZ	20	0.0	0.0
BBQ SAUCE DISPENSER	.5 OZ	10	0.0	3.75
DRESSING RANCH LF DISPENSER	.5 OZ	20	0.0	3.34
MAYONNAISE DISPENSER	.5 OZ	30	0.0	0.0
Weighted Daily Average			31.91	99.49
% of Calories			16.6%	51.6%
Nutrient Guideline				

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9-12 GRADE LUNCH CYCLE 1

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	Portion Size	Reimb Qty	Protn (g)	Carb (g)
Mon - 01/21/2019				
9-12 GRADE LUNCH CYCL	Total	100		
SPAGHETTI & MEATBALLS 1-17-505	1CUP+5meatballs	40	23.09	50.96
ROLL DINNER 2 OZ WG ARTISAN	1 EACH	40	5.0	34.0
ITALIAN DUNKERS WG 73338	2 breadsticks	20	18.0	31.0
SAUCE MARINARA	1 OZ	20	0.45	2.27
PIZZA BIG DADDY'S HT CHEESE	SLICE	20	18.02	36.04
SPICY CHICKEN SAND 70314 GIUL	1 sandwich	20	19.0	44.0
POTATO TATER TOTS	1/2 cup	20	2.0	16.0
APPLE, WHOLE 198 COUNT	1 EACH	10	0.26	13.95
APPLESAUCE CND	1/2 CUP	10	0.0	13.0
RAISINS BOX 1.5 OZ	BOX	80	1.0	31.0
CARROT STICKS	HALF CUP	20	0.57	5.84
SALAD CAESAR BULK SIDE	1 CUP	80	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	25	0.0	4.17
MUSTARD DISPENSER	.5 OZ	5	0.0	0.0
BBQ SAUCE DISPENSER	.5 OZ	20	0.0	3.75
DRESSING RANCH LF DISPENSER	.5 OZ	20	0.0	3.34
MAYONNAISE DISPENSER	.5 OZ	30	0.0	0.0
Weighted Daily Average			35.25	116.02
% of Calories			17.3%	56.9%
Nutrient Guideline				

	Portion Size	Reimb Qty	Protn (g)	Carb (g)
Tue - 01/22/2019				
9-12 GRADE LUNCH CYCL	Total	100		
CHICKEN TENDER SPICY TYSON	3 tenders	20	15.0	17.0
POTATO TATER TOTS	1/2 cup	20	2.0	16.0
ROLL DINNER 2 OZ WG ARTISAN	1 EACH	20	5.0	34.0
SPICY CHICKEN SAND 70314 GIUL	1 sandwich	30	19.0	44.0
POTATO TATER TOTS	1/2 cup	30	2.0	16.0
CHEESEBURGER 1-15-320 GIULIANO	1 EACH	30	17.5	27.0
POTATO TATER TOTS	1/2 cup	30	2.0	16.0
PIZZA BIG DADDY'S HT PEPPERONI	SLICE	20	19.35	36.16
ORANGE FRESH WHOLE 138 COUNT	1 EACH	50	1.25	15.66
RAISINS BOX 1.5 OZ	BOX	50	1.0	31.0
CELERY STICKS	1/2 cup	35	0.51	2.21
TOMATOES, CHERRY	HALF CUP	35	0.65	2.87
SALAD CAESAR BULK SIDE	1 CUP	30	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
MUSTARD DISPENSER	.5 OZ	20	0.0	0.0
BBQ SAUCE DISPENSER	.5 OZ	20	0.0	3.75
DRESSING RANCH LF DISPENSER	.5 OZ	20	0.0	3.34
MAYONNAISE DISPENSER	.5 OZ	20	0.0	0.0
Weighted Daily Average			31.86	100.09
% of Calories			16.4%	51.6%
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

9-12 GRADE LUNCH CYCLE 1

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	Portion Size	Reimb Qty	Protn (g)	Carb (g)
<b>Wed - 01/23/2019</b>				
9-12 GRADE LUNCH CYCL	Total	100		
CHICKEN BBQ ROASTED 100098	SERVING	20	14.93	0.97
RICE BROWN WG COOKED	1/2 CUP	20	2.76	25.51
ROLL DINNER 2 OZ WG ARTISAN	1 EACH	20	5.0	34.0
PIZZA BIG DADDY'S HT CHEESE	SLICE	30	18.02	36.04
SPICY CHICKEN SAND 70314 GIUL	1 sandwich	30	19.0	44.0
POTATO TATER TOTS	1/2 cup	30	2.0	16.0
CHEESEBURGER 1-15-320 GIULIANO	1 EACH	20	17.5	27.0
POTATO TATER TOTS	1/2 cup	20	2.0	16.0
APPLE, WHOLE 198 COUNT	1 EACH	15	0.26	13.95
PEARS CANNED IN JUICE	1/2 CUP	15	0.0	14.0
RAISINS BOX 1.5 OZ	BOX	70	1.0	31.0
PEAS GREEN	1/2 CUP	25	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	25	0.0	4.17
MUSTARD DISPENSER	.5 OZ	5	0.0	0.0
BBQ SAUCE DISPENSER	.5 OZ	20	0.0	3.75
DRESSING RANCH LF DISPENSER	.5 OZ	20	0.0	3.34
MAYONNAISE DISPENSER	.5 OZ	30	0.0	0.0
Weighted Daily Average			32.54	103.57
% of Calories			16.6%	52.9%
Nutrient Guideline				

	Portion Size	Reimb Qty	Protn (g)	Carb (g)
<b>Thu - 01/24/2019</b>				
9-12 GRADE LUNCH CYCL	Total	100		
CHICKEN ORANGE POPCORN WG70368	12 EACH	20	15.25	30.92
RICE BROWN WG COOKED	1/2 CUP	20	2.76	25.51
CHEESEBURGER 1-15-320 GIULIANO	1 EACH	30	17.5	27.0
POTATO TATER TOTS	1/2 cup	30	2.0	16.0
SPICY CHICKEN SAND 70314 GIUL	1 sandwich	30	19.0	44.0
POTATO TATER TOTS	1/2 cup	30	2.0	16.0
PARFAIT BERRY BLEND 6-12-UP	1 parfait	20	10.18	72.64
BANANAS:150ct	1 EACH	45	1.29	26.95
PEACHES CANNED DICED IN JUICE	1/2 CUP	10	0.0	12.0
RAISINS BOX 1.5 OZ	BOX	45	1.0	31.0
BEANS KIDNEY	1/2 CUP	35	7.0	22.0
CORN CANNED 15483	1/2 CUP	35	3.0	17.0
SALAD CAESAR BULK SIDE	1 CUP	30	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	10	0.0	4.17
MUSTARD DISPENSER	.5 OZ	0	0.0	0.0
BBQ SAUCE DISPENSER	.5 OZ	10	0.0	3.75
DRESSING RANCH LF DISPENSER	.5 OZ	10	0.0	3.34
MAYONNAISE DISPENSER	.5 OZ	0	0.0	0.0
Weighted Daily Average			32.22	119.97
% of Calories			16.0%	59.6%
Nutrient Guideline				

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# Cotati-Rohnert Park USD

Base Menu Spreadsheet

Portion Values - Detailed

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9-12 GRADE LUNCH CYCLE 1

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	Portion Size	Reimb Qty	Protn (g)	Carb (g)
Fri - 01/25/2019				
9-12 GRADE LUNCH CYCL	Total	100		
TURKEY GRAVY w/MASHED POTATOES	gravy+potato	20	18.03	23.36
ROLL DINNER 2 OZ WG ARTISAN	1 EACH	20	5.0	34.0
SPICY CHICKEN SAND 70314 GIUL	1 sandwich	20	19.0	44.0
POTATO FRENCH FRIES CRNKL USDA	1/2 CUP	20	2.4	33.93
CHEESEBURGER 1-15-320 GIULIANO	1 EACH	20	17.5	27.0
POTATO FRENCH FRIES CRNKL USDA	1/2 CUP	20	2.4	33.93
PIZZA BIG DADDY'S HT PEPPERONI	SLICE	40	19.35	36.16
APPLE, WHOLE 198 COUNT	1 EACH	30	0.26	13.95
FRUIT MIX CANNED IN JUICE	1/2 CUP	30	0.0	14.0
RAISINS BOX 1.5 OZ	BOX	40	1.0	31.0
BEANS GREEN USDA	1/2 CUP	30	0.86	2.89
BROCCOLI FRESH	1/2 CUP	30	1.24	2.92
SALAD CAESAR BULK SIDE	1 CUP	40	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
MUSTARD DISPENSER	.5 OZ	20	0.0	0.0
BBQ SAUCE DISPENSER	.5 OZ	10	0.0	3.75
DRESSING RANCH LF DISPENSER	.5 OZ	20	0.0	3.34
MAYONNAISE DISPENSER	.5 OZ	30	0.0	0.0
Weighted Daily Average			31.96	100.09
% of Calories			17.1%	53.4%
Nutrient Guideline				

Mon - 01/28/2019				
9-12 GRADE LUNCH CYCL	Total	100		
BEEF MEATLOAF 9300	EA 3 OZ	40	12.0	8.0
POTATO MASHED:instant 10326	#8 scoop	40	2.03	21.36
ROLL DINNER 2 OZ WG ARTISAN	1 EACH	40	5.0	34.0
ITALIAN DUNKERS WG 73338	2 breadsticks	20	18.0	31.0
SAUCE MARINARA	1 OZ	20	0.45	2.27
PIZZA BIG DADDY'S HT CHEESE	SLICE	20	18.02	36.04
SPICY CHICKEN SAND 70314 GIUL	1 sandwich	20	19.0	44.0
POTATO TATER TOTS	1/2 cup	20	2.0	16.0
APPLE, WHOLE 198 COUNT	1 EACH	10	0.26	13.95
APPLESAUCE CND	1/2 CUP	10	0.0	13.0
RAISINS BOX 1.5 OZ	BOX	80	1.0	31.0
CARROT STICKS	HALF CUP	20	0.57	5.84
SALAD CAESAR BULK SIDE	1 CUP	80	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	25	0.0	4.17
MUSTARD DISPENSER	.5 OZ	5	0.0	0.0
BBQ SAUCE DISPENSER	.5 OZ	20	0.0	3.75
DRESSING RANCH LF DISPENSER	.5 OZ	20	0.0	3.34
MAYONNAISE DISPENSER	.5 OZ	30	0.0	0.0
Weighted Daily Average			31.63	107.38
% of Calories			16.3%	55.3%
Nutrient Guideline				

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# Cotati-Rohnert Park USD

Base Menu Spreadsheet

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9-12 GRADE LUNCH CYCLE 1

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	Portion Size	Reimb Qty	Protn (g)	Carb (g)
Tue - 01/29/2019				
9-12 GRADE LUNCH CYCL	Total	100		
PIZZA BIG DADDY'S HT PEPPERONI	SLICE	20	19.35	36.16
SPICY CHICKEN SAND 70314 GIUL	1 sandwich	30	19.0	44.0
POTATO TATER TOTS	1/2 cup	30	2.0	16.0
CHEESEBURGER 1-15-320 GIULIANO	1 EACH	30	17.5	27.0
POTATO TATER TOTS	1/2 cup	30	2.0	16.0
CHILI CHEESE FRIES	1 cup	20	*N/A*	*N/A*
ORANGE FRESH WHOLE 138 COUNT	1 EACH	50	1.25	15.66
RAISINS BOX 1.5 OZ	BOX	50	1.0	31.0
CELERY STICKS	1/2 cup	35	0.51	2.21
TOMATOES, CHERRY	HALF CUP	35	0.65	2.87
SALAD CAESAR BULK SIDE	1 CUP	30	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
MUSTARD DISPENSER	.5 OZ	10	0.0	0.0
BBQ SAUCE DISPENSER	.5 OZ	10	0.0	3.75
DRESSING RANCH LF DISPENSER	.5 OZ	20	0.0	3.34
MAYONNAISE DISPENSER	.5 OZ	40	0.0	0.0
Weighted Daily Average			27.46	86.32
% of Calories			16.1%	50.6%
Nutrient Guideline				

	Portion Size	Reimb Qty	Protn (g)	Carb (g)
Wed - 01/30/2019				
9-12 GRADE LUNCH CYCL	Total	100		
NACHOS BEEF CHZ SAUCE 1-320410	1 EACH	30	16.38	37.46
RICE SPANISH	1/2 CUP	30	3.06	34.67
PIZZA BIG DADDY'S HT CHEESE	SLICE	30	18.02	36.04
SPICY CHICKEN SAND 70314 GIUL	1 sandwich	20	19.0	44.0
POTATO TATER TOTS	1/2 cup	20	2.0	16.0
CHEESEBURGER 1-15-320 GIULIANO	1 EACH	20	17.5	27.0
POTATO TATER TOTS	1/2 cup	20	2.0	16.0
APPLE, WHOLE 198 COUNT	1 EACH	15	0.26	13.95
PEARS CANNED IN JUICE	1/2 CUP	15	0.0	14.0
RAISINS BOX 1.5 OZ	BOX	70	1.0	31.0
PEAS GREEN	1/2 CUP	25	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	25	0.0	4.17
MUSTARD DISPENSER	.5 OZ	5	0.0	0.0
BBQ SAUCE DISPENSER	.5 OZ	20	0.0	3.75
DRESSING RANCH LF DISPENSER	.5 OZ	20	0.0	3.34
MAYONNAISE DISPENSER	.5 OZ	30	0.0	0.0
Weighted Daily Average			31.73	107.12
% of Calories			15.4%	51.9%
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

9-12 GRADE LUNCH CYCLE 1

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	Portion Size	Reimb Qty	Protn (g)	Carb (g)
Thu - 01/31/2019				
9-12 GRADE LUNCH CYCL	Total	100		
CHICKEN TERIYAKI FAJITA	serving	20	15.33	9.74
RICE BROWN WG COOKED	1/2 CUP	20	2.76	25.51
ROLL DINNER 2 OZ WG ARTISAN	1 EACH	20	5.0	34.0
CHEESEBURGER 1-15-320 GIULIANO	1 EACH	30	17.5	27.0
POTATO TATER TOTS	1/2 cup	30	2.0	16.0
SPICY CHICKEN SAND 70314 GIUL	1 sandwich	30	19.0	44.0
POTATO TATER TOTS	1/2 cup	30	2.0	16.0
PARFAIT TROPICAL 6-12-UP	1 parfait	20	9.89	74.3
BANANAS:150ct	1 EACH	45	1.29	26.95
PEACHES CANNED DICED IN JUICE	1/2 CUP	10	0.0	12.0
RAISINS BOX 1.5 OZ	BOX	45	1.0	31.0
BEANS KIDNEY	1/2 CUP	35	7.0	22.0
CORN CANNED 15483	1/2 CUP	35	3.0	17.0
SALAD CAESAR BULK SIDE	1 CUP	30	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	10	0.0	4.17
MUSTARD DISPENSER	.5 OZ	0	0.0	0.0
BBQ SAUCE DISPENSER	.5 OZ	10	0.0	3.75
DRESSING RANCH LF DISPENSER	.5 OZ	10	0.0	3.34
MAYONNAISE DISPENSER	.5 OZ	0	0.0	0.0
Weighted Daily Average			33.18	122.87
% of Calories			16.5%	61.0%
Nutrient Guideline				

Weighted Average			31.98	106.65
			16.4%	54.7%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Protein (g)	31.98	16.41%						
Carbohydrate (g)	106.65	54.73%						

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