

Catalina Foothills School District

Dec 1, 2016 thru Dec 9, 2016

Base Menu Spreadsheet

Combined: K-5 Lunch/Grab & Go

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Carb (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 12/01/2016							
K-5 Lunch	Total	155					
Fish Sticks	1 serving	60	101	236	9.45	0.00	0.00
MAC & CHEESE-ROTINI	1/2 CUP	60	203	488	35.59	1.47	0.00
CORN DOG WG CF	1 each	80	240	390	30.0	2.50	0.00
SAND COLD SB & JELLY	1 EACH	15	390	460	47.0	2.00	0.00
CARROTS BABY CF	1/2 cup	30	25	55	5.78	0.01	0.00
PINEAPPLE TIDBITS CF	1/2 CUP	150	68	0	15.43	0.00	0.00
MILK 1% WHITE	HALF PINT	10	100	125	12.0	1.50	0.00
MILK CHOCOLATE FAT FREE	HALF PINT	100	140	200	26.0	0.00	0.00
SALAD MIX #1050047	1/2 CUP	20	5	0	1.0	0.00	0.00
CARROTS BABY FRESH	1/2 cup	20	25	55	5.78	0.01	0.00
BEAN GARBANZO CF	1/2 cup	40	160	290	26.0	0.00	0.00
Cucumber Sliced CF	1/2 cup	20	8	0	2.0	0.00	0.00
TOMATO DICED	1/2 cup	20	21	6	4.64	0.04	0.00
Ranch Dressing LF CF	1 each	20	85	510	13.23	0.00	0.00
Grab & Go	Total	20					
FRUDEL CHERRY	1 package	15	210	290	36.95	1.50	0.00
CEREAL BAR, COCOA PUF, 1 OZ EQ	1 EACH	5	150	110	30.0	0.50	0.00
CHEESE STRING	1 stick	5	80	150	1.0	3.50	0.00
APPLE WHOLE:138ct	1 EACH	20	77	1	20.58	0.00	0.00
MILK 1% WHITE	HALF PINT	2	100	125	12.0	1.50	0.00
MILK CHOCOLATE FAT FREE	HALF PINT	10	140	200	26.0	0.00	0.00
Weighted Daily Average			491	774	79.96	2.17	0.00
% of Calories					65.1%	4.0%	0.0%
Nutrient Guideline			527-633	1152		<10.00	

Fri - 12/02/2016							
K-5 Lunch	Total	160					
STIR FRY ORANGE CHICKEN	1 EACH	30	506	883	67.28	2.88	0.00
QUESADILLA	1 EACH	90	230	340	20.0	6.00	0.00
Yogurt & String Cheese	1 EACH	40	180	200	21.0	4.00	0.00
CRACKER GRAHAM 3CT 1 OZ EQ	1 EACH	40	90	115	18.0	0.00	0.00
BROCCOLI FRESH CF	1/2 cup	30	15	15	2.92	0.02	0.00
APPLE WHOLE:163ct	1 EACH	140	57	1	15.27	0.03	0.00
MILK 1% WHITE	HALF PINT	10	100	125	12.0	1.50	0.00
MILK CHOCOLATE FAT FREE	HALF PINT	100	140	200	26.0	0.00	0.00
SALAD MIX #1050047	1/2 CUP	30	5	0	1.0	0.00	0.00
CARROTS BABY FRESH	1/2 cup	20	25	55	5.78	0.01	0.00
CELERY STICKS	1/2 cup	20	12	59	2.2	0.03	0.00
Cucumber Sliced CF	1/2 cup	20	8	0	2.0	0.00	0.00
TOMATO DICED	1/2 cup	20	21	6	4.64	0.04	0.00
Ranch Dressing LF CF	1 each	40	85	510	13.23	0.00	0.00
Grab & Go	Total	20					
WG BLUEBERRY MUFFIN 4OZ	1 EACH	15	350	240	57.0	3.50	0.00
CEREAL BAR, CHEERIOS FRTY 1 OZ	1 EACH	5	150	105	30.0	0.50	0.00
CHEESE STRING	1 stick	5	80	150	1.0	3.50	0.00
APPLESAUCE CND	1 CUP	20	180	20	44.0	0.00	0.00
MILK 1% WHITE	HALF PINT	3	100	125	12.0	1.50	0.00
MILK CHOCOLATE FAT FREE	HALF PINT	10	140	200	26.0	0.00	0.00
Weighted Daily Average			482	678	74.23	4.92	0.00
% of Calories					61.6%	9.2%	0.0%
Nutrient Guideline			527-633	1152		<10.00	

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

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Catalina Foothills School District

Dec 1, 2016 thru Dec 9, 2016

Base Menu Spreadsheet

Combined: K-5 Lunch/Grab & Go

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Carb (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 12/05/2016							
K-5 Lunch	Total	150					
CHICKEN BBQ:K12	2.3 oz	60	137	635	7.38	0.77	0.00
POTATO MASHED:instant	1/2 cup	60	112	121	21.36	1.02	0.00
ROLL DINNER WW	1 EACH	70	70	190	13.0	0.00	0.00
SAND HOT HAMBURGER	1 EACH	80	280	590	25.0	4.00	0.50
SALAD FT SPINACH:K5 CF	1 salad	10	175	303	15.87	2.56	0.00
CARROT COINS STEAMED	3/4 CUP	100	39	67	7.87	0.00	0.00
PEARS DICED CND	1/2 CUP	100	60	10	14.0	0.00	0.00
MILK 1% WHITE	HALF PINT	20	100	125	12.0	1.50	0.00
MILK CHOCOLATE FAT FREE	HALF PINT	100	140	200	26.0	0.00	0.00
SALAD MIX #1050047	1/2 CUP	20	5	0	1.0	0.00	0.00
CARROTS BABY FRESH	1/2 cup	15	25	55	5.78	0.01	0.00
CELERY STICKS	1/2 cup	15	12	59	2.2	0.03	0.00
Cucumber Sliced CF	1/2 cup	15	8	0	2.0	0.00	0.00
BEAN GARBANZO CF	1/2 cup	50	160	290	26.0	0.00	0.00
Ranch Dressing LF CF	1 each	40	85	510	13.23	0.00	0.00
Grab & Go	Total	20					
CINI MINNIS	1 EACH	15	240	300	40.0	2.00	0.00
CEREAL BAR, CIN TST CRN 1 OZEQ	1 EACH	5	150	115	30.0	0.50	0.00
CHEESE STRING	1 stick	5	80	150	1.0	3.50	0.00
APPLE WHOLE:198ct	2 EACH	20	95	2	25.31	0.05	0.00
MILK 1% WHITE	HALF PINT	5	100	125	12.0	1.50	0.00
MILK CHOCOLATE FAT FREE	HALF PINT	10	140	200	26.0	0.00	0.00
Weighted Daily Average			533	1084	78.83	3.19	0.24
% of Calories					59.1%	5.4%	0.4%
Nutrient Guideline			527-633	1152		<10.00	

Tue - 12/06/2016							
K-5 Lunch	Total	165					
PIZZA BIG D CHEESE:8cut	1 EACH	90	340	670	36.0	7.00	0.00
PIZZA BIG D SAUSAGE:8cut	1 EACH	60	409	858	37.01	9.01	0.23
SALAD ENT CHEF CF	1 EACH	5	248	530	23.8	3.26	0.00
ROLL DINNER WW	1 EACH	5	70	190	13.0	0.00	0.00
WRAP BUFFALO CHICKEN USDA	WRAP	10	423	812	45.5	3.51	0.00
BROCCOLI STEAMED	1/2 CUP	65	20	13	2.67	0.00	0.00
APPLE WHOLE:163ct	1 EACH	140	57	1	15.27	0.03	0.00
MILK 1% WHITE	HALF PINT	10	100	125	12.0	1.50	0.00
MILK CHOCOLATE FAT FREE	HALF PINT	140	140	200	26.0	0.00	0.00
SALAD MIX #1050047	1/2 CUP	25	5	0	1.0	0.00	0.00
CARROTS BABY FRESH	1/2 cup	15	25	55	5.78	0.01	0.00
CELERY STICKS	1/2 cup	15	12	59	2.2	0.03	0.00
Cucumber Sliced CF	1/2 cup	15	8	0	2.0	0.00	0.00
TOMATO DICED	1/2 cup	15	21	6	4.64	0.04	0.00
Ranch Dressing LF CF	1 each	40	85	510	13.23	0.00	0.00
Grab & Go	Total	20					
PANCAKE MINI STRAWBERRY PHILSB	1 EACH	15	240	150	42.0	1.00	0.00
CEREAL BAR, CHEERIOS FRTY 1 OZ	1 EACH	5	150	105	30.0	0.50	0.00
CHEESE STRING	1 stick	5	80	150	1.0	3.50	0.00
ORANGE WHOLE	1 EACH	20	62	0	15.39	0.03	0.00
MILK 1% WHITE	HALF PINT	2	100	125	12.0	1.50	0.00
MILK CHOCOLATE FAT FREE	HALF PINT	10	140	200	26.0	0.00	0.00

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Dec 1, 2016 thru Dec 9, 2016

Base Menu Spreadsheet

Combined: K-5 Lunch/Grab & Go

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Carb (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average % of Calories			557	983	77.41 55.6%	6.93 11.2%	0.07 0.1%
Nutrient Guideline			527-633	1152		<10.00	

Wed - 12/07/2016							
K-5 Lunch	Total	150					
CHICKEN & WAFFLES:K12 CFSD	waffle + chix	100	360	635	32.0	3.00	0.00
BURRITO BEAN CF	1 burrito	40	297	508	42.24	3.62	0.01
SALAD FT CHICKEN CAESAR:K-8	1 EACH	10	151	235	9.15	1.67	0.00
ROLL DINNER WW	1 EACH	10	70	190	13.0	0.00	0.00
POTATO WEDGES	1/2 CUP	30	90	30	15.05	0.00	0.00
JUICE APPLE	1 EACH	120	50	10	13.0	0.00	0.00
MILK 1% WHITE	HALF PINT	20	100	125	12.0	1.50	0.00
MILK CHOCOLATE FAT FREE	HALF PINT	120	140	200	26.0	0.00	0.00
SALAD MIX #1050047	1/2 CUP	25	5	0	1.0	0.00	0.00
CARROTS BABY FRESH	1/2 cup	20	25	55	5.78	0.01	0.00
CELERY STICKS	1/2 cup	20	12	59	2.2	0.03	0.00
TOMATO DICED	1/2 cup	15	21	6	4.64	0.04	0.00
Cucumber Sliced CF	1/2 cup	15	8	0	2.0	0.00	0.00
RANCH DRESSING LOW FAT DISPENS	1 OZ	40	43	255	6.61	0.00	0.00
KETCHUP	1 OZ	10	40	320	10.0	0.00	0.00
SYRUP SF	1 each	90	10	80	4.0	0.00	0.00
Grab & Go	Total	20					
PANCAKE MINI MAPLE	1 EACH	15	230	150	41.0	0.50	0.00
CEREAL BAR, COCOA PUF, 1 OZEQ	1 EACH	5	150	110	30.0	0.50	0.00
CHEESE STRING	1 stick	5	80	150	1.0	3.50	0.00
PEARS DICED CND	1 CUP	20	160	10	40.0	0.00	0.00
MILK 1% WHITE	HALF PINT	2	100	125	12.0	1.50	0.00
MILK CHOCOLATE FAT FREE	HALF PINT	10	140	200	26.0	0.00	0.00
Weighted Daily Average % of Calories			537	857	78.50 58.5%	3.08 5.2%	0.00 0.0%
Nutrient Guideline			527-633	1152		<10.00	

Thu - 12/08/2016							
K-5 Lunch	Total	150					
HOT DOG ORIGINAL CFSD	1 each	90	260	570	30.0	2.50	0.00
MEATBALL STROGANOFF PIERRE CF	1 EACH	50	421	840	52.01	5.14	0.00
SALAD FT GARDEN:K5	1 salad	10	176	585	7.23	5.86	0.00
ROLL DINNER WW	1 EACH	10	70	190	13.0	0.00	0.00
BEANS VEGETARIAN USDA #44208	1/2 CUP	20	130	140	23.0	0.00	0.00
PEACHES DICED CF	1/2 CUP	130	60	10	14.0	0.00	0.00
MILK 1% WHITE	HALF PINT	10	100	125	12.0	1.50	0.00
MILK CHOCOLATE FAT FREE	HALF PINT	120	140	200	26.0	0.00	0.00
SALAD MIX #1050047	1/2 CUP	30	5	0	1.0	0.00	0.00
CARROTS BABY FRESH	1/2 cup	20	25	55	5.78	0.01	0.00
CELERY STICKS	1/2 cup	20	12	59	2.2	0.03	0.00
BEANS PLAIN PINTO:veg	1/2 cup	50	79	111	14.23	0.00	0.00
Cucumber Sliced CF	1/2 cup	20	8	0	2.0	0.00	0.00
BROCCOLI FRESH	1/2 CUP	20	15	15	2.92	0.02	0.00
Ranch Dressing LF CF	1 each	40	85	510	13.23	0.00	0.00

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Base Menu Spreadsheet

Combined: K-5 Lunch/Grab & Go

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Carb (g)	S-Fat (g)	Tr-Fat ¹ (g)
Grab & Go	Total	20					
BAGEL MINI CINNAMON	1 EACH	15	240	180	41.0	2.50	0.00
CEREAL BAR, TRIX 1 OZEQ	1 EACH	5	150	105	30.0	0.50	0.00
CHEESE STRING	1 stick	5	80	150	1.0	3.50	0.00
JUICE APPLE	2 EACH	20	100	20	26.0	0.00	0.00
MILK CHOCOLATE FAT FREE	HALF PINT	10	140	200	26.0	0.00	0.00
MILK 1% WHITE	HALF PINT	5	100	125	12.0	1.50	0.00
Weighted Daily Average			544	976	83.30	3.66	0.00
% of Calories					61.2%	6.0%	0.0%
Nutrient Guideline			527-633	1152		<10.00	

Fri - 12/09/2016							
K-5 Lunch	Total	170					
Penne Baked Ziti	1 cup	80	345	908	39.59	6.98	0.00
SAND HOT CHICKEN PATTY CF	1 EACH	60	374	808	44.23	2.03	0.00
SALAD ENT BEEF TACO	1 EACH	30	488	763	37.51	11.80	0.00
BEANS GREEN	1/2 CUP	20	41	19	5.38	0.87	0.00
PINEAPPLE TIDBITS CF	1/2 CUP	150	68	0	15.43	0.00	0.00
MILK 1% WHITE	HALF PINT	10	100	125	12.0	1.50	0.00
MILK CHOCOLATE FAT FREE	HALF PINT	100	140	200	26.0	0.00	0.00
SALAD MIX #1050047	1/2 CUP	30	5	0	1.0	0.00	0.00
CARROTS BABY FRESH	1/2 cup	20	25	55	5.78	0.01	0.00
CELERY STICKS	1/2 cup	20	12	59	2.2	0.03	0.00
Cucumber Sliced CF	1/2 cup	20	8	0	2.0	0.00	0.00
TOMATO DICED	1/2 cup	20	21	6	4.64	0.04	0.00
Ranch Dressing LF CF	1 each	40	85	510	13.23	0.00	0.00
KETCHUP	1 OZ	20	40	320	10.0	0.00	0.00
MUSTARD	1 OZ	10	0	65	0.0	0.00	0.00
SAUCE BBQ	1 TBSP	20	20	195	4.5	0.00	0.00
Grab & Go	Total	20					
CEREAL CINAMON TOAST CRUNCH RS	1 EACH	15	110	160	22.0	0.50	0.00
CEREAL BAR, COCOA PUF, 1 OZEQ	1 EACH	5	150	110	30.0	0.50	0.00
CHEESE STRING	1 stick	20	80	150	1.0	3.50	0.00
APPLE WHOLE:138ct	2 EACH	20	154	2	41.16	0.00	0.00
MILK 1% WHITE	HALF PINT	2	100	125	12.0	1.50	0.00
MILK CHOCOLATE FAT FREE	HALF PINT	10	140	200	26.0	0.00	0.00
Weighted Daily Average			555	1093	78.09	6.06	0.00
% of Calories					56.3%	9.8%	0.0%
Nutrient Guideline			527-633	1152		<10.00	

Weighted Average			528	920	78.62	4.29	0.04
					59.5%	7.3%	0.1%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	528		527 - 633	100%				
Sodium (mg)	920		1152					
Carbohydrate (g)	78.62	59.51%						
Saturated Fat (g)	4.29	7.30%	<10.00%					
Trans Fat ¹ (g)	0.04	0.08%						

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Dec 12, 2016 thru Dec 16, 2016

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Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Carb (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 12/12/2016							
K-5 Lunch	Total	135					
ENCHILADA CHEESE	2 EACH	60	320	590	29.99	8.00	0.00
QUESADILLA TACO:K8	1 quesadilla	60	387	809	37.33	6.99	0.00
SALAD FT COBB:K-8	1 EACH	15	216	412	11.32	4.50	0.00
ROLL DINNER WW	1 EACH	15	70	190	13.0	0.00	0.00
BEANS REFRIED INSTANT	1/2 CUP	50	160	483	27.0	1.00	0.00
PINEAPPLE TIDBITS CF	1/2 CUP	125	68	0	15.43	0.00	0.00
MILK 1% WHITE	HALF PINT	10	100	125	12.0	1.50	0.00
MILK CHOCOLATE FAT FREE	HALF PINT	100	140	200	26.0	0.00	0.00
SALAD MIX #1050047	1/2 CUP	20	5	0	1.0	0.00	0.00
CARROTS BABY FRESH	1/2 cup	20	25	55	5.78	0.01	0.00
BEAN GARBANZO CF	1/2 cup	40	160	290	26.0	0.00	0.00
Cucumber Sliced CF	1/2 cup	20	8	0	2.0	0.00	0.00
TOMATO DICED	1/2 cup	20	21	6	4.64	0.04	0.00
Ranch Dressing LF CF	1 each	20	85	510	13.23	0.00	0.00
Grab & Go	Total	20					
FRENCH TOAST MINI ORIGINAL	1 package	15	210	240	36.96	1.50	0.00
CEREAL BAR, COCOA PUFFS, 1 OZ EQ	1 EACH	5	150	110	30.0	0.50	0.00
APPLE WHOLE:138ct	1 EACH	20	77	1	20.58	0.00	0.00
MILK 1% WHITE	HALF PINT	2	100	125	12.0	1.50	0.00
MILK CHOCOLATE FAT FREE	HALF PINT	10	140	200	26.0	0.00	0.00
Weighted Daily Average			610	1083	86.29	6.85	0.00
% of Calories					56.6%	10.1%	0.0%
Nutrient Guideline			528-633	1152		<10.00	

Tue - 12/13/2016							
K-5 Lunch	Total	180					
PIZZA BIG D CHEESE:8cut	1 EACH	80	340	670	36.0	7.00	0.00
PIZZA BIG D PEPPERONI:8cut	1 EACH	60	350	780	35.0	7.00	0.00
SAND HOT CHICKEN PARMESAN	1 EACH	20	409	1048	41.74	2.78	0.00
SALAD FT CRISPY CHICKEN CF	1 EACH	10	308	537	20.21	5.02	0.00
BEANS GREEN STEAMED FROZEN	1/2 CUP	40	22	0	3.75	0.00	0.00
APPLE WHOLE:163ct	1 EACH	150	57	1	15.27	0.03	0.00
MILK 1% WHITE	HALF PINT	20	100	125	12.0	1.50	0.00
MILK CHOCOLATE FAT FREE	HALF PINT	130	140	200	26.0	0.00	0.00
SALAD MIX #1050047	1/2 CUP	20	5	0	1.0	0.00	0.00
CARROTS BABY FRESH	1/2 cup	15	25	55	5.78	0.01	0.00
CELERY STICKS	1/2 cup	15	12	59	2.2	0.03	0.00
Cucumber Sliced CF	1/2 cup	15	8	0	2.0	0.00	0.00
TOMATO DICED	1/2 cup	1	21	6	4.64	0.04	0.00
Ranch Dressing LF CF	1 each	20	85	510	13.23	0.00	0.00
KETCHUP	1 OZ	10	40	320	10.0	0.00	0.00
Grab & Go	Total	20					
YOGURT TRIX RASPBERRY RAINBOW	1 EACH	15	100	50	20.0	0.50	0.00
CRACKER GRAHAM 3CT 1 OZ EQ	1 EACH	15	90	115	18.0	0.00	0.00
CEREAL BAR, COCOA PUFFS, 1 OZ EQ	1 EACH	5	150	110	30.0	0.50	0.00
ORANGE WHOLE	1 EACH	20	62	0	15.39	0.03	0.00
PINEAPPLE TIDBITS CF	1/2 CUP	20	68	0	15.43	0.00	0.00
MILK 1% WHITE	HALF PINT	2	100	125	12.0	1.50	0.00
MILK CHOCOLATE FAT FREE	HALF PINT	10	140	200	26.0	0.00	0.00
Weighted Daily Average			499	879	71.18	5.68	0.00
% of Calories					57.0%	10.2%	0.0%
Nutrient Guideline			528-633	1152		<10.00	

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Catalina Foothills School District

Dec 12, 2016 thru Dec 16, 2016

Base Menu Spreadsheet

Combined: K-5 Lunch/Grab & Go

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Carb (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 12/14/2016							
K-5 Lunch	Total	165					
PANCAKES WHOLE WHEAT	2 EACH	105	120	250	24.01	0.00	0.00
SAUSAGE TURKEY PATTY CF	2 patty	105	120	160	0.0	3.00	0.00
SUB HOT MEATBALL	1 EACH	50	280	806	27.57	3.99	0.00
SAND COLD SB & JELLY	1 EACH	10	390	460	47.0	2.00	0.00
POTATO TATER TOTS	1/2 cup	50	130	310	16.0	1.00	0.00
JUICE APPLE	1 EACH	120	50	10	13.0	0.00	0.00
MILK 1% WHITE	HALF PINT	20	100	125	12.0	1.50	0.00
MILK CHOCOLATE FAT FREE	HALF PINT	120	140	200	26.0	0.00	0.00
SALAD MIX #1050047	1/2 CUP	25	5	0	1.0	0.00	0.00
CARROTS BABY FRESH	1/2 cup	20	25	55	5.78	0.01	0.00
CELERY STICKS	1/2 cup	20	12	59	2.2	0.03	0.00
TOMATO DICED	1/2 cup	15	21	6	4.64	0.04	0.00
Cucumber Sliced CF	1/2 cup	15	8	0	2.0	0.00	0.00
RANCH DRESSING LOW FAT DISPENS	1 OZ	40	43	255	6.61	0.00	0.00
KETCHUP	1 OZ	10	40	320	10.0	0.00	0.00
SYRUP SF	1 each	90	10	80	4.0	0.00	0.00
Grab & Go	Total	20					
BAGEL MINI STRAWBERRY	1 EACH	15	230	180	41.0	2.50	0.00
CEREAL BAR, TRIX 1 OZEQ	1 EACH	5	150	105	30.0	0.50	0.00
CHEESE STRING	1 stick	5	80	150	1.0	3.50	0.00
JUICE APPLE	2 EACH	20	100	20	26.0	0.00	0.00
MILK CHOCOLATE FAT FREE	HALF PINT	10	140	200	26.0	0.00	0.00
MILK 1% WHITE	HALF PINT	5	100	125	12.0	1.50	0.00
Weighted Daily Average			471	871	68.70	3.68	0.00
% of Calories					58.3%	7.0%	0.0%
Nutrient Guideline			528-633	1152		<10.00	

Thu - 12/15/2016							
K-5 Lunch	Total	150					
FLATBREAD GRECIAN:G612	1 flatbread	40	455	1070	46.11	5.43	0.00
SAND HOT BBQ BACON BURGER CF	1 EACH	90	381	1113	35.83	6.86	0.50
SAND COLD TURKEY & CHEESE	1 EACH	20	274	798	30.78	3.29	0.00
BROCCOLI FRESH CF	1/2 cup	40	15	15	2.92	0.02	0.00
PEACHES DICED CF	1/2 CUP	120	60	10	14.0	0.00	0.00
MILK 1% WHITE	HALF PINT	10	100	125	12.0	1.50	0.00
MILK CHOCOLATE FAT FREE	HALF PINT	120	140	200	26.0	0.00	0.00
SALAD MIX #1050047	1/2 CUP	30	5	0	1.0	0.00	0.00
CARROTS BABY FRESH	1/2 cup	20	25	55	5.78	0.01	0.00
CELERY STICKS	1/2 cup	20	12	59	2.2	0.03	0.00
BEANS PLAIN PINTO:veg	1/2 cup	50	79	111	14.23	0.00	0.00
Cucumber Sliced CF	1/2 cup	20	8	0	2.0	0.00	0.00
BROCCOLI FRESH	1/2 CUP	20	15	15	2.92	0.02	0.00
Ranch Dressing LF CF	1 each	40	85	510	13.23	0.00	0.00
Grab & Go	Total	20					
WG BLUEBERRY MUFFIN 4OZ	1 EACH	15	350	240	57.0	3.50	0.00
CEREAL BAR, CHEERIOS FRTY 1 OZ	1 EACH	5	150	105	30.0	0.50	0.00
CHEESE STRING	1 stick	5	80	150	1.0	3.50	0.00
APPLESAUCE CND	1 CUP	20	180	20	44.0	0.00	0.00
MILK 1% WHITE	HALF PINT	3	100	125	12.0	1.50	0.00
MILK CHOCOLATE FAT FREE	HALF PINT	10	140	200	26.0	0.00	0.00

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Catalina Foothills School District

Dec 12, 2016 thru Dec 16, 2016

Base Menu Spreadsheet

Combined: K-5 Lunch/Grab & Go

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Carb (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average % of Calories			612	1307	84.92 55.5%	5.85 8.6%	0.26 0.4%
Nutrient Guideline			528-633	1152		<10.00	

Fri - 12/16/2016							
K-5 Lunch	Total	160					
TURKEY CUTLET w/GRAVY:K12	turkey+gravy	80	147	755	8.5	0.50	0.00
STUFFING CORNBREAD	1/2 CUP	80	184	601	24.5	3.37	0.00
SAND HOT GRILLD HAM CHEESE K-8	1 EACH	60	223	771	28.33	3.02	0.00
SALAD FT GARDEN:K5	1 salad	20	176	585	7.23	5.86	0.00
ROLL DINNER WW	1 EACH	20	70	190	13.0	0.00	0.00
POTATO SWT BITES	1/2 cup	20	120	100	19.03	0.50	0.00
APPLESAUCE CND	1/2 CUP	140	50	10	13.0	0.00	0.00
MILK 1% WHITE	HALF PINT	10	100	125	12.0	1.50	0.00
MILK CHOCOLATE FAT FREE	HALF PINT	100	140	200	26.0	0.00	0.00
SALAD MIX #1050047	1/2 CUP	30	5	0	1.0	0.00	0.00
CARROTS BABY FRESH	1/2 cup	20	25	55	5.78	0.01	0.00
CELERY STICKS	1/2 cup	20	12	59	2.2	0.03	0.00
Cucumber Sliced CF	1/2 cup	20	8	0	2.0	0.00	0.00
TOMATO DICED	1/2 cup	20	21	6	4.64	0.04	0.00
Ranch Dressing LF CF	1 each	40	85	510	13.23	0.00	0.00
Grab & Go	Total	20					
FRUDEL CHERRY	1 package	15	210	290	36.95	1.50	0.00
CEREAL BAR, COCOA PUF, 1 OZEQ	1 EACH	5	150	110	30.0	0.50	0.00
CHEESE STRING	1 stick	5	80	150	1.0	3.50	0.00
APPLE WHOLE:138ct	1 EACH	20	77	1	20.58	0.00	0.00
MILK 1% WHITE	HALF PINT	2	100	125	12.0	1.50	0.00
MILK CHOCOLATE FAT FREE	HALF PINT	10	140	200	26.0	0.00	0.00
Weighted Daily Average % of Calories			453	1254	66.23 58.5%	3.78 7.5%	0.00 0.0%
Nutrient Guideline			528-633	1152		<10.00	

Weighted Average			529	1079	75.46 57.1%	5.17 8.8%	0.05 0.1%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	529		528 - 633	100%				
Sodium (mg)	1079		1152					
Carbohydrate (g)	75.46	57.07%						
Saturated Fat (g)	5.17	8.79%	<10.00%					
Trans Fat ¹ (g)	0.05	0.09%						

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Catalina Foothills School District

Dec 19, 2016 thru Dec 23, 2016

Base Menu Spreadsheet

Combined: K-5 Lunch/Grab & Go

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Carb (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 12/19/2016							
K-5 Lunch	Total	150					
CHICKEN NUGGET WG	5 EACH	100	230	440	15.0	2.50	0.00
ROLL DINNER WW	1 EACH	100	70	190	13.0	0.00	0.00
SAND HOT GRILLED CHEESE Cf	1 EACH	40	300	900	32.0	5.00	0.00
SALAD ENT CHEF CF	1 EACH	10	248	530	23.8	3.26	0.00
SALAD SLAW BLUE RIBBON	1/2 cup	50	50	116	12.33	0.02	0.00
PEACHES DICED CF	1/2 CUP	140	60	10	14.0	0.00	0.00
MILK 1% WHITE	HALF PINT	10	100	125	12.0	1.50	0.00
MILK CHOCOLATE FAT FREE	HALF PINT	130	140	200	26.0	0.00	0.00
SALAD MIX #1050047	1/2 CUP	20	5	0	1.0	0.00	0.00
CARROTS BABY FRESH	1/2 cup	15	25	55	5.78	0.01	0.00
CELERY STICKS	1/2 cup	15	12	59	2.2	0.03	0.00
Cucumber Sliced CF	1/2 cup	15	8	0	2.0	0.00	0.00
TOMATO DICED	1/2 cup	20	21	6	4.64	0.04	0.00
Ranch Dressing LF CF	1 each	20	85	510	13.23	0.00	0.00
Grab & Go	Total	20					
PANCAKES MINI BLUEBERRY	1 package	15	210	310	34.96	1.00	0.00
CEREAL BAR, COCOA PUFFS, 1 OZEQ	1 EACH	5	150	110	30.0	0.50	0.00
CHEESE STRING	1 stick	5	80	150	1.0	3.50	0.00
PEARS DICED CND	1 CUP	20	160	10	40.0	0.00	0.00
MILK 1% WHITE	HALF PINT	2	100	125	12.0	1.50	0.00
MILK CHOCOLATE FAT FREE	HALF PINT	10	140	200	26.0	0.00	0.00
Weighted Daily Average			509	937	74.62	3.17	0.00
% of Calories					58.6%	5.6%	0.0%
Nutrient Guideline			528-634	1155		<10.00	

Tue - 12/20/2016							
K-5 Lunch	Total	190					
PIZZA BIG D CHEESE:8cut	1 EACH	50	340	670	36.0	7.00	0.00
PIZZA BIG D PEPPERONI:8cut	1 EACH	90	350	780	35.0	7.00	0.00
PENNE & MEAT SAUCE	1 EACH	45	388	887	55.53	3.04	0.00
SALAD ENT ANTIPASTO CF	1 EACH	5	324	1112	26.42	4.31	0.00
BROCCOLI STEAMED	1/2 CUP	30	20	13	2.67	0.00	0.00
APPLE WHOLE:163ct	1 EACH	160	57	1	15.27	0.03	0.00
MILK 1% WHITE	HALF PINT	10	100	125	12.0	1.50	0.00
MILK CHOCOLATE FAT FREE	HALF PINT	160	140	200	26.0	0.00	0.00
SALAD MIX #1050047	1/2 CUP	20	5	0	1.0	0.00	0.00
CARROTS BABY FRESH	1/2 cup	15	25	55	5.78	0.01	0.00
CELERY STICKS	1/2 cup	15	12	59	2.2	0.03	0.00
Cucumber Sliced CF	1/2 cup	15	8	0	2.0	0.00	0.00
TOMATO DICED	1/2 cup	1	21	6	4.64	0.04	0.00
Ranch Dressing LF CF	1 each	20	85	510	13.23	0.00	0.00
KETCHUP	1 OZ	10	40	320	10.0	0.00	0.00
Grab & Go	Total	20					
FRENCH TOAST MINI ORIGINAL	1 package	15	210	240	36.96	1.50	0.00
CEREAL BAR, COCOA PUFFS, 1 OZEQ	1 EACH	5	150	110	30.0	0.50	0.00
APPLE WHOLE:138ct	1 EACH	20	77	1	20.58	0.00	0.00
MILK 1% WHITE	HALF PINT	2	100	125	12.0	1.50	0.00
MILK CHOCOLATE FAT FREE	HALF PINT	10	140	200	26.0	0.00	0.00
Weighted Daily Average			527	974	77.73	5.65	0.00
% of Calories					59.0%	9.7%	0.0%
Nutrient Guideline			528-634	1155		<10.00	

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Catalina Foothills School District

Dec 19, 2016 thru Dec 23, 2016

Base Menu Spreadsheet

Combined: K-5 Lunch/Grab & Go

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Carb (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 12/21/2016							
K-5 Lunch	Total	165					
FRENCH TOAST STICKS:1.75G	3 sticks	105	226	287	32.42	2.26	0.00
SAUSAGE TURKEY PATTY CF	2 patty	105	120	160	0.0	3.00	0.00
SAND HOT BBQ CHICKEN	1 EACH	50	264	798	32.21	0.72	0.00
SALAD FT SPINACH:K5 CF	1 salad	10	175	303	15.87	2.56	0.00
ROLL DINNER WW	1 EACH	10	70	190	13.0	0.00	0.00
POTATO WEDGES	1/2 CUP	90	90	30	15.05	0.00	0.00
JUICE APPLE	1 EACH	140	50	10	13.0	0.00	0.00
MILK 1% WHITE	HALF PINT	20	100	125	12.0	1.50	0.00
MILK CHOCOLATE FAT FREE	HALF PINT	140	140	200	26.0	0.00	0.00
SALAD MIX #1050047	1/2 CUP	25	5	0	1.0	0.00	0.00
CARROTS BABY FRESH	1/2 cup	20	25	55	5.78	0.01	0.00
CELERY STICKS	1/2 cup	20	12	59	2.2	0.03	0.00
TOMATO DICED	1/2 cup	15	21	6	4.64	0.04	0.00
Cucumber Sliced CF	1/2 cup	15	8	0	2.0	0.00	0.00
RANCH DRESSING LOW FAT DISPENS	1 OZ	40	43	255	6.61	0.00	0.00
KETCHUP	1 OZ	10	40	320	10.0	0.00	0.00
SYRUP SF	1 each	90	10	80	4.0	0.00	0.00
Grab & Go	Total	20					
WG BLUEBERRY MUFFIN 4OZ	1 EACH	15	350	240	57.0	3.50	0.00
CEREAL BAR, CHEERIOS FRTY 1 OZ	1 EACH	5	150	105	30.0	0.50	0.00
CHEESE STRING	1 stick	5	80	150	1.0	3.50	0.00
APPLESAUCE CND	1 CUP	20	180	20	44.0	0.00	0.00
MILK 1% WHITE	HALF PINT	3	100	125	12.0	1.50	0.00
MILK CHOCOLATE FAT FREE	HALF PINT	10	140	200	26.0	0.00	0.00
Weighted Daily Average			566	848	84.07	3.90	0.00
% of Calories					59.4%	6.2%	0.0%
Nutrient Guideline			528-634	1155		<10.00	

Thu - 12/22/2016							
K-5 Lunch	Total	160					
HOT DOG ORIGINAL CFSD	1 each	120	260	570	30.0	2.50	0.00
QUESADILLA CHICKEN	1 EACH	40	348	667	24.33	8.83	0.00
SAND COLD SB & JELLY	1 EACH	10	390	460	47.0	2.00	0.00
CARROTS BABY CF	1/2 cup	40	25	55	5.78	0.01	0.00
ORANGE SMILES	1/2 CUP	140	42	0	10.58	0.02	0.00
MILK 1% WHITE	HALF PINT	10	100	125	12.0	1.50	0.00
MILK CHOCOLATE FAT FREE	HALF PINT	140	140	200	26.0	0.00	0.00
SALAD MIX #1050047	1/2 CUP	30	5	0	1.0	0.00	0.00
CARROTS BABY FRESH	1/2 cup	20	25	55	5.78	0.01	0.00
CELERY STICKS	1/2 cup	20	12	59	2.2	0.03	0.00
Cucumber Sliced CF	1/2 cup	20	8	0	2.0	0.00	0.00
TOMATO DICED	1/2 cup	20	21	6	4.64	0.04	0.00
Ranch Dressing LF CF	1 each	20	85	510	13.23	0.00	0.00
Grab & Go	Total	20					
FRUDEL APPLE	1 package	15	210	280	35.96	1.50	0.00
CEREAL BAR, COCOA PUF, 1 OZ EQ	1 EACH	5	150	110	30.0	0.50	0.00
CHEESE STRING	1 stick	5	80	150	1.0	3.50	0.00
APPLE WHOLE:138ct	1 EACH	20	77	1	20.58	0.00	0.00
MILK 1% WHITE	HALF PINT	2	100	125	12.0	1.50	0.00
MILK CHOCOLATE FAT FREE	HALF PINT	10	140	200	26.0	0.00	0.00

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Catalina Foothills School District

Dec 19, 2016 thru Dec 23, 2016

Base Menu Spreadsheet

Combined: K-5 Lunch/Grab & Go

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Sodm (mg)	Carb (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average % of Calories			484	842	69.40 57.3%	4.10 7.6%	0.00 0.0%
Nutrient Guideline			528-634	1155		<10.00	

Fri - 12/23/2016							
K-5 Lunch	Total	150					
BURRITO BEAN CF	1 burrito	80	297	508	42.24	3.62	0.01
TACO BEEF FLOUR:K8	1 taco	60	289	560	27.4	4.86	0.00
SUB COLD AMERICAN	1 EACH	10	293	947	33.7	3.78	0.00
BEANS SW PINTO:veg	1/2 cup	75	137	520	22.89	0.01	0.00
PEACHES DICED CF	1/2 CUP	140	60	10	14.0	0.00	0.00
MILK 1% WHITE	HALF PINT	10	100	125	12.0	1.50	0.00
MILK CHOCOLATE FAT FREE	HALF PINT	130	140	200	26.0	0.00	0.00
SALAD MIX #1050047	1/2 CUP	30	5	0	1.0	0.00	0.00
CARROTS BABY FRESH	1/2 cup	20	25	55	5.78	0.01	0.00
CELERY STICKS	1/2 cup	20	12	59	2.2	0.03	0.00
Cucumber Sliced CF	1/2 cup	20	8	0	2.0	0.00	0.00
TOMATO DICED	1/2 cup	20	21	6	4.64	0.04	0.00
Ranch Dressing LF CF	1 each	20	85	510	13.23	0.00	0.00
Grab & Go	Total	20					
CEREAL CINAMON TOAST CRUNCH RS	1 EACH	15	110	160	22.0	0.50	0.00
CEREAL BAR, COCOA PUF, 1 OZEQ	1 EACH	5	150	110	30.0	0.50	0.00
CHEESE STRING	1 stick	20	80	150	1.0	3.50	0.00
APPLE WHOLE:138ct	2 EACH	20	154	2	41.16	0.00	0.00
MILK 1% WHITE	HALF PINT	2	100	125	12.0	1.50	0.00
MILK CHOCOLATE FAT FREE	HALF PINT	10	140	200	26.0	0.00	0.00
Weighted Daily Average % of Calories			551	1013	86.65 62.9%	4.23 6.9%	0.00 0.0%
Nutrient Guideline			528-634	1155		<10.00	

Weighted Average			528	923	78.49 59.5%	4.21 7.2%	0.00 0.0%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	528		528 - 634	100%				
Sodium (mg)	923		1155					
Carbohydrate (g)	78.49	59.50%						
Saturated Fat (g)	4.21	7.18%	<10.00%					
Trans Fat ¹ (g)	0.00	0.00%						

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