

# Jackson R-2 Schools

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

Jan 1, 2019 thru Jan 31, 2019

SR High Lunch

Generated on: 12/20/2018 2:43:15 PM

	Portion Size	Cals (kcal)	Carb (g)
Mon - 01/07/2019			
SR High Lunch	Total		
WEEK #2	0	0	0.0
Meatball Italian Sub: HS	1 Each	423	38.54
Potatoes Rounds "Tots" FRZN 5#	Servings	131	16.1
BBQ Chicken Nachos	SERVING	370	49.35
Mexican Black Beans	.5 CUP	136	25.61
Cheeseburger: Salis Mush&Swis	Sandwich	368	38.84
Chicken Parmesan	SERVING	361	20.29
Marinara Pasta	4 OZ	73	14.84
Salad: Pasta House	1/2 CUP	192	4.38
Breadstick Garlic WG Marzetti	1 STICK	95	17.89
Chicken Wild Rice Soup	6 OZ	340	38.58
Juice Sorbet Blue Raspberry	1 EACH	61	17.16
Chef Salad Crispy Chicken HS	1 EACH	467	39.29
Chef Salad Spicy Chicken HS	1 EACH	467	40.29
Chef Salad Grilled Chicken HS	1 EACH	247	33.29
Chef Salad Vegetarian HS	1 EACH	318	46.87
Deli Sub Ham Sandwich	1 EACH	284	30.13
Deli Sub T&H Sandwich	1 EACH	265	29.57
Deli Sub Turkey Sandwich	1 EACH	283	29.28
Salad Side: HS	1 CUP	11	2.24
Veggie 1/2 Cel & Car Cup: HS	1/2 cup	12	2.57
Veggie 1/2 Cup: Broc& Caul HS	1/2 cup	24	4.82
Veggie 1/2 R&G Pepper Cup: HS	1/2 cup	14	2.9
Veggie 1/2 Cucu & Tomato: HS	1/2 cup	10	2.27
Cottage Cheese LF 1/2 cup	4 oz	80	5.02
Condiment Bar HS	Serving	271	28.5
Milk 1% White 8oz Carton	EACH	100	11.0
Milk Chocolate Skim 8oz carton	EACH	130	24.0
Milk StrawberrySkim 8oz carton	1 EACH	120	23.0
Milk Skim White 8oz Carton	EACH	80	11.0
Pizza Cheese: Homemade	SLICE	350	40.61
Pizza Pepperoni: Homemade	2" Slice	389	38.82
Pizza Sausage:Homemade	SLICE	418	39.79
Cesar Salad:HS	1 Cup	124	2.7
FRUIT,FRESH ASSORTED	1/2 CUP	61	15.81
FRUIT,FRESH ASSORTED	1/2 CUP	61	15.81
Weighted Daily Average		797	103.06
% of Calories			51.7%
Nutrient Guideline		750-850	

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

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SR High Lunch

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	Portion Size	Cals (kcal)	Carb (g)
Tue - 01/08/2019			
SR High Lunch	Total		
WEEK #2	0	0	0.0
Grilled Chicken Club Sandwich	Sandwich	428	38.22
French Fry Straight	2.37 OZ	113	17.44
Grilled Vegetables	.5 CUP	67	11.5
Chicken Pot Pie HS	1 CUP	559	54.78
Roll Sister Schubert WG 1oz	1 EACH	91	15.19
Cheeseburger: Cowboy	Sandwich	308	36.6
Baked Potato Broccoli & Cheese	1 EACH	277	49.06
Baked Potato Chili	1 EACH	244	44.82
Corn Chowder	1 CUPS	131	15.3
Chocolate Chip Cookies	Cookie	127	15.9
Chef Salad Crispy Chicken HS	1 EACH	467	39.29
Chef Salad Spicy Chicken HS	1 EACH	467	40.29
Chef Salad Grilled Chicken HS	1 EACH	247	33.29
Chef Salad Vegetarian HS	1 EACH	318	46.87
Deli Sub Ham Sandwich	1 EACH	284	30.13
Deli Sub T&H Sandwich	1 EACH	265	29.57
Deli Sub Turkey Sandwich	1 EACH	283	29.28
Salad Side: HS	1 CUP	11	2.24
Veggie 1/2 Cel & Car Cup: HS	1/2 cup	12	2.57
Veggie 1/2 Cup: Broc& Caul HS	1/2 cup	24	4.82
Veggie 1/2 R&G Pepper Cup: HS	1/2 cup	14	2.9
Veggie 1/2 Cucu & Tomato: HS	1/2 cup	10	2.27
Cottage Cheese LF 1/2 cup	4 oz	80	5.02
Condiment Bar HS	Serving	271	28.5
Milk 1% White 8oz Carton	EACH	100	11.0
Milk Chocolate Skim 8oz carton	EACH	130	24.0
Milk StrawberrySkim 8oz carton	1 EACH	120	23.0
Milk Skim White 8oz Carton	EACH	80	11.0
Pizza Cheese: Homemade	SLICE	350	40.61
Pizza Pepperoni: Homemade	2" Slice	389	38.82
Pizza Sausage:Homemade	SLICE	418	39.79
Cesar Salad:HS	1 Cup	124	2.7
FRUIT,FRESH ASSORTED	1/2 CUP	61	15.81
FRUIT,FRESH ASSORTED	1/2 CUP	61	15.81
Weighted Daily Average		843	114.05
% of Calories			54.1%
Nutrient Guideline		750-850	

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SR High Lunch

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	Portion Size	Cals (kcal)	Carb (g)
Wed - 01/09/2019			
SR High Lunch	Total		
WEEK #2	0	0	0.0
Tomato Soup 8oz	8 OZ	148	17.77
Grilled Cheese Sandwich: HS	1 EACH	329	28.77
Ceasar Salad:HS	1 Cup	124	2.7
Pepperoni Pizza Pasta Bake HS	8 OZ	418	41.95
PEAS: frozen,boiled	1/3 CUP	76	12.14
Texas Toast WG Garlic	Slice	100	15.02
Chicken Pattie Spicy Sandwich	Sandwich	430	48.0
Sweet Potato Cross Trax 6/2.50	3 OZ	144	20.52
Beef Street Tacos	Servings	304	31.98
Cheese Soup	6Z	33	2.51
Fruit & Yogurt Parfait	Parfaits	76	16.71
Chef Salad Crispy Chicken HS	1 EACH	467	39.29
Chef Salad Spicy Chicken HS	1 EACH	467	40.29
Chef Salad Grilled Chicken HS	1 EACH	247	33.29
Chef Salad Vegetarian HS	1 EACH	318	46.87
Deli Sub Ham Sandwich	1 EACH	284	30.13
Deli Sub T&H Sandwich	1 EACH	265	29.57
Deli Sub Turkey Sandwich	1 EACH	283	29.28
Salad Side: HS	1 CUP	11	2.24
Veggie 1/2 Cel & Car Cup: HS	1/2 cup	12	2.57
Veggie 1/2 Cup: Broc& Caul HS	1/2 cup	24	4.82
Veggie 1/2 R&G Pepper Cup: HS	1/2 cup	14	2.9
Veggie 1/2 Cucu & Tomato: HS	1/2 cup	10	2.27
Cottage Cheese LF 1/2 cup	4 oz	80	5.02
Condiment Bar HS	Serving	271	28.5
Milk 1% White 8oz Carton	EACH	100	11.0
Milk Chocolate Skim 8oz carton	EACH	130	24.0
Milk StrawberrySkim 8oz carton	1 EACH	120	23.0
Milk Skim White 8oz Carton	EACH	80	11.0
Pizza Cheese: Homemade	SLICE	350	40.61
Pizza Pepperoni: Homemade	2" Slice	389	38.82
Pizza Sausage:Homemade	SLICE	418	39.79
Ceasar Salad:HS	1 Cup	124	2.7
FRUIT,FRESH ASSORTED	1/2 CUP	61	15.81
FRUIT,FRESH ASSORTED	1/2 CUP	61	15.81
Weighted Daily Average		832	104.14
% of Calories			50.0%
Nutrient Guideline		750-850	

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	Portion Size	Cals (kcal)	Carb (g)
Thu - 01/10/2019			
SR High Lunch	Total		
WEEK #2	0	0	0.0
BBQ Pork Sandwich	Sandwich	330	44.0
Garden Salad	1 CUP	27	5.67
Walking Taco	Servings	580	56.95
Western Steak	1 EACH	278	11.76
Mashed Potatoes:Instant	1/2 CUP	105	18.18
Green Beans w/ bacon	1/2 CUP	40	3.43
Rolls Yeast WG Homemade	EACH	172	28.74
BEEF STEW	SERVINGS	513	34.31
Peanut Butter Bars	1 EACH	140	18.96
Chef Salad Crispy Chicken HS	1 EACH	467	39.29
Chef Salad Spicy Chicken HS	1 EACH	467	40.29
Chef Salad Grilled Chicken HS	1 EACH	247	33.29
Chef Salad Vegetarian HS	1 EACH	318	46.87
Deli Sub Ham Sandwich	1 EACH	284	30.13
Deli Sub T&H Sandwich	1 EACH	265	29.57
Deli Sub Turkey Sandwich	1 EACH	283	29.28
Salad Side: HS	1 CUP	11	2.24
Veggie 1/2 Cel & Car Cup: HS	1/2 cup	12	2.57
Veggie 1/2 Cup: Broc& Caul HS	1/2 cup	24	4.82
Veggie 1/2 R&G Pepper Cup: HS	1/2 cup	14	2.9
Veggie 1/2 Cucu & Tomato: HS	1/2 cup	10	2.27
Cottage Cheese LF 1/2 cup	4 oz	80	5.02
Condiment Bar HS	Serving	271	28.5
Milk 1% White 8oz Carton	EACH	100	11.0
Milk Chocolate Skim 8oz carton	EACH	130	24.0
Milk StrawberrySkim 8oz carton	1 EACH	120	23.0
Milk Skim White 8oz Carton	EACH	80	11.0
Pizza Cheese: Homemade	SLICE	350	40.61
Pizza Pepperoni: Homemade	2" Slice	389	38.82
Pizza Sausage:Homemade	SLICE	418	39.79
Cesar Salad:HS	1 Cup	124	2.7
FRUIT,FRESH ASSORTED	1/2 CUP	61	15.81
FRUIT,FRESH ASSORTED	1/2 CUP	61	15.81
Weighted Daily Average		941	109.91
% of Calories			46.7%
Nutrient Guideline		750-850	

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	Portion Size	Cals (kcal)	Carb (g)
Fri - 01/11/2019			
SR High Lunch	Total		
WEEK #2	0	0	0.0
Crispy Chicken Wrap	1 EACH	461	48.4
Burrito Bean & Cheese WG	Burrito	404	46.21
Spanish Rice w/ Corn	.5 Cup	110	12.24
Salsa, low Na+ CMODTY	1 oz	10	1.98
Cheese Sauce White Queso	2 oz	118	2.0
Potatoes Rounds "Tots" FRZN 5#	Servings	131	16.1
Sandwich Chicken Teriyaki	Sandwich	369	39.58
Baked Beans: HS	.5 CUP	162	35.83
Potato Tots Loaded Chili Chees	Servings	557	58.19
Rocky Road Frosty Cream	.5 Cup	69	11.0
Chef Salad Crispy Chicken HS	1 EACH	467	39.29
Chef Salad Spicy Chicken HS	1 EACH	467	40.29
Chef Salad Grilled Chicken HS	1 EACH	247	33.29
Chef Salad Vegetarian HS	1 EACH	318	46.87
Deli Sub Ham Sandwich	1 EACH	284	30.13
Deli Sub T&H Sandwich	1 EACH	265	29.57
Deli Sub Turkey Sandwich	1 EACH	283	29.28
Salad Side: HS	1 CUP	11	2.24
CHICKEN NOODLE SOUP	1 CUP	221	23.51
Veggie 1/2 Cel & Car Cup: HS	1/2 cup	12	2.57
Veggie 1/2 Cup: Broc& Caul HS	1/2 cup	24	4.82
Veggie 1/2 R&G Pepper Cup: HS	1/2 cup	14	2.9
Veggie 1/2 Cucu & Tomato: HS	1/2 cup	10	2.27
Cottage Cheese LF 1/2 cup	4 oz	80	5.02
Condiment Bar HS	Serving	271	28.5
Milk 1% White 8oz Carton	EACH	100	11.0
Milk Chocolate Skim 8oz carton	EACH	130	24.0
Milk StrawberrySkim 8oz carton	1 EACH	120	23.0
Milk Skim White 8oz Carton	EACH	80	11.0
Pizza Cheese: Homemade	SLICE	350	40.61
Pizza Pepperoni: Homemade	2" Slice	389	38.82
Pizza Sausage:Homemade	SLICE	418	39.79
Pizza Hawaiian: Homemade	SLICE	387	42.06
Ceasar Salad:HS	1 Cup	124	2.7
FRUIT,FRESH ASSORTED	1/2 CUP	61	15.81
FRUIT,FRESH ASSORTED	1/2 CUP	61	15.81
Weighted Daily Average		897	109.59
% of Calories			48.9%
Nutrient Guideline		750-850	

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	Portion Size	Cals (kcal)	Carb (g)
Mon - 01/14/2019			
SR High Lunch	Total		
WEEK # 3	1	0	0.0
BLT Wrap	wrap	401	33.19
Broccoli & Cheese Sauce	.5 Cup	116	12.48
Penne Pasta Alfredo Primavera	1 CUP	400	44.78
Ceasar Salad:HS	1 Cup	124	2.7
Texas Toast WG Garlic	Slice	100	15.02
Chicken Pattie Sandwich	Sandwiches	430	47.0
Breakfast Sandwich Pretzel Bun	1 EACH	394	30.17
Potatoes Rounds "Tots" FRZN 5#	8 Tots	131	16.1
Chicken Wild Rice Soup	6 OZ	340	38.58
Sugar Cookies WG	1 oz EACH	141	20.98
Chef Salad Crispy Chicken HS	1 EACH	467	39.29
Chef Salad Spicy Chicken HS	1 EACH	467	40.29
Chef Salad Grilled Chicken HS	1 EACH	247	33.29
Chef Salad Vegetarian HS	1 EACH	318	46.87
Deli Sub Ham Sandwich	1 EACH	284	30.13
Deli Sub T&H Sandwich	1 EACH	265	29.57
Deli Sub Turkey Sandwich	1 EACH	283	29.28
Salad Side: HS	1 CUP	11	2.24
Veggie 1/2 Cel & Car Cup: HS	1/2 cup	12	2.57
Veggie 1/2 Cup: Broc& Caul HS	1/2 cup	24	4.82
Veggie 1/2 R&G Pepper Cup: HS	1/2 cup	14	2.9
Veggie 1/2 Cucu & Tomato: HS	1/2 cup	10	2.27
Cottage Cheese LF 1/2 cup	4 oz	80	5.02
Condiment Bar HS	Serving	271	28.5
Milk 1% White 8oz Carton	EACH	100	11.0
Milk Chocolate Skim 8oz carton	EACH	130	24.0
Milk StrawberrySkim 8oz carton	1 EACH	120	23.0
Milk Skim White 8oz Carton	EACH	80	11.0
Pizza Cheese: Homemade	SLICE	350	40.61
Pizza Pepperoni: Homemade	2" Slice	389	38.82
Pizza Sausage:Homemade	SLICE	418	39.79
Ceasar Salad:HS	1 Cup	124	2.7
FRUIT,FRESH ASSORTED	1/2 CUP	61	15.81
FRUIT,FRESH ASSORTED	1/2 CUP	61	15.81
Weighted Daily Average		671	83.87
% of Calories			50.0%
Nutrient Guideline		750-850	

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	Portion Size	Cals (kcal)	Carb (g)
Tue - 01/15/2019			
SR High Lunch	Total		
WEEK # 3	1	0	0.0
Chicken Parmesan Sub Sandwich	SANDWICH	565	61.85
French Fry Straight	2.37 OZ	113	17.44
Beef Fajitas	1 EACH	225	32.72
Cheddar Cheese Shredded	1 OZ	80	1.0
Spanish Rice w/ Corn	.5 Cup	110	12.24
Pinto Beans Spicy	.5 CUP	146	26.04
Cheeseburger: Pizza	Sandwich	336	33.29
Green Peas	1/2 CUP	99	13.87
Chicken Oven Roasted 8 Piece	2 OZ	111	0.0
Roll Sister Schubert WG 1oz	1 EACH	91	15.19
Green Beans w/ bacon	1/2 CUP	40	3.43
Potato Soup	6 OZ	135	23.48
Apple Crisp	SERVINGS	225	36.84
Chef Salad Crispy Chicken HS	1 EACH	467	39.29
Chef Salad Spicy Chicken HS	1 EACH	467	40.29
Chef Salad Grilled Chicken HS	1 EACH	247	33.29
Chef Salad Vegetarian HS	1 EACH	318	46.87
Deli Sub Ham Sandwich	1 EACH	284	30.13
Deli Sub T&H Sandwich	1 EACH	265	29.57
Deli Sub Turkey Sandwich	1 EACH	283	29.28
Salad Side: HS	1 CUP	11	2.24
Veggie 1/2 Cel & Car Cup: HS	1/2 cup	12	2.57
Veggie 1/2 Cup: Broc& Caul HS	1/2 cup	24	4.82
Veggie 1/2 R&G Pepper Cup: HS	1/2 cup	14	2.9
Veggie 1/2 Cucu & Tomato: HS	1/2 cup	10	2.27
Cottage Cheese LF 1/2 cup	4 oz	80	5.02
Condiment Bar HS	Serving	271	28.5
Milk 1% White 8oz Carton	EACH	100	11.0
Milk Chocolate Skim 8oz carton	EACH	130	24.0
Milk StrawberrySkim 8oz carton	1 EACH	120	23.0
Milk Skim White 8oz Carton	EACH	80	11.0
Pizza Cheese: Homemade	SLICE	350	40.61
Pizza Pepperoni: Homemade	2" Slice	389	38.82
Pizza Sausage:Homemade	SLICE	418	39.79
Ceasar Salad:HS	1 Cup	124	2.7
FRUIT,FRESH ASSORTED	1/2 CUP	61	15.81
FRUIT,FRESH ASSORTED	1/2 CUP	61	15.81
Weighted Daily Average		777	103.31
% of Calories			53.2%
Nutrient Guideline		750-850	

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	Portion Size	Cals (kcal)	Carb (g)
Wed - 01/16/2019			
SR High Lunch	Total		
WEEK # 3	1	0	0.0
Chili RF JTM: Sec	8 OZ SERVINGS	212	20.93
Cornbread	2 oz serving	160	25.85
Baby Carrots 1/2 cup	1/2 CUP	21	4.94
Chicken Strips WG Tyson	3 EACH	264	16.23
Cheddar Broccoli Noodles	1 Cup	186	26.96
Chicken Pattie Spicy Sandwich	Sandwich	430	48.0
Peanut Butter dip & Celery	Servings	119	6.69
Beefy Mac n' Cheese	1 CUP	249	32.38
Breadstick Garlic WG Marzetti	1 STICK	95	17.89
Carrots Orange Glazed	1/2 CUP	62	8.82
Ceasar Salad:HS	1 Cup	124	2.7
BEEF VEGETABLE SOUP	1 CUP	186	18.81
Juice Sorbet Grape	EACH	61	17.16
Chef Salad Crispy Chicken HS	1 EACH	467	39.29
Chef Salad Spicy Chicken HS	1 EACH	467	40.29
Chef Salad Grilled Chicken HS	1 EACH	247	33.29
Chef Salad Vegetarian HS	1 EACH	318	46.87
Deli Sub Ham Sandwich	1 EACH	284	30.13
Deli Sub T&H Sandwich	1 EACH	265	29.57
Deli Sub Turkey Sandwich	1 EACH	283	29.28
Salad Side: HS	1 CUP	11	2.24
Veggie 1/2 Cel & Car Cup: HS	1/2 cup	12	2.57
Veggie 1/2 Cup: Broc& Caul HS	1/2 cup	24	4.82
Veggie 1/2 R&G Pepper Cup: HS	1/2 cup	14	2.9
Veggie 1/2 Cucu & Tomato: HS	1/2 cup	10	2.27
Cottage Cheese LF 1/2 cup	4 oz	80	5.02
Condiment Bar HS	Serving	271	28.5
Milk 1% White 8oz Carton	EACH	100	11.0
Milk Chocolate Skim 8oz carton	EACH	130	24.0
Milk StrawberrySkim 8oz carton	1 EACH	120	23.0
Milk Skim White 8oz Carton	EACH	80	11.0
Pizza Cheese: Homemade	SLICE	350	40.61
Pizza Pepperoni: Homemade	2" Slice	389	38.82
Pizza Sausage:Homemade	SLICE	418	39.79
Ceasar Salad:HS	1 Cup	124	2.7
FRUIT,FRESH ASSORTED	1/2 CUP	61	15.81
FRUIT,FRESH ASSORTED	1/2 CUP	61	15.81
Weighted Daily Average		711	91.27
% of Calories			51.4%
Nutrient Guideline		750-850	

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	Portion Size	Cals (kcal)	Carb (g)
Thu - 01/17/2019			
SR High Lunch	Total		
WEEK # 3	1	0	0.0
Bratwurst Grilled on Bun	1 EACH	403	31.02
French Fry Straight	2.37 OZ	113	17.44
Baked Beans: HS	.5 CUP	162	35.83
Honey BBQ Chicken "Wings"	5 EACH	38	9.8
Roasted Sweet Potatoes	1/2 CUP	87	17.79
Cheeseburger	Sandwich	306	32.14
Pork Pattie WG Breaded	EACH	245	10.37
Gravy Brown	1 OZ	25	5.0
Mashed Potatoes:Instant	1/2 CUP	105	18.18
Green Beans w/ bacon	1/2 CUP	40	3.43
Rolls Yeast WG Homemade	EACH	172	28.74
Cheddar Broccoli Soup	1 CUP	220	8.33
Mud Bar	2X2 Square	313	36.14
Chef Salad Crispy Chicken HS	1 EACH	467	39.29
Chef Salad Spicy Chicken HS	1 EACH	467	40.29
Chef Salad Grilled Chicken HS	1 EACH	247	33.29
Chef Salad Vegetarian HS	1 EACH	318	46.87
Deli Sub Ham Sandwich	1 EACH	284	30.13
Deli Sub T&H Sandwich	1 EACH	265	29.57
Deli Sub Turkey Sandwich	1 EACH	283	29.28
Salad Side: HS	1 CUP	11	2.24
Veggie 1/2 Cel & Car Cup: HS	1/2 cup	12	2.57
Veggie 1/2 Cup: Broc& Caul HS	1/2 cup	24	4.82
Veggie 1/2 R&G Pepper Cup: HS	1/2 cup	14	2.9
Veggie 1/2 Cucu & Tomato: HS	1/2 cup	10	2.27
Cottage Cheese LF 1/2 cup	4 oz	80	5.02
Condiment Bar HS	Serving	271	28.5
Milk 1% White 8oz Carton	EACH	100	11.0
Milk Chocolate Skim 8oz carton	EACH	130	24.0
Milk StrawberrySkim 8oz carton	1 EACH	120	23.0
Milk Skim White 8oz Carton	EACH	80	11.0
Pizza Cheese: Homemade	SLICE	350	40.61
Pizza Pepperoni: Homemade	2" Slice	389	38.82
Pizza Sausage:Homemade	SLICE	418	39.79
Ceasar Salad:HS	1 Cup	124	2.7
FRUIT,FRESH ASSORTED	1/2 CUP	61	15.81
FRUIT,FRESH ASSORTED	1/2 CUP	61	15.81
Weighted Daily Average		765	97.39
% of Calories			50.9%
Nutrient Guideline		750-850	

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# Jackson R-2 Schools

Base Menu Spreadsheet

Portion Values - Detailed

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Jan 1, 2019 thru Jan 31, 2019

SR High Lunch

Generated on: 12/20/2018 2:43:16 PM

	Portion Size	Cals (kcal)	Carb (g)
Fri - 01/18/2019			
SR High Lunch	Total		
WEEK # 3	1	0	0.0
Tuna Salad Ciabatta Sandwich	1 EACH	366	37.82
California Vegetable Medley	.5 CUP	48	3.48
Frito Chili Pie 2 oz grain	SERVINGS	435	46.04
Pinto Beans Spicy	.5 CUP	146	26.04
Fish Sandwich w/ Cheese	Sandwich	379	47.44
Sweet Potato Cross Trax 6/2.50	3 OZ	144	20.52
Cole Slaw 1/2 cup	1/2 CUP	110	9.61
General Tso's Chicken 6/5#	4 OZ	194	26.29
Brown Rice	1/2 Cup	117	23.47
Oriental Stir-Fry Vegetables	1/2 CUP	50	6.9
Egg Roll Vegetable WG 3oz	EACH	140	21.97
Taco Soup	6Z	26	3.35
Pudding Chocolate	4 oz	100	19.0
Chef Salad Crispy Chicken HS	1 EACH	467	39.29
Chef Salad Spicy Chicken HS	1 EACH	467	40.29
Chef Salad Grilled Chicken HS	1 EACH	247	33.29
Chef Salad Vegetarian HS	1 EACH	318	46.87
Deli Sub Ham Sandwich	1 EACH	284	30.13
Deli Sub T&H Sandwich	1 EACH	265	29.57
Deli Sub Turkey Sandwich	1 EACH	283	29.28
Salad Side: HS	1 CUP	11	2.24
Veggie 1/2 Cel & Car Cup: HS	1/2 cup	12	2.57
Veggie 1/2 Cup: Broc& Caul HS	1/2 cup	24	4.82
Veggie 1/2 R&G Pepper Cup: HS	1/2 cup	14	2.9
Veggie 1/2 Cucu & Tomato: HS	1/2 cup	10	2.27
Cottage Cheese LF 1/2 cup	4 oz	80	5.02
Condiment Bar HS	Serving	271	28.5
Milk 1% White 8oz Carton	EACH	100	11.0
Milk Chocolate Skim 8oz carton	EACH	130	24.0
Milk StrawberrySkim 8oz carton	1 EACH	120	23.0
Milk Skim White 8oz Carton	EACH	80	11.0
Pizza Buffalo Chx: Homemade	SLICE	468	37.27
Pizza Veggie: Homemade	SLICE	350	40.39
Pizza Cheese: Homemade	SLICE	350	40.61
Pizza Pepperoni: Homemade	2" Slice	389	38.82
Pizza Sausage:Homemade	SLICE	418	39.79
Cesar Salad:HS	1 Cup	124	2.7
FRUIT,FRESH ASSORTED	1/2 CUP	61	15.81
FRUIT,FRESH ASSORTED	1/2 CUP	61	15.81
Weighted Daily Average		661	92.21
% of Calories			55.8%
Nutrient Guideline		750-850	

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# Jackson R-2 Schools

Base Menu Spreadsheet

Portion Values - Detailed

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Jan 1, 2019 thru Jan 31, 2019

SR High Lunch

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	Portion Size	Cals (kcal)	Carb (g)
Tue - 01/22/2019			
SR High Lunch	Total		
WEEK #4	0	0	0.0
Spicy Chicken Wrap	1 EACH	166	6.63
French Fry Straight	2.37 OZ	113	17.44
Crispito Chicken Chx Chili 2ct	2 EACH	513	43.68
Mexican Corn	1/2 CUP	109	20.05
Cheeseburger: Bacon	Sandwich	332	32.14
Pepperoni Pasta Salad	.5 Cup	102	9.68
Carrots Orange Glazed	1/2 CUP	62	8.82
Corn Chowder	1 CUPS	131	15.3
Cookies & Cream Frosty Cream	.5 Cup	54	7.52
Chef Salad Crispy Chicken HS	1 EACH	467	39.29
Chef Salad Spicy Chicken HS	1 EACH	467	40.29
Chef Salad Grilled Chicken HS	1 EACH	247	33.29
Chef Salad Vegetarian HS	1 EACH	318	46.87
Deli Sub Ham Sandwich	1 EACH	284	30.13
Deli Sub T&H Sandwich	1 EACH	265	29.57
Deli Sub Turkey Sandwich	1 EACH	283	29.28
Salad Side: HS	1 CUP	11	2.24
Veggie 1/2 Cel & Car Cup: HS	1/2 cup	12	2.57
Veggie 1/2 Cup: Broc& Caul HS	1/2 cup	24	4.82
Veggie 1/2 R&G Pepper Cup: HS	1/2 cup	14	2.9
Veggie 1/2 Cucu & Tomato: HS	1/2 cup	10	2.27
Cottage Cheese LF 1/2 cup	4 oz	80	5.02
Condiment Bar HS	Serving	271	28.5
Milk 1% White 8oz Carton	EACH	100	11.0
Milk Chocolate Skim 8oz carton	EACH	130	24.0
Milk StrawberrySkim 8oz carton	1 EACH	120	23.0
Milk Skim White 8oz Carton	EACH	80	11.0
Pizza Cheese: Homemade	SLICE	350	40.61
Pizza Pepperoni: Homemade	2" Slice	389	38.82
Pizza Sausage:Homemade	SLICE	418	39.79
Cesar Salad:HS	1 Cup	124	2.7
FRUIT,FRESH ASSORTED	1/2 CUP	61	15.81
FRUIT,FRESH ASSORTED	1/2 CUP	61	15.81
Weighted Daily Average		676	80.01
% of Calories			47.3%
Nutrient Guideline		750-850	

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# Jackson R-2 Schools

Base Menu Spreadsheet

Portion Values - Detailed

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Jan 1, 2019 thru Jan 31, 2019

SR High Lunch

Generated on: 12/20/2018 2:43:16 PM

	Portion Size	Cals (kcal)	Carb (g)
Wed - 01/23/2019			
SR High Lunch	Total		
WEEK #4	0	0	0.0
Hot Dog	Servings	279	34.98
Chili Dog	Servings	363	43.21
Garden Salad	1 CUP	27	5.67
Chicken Nuggets WG	Serving	259	15.97
Texas Caviar + Tortilla Scoops	.5 cup	203	34.88
Chicken Pattie Spicy Sandwich	Sandwich	430	48.0
California Vegetable Medley	.5 CUP	48	3.48
Lasagna w/ Meat Sauce	SERVINGS	184	19.98
Texas Toast WG Garlic	Slice	100	15.02
Potato Soup	6 OZ	135	23.48
Monster Bar	2"X2" (1.5oz)	304	45.14
Chef Salad Crispy Chicken HS	1 EACH	467	39.29
Chef Salad Spicy Chicken HS	1 EACH	467	40.29
Chef Salad Grilled Chicken HS	1 EACH	247	33.29
Chef Salad Vegetarian HS	1 EACH	318	46.87
Deli Sub Ham Sandwich	1 EACH	284	30.13
Deli Sub T&H Sandwich	1 EACH	265	29.57
Deli Sub Turkey Sandwich	1 EACH	283	29.28
Salad Side: HS	1 CUP	11	2.24
Veggie 1/2 Cel & Car Cup: HS	1/2 cup	12	2.57
Veggie 1/2 Cup: Broc& Caul HS	1/2 cup	24	4.82
Veggie 1/2 R&G Pepper Cup: HS	1/2 cup	14	2.9
Veggie 1/2 Cucu & Tomato: HS	1/2 cup	10	2.27
Cottage Cheese LF 1/2 cup	4 oz	80	5.02
Condiment Bar HS	Serving	271	28.5
Milk 1% White 8oz Carton	EACH	100	11.0
Milk Chocolate Skim 8oz carton	EACH	130	24.0
Milk StrawberrySkim 8oz carton	1 EACH	120	23.0
Milk Skim White 8oz Carton	EACH	80	11.0
Pizza Cheese: Homemade	SLICE	350	40.61
Pizza Pepperoni: Homemade	2" Slice	389	38.82
Pizza Sausage:Homemade	SLICE	418	39.79
Cesar Salad:HS	1 Cup	124	2.7
FRUIT,FRESH ASSORTED	1/2 CUP	61	15.81
FRUIT,FRESH ASSORTED	1/2 CUP	61	15.81
Weighted Daily Average		707	97.77
% of Calories			55.3%
Nutrient Guideline		750-850	

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# Jackson R-2 Schools

Base Menu Spreadsheet

Portion Values - Detailed

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Jan 1, 2019 thru Jan 31, 2019

SR High Lunch

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	Portion Size	Cals (kcal)	Carb (g)
Thu - 01/24/2019			
SR High Lunch	Total		
WEEK #4	0	0	0.0
All American Deli Sub	1 EACH	429	30.86
Sweet Potato Cross Trax 6/2.50	3 OZ	144	20.52
Pork Tacos Chipotle	Servings	*330	*33.35
Cheeseburger	Sandwich	306	32.14
Green Beans w/ bacon	1/2 CUP	40	3.43
Refried Beans w/ Cheese: 1/2 c	1/2 CUP	188	24.38
Meat Loaf	3/4" SLICE	60	11.2
Mashed Potatoes:Instant	1/2 CUP	105	18.18
Rolls Yeast WG Homemade	EACH	172	28.74
Chicken Wild Rice Soup	6 OZ	340	38.58
Cheesecake Hospitality	2X2" Square	268	39.87
Chef Salad Crispy Chicken HS	1 EACH	467	39.29
Chef Salad Spicy Chicken HS	1 EACH	467	40.29
Chef Salad Grilled Chicken HS	1 EACH	247	33.29
Chef Salad Vegetarian HS	1 EACH	318	46.87
Deli Sub Ham Sandwich	1 EACH	284	30.13
Deli Sub T&H Sandwich	1 EACH	265	29.57
Deli Sub Turkey Sandwich	1 EACH	283	29.28
Salad Side: HS	1 CUP	11	2.24
Veggie 1/2 Cel & Car Cup: HS	1/2 cup	12	2.57
Veggie 1/2 Cup: Broc& Caul HS	1/2 cup	24	4.82
Veggie 1/2 R&G Pepper Cup: HS	1/2 cup	14	2.9
Veggie 1/2 Cucu & Tomato: HS	1/2 cup	10	2.27
Cottage Cheese LF 1/2 cup	4 oz	80	5.02
Condiment Bar HS	Serving	271	28.5
Milk 1% White 8oz Carton	EACH	100	11.0
Milk Chocolate Skim 8oz carton	EACH	130	24.0
Milk StrawberrySkim 8oz carton	1 EACH	120	23.0
Milk Skim White 8oz Carton	EACH	80	11.0
Pizza Cheese: Homemade	SLICE	350	40.61
Pizza Pepperoni: Homemade	2" Slice	389	38.82
Pizza Sausage:Homemade	SLICE	418	39.79
Ceasar Salad:HS	1 Cup	124	2.7
FRUIT,FRESH ASSORTED	1/2 CUP	61	15.81
FRUIT,FRESH ASSORTED	1/2 CUP	61	15.81
Weighted Daily Average		*843	*111.47
% of Calories			*52.9%
Nutrient Guideline		750-850	

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# Jackson R-2 Schools

Base Menu Spreadsheet

Portion Values - Detailed

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Jan 1, 2019 thru Jan 31, 2019

SR High Lunch

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	Portion Size	Cals (kcal)	Carb (g)
Fri - 01/25/2019			
SR High Lunch	Total		
WEEK #4	0	0	0.0
Buffalo Chicken Sub	1 EACH	332	30.69
French Fry Seasoned Straight	2.4 oz	122	20.37
Salad Side: HS	1 CUP	11	2.24
Mozzarella Cheese Stick 6ct	SERVINGS, 6ct	341	36.26
Marinara Sauce #10	1.4 OZ	15	2.79
Broccoli Steamed	.5 Cup	107	4.87
Pork Rib BBQ Sandwich	Sandwiches	312	35.0
Tater Tot Casserole	6 OZ	369	37.57
Cheese Soup	6 OZ	196	15.06
Muffin Banana Sara Lee	1 EACH	169	27.85
Chef Salad Crispy Chicken HS	1 EACH	467	39.29
Chef Salad Spicy Chicken HS	1 EACH	467	40.29
Chef Salad Grilled Chicken HS	1 EACH	247	33.29
Chef Salad Vegetarian HS	1 EACH	318	46.87
Deli Sub Ham Sandwich	1 EACH	284	30.13
Deli Sub T&H Sandwich	1 EACH	265	29.57
Deli Sub Turkey Sandwich	1 EACH	283	29.28
Salad Side: HS	1 CUP	11	2.24
Veggie 1/2 Cel & Car Cup: HS	1/2 cup	12	2.57
Veggie 1/2 Cup: Broc& Caul HS	1/2 cup	24	4.82
Veggie 1/2 R&G Pepper Cup: HS	1/2 cup	14	2.9
Veggie 1/2 Cucu & Tomato: HS	1/2 cup	10	2.27
Cottage Cheese LF 1/2 cup	4 oz	80	5.02
Condiment Bar HS	Serving	271	28.5
Milk 1% White 8oz Carton	EACH	100	11.0
Milk Chocolate Skim 8oz carton	EACH	130	24.0
Milk StrawberrySkim 8oz carton	1 EACH	120	23.0
Milk Skim White 8oz Carton	EACH	80	11.0
Pizza Chx Bacon Ranch Homemade	SLICE	438	38.76
Pizza Cheese: Homemade	SLICE	350	40.61
Pizza Pepperoni: Homemade	2" Slice	389	38.82
Pizza Sausage:Homemade	SLICE	418	39.79
Cesar Salad:HS	1 Cup	124	2.7
FRUIT,FRESH ASSORTED	1/2 CUP	61	15.81
FRUIT,FRESH ASSORTED	1/2 CUP	61	15.81
Weighted Daily Average		690	88.65
% of Calories			51.4%
Nutrient Guideline		750-850	

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# Jackson R-2 Schools

Base Menu Spreadsheet

Portion Values - Detailed

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Jan 1, 2019 thru Jan 31, 2019

SR High Lunch

Generated on: 12/20/2018 2:43:16 PM

	Portion Size	Cals (kcal)	Carb (g)
Mon - 01/28/2019			
SR High Lunch	Total		
WEEK #1	0	0	0.0
Philly Cheesesteak Sub	1 EACH	429	52.71
Potatoes Rounds "Tots" FRZN 5#	8 Tots	131	16.1
Chicken Tenders Spicy	serving	218	14.0
Corn Frozen Boiled	1/2 CUP	120	23.55
Carrots Orange Glazed	1/2 CUP	62	8.82
Chicken Pattie Sandwich	Sandwiches	430	47.0
Sweet Potato Cross Trax 6/2.50	3 OZ	144	20.52
French Toast Sticks WG: Lunch	6 EACH	401	49.42
Sausage Turkey Link Jennie-O	1 EACH	59	0.0
Cowboy Cookie	Cookie	146	22.43
Chicken Wild Rice Soup	6 OZ	340	38.58
Chef Salad Crispy Chicken HS	1 EACH	467	39.29
Chef Salad Spicy Chicken HS	1 EACH	467	40.29
Chef Salad Grilled Chicken HS	1 EACH	247	33.29
Chef Salad Vegetarian HS	1 EACH	318	46.87
Deli Sub Ham Sandwich	1 EACH	284	30.13
Deli Sub T&H Sandwich	1 EACH	265	29.57
Deli Sub Turkey Sandwich	1 EACH	283	29.28
Salad Side: HS	1 CUP	11	2.24
Veggie 1/2 Cel & Car Cup: HS	1/2 cup	12	2.57
Veggie 1/2 Cup: Broc& Caul HS	1/2 cup	24	4.82
Veggie 1/2 R&G Pepper Cup: HS	1/2 cup	14	2.9
Veggie 1/2 Cucu & Tomato: HS	1/2 cup	10	2.27
Cottage Cheese LF 1/2 cup	4 oz	80	5.02
Condiment Bar HS	Serving	271	28.5
Milk 1% White 8oz Carton	EACH	100	11.0
Milk Chocolate Skim 8oz carton	EACH	130	24.0
Milk StrawberrySkim 8oz carton	1 EACH	120	23.0
Milk Skim White 8oz Carton	EACH	80	11.0
Pizza Cheese: Homemade	SLICE	350	40.61
Pizza Pepperoni: Homemade	2" Slice	389	38.82
Pizza Sausage:Homemade	SLICE	418	39.79
Cesar Salad:HS	1 Cup	124	2.7
FRUIT,FRESH ASSORTED	1/2 CUP	61	15.81
FRUIT,FRESH ASSORTED	1/2 CUP	61	15.81
Weighted Daily Average		825	104.86
% of Calories			50.8%
Nutrient Guideline		750-850	

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# Jackson R-2 Schools

Base Menu Spreadsheet

Portion Values - Detailed

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Jan 1, 2019 thru Jan 31, 2019

SR High Lunch

Generated on: 12/20/2018 2:43:16 PM

	Portion Size	Cals (kcal)	Carb (g)
Tue - 01/29/2019			
SR High Lunch	Total		
WEEK #1	0	0	0.0
Turkey & Bacon Toasted Ciabatt	Sandwich	363	30.0
French Fry Straight	2.37 OZ	113	17.44
Mandarin Orange Chicken 6/5#	4 OZ	173	21.87
Brown Rice	1/2 Cup	117	23.47
Egg Roll Vegetable WG 3oz	EACH	140	21.97
Oriental Stir-Fry Vegetables	1/2 CUP	50	6.9
Cheeseburger: Mexican	1 EACH	380	33.0
Cheese Ravioli Florentine 8oz	8 oz Serving	359	35.46
Broccoli Steamed	.5 Cup	107	4.87
Breadstick Garlic WG Marzetti	1 STICK	95	17.89
White Chili	.5 CUP	328	27.55
Scotty Bar	SERVING	272	35.92
Chef Salad Crispy Chicken HS	1 EACH	467	39.29
Chef Salad Spicy Chicken HS	1 EACH	467	40.29
Chef Salad Grilled Chicken HS	1 EACH	247	33.29
Chef Salad Vegetarian HS	1 EACH	318	46.87
Deli Sub Ham Sandwich	1 EACH	284	30.13
Deli Sub T&H Sandwich	1 EACH	265	29.57
Deli Sub Turkey Sandwich	1 EACH	283	29.28
Salad Side: HS	1 CUP	11	2.24
Veggie 1/2 Cel & Car Cup: HS	1/2 cup	12	2.57
Veggie 1/2 Cup: Broc& Caul HS	1/2 cup	24	4.82
Veggie 1/2 R&G Pepper Cup: HS	1/2 cup	14	2.9
Veggie 1/2 Cucu & Tomato: HS	1/2 cup	10	2.27
Cottage Cheese LF 1/2 cup	4 oz	80	5.02
Condiment Bar HS	Serving	271	28.5
Milk 1% White 8oz Carton	EACH	100	11.0
Milk Chocolate Skim 8oz carton	EACH	130	24.0
Milk StrawberrySkim 8oz carton	1 EACH	120	23.0
Milk Skim White 8oz Carton	EACH	80	11.0
Pizza Cheese: Homemade	SLICE	350	40.61
Pizza Pepperoni: Homemade	2" Slice	389	38.82
Pizza Sausage:Homemade	SLICE	418	39.79
Ceasar Salad:HS	1 Cup	124	2.7
FRUIT,FRESH ASSORTED	1/2 CUP	61	15.81
FRUIT,FRESH ASSORTED	1/2 CUP	61	15.81
Butter PC	EACH	23	0.0
Weighted Daily Average		940	115.40
% of Calories			49.1%
Nutrient Guideline		750-850	

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# Jackson R-2 Schools

Base Menu Spreadsheet

Portion Values - Detailed

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Jan 1, 2019 thru Jan 31, 2019

SR High Lunch

Generated on: 12/20/2018 2:43:16 PM

	Portion Size	Cals (kcal)	Carb (g)
Wed - 01/30/2019			
SR High Lunch	Total		
WEEK #1	0	0	0.0
Uncrustable Grape WG 2.6oz	1 EACH	300	32.0
Uncrustable Strawberry WG2.6oz	1 EACH	300	32.0
Ceasar Salad:HS	1 Cup	124	2.7
Toasted Ravioli 6ct	6 ct Serving	596	50.14
Sauce Spaghetti JTM 3oz	2.5 OZ	0	0.0
Broccoli & Cheese Sauce	.5 Cup	116	12.48
Chicken Pattie Spicy Sandwich	Sandwich	430	48.0
Salad Side: Southwest HS	1 CUP	122	7.77
VEGETABLE SOUP	1 CUP	122	20.26
Brownie Cookie	#40 dipper	113	18.35
Chef Salad Crispy Chicken HS	1 EACH	467	39.29
Chef Salad Spicy Chicken HS	1 EACH	467	40.29
Chef Salad Grilled Chicken HS	1 EACH	247	33.29
Chef Salad Vegetarian HS	1 EACH	318	46.87
Deli Sub Ham Sandwich	1 EACH	284	30.13
Deli Sub T&H Sandwich	1 EACH	265	29.57
Deli Sub Turkey Sandwich	1 EACH	283	29.28
Salad Side: HS	1 CUP	11	2.24
Veggie 1/2 Cel & Car Cup: HS	1/2 cup	12	2.57
Veggie 1/2 Cup: Broc& Caul HS	1/2 cup	24	4.82
Veggie 1/2 R&G Pepper Cup: HS	1/2 cup	14	2.9
Veggie 1/2 Cucu & Tomato: HS	1/2 cup	10	2.27
Cottage Cheese LF 1/2 cup	4 oz	80	5.02
Condiment Bar HS	Serving	271	28.5
Milk 1% White 8oz Carton	EACH	100	11.0
Milk Chocolate Skim 8oz carton	EACH	130	24.0
Milk StrawberrySkim 8oz carton	1 EACH	120	23.0
Milk Skim White 8oz Carton	EACH	80	11.0
Pizza Cheese: Homemade	SLICE	350	40.61
Pizza Pepperoni: Homemade	2" Slice	389	38.82
Pizza Sausage:Homemade	SLICE	418	39.79
FRUIT,FRESH ASSORTED	1/2 CUP	61	15.81
FRUIT,FRESH ASSORTED	1/2 CUP	61	15.81
Weighted Daily Average		838	102.39
% of Calories			48.8%
Nutrient Guideline		750-850	

\*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

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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# Jackson R-2 Schools

Base Menu Spreadsheet

Portion Values - Detailed

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Jan 1, 2019 thru Jan 31, 2019

SR High Lunch

Generated on: 12/20/2018 2:43:16 PM

	Portion Size	Cals (kcal)	Carb (g)
Thu - 01/31/2019			
SR High Lunch	Total		
WEEK #1	0	0	0.0
Chicken Cordon Bleu Sandwich	Sandwiches	445	31.51
California Vegetable Medley	.5 CUP	48	3.48
Taco Salad	8 oz Serving	474	45.22
Refried Beans w/ Cheese: 1/2 c	1/2 CUP	188	24.38
Cheeseburger	Sandwich	306	32.14
French Fry Straight	2.37 OZ	113	17.44
Chicken Pattie	1 EACH	267	15.82
Mashed Potatoes:Instant	1/2 CUP	105	18.18
Green Beans w/ bacon	1/2 CUP	40	3.43
Rolls Yeast WG Homemade	EACH	172	28.74
Cheddar Broccoli Soup	1 CUP	220	8.33
Peach Cobbler	SERVINGS	270	40.41
Chef Salad Crispy Chicken HS	1 EACH	467	39.29
Chef Salad Spicy Chicken HS	1 EACH	467	40.29
Chef Salad Grilled Chicken HS	1 EACH	247	33.29
Chef Salad Vegetarian HS	1 EACH	318	46.87
Deli Sub Ham Sandwich	1 EACH	284	30.13
Deli Sub T&H Sandwich	1 EACH	265	29.57
Deli Sub Turkey Sandwich	1 EACH	283	29.28
Salad Side: HS	1 CUP	11	2.24
Veggie 1/2 Cel & Car Cup: HS	1/2 cup	12	2.57
Veggie 1/2 Cup: Broc& Caul HS	1/2 cup	24	4.82
Veggie 1/2 R&G Pepper Cup: HS	1/2 cup	14	2.9
Veggie 1/2 Cucu & Tomato: HS	1/2 cup	10	2.27
Cottage Cheese LF 1/2 cup	4 oz	80	5.02
Condiment Bar HS	Serving	271	28.5
Milk 1% White 8oz Carton	EACH	100	11.0
Milk Chocolate Skim 8oz carton	EACH	130	24.0
Milk StrawberrySkim 8oz carton	1 EACH	120	23.0
Milk Skim White 8oz Carton	EACH	80	11.0
Pizza Cheese: Homemade	SLICE	350	40.61
Pizza Pepperoni: Homemade	2" Slice	389	38.82
Pizza Sausage:Homemade	SLICE	418	39.79
Ceasar Salad:HS	1 Cup	124	2.7
FRUIT,FRESH ASSORTED	1/2 CUP	61	15.81
FRUIT,FRESH ASSORTED	1/2 CUP	61	15.81
Weighted Daily Average		1080	132.61
% of Calories			49.1%
Nutrient Guideline		750-850	

Weighted Average		*805	*102.33 *50.8%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	805		750 - 850	100%	Missing			
Carbohydrate (g)	102.33	50.83%			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

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