

Mt. Pleasant Community Schools

Sep 5, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

LUNCH K-5

Portion Values - Detailed

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Generated on: 7/27/2017 4:00:37 PM

	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Tue - 09/05/2017				
LUNCH K-5	Total	1		
Corndog, turkey	1 Each	1	240	33.0
Baked Beans	1/2 cup	1	119	26.85
Salad, mixed greens	1 cup	1	8	1.62
Ranch Dressing, Bulk RC	1 oz	1	70	1.0
APRICOTS: canned,light syrup	1/2 CUP	1	80	20.86
Cookie, asst 1oz wg Readibake	1 Each	1	105	17.99
Milk - 1%	8 oz carton	1	100	12.0
Milk - Choc fat free	8 oz carton	1	130	25.0
Milk - FF	8 oz carton	1	80	12.0
Weighted Daily Average			931	150.32
% of Calories				64.6%
Nutrient Guideline			550-650	

Wed - 09/06/2017				
LUNCH K-5	Total	1		
Chicken, Nugget (K-12) COMM	5 EACH	1	180	14.0
Mashed Potatoes - reg	1/2 cup	1	76	14.44
California blend	1/2 cup	1	30	5.0
Apple, fresh slice	1 2oz bag	1	58	15.66
Roll, whole wheat 1.25oz	1 Each	1	85	13.99
Milk - 1%	8 oz carton	1	100	12.0
Milk - Choc fat free	8 oz carton	1	130	25.0
Milk - FF	8 oz carton	1	80	12.0
Weighted Daily Average			739	112.09
% of Calories				60.6%
Nutrient Guideline			550-650	

Thu - 09/07/2017				
LUNCH K-5	Total	1		
Pork, country fried sandwich	1 sandwich	1	453	48.18
Sweet Potato, Fries	1/2 cup	1	161	25.24
Coleslaw - 1/4cup	1/4 Cup	1	40	3.36
Pineapple, tidbits	1/2 cup	1	66	16.95
Granola	1 oz	1	120	20.0
Milk - 1%	8 oz carton	1	100	12.0
Milk - Choc fat free	8 oz carton	1	130	25.0
Milk - FF	8 oz carton	1	80	12.0
Weighted Daily Average			1149	162.73
% of Calories				56.6%
Nutrient Guideline			550-650	

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	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Fri - 09/08/2017				
LUNCH K-5	Total	1		
Nachos, turkey taco (K-8)	#16 scp/18 chip	1	112	2.54
Refried Bean, dehydrated	1/2 cup	1	175	31.36
Salad, mixed greens	1 cup	1	8	1.62
Ranch Dressing, Bulk RC	1 oz	1	70	1.0
Peaches: canned, light syrup	1/2 Cup	1	68	18.26
Milk - 1%	8 oz carton	1	100	12.0
Milk - Choc fat free	8 oz carton	1	130	25.0
Milk - FF	8 oz carton	1	80	12.0
Weighted Daily Average			742	103.78
% of Calories				55.9%
Nutrient Guideline			550-650	

Mon - 09/11/2017				
LUNCH K-5	Total	1		
Chicken, popcorn K-12	15 popcorn	1	334	20.31
Mashed Potatoes - reg	1/2 cup	1	76	14.44
SPINACH, RAW	1 cup	1	7	1.09
Ranch Dressing, Bulk RC	1 oz	1	70	1.0
Pineapple, tidbits	1/2 cup	1	66	16.95
Milk - 1%	8 oz carton	1	100	12.0
Milk - Choc fat free	8 oz carton	1	130	25.0
Milk - FF	8 oz carton	1	80	12.0
Weighted Daily Average			863	102.79
% of Calories				47.6%
Nutrient Guideline			550-650	

Tue - 09/12/2017				
LUNCH K-5	Total	1		
Spaghetti & Meatsauce	6 oz	1	300	29.69
Green Beans, frozen 1/2 cup	1/2 cup	1	19	4.35
Carroteenies	1/4 cup	1	18	4.21
Apple, gala	1 each	1	80	22.0
Breadstick, garlic	1 each	1	87	14.51
Milk - 1%	8 oz carton	1	100	12.0
Milk - Choc fat free	8 oz carton	1	130	25.0
Milk - FF	8 oz carton	1	80	12.0
Weighted Daily Average			814	123.77
% of Calories				60.8%
Nutrient Guideline			550-650	

Wed - 09/13/2017				
LUNCH K-5	Total	1		
Hot Dog on Bun	EACH/2oz	1	340	33.0
Sweet potato puffs	1/2 cup	1	130	23.0
chili beans	1/4 cup	1	45	9.5
Applesauce:cnnd, unswtnd, +vit C	1/2 CUP	1	51	13.75
Milk - 1%	8 oz carton	1	100	12.0
Milk - Choc fat free	8 oz carton	1	130	25.0
Milk - FF	8 oz carton	1	80	12.0

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	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Weighted Daily Average % of Calories			876	128.25 58.5%
Nutrient Guideline			550-650	

Thu - 09/14/2017				
LUNCH K-5	Total	1		
Bean & Cheese Burrito, COMM	1 burrito	1	291	40.95
Refried Bean, dehydrated	1/2 cup	1	175	31.36
Celery, sticks - 1/4 cup	1/4 cup	1	6	1.1
Fruit Cocktail, lt syrup	1/2 cup	1	55	14.05
Muffin, 2 oz Assorted	1 muffin	1	172	29.0
Milk - 1%	8 oz carton	1	100	12.0
Milk - Choc fat free	8 oz carton	1	130	25.0
Milk - FF	8 oz carton	1	80	12.0
Weighted Daily Average % of Calories			1009	165.47 65.6%
Nutrient Guideline			550-650	

Fri - 09/15/2017				
LUNCH K-5	Total	1		
Pizza, Pepp 4x6	1 square	1	270	33.0
Salad, mixed greens	1 cup	1	8	1.62
Ranch Dressing, Bulk RC	1 oz	1	70	1.0
Cucumber, slices - 1/4 cup	1/4 Cup	1	4	0.94
Tropical fruit	1/2 cup	1	50	13.0
Milk - 1%	8 oz carton	1	100	12.0
Milk - Choc fat free	8 oz carton	1	130	25.0
Milk - FF	8 oz carton	1	80	12.0
Weighted Daily Average % of Calories			712	98.56 55.4%
Nutrient Guideline			550-650	

Mon - 09/18/2017				
LUNCH K-5	Total	1		
Chicken Sandwich, crispy COMM	Sandwich	1	390	46.0
Green Beans, frozen 1/2 cup	1/2 cup	1	19	4.35
Carroteenies	1/4 cup	1	18	4.21
Mandarin Orange,cand, lt syrup	1/2 cup	1	71	18.21
Milk - 1%	8 oz carton	1	100	12.0
Milk - Choc fat free	8 oz carton	1	130	25.0
Milk - FF	8 oz carton	1	80	12.0
Weighted Daily Average % of Calories			808	121.77 60.2%
Nutrient Guideline			550-650	

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	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Tue - 09/19/2017				
LUNCH K-5	Total	1		
Beef Taco	serv	1	293	33.4
Refried Bean, dehydrated	1/2 cup	1	175	31.36
Salad, mixed greens	1 cup	1	8	1.62
Ranch Dressing, Bulk RC	1 oz	1	70	1.0
Orange	1/2 EACH	1	23	5.64
Brownie, wg	1 SQUARE	1	175	32.74
Milk - 1%	8 oz carton	1	100	12.0
Milk - Choc fat free	8 oz carton	1	130	25.0
Milk - FF	8 oz carton	1	80	12.0
Weighted Daily Average			1053	154.76
% of Calories				58.8%
Nutrient Guideline			550-650	

Wed - 09/20/2017				
LUNCH K-5	Total	1		
Macaroni & Cheese	#6 Scoop	1	219	25.05
BROCCOLI: fresh, boiled	1/2 CUP	1	27	5.6
Carroteenies	1/4 cup	1	18	4.21
Ranch Dressing, Bulk RC	1 oz	1	70	1.0
STRAWBERRIES: frozen	1/2 cup	1	80	19.0
Milk - 1%	8 oz carton	1	100	12.0
Milk - Choc fat free	8 oz carton	1	130	25.0
Milk - FF	8 oz carton	1	80	12.0
Weighted Daily Average			724	103.86
% of Calories				57.4%
Nutrient Guideline			550-650	

Thu - 09/21/2017				
LUNCH K-5	Total	1		
Hamburger/WG Bun	1 sandwich	1	290	33.0
LETTUCE & TOMATO: 1 leaf, 2 slice	1 lf, 2 slc	1	5	1.11
Winter Blend	.5 cup	1	27	3.99
Banana	1 EACH	1	90	23.07
Cookie, assort Readibake 1ozwg	1 cookie	1	105	17.99
Milk - 1%	8 oz carton	1	100	12.0
Milk - Choc fat free	8 oz carton	1	130	25.0
Milk - FF	8 oz carton	1	80	12.0
Weighted Daily Average			827	128.15
% of Calories				62.0%
Nutrient Guideline			550-650	

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	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Fri - 09/22/2017				
LUNCH K-5	Total	1		
BBQ Rib Sandwich	Sandwich	1	310	39.33
Sweet Potato, Fries	1/2 cup	1	161	25.24
SPINACH,RAW	1 cup	1	7	1.09
Ranch Dressing, Bulk RC	1 oz	1	70	1.0
Applesauce:cnnd,unswtnd,+vit C	1/2 CUP	1	51	13.75
Milk - 1%	8 oz carton	1	100	12.0
Milk - Choc fat free	8 oz carton	1	130	25.0
Milk - FF	8 oz carton	1	80	12.0
Weighted Daily Average			909	129.41
% of Calories				57.0%
Nutrient Guideline			550-650	

Tue - 09/26/2017				
LUNCH K-5	Total	1		
Chicken, mandarin orange	4oz spoodle	1	193	16.53
Rice, Brown	1/2 cup	1	105	22.01
Broccoli,raw: fresh	1/4 cup	1	8	1.51
Ranch Dressing, Bulk RC	1 oz	1	70	1.0
Pineapple, tidbits	1/2 cup	1	66	16.95
Milk - 1%	8 oz carton	1	100	12.0
Milk - Choc fat free	8 oz carton	1	130	25.0
Milk - FF	8 oz carton	1	80	12.0
Weighted Daily Average			752	107.00
% of Calories				56.9%
Nutrient Guideline			550-650	

Wed - 09/27/2017				
LUNCH K-5	Total	1		
Chicken Fajita	1 each	1	240	20.0
Refried Bean, dehydrated	1/2 cup	1	175	31.36
PEPPERS,SWEET,RED,RAW 1/4 cup	1/4 cup	1	12	2.24
Peaches: canned,light syrup	1/2 Cup	1	68	18.26
Milk - 1%	8 oz carton	1	100	12.0
Milk - Choc fat free	8 oz carton	1	130	25.0
Milk - FF	8 oz carton	1	80	12.0
Weighted Daily Average			804	120.86
% of Calories				60.1%
Nutrient Guideline			550-650	

Thu - 09/28/2017				
LUNCH K-5	Total	1		
Cheeseburger/ WG Bun	patty/1 slice	1	346	34.01
TATER TOTS	1/2 CUP	1	170	21.0
Carroteenies	1/4 cup	1	18	4.21
PEARS: canned,light syrup	1/2 CUP	1	72	19.04
Cookie, asst 1oz wg Readibake	1 Each	1	105	17.99
Milk - 1%	8 oz carton	1	100	12.0
Milk - Choc fat free	8 oz carton	1	130	25.0
Milk - FF	8 oz carton	1	80	12.0

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	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Weighted Daily Average % of Calories			1020	145.25 57.0%
Nutrient Guideline			550-650	

Fri - 09/29/2017				
LUNCH K-5	Total	1		
Pizza, Cheese 4X6	1 Square	1	270	33.0
Green Beans, frozen 1/2 cup	1/2 cup	1	19	4.35
Salad, mixed greens	1 cup	1	8	1.62
Ranch Dressing, Bulk RC	1 oz	1	70	1.0
Orange	1/2 EACH	1	23	5.64
Milk - 1%	8 oz carton	1	100	12.0
Milk - Choc fat free	8 oz carton	1	130	25.0
Milk - FF	8 oz carton	1	80	12.0
Weighted Daily Average % of Calories			700	94.61 54.1%
Nutrient Guideline			550-650	

Weighted Average			857	125.19 58.4%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	857		550 - 650	132%			207	
Carbohydrate (g)	125.19	58.41%						Correction Required - Calories too High

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