

# Jackson R-2 Schools

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

Jan 1, 2019 thru Jan 31, 2019

JR. High Lunch

Generated on: 12/20/2018 2:42:54 PM

	Portion Size	Cals (kcal)	Carb (g)
<b>Mon - 01/07/2019</b>			
JR. High Lunch	Total		
WEEK #1	0	0	0.0
Chicken Parmesan	SERVING	361	20.29
Marinara Pasta	4 OZ	73	14.84
Broccoli Steamed	.5 Cup	107	4.87
Hot Dog	Servings	279	34.98
Sweet Potato Cross Trax 6/2.50	3 OZ	144	20.52
Cowboy Cookie: Jr. HS	Cookie	89	13.43
Applesauce Original Kohl	1/2 cup	89	22.86
Pizza Cheese: Homemade	1 SLICE	350	40.61
Pizza Pepperoni: Homemade	1 SLICE	389	38.82
Pizza Sausage:Homemade	1 SLICE	418	39.79
Chef Salad Crispy Chicken HS	1 EACH	467	39.29
Salad Side	Serving	11	2.24
Deli Sub T&H Sandwich	1 EACH	265	29.57
Theme Bar Jr. HS	Serving	169	20.58
Ceasar Salad:HS	1 Cup	124	2.7
Veggie 1/2 Cup (Br, Cau, Car)	1/2 cup	25	5.33
FRUIT,FRESH ASSORTED	1/2 CUP	61	15.81
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
Milk 1% White 8oz Carton	EACH	100	11.0
Weighted Daily Average		742	92.92
% of Calories			50.1%
Nutrient Guideline		750-850	

	Portion Size	Cals (kcal)	Carb (g)
<b>Tue - 01/08/2019</b>			
JR. High Lunch	Total		
WEEK #1	0	0	0.0
Mandarin Orange Chicken 6/5#	4 OZ	173	21.87
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
Cheeseburger	Sandwich	306	32.14
French Fry Straight	2.37 OZ	113	17.44
Pineapple Tidbits Kohl	1/2 CUP	63	15.2
Cheesecake Hospitality	2X2" Square	268	39.87
Pizza Cheese: Homemade	1 SLICE	350	40.61
Pizza Pepperoni: Homemade	1 SLICE	389	38.82
Pizza Sausage:Homemade	1 SLICE	418	39.79
Chef Salad Crispy Chicken HS	1 EACH	467	39.29
Salad Side	Serving	11	2.24
Deli Sub T&H Sandwich	1 EACH	265	29.57
Theme Bar Jr. HS	Serving	169	20.58
Ceasar Salad:HS	1 Cup	124	2.7
Veggie 1/2 Cup (Br, Cau, Car)	1/2 cup	25	5.33
FRUIT,FRESH ASSORTED	1/2 CUP	61	15.81
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
Milk 1% White 8oz Carton	EACH	100	11.0

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JR. High Lunch

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	Portion Size	Cals (kcal)	Carb (g)
Weighted Daily Average % of Calories		937	138.80 59.3%
Nutrient Guideline		750-850	

Wed - 01/09/2019			
JR. High Lunch	Total		
WEEK #1	0	0	0.0
Burrito Bowl	servings	446	51.22
Corn Frozen Boiled	1/2 CUP	120	23.55
Sour Cream 1oz PC Daisy	1 oz packet	61	1.01
Salsa, low Na+ CMODTY	1 oz	10	1.98
Chicken Pattie Spicy Sandwich	Sandwich	430	48.0
Pepperoni Pasta Salad	.5 Cup	102	9.68
Roasted Cauliflower	.5 Cup	25	2.74
Fruit Salad Kohl + Chery	1/2 CUP	79	17.96
Monster Bar	1 EACH	304	45.14
Pizza Cheese: Homemade	1 SLICE	350	40.61
Pizza Pepperoni: Homemade	1 SLICE	389	38.82
Pizza Sausage:Homemade	1 SLICE	418	39.79
Chef Salad Crispy Chicken HS	EACH	467	39.29
Salad Side	Serving	11	2.24
Deli Sub T&H Sandwich	EACH	265	29.57
Theme Bar Jr. HS	Serving	169	20.58
Ceasar Salad:HS	1 Cup	124	2.7
Veggie 1/2 Cup (Br, Cau, Car)	1/2 cup	25	5.33
FRUIT,FRESH ASSORTED	1/2 CUP	61	15.81
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
Milk 1% White 8oz Carton	EACH	100	11.0
Weighted Daily Average % of Calories		852	117.67 55.3%
Nutrient Guideline		750-850	

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Jan 1, 2019 thru Jan 31, 2019

JR. High Lunch

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	Portion Size	Cals (kcal)	Carb (g)
Thu - 01/10/2019			
JR. High Lunch	Total		
WEEK #1	0	0	0.0
Western Steak	EACH	278	11.76
Gravy White Peppered	2 OZ	40	5.04
Roll Honey Wheat 2oz	ROLL	139	26.86
Mashed Potatoes:Instant	1/2 CUP	105	18.18
Green Beans w/ bacon	1/2 CUP	40	3.43
Cheeseburger: Bacon	Sandwich	332	32.14
French Fry Straight	2.37 OZ	113	17.44
Scotty Bar	SERVING	272	35.92
Pears Sliced Kohl	1/2 CUP	77	19.26
Pizza Cheese: Homemade	1 SLICE	350	40.61
Pizza Pepperoni: Homemade	1 SLICE	389	38.82
Pizza Sausage:Homemade	1 SLICE	418	39.79
Chef Salad Crispy Chicken HS	EACH	467	39.29
Salad Side	Serving	11	2.24
Deli Sub T&H Sandwich	EACH	265	29.57
Theme Bar Jr. HS	Serving	169	20.58
Cesar Salad:HS	1 Cup	124	2.7
Veggie 1/2 Cup (Br, Cau, Car)	1/2 cup	25	5.33
FRUIT,FRESH ASSORTED	1/2 CUP	61	15.81
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
Milk 1% White 8oz Carton	EACH	100	11.0
Weighted Daily Average		979	117.24
% of Calories			47.9%
Nutrient Guideline		750-850	

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JR. High Lunch

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	Portion Size	Cals (kcal)	Carb (g)
Fri - 01/11/2019			
JR. High Lunch	Total		
WEEK #1	0	0	0.0
Chicken Strips WG Tyson	3 EACH	264	16.23
Biscuit Honey Wheat 2oz	1 Each	190	29.99
Candied Sweet Potatoes	.5 CUP	134	29.09
Buffalo Chicken Sub	1 EACH	332	30.69
Baked Beans Many Beans	1/2 CUP	122	24.65
Cheddar Broccoli Noodles	1 Cup	186	26.96
Pudding Vanilla	4 oz	140	28.0
Peach Cup	SERVING	80	19.0
Pizza Cheese: Homemade	1 SLICE	350	40.61
Pizza Pepperoni: Homemade	1 SLICE	389	38.82
Pizza Sausage:Homemade	1 SLICE	418	39.79
Pizza Supreme: Homemade	SLICE	408	41.1
Chef Salad Crispy Chicken HS	EACH	467	39.29
Salad Side	Serving	11	2.24
Deli Sub T&H Sandwich	EACH	265	29.57
Theme Bar Jr. HS	Serving	169	20.58
Ceasar Salad:HS	1 Cup	124	2.7
Veggie 1/2 Cup (Br, Cau, Car)	1/2 cup	25	5.33
FRUIT,FRESH ASSORTED	1/2 CUP	61	15.81
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
Milk 1% White 8oz Carton	EACH	100	11.0
Weighted Daily Average		928	141.86
% of Calories			61.2%
Nutrient Guideline		750-850	

Mon - 01/14/2019			
JR. High Lunch	Total		
WEEK #2	0	0	0.0
Crispito Chicken Chx Chili 2ct	2 EACH	513	43.68
Cheese Sauce Nacho 2oz	2 OZ	122	2.25
Spanish Rice w/ Corn	.5 Cup	110	12.24
Grilled Chicken Club Sandwich	Sandwich	428	38.22
Sweet Potato Cross Trax 6/2.50	3 OZ	144	20.52
Ceasar Salad:HS	1 Cup	124	2.7
Pudding Chocolate	4 oz	100	19.0
Applesauce Original Kohl	1/2 cup	89	22.86
Pizza Cheese: Homemade	1 SLICE	350	40.61
Pizza Pepperoni: Homemade	1 SLICE	389	38.82
Pizza Sausage:Homemade	1 SLICE	418	39.79
Chef Salad Crispy Chicken HS	EACH	467	39.29
Deli Sub T&H Sandwich	EACH	265	29.57
Theme Bar Jr. HS	Serving	169	20.58
Ceasar Salad:HS	1 Cup	124	2.7
Veggie 1/2 Cup (Br, Cau, Car)	1/2 cup	25	5.33
FRUIT,FRESH ASSORTED	1/2 CUP	61	15.81
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
Milk 1% White 8oz Carton	EACH	100	11.0

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JR. High Lunch

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	Portion Size	Cals (kcal)	Carb (g)
Weighted Daily Average % of Calories		952	114.25 48.0%
Nutrient Guideline		750-850	

Tue - 01/15/2019			
JR. High Lunch	Total		
WEEK # 3	1	0	0.0
Beef Street Tacos	Servings	304	31.98
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
Fruit & Yogurt Parfait	Parfaits	76	16.71
Pineapple Tidbits Kohl	1/2 CUP	63	15.2
Pizza Cheese: Homemade	1 SLICE	350	40.61
Pizza Pepperoni: Homemade	1 SLICE	389	38.82
Pizza Sausage:Homemade	1 SLICE	418	39.79
Chef Salad Crispy Chicken HS	1 EACH	467	39.29
Salad Side	Serving	11	2.24
Deli Sub T&H Sandwich	EACH	265	29.57
Theme Bar Jr. HS	Serving	169	20.58
Cesar Salad:HS	1 Cup	124	2.7
Veggie 1/2 Cup (Br, Cau, Car)	1/2 cup	25	5.33
FRUIT,FRESH ASSORTED	1/2 CUP	61	15.81
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
Milk 1% White 8oz Carton	EACH	100	11.0
Weighted Daily Average % of Calories		532	71.53 53.8%
Nutrient Guideline		750-850	

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JR. High Lunch

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	Portion Size	Cals (kcal)	Carb (g)
Wed - 01/16/2019			
JR. High Lunch	Total		
WEEK #2	0	0	0.0
Spaghetti & JTM Meat Sauce:Sec	SERVINGS	365	47.93
Breadstick Garlic WG Marzetti	1 STICK	95	17.89
Broccoli Steamed	.5 Cup	107	4.87
Buffalo Chicken Sub	1 EACH	332	30.69
Zucchini & Squash Oven-Roasted	1/2 CUP	60	2.16
Chocolate Chip Cookies	Cookie	127	15.9
Fruit Salad Kohl + Chery	1/2 CUP	79	17.96
Pizza Cheese: Homemade	1 SLICE	350	40.61
Pizza Pepperoni: Homemade	1 SLICE	389	38.82
Pizza Sausage:Homemade	1 SLICE	418	39.79
Chef Salad Crispy Chicken HS	EACH	467	39.29
Salad Side	Serving	11	2.24
Deli Sub T&H Sandwich	EACH	265	29.57
Theme Bar Jr. HS	Serving	169	20.58
Cesar Salad:HS	1 Cup	124	2.7
Veggie 1/2 Cup (Br, Cau, Car)	1/2 cup	25	5.33
FRUIT,FRESH ASSORTED	1/2 CUP	61	15.81
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
Milk 1% White 8oz Carton	EACH	100	11.0
Weighted Daily Average		713	96.13
% of Calories			54.0%
Nutrient Guideline		750-850	

	Portion Size	Cals (kcal)	Carb (g)
Thu - 01/17/2019			
JR. High Lunch	Total		
WEEK #2	0	0	0.0
Pork Pattie WG Breaded	1 EACH	245	10.37
Gravy White Peppered	2 OZ	40	5.04
Roasted Cauliflower	.5 Cup	25	2.74
Mashed Potatoes:Instant	1/2 CUP	105	18.18
Roll Honey Wheat 2oz	ROLL	139	26.86
Chili RF JTM: Sec	8 OZ SERVINGS	212	20.93
Peanut Butter Sandwich	1 EACH	258	22.02
Green Beans w/ bacon	1/2 CUP	40	3.43
Monster Bar	2"X2" (1.5oz)	304	45.14
Pears Sliced Kohl	1/2 CUP	77	19.26
Pizza Cheese: Homemade	1 SLICE	350	40.61
Pizza Pepperoni: Homemade	1 SLICE	389	38.82
Pizza Sausage:Homemade	1 SLICE	418	39.79
Chef Salad Crispy Chicken HS	EACH	467	39.29
Salad Side	Serving	11	2.24
Deli Sub T&H Sandwich	EACH	265	29.57
Theme Bar Jr. HS	Serving	169	20.58
Cesar Salad:HS	1 Cup	124	2.7
Veggie 1/2 Cup (Br, Cau, Car)	1/2 cup	25	5.33
FRUIT,FRESH ASSORTED	1/2 CUP	61	15.81
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
Milk 1% White 8oz Carton	EACH	100	11.0

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JR. High Lunch

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	Portion Size	Cals (kcal)	Carb (g)
Weighted Daily Average % of Calories		926	116.24 50.2%
Nutrient Guideline		750-850	

Fri - 01/18/2019			
JR. High Lunch	Total		
WEEK #2	0	0	0.0
Chicken Nuggets WG	5 EACH	1297	79.84
Macaroni & Cheese	1/2 CUP	234	30.14
Garden Salad	1 CUP	27	5.67
Potato Tots Loaded Chili Chees	Servings	557	58.19
Texas Caviar	.5 cup	120	19.81
Tortilla Chips Scoops 1oz PC	Bag	121	22.27
Juice Sorbet Grape	EACH	61	17.16
Peach Cup	SERVING	80	19.0
Pizza Cheese: Homemade	1 SLICE	350	40.61
Pizza Pepperoni: Homemade	1 SLICE	389	38.82
Pizza Sausage:Homemade	1 SLICE	418	39.79
Pizza Chx Bacon Ranch Homemade	SLICE	438	38.76
Chef Salad Crispy Chicken HS	EACH	467	39.29
Salad Side	Serving	11	2.24
Deli Sub T&H Sandwich	EACH	265	29.57
Theme Bar Jr. HS	Serving	169	20.58
Ceasar Salad:HS	1 Cup	124	2.7
Veggie 1/2 Cup (Br, Cau, Car)	1/2 cup	25	5.33
FRUIT,FRESH ASSORTED	1/2 CUP	61	15.81
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
Milk 1% White 8oz Carton	EACH	100	11.0
Weighted Daily Average % of Calories		1436	158.11 44.0%
Nutrient Guideline		750-850	

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	Portion Size	Cals (kcal)	Carb (g)
Tue - 01/22/2019			
JR. High Lunch	Total		
WEEK # 3	1	0	0.0
General Tso's Chicken 6/5#	4 OZ	194	26.29
Brown Rice	1/2 Cup	117	23.47
Broccoli & Carrot Stir-fry	1/2 Cup	37	5.52
Egg Roll Vegetable WG 3oz	EACH	140	21.97
Breakfast Sandwich Pretzel Bun	1 EACH	394	30.17
Mud Bar	1 EACH	313	36.14
Applesauce Original Kohl	1/2 cup	89	22.86
Pizza Cheese: Homemade	1 SLICE	350	40.61
Pizza Pepperoni: Homemade	1 SLICE	389	38.82
Pizza Sausage:Homemade	1 SLICE	418	39.79
Chef Salad Crispy Chicken HS	EACH	467	39.29
Salad Side	Serving	11	2.24
Deli Sub T&H Sandwich	EACH	265	29.57
Theme Bar Jr. HS	Serving	169	20.58
Ceasar Salad:HS	1 Cup	124	2.7
Veggie 1/2 Cup (Br, Cau, Car)	1/2 cup	25	5.33
FRUIT,FRESH ASSORTED	1/2 CUP	61	15.81
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
Milk 1% White 8oz Carton	EACH	100	11.0
Weighted Daily Average		830	110.63
% of Calories			53.3%
Nutrient Guideline		750-850	

	Portion Size	Cals (kcal)	Carb (g)
Wed - 01/23/2019			
JR. High Lunch	Total		
WEEK #2	0	0	0.0
Cheese Enchiladas Sec	Serving	272	19.24
Refried Beans w/ Cheese: 1/2 c	.5 Cup	188	24.38
Salsa, low Na+ CMODTY	1 oz	10	1.98
Sour Cream 1oz PC Daisy	1 oz packet	61	1.01
Cheeseburger	Sandwich	306	32.14
French Fry Straight	2.37 OZ	113	17.44
Carrot Cake	SERVINGS	226	32.27
Pineapple Tidbits Kohl	1/2 CUP	63	15.2
Pizza Cheese: Homemade	1 SLICE	350	40.61
Pizza Pepperoni: Homemade	1 SLICE	389	38.82
Pizza Sausage:Homemade	1 SLICE	418	39.79
Chef Salad Crispy Chicken HS	EACH	467	39.29
Salad Side	Serving	11	2.24
Deli Sub T&H Sandwich	EACH	265	29.57
Theme Bar Jr. HS	Serving	169	20.58
Ceasar Salad:HS	1 Cup	124	2.7
Veggie 1/2 Cup (Br, Cau, Car)	1/2 cup	25	5.33
FRUIT,FRESH ASSORTED	1/2 CUP	61	15.81
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
Milk 1% White 8oz Carton	EACH	100	11.0

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	Portion Size	Cals (kcal)	Carb (g)
Weighted Daily Average % of Calories		852	113.48 53.3%
Nutrient Guideline		750-850	

Thu - 01/24/2019			
JR. High Lunch	Total		
WEEK # 3	1	0	0.0
BBQ Pork Rib	Servings	170	6.0
Roll Honey Wheat 2oz	ROLL	139	26.86
Scalloped Potatoes	.5 Cup	155	23.24
Green Bean Casserole	4 OZ	69	8.01
Gravy White Peppered	2 OZ	40	5.04
Chicken Pattie Sandwich	Sandwiches	430	47.0
Sweet Potato Cross Trax 6/2.50	3 OZ	144	20.52
Cinnamon Apples	1/2 CUP	86	16.82
Pears Sliced Kohl	1/2 CUP	77	19.26
Pizza Cheese: Homemade	1 SLICE	350	40.61
Pizza Pepperoni: Homemade	1 SLICE	389	38.82
Pizza Sausage:Homemade	1 SLICE	418	39.79
Chef Salad Crispy Chicken HS	EACH	467	39.29
Salad Side	Serving	11	2.24
Deli Sub T&H Sandwich	EACH	265	29.57
Theme Bar Jr. HS	Serving	169	20.58
Ceasar Salad:HS	1 Cup	124	2.7
Veggie 1/2 Cup (Br, Cau, Car)	1/2 cup	25	5.33
FRUIT,FRESH ASSORTED	1/2 CUP	61	15.81
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
Milk 1% White 8oz Carton	EACH	100	11.0
Weighted Daily Average % of Calories		910	126.87 55.7%
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

JR. High Lunch

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	Portion Size	Cals (kcal)	Carb (g)
Fri - 01/25/2019			
JR. High Lunch	Total		
WEEK # 3	1	0	0.0
Nacho Bar	6 oz Servings	502	51.12
Corn Frozen Boiled	1/2 CUP	120	23.55
Turkey & Bacon Toasted Ciabatt	Sandwich	363	30.0
Peanut Butter dip & Celery	Servings	119	6.69
Juice Sorbet Blue Raspberry	EACH	61	17.16
Peach Cup	SERVING	80	19.0
Pizza Cheese: Homemade	1 SLICE	350	40.61
Pizza Pepperoni: Homemade	1 SLICE	389	38.82
Pizza Sausage:Homemade	1 SLICE	418	39.79
Pizza Hawaiian: Homemade	SLICE	387	42.06
Chef Salad Crispy Chicken HS	EACH	467	39.29
Salad Side	Serving	11	2.24
Deli Sub T&H Sandwich	EACH	265	29.57
Theme Bar Jr. HS	Serving	169	20.58
Ceasar Salad:HS	1 Cup	124	2.7
Veggie 1/2 Cup (Br, Cau, Car)	1/2 cup	25	5.33
FRUIT,FRESH ASSORTED	1/2 CUP	61	15.81
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
Milk 1% White 8oz Carton	EACH	100	11.0
Cottage Cheese LF 1/2 cup	4 oz	80	5.02
Weighted Daily Average		870	118.52
% of Calories			54.5%
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

JR. High Lunch

Generated on: 12/20/2018 2:42:54 PM

	Portion Size	Cals (kcal)	Carb (g)
Mon - 01/28/2019			
JR. High Lunch	Total		
WEEK #4	0	0	0.0
French Toast Sticks WG: Lunch	6 EACH	401	49.42
Sausage Turkey Link Jennie-O	1 EACH	59	0.0
Potatoes Rounds "Tots" FRZN 5#	8 Tots	131	16.1
Orange Juice 4oz PC	1 EACH	55	13.09
Syrup Breakfast PC 100ct k2362	PC Cup	120	31.0
Grilled Cheese Sandwich	1 EACH	173	28.63
Chicken Noodle Soup-Gage 4oz	4 oz	124	19.48
Broccoli Steamed	.5 Cup	107	4.87
Rice Crex Treat-Chocolate	1 EACH	182	37.09
Applesauce Original Kohl	1/2 cup	89	22.86
Pizza Cheese: Homemade	1 SLICE	350	40.61
Pizza Pepperoni: Homemade	1 SLICE	389	38.82
Pizza Sausage:Homemade	1 SLICE	418	39.79
Chef Salad Crispy Chicken HS	EACH	467	39.29
Salad Side	Serving	11	2.24
Deli Sub T&H Sandwich	EACH	265	29.57
Theme Bar Jr. HS	Serving	169	20.58
Cesar Salad:HS	1 Cup	124	2.7
Veggie 1/2 Cup (Br, Cau, Car)	1/2 cup	25	5.33
FRUIT,FRESH ASSORTED	1/2 CUP	61	15.81
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
Milk 1% White 8oz Carton	EACH	100	11.0
Weighted Daily Average		1015	167.58
% of Calories			66.0%
Nutrient Guideline		750-850	

	Portion Size	Cals (kcal)	Carb (g)
Tue - 01/29/2019			
JR. High Lunch	Total		
WEEK #4	0	0	0.0
Walking Taco	Servings	580	56.95
Macaroni & Cheese	1/2 CUP	234	30.14
Baked Beans Many Beans	1/2 CUP	122	24.65
Cheeseburger	Sandwich	306	32.14
Muffin Double Chocolate SaraLe	1 EACH	179	27.85
Pineapple and Mandarin Oranges	1/2 CUP	67	16.14
Pizza Cheese: Homemade	1 SLICE	350	40.61
Pizza Pepperoni: Homemade	1 SLICE	389	38.82
Pizza Sausage:Homemade	1 SLICE	418	39.79
Chef Salad Crispy Chicken HS	EACH	467	39.29
Salad Side	Serving	11	2.24
Deli Sub T&H Sandwich	EACH	265	29.57
Theme Bar Jr. HS	Serving	169	20.58
Cesar Salad:HS	1 Cup	124	2.7
Veggie 1/2 Cup (Br, Cau, Car)	1/2 cup	25	5.33
FRUIT,FRESH ASSORTED	1/2 CUP	61	15.81
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
Milk 1% White 8oz Carton	EACH	100	11.0

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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

JR. High Lunch

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	Portion Size	Cals (kcal)	Carb (g)
Weighted Daily Average		1169	159.50
% of Calories			54.6%
Nutrient Guideline		750-850	

Wed - 01/30/2019			
JR. High Lunch	Total		
WEEK #4	0	0	0.0
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
BLT Croissant	Sandwich	450	33.02
French Fries Crinkle Infinity	2 OZ	105	16.5
Chocolate Chip Cookies	Cookie	127	15.9
Fruit Salad Kohl + Chery	1/2 CUP	79	17.96
Pizza Cheese: Homemade	1 SLICE	350	40.61
Pizza Pepperoni: Homemade	1 SLICE	389	38.82
Pizza Sausage:Homemade	1 SLICE	418	39.79
Chef Salad Crispy Chicken HS	EACH	467	39.29
Salad Side	Serving	11	2.24
Deli Sub T&H Sandwich	EACH	265	29.57
Theme Bar Jr. HS	Serving	169	20.58
Cesar Salad:HS	1 Cup	124	2.7
Veggie 1/2 Cup (Br, Cau, Car)	1/2 cup	25	5.33
FRUIT,FRESH ASSORTED	1/2 CUP	61	15.81
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
Milk 1% White 8oz Carton	EACH	100	11.0
Weighted Daily Average		820	89.72
% of Calories			43.8%
Nutrient Guideline		750-850	

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Jan 1, 2019 thru Jan 31, 2019

JR. High Lunch

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	Portion Size	Cals (kcal)	Carb (g)
Thu - 01/31/2019			
JR. High Lunch	Total		
WEEK #4	0	0	0.0
Chicken Oven Roasted 8 Piece	2 OZ	111	0.0
Roll Honey Wheat 2oz	ROLL	139	26.86
Mashed Potatoes:Instant	1/2 CUP	105	18.18
Green Beans w/ bacon	1/2 CUP	40	3.43
Fish Stick Breaded Pollock:4ct	4 STICKS	213	22.27
French Fry Straight	2.37 OZ	113	17.44
Brownie WG Conestoga	1 EACH	200	39.02
Pears Sliced Kohl	1/2 CUP	77	19.26
Pizza Cheese: Homemade	1 SLICE	350	40.61
Pizza Pepperoni: Homemade	1 SLICE	389	38.82
Pizza Sausage:Homemade	1 SLICE	418	39.79
Chef Salad Crispy Chicken HS	EACH	467	39.29
Salad Side	Serving	11	2.24
Deli Sub T&H Sandwich	EACH	265	29.57
Theme Bar Jr. HS	Serving	169	20.58
Cesar Salad:HS	1 Cup	124	2.7
Veggie 1/2 Cup (Br, Cau, Car)	1/2 cup	25	5.33
FRUIT,FRESH ASSORTED	1/2 CUP	61	15.81
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
Milk 1% White 8oz Carton	EACH	100	11.0
KETCHUP: individual PC	1 EACH	6	1.64
Weighted Daily Average		812	122.81
% of Calories			60.5%
Nutrient Guideline		750-850	

Weighted Average		904	120.77
			53.4%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	904		750 - 850	106%			54	
Carbohydrate (g)	120.77	53.43%						Correction Required - Calories too High

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