

Walnut Creek School District

Dec 3, 2018 thru Dec 31, 2018

Base Menu Spreadsheet

WCI MENU

Portion Values - Detailed

| | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|------------------|--------------------------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Mon - 12/03/2018 | | | | | | | | | | | | | | | |
| WCI MENU | | | | | | | | | | | | | | | |
| | Total | | | | | | | | | | | | | | |
| | Corn Dogs, Mini | 270 | 38 | 420 | 4.50 | 2.16 | 150.0 | 30 | 0.0 | 6 | 10.5 | 30.0 | 12.0 | 3.75 | 0.00 |
| | Potatoes, Roasted | 96 | 0 | 110 | 1.91 | 0.69 | 0.0 | 0 | 4.58 | 0 | 1.91 | 23.88 | 1.91 | 0.48 | 0.00 |
| | or | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| | Pork Sandwich, pulled BBQ 2 | 305 | 55 | 306 | 2.16 | 1.93 | 6.1 | 43 | 0.4 | 8 | 14.0 | 31.75 | 12.83 | 4.25 | 0.00 |
| | Potatoes, Roasted | 96 | 0 | 110 | 1.91 | 0.69 | 0.0 | 0 | 4.58 | 0 | 1.91 | 23.88 | 1.91 | 0.48 | 0.00 |
| | L/O #1- | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| | L/O #2- | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| | C/W | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| | Deli, Ham & Cheese | 417 | 67 | 1211 | 4.21 | *2.03 | *342.1 | *528 | *2.43 | *0 | 21.65 | 31.13 | 21.45 | 7.50 | *0.00 |
| | Chicken Caesar Wrap 2 | 627 | 151 | 1471 | 8.21 | 30.63 | 375.0 | 7785 | 15.13 | *3 | 35.48 | 37.82 | 36.48 | 12.67 | *0.00 |
| | Peanut Butter Jelly, Smucker | 630 | 0 | 620 | 7.00 | 1.80 | 60.0 | 140 | 0.0 | 28 | 19.0 | 64.0 | 33.0 | 7.00 | 0.00 |
| | Pizza, Primo pbwg Cheese | 360 | 40 | 490 | 4.00 | 1.80 | 400.0 | 400 | 0.0 | 6 | 18.0 | 35.0 | 16.0 | 8.00 | 0.00 |
| | Pizza, Primo wg Turkey Pep | 370 | 40 | 550 | 3.00 | 2.70 | 400.0 | 400 | 0.0 | 9 | 21.0 | 36.0 | 16.0 | 7.00 | 0.00 |
| | (+) Sub Total Entrees Served | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| | (-) 2nd Lunches | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| | (-) Adult lunches | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| | (-) Drops | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| | (=)TOTAL Reimbursable meals | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| | Milk, 0% chocolate | 120 | 5 | 150 | 0.00 | 0.36 | 300.0 | 500 | 0.0 | 19 | 9.0 | 22.0 | 0.0 | 0.00 | 0.00 |
| | Milk, 1% White | 130 | 15 | 160 | 0.00 | 0.00 | 400.0 | 500 | 1.2 | 15 | 10.0 | 16.0 | 2.5 | 1.50 | 0.00 |
| | Fruit Variety | 60 | 0 | 5 | 1.76 | 0.26 | 12.5 | 317 | 22.67 | *7 | 0.65 | 15.22 | 0.18 | 0.03 | *0.00 |
| | Salad, Garden Mix-wci | 14 | 0 | 16 | 1.59 | 0.86 | 30.9 | 6877 | 5.42 | 1 | 1.05 | 2.76 | 0.23 | 0.03 | 0.00 |
| | Salad Bar Toppings 3 | 94 | 0 | 87 | 3.99 | *0.97 | *30.4 | *2739 | 32.31 | *4 | 3.87 | 16.66 | 1.82 | 0.24 | *0.00 |
| | Dressing, Assorted FF w/o 1000 | 8 | 0 | 126 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | *N/A* | 0.0 | 2.01 | 0.0 | 0.00 | 0.00 |
| | Ketchup - LS Red Gold | 33 | 0 | 267 | 0.00 | 0.00 | 0.0 | 167 | 2.0 | 7 | 0.0 | 8.34 | 0.0 | 0.00 | 0.00 |
| | Mustard | 21 | 0 | 355 | 0.28 | 0.57 | 23.8 | 0 | 0.0 | *N/A* | 1.33 | 1.81 | 1.25 | 0.06 | *N/A* |
| | Weighted Daily Average | 610 | 52 | 944 | 9.44 | *5.03 | *461.9 | *5896 | *40.88 | *31 | 26.30 | 90.68 | 18.51 | 6.00 | *0.00 |
| | % of Calories | | | | | | | | | *20.6% | 17.2% | 59.4% | 27.3% | 8.9% | *0.0% |
| | Nutrient Guideline | 600-700 | | 1360 | | | | | | | | | | <10.00 | |

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
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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Walnut Creek School District

Dec 3, 2018 thru Dec 31, 2018

Base Menu Spreadsheet

WCI MENU

Portion Values - Detailed

| | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Tue - 12/04/2018 | | | | | | | | | | | | | | | |
| WCI MENU | | | | | | | | | | | | | | | |
| | Total | | | | | | | | | | | | | | |
| Chili Chips & Cheese-beef | #10 scoop | 510 | 39 | 663 | 12.35 | 3.15 | 298.4 | 965 | 7.25 | *5 | 16.81 | 59.07 | 21.57 | 7.53 | *0.74 |
| or | 0 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| Hot Dog, Beef 6" w/Athens Bun | 1 each | 290 | 30 | 680 | 2.00 | 2.34 | 10.0 | 120 | 6.6 | 6 | 10.0 | 32.0 | 15.0 | 5.50 | 0.00 |
| Potato Chip, Fun Size | pkg | 80 | 0 | 80 | 1.00 | 0.00 | 0.0 | 0 | 2.4 | *N/A* | 0.0 | 8.0 | 5.0 | 0.50 | 0.00 |
| L/O #1- | 0 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| L/O #2- | 0 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| C/W | 0 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| Deli Sandwich, Turkey & Cheese | 1 each | 357 | 47 | 1206 | 4.21 | *1.49 | *242.1 | *428 | *1.83 | *1 | 24.15 | 34.63 | 14.2 | 3.25 | *0.00 |
| Salad, Fiesta | 1 each | 634 | 50 | 773 | 16.83 | 3.19 | 632.3 | 9094 | 29.49 | *5 | 22.74 | 74.04 | 26.44 | 11.64 | *0.20 |
| Burrito, Bean and Cheese | 1 EACH | 473 | 40 | 1067 | 9.29 | *3.48 | *222.0 | *346 | *10.36 | *3 | 20.34 | 43.14 | 24.89 | 10.09 | 0.00 |
| Yogurt Parfait, w/benefit bar | 1 each | 567 | 28 | 344 | 4.01 | 1.98 | 271.1 | 296 | 7.49 | *59 | 12.12 | 101.18 | 12.47 | 6.26 | *0.00 |
| Pizza, Primo wg Turkey Pep | slice | 370 | 40 | 550 | 3.00 | 2.70 | 400.0 | 400 | 0.0 | 9 | 21.0 | 36.0 | 16.0 | 7.00 | 0.00 |
| (+) Sub Total Entrees Served | 0 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| (-) 2nd Lunches | 0 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| (-) Adult lunches | 0 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| (-) Drops | 0 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| (=)TOTAL Reimbursable meals | 0 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| Milk, 0% chocolate | half pt | 120 | 5 | 150 | 0.00 | 0.36 | 300.0 | 500 | 0.0 | 19 | 9.0 | 22.0 | 0.0 | 0.00 | 0.00 |
| Milk, 1% White | half pt | 130 | 15 | 160 | 0.00 | 0.00 | 400.0 | 500 | 1.2 | 15 | 10.0 | 16.0 | 2.5 | 1.50 | 0.00 |
| Fruit Variety | 1/2 cup | 60 | 0 | 5 | 1.76 | 0.26 | 12.5 | 317 | 22.67 | *7 | 0.65 | 15.22 | 0.18 | 0.03 | *0.00 |
| Salad, Garden Mix-wci | 1 cup | 14 | 0 | 16 | 1.59 | 0.86 | 30.9 | 6877 | 5.42 | 1 | 1.05 | 2.76 | 0.23 | 0.03 | 0.00 |
| Salad Bar Toppings 3 | 1 cup | 94 | 0 | 87 | 3.99 | *0.97 | *30.4 | *2739 | 32.31 | *4 | 3.87 | 16.66 | 1.82 | 0.24 | *0.00 |
| Dressing, Assorted FF w/o 1000 | 1/2 oz | 8 | 0 | 126 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | *N/A* | 0.0 | 2.01 | 0.0 | 0.00 | 0.00 |
| Ketchup - LS Red Gold | 1 oz | 33 | 0 | 267 | 0.00 | 0.00 | 0.0 | 167 | 2.0 | 7 | 0.0 | 8.34 | 0.0 | 0.00 | 0.00 |
| Mustard | 1 oz | 21 | 0 | 355 | 0.28 | 0.57 | 23.8 | 0 | 0.0 | *N/A* | 1.33 | 1.81 | 1.25 | 0.06 | *N/A* |
| Relish | 1 oz | 39 | 0 | 243 | 0.33 | 0.26 | 0.9 | 365 | 0.3 | 9 | 0.11 | 10.52 | 0.14 | 0.02 | 0.00 |
| Weighted Daily Average | | 666 | 43 | 1064 | 12.08 | *4.11 | *528.5 | *6276 | *43.95 | *33 | 26.09 | 93.28 | 21.72 | 7.50 | *0.33 |
| % of Calories | | | | | | | | | | *19.6% | 15.7% | 56.0% | 29.4% | 10.1% | *0.4% |
| Nutrient Guideline | | 600-700 | | 1360 | | | | | | | | | | <10.00 | |

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WCI MENU

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| | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Wed - 12/05/2018 | | | | | | | | | | | | | | | |
| WCI MENU | | | | | | | | | | | | | | | |
| | Total | | | | | | | | | | | | | | |
| Chicken Tenders | 3 each | 200 | 52 | 695 | 0.95 | 1.71 | 19.0 | 95 | 0.0 | 1 | 15.22 | 12.37 | 10.47 | 1.90 | 0.00 |
| Mash Potatoes & Gravy | 1/2 cup | 161 | 14 | 806 | 2.76 | 0.01 | 2.7 | 0 | 4.97 | *0 | 3.69 | 28.55 | 3.7 | 0.93 | *0.00 |
| or | 0 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| Beef, Philly Cheese Steak | sandwiche | 473 | 92 | 930 | 3.73 | 4.06 | 180.1 | 592 | 22.57 | 9 | 35.5 | 47.53 | 13.64 | 5.83 | *0.00 |
| L/O #1- | 0 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| L/O #2- | 0 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| C/W | 0 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| Salad, Chicken Caesar 2 | 1 each | 393 | 118 | 1232 | 2.21 | 8.49 | 123.6 | 7414 | 13.93 | *3 | 24.45 | 23.04 | 23.17 | 4.25 | *0.00 |
| Pinwheel, Ham & Cheese | 1 each | 549 | 93 | 1320 | 2.64 | 3.85 | 687.8 | 11980 | 34.32 | *2 | 31.64 | 41.4 | 29.11 | 14.91 | 0.20 |
| Peanut Butter Jelly, Smucker | 1 each | 630 | 0 | 620 | 7.00 | 1.80 | 60.0 | 140 | 0.0 | 28 | 19.0 | 64.0 | 33.0 | 7.00 | 0.00 |
| Pizza, Primo pbwg Cheese | slice | 360 | 40 | 490 | 4.00 | 1.80 | 400.0 | 400 | 0.0 | 6 | 18.0 | 35.0 | 16.0 | 8.00 | 0.00 |
| Pizza, Primo wg Turkey Pep | slice | 370 | 40 | 550 | 3.00 | 2.70 | 400.0 | 400 | 0.0 | 9 | 21.0 | 36.0 | 16.0 | 7.00 | 0.00 |
| (+) Sub Total Entrees Served | 0 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| (-) 2nd Lunches | 0 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| (-) Adult lunches | 0 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| (-) Drops | 0 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| (=)TOTAL Reimbursable meals | 0 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| Milk, 0% chocolate | half pt | 120 | 5 | 150 | 0.00 | 0.36 | 300.0 | 500 | 0.0 | 19 | 9.0 | 22.0 | 0.0 | 0.00 | 0.00 |
| Milk, 1% White | half pt | 130 | 15 | 160 | 0.00 | 0.00 | 400.0 | 500 | 1.2 | 15 | 10.0 | 16.0 | 2.5 | 1.50 | 0.00 |
| Fruit Variety | 1/2 cup | 60 | 0 | 5 | 1.76 | 0.26 | 12.5 | 317 | 22.67 | *7 | 0.65 | 15.22 | 0.18 | 0.03 | *0.00 |
| Salad, Garden Mix-wci | 1 cup | 14 | 0 | 16 | 1.59 | 0.86 | 30.9 | 6877 | 5.42 | 1 | 1.05 | 2.76 | 0.23 | 0.03 | 0.00 |
| Salad Bar Toppings 3 | 1 cup | 94 | 0 | 87 | 3.99 | *0.97 | *30.4 | *2739 | 32.31 | *4 | 3.87 | 16.66 | 1.82 | 0.24 | *0.00 |
| Dressing, Assorted FF w/o 1000 | 1/2 oz | 8 | 0 | 126 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | *N/A* | 0.0 | 2.01 | 0.0 | 0.00 | 0.00 |
| Ketchup - LS Red Gold 2 | tablespoon | 17 | 0 | 133 | 0.00 | 0.00 | 0.0 | 83 | 1.0 | 3 | 0.0 | 4.17 | 0.0 | 0.00 | 0.00 |
| Weighted Daily Average | | 580 | 70 | 1228 | 7.32 | *4.03 | *448.8 | *6301 | 44.74 | *28 | 33.04 | 75.09 | 17.15 | 5.41 | *0.01 |
| % of Calories | | | | | | | | | | *19.4% | 22.8% | 51.8% | 26.6% | 8.4% | *0.0% |
| Nutrient Guideline | | 600-700 | | 1360 | | | | | | | | | | <10.00 | |

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|--------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Thu - 12/06/2018 | | | | | | | | | | | | | | | |
| WCI MENU | | | | | | | | | | | | | | | |
| | Total | | | | | | | | | | | | | | |
| Spaghetti, w/ Meat Sauce | Servings | 372 | *34 | 500 | *5.60 | *3.18 | *147.5 | *443 | *7.01 | *7 | 18.02 | 50.82 | *10.85 | *4.00 | *0.89 |
| Bread, Texas Toast, wg Garlic | slice | 100 | 0 | 170 | 2.00 | 1.08 | 0.0 | 400 | 0.0 | 0 | 4.0 | 15.0 | 2.5 | 0.50 | 0.00 |
| or | 0 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| Garden Alfredo Bake | #6 scoop | 469 | 52 | 859 | 6.64 | 2.59 | 541.7 | 1809 | 32.5 | *8 | 25.12 | 56.07 | 16.4 | 9.03 | *0.10 |
| Bread, Texas Toast, wg Garlic | slice | 100 | 0 | 170 | 2.00 | 1.08 | 0.0 | 400 | 0.0 | 0 | 4.0 | 15.0 | 2.5 | 0.50 | 0.00 |
| L/O #1- | 0 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| L/O #2- | 0 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| C/W | 0 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| Deli Wrap, Turkey & Cheese | 1 each | 426 | 56 | 1512 | 0.83 | 0.46 | 397.1 | 3937 | 2.89 | *2 | 25.8 | 40.6 | 17.47 | 7.51 | *0.00 |
| Deli Sandwich - Hot Pastrami | 1 each | 420 | 64 | 1320 | 4.05 | *1.99 | *350.5 | *432 | *1.06 | *0 | 20.54 | 31.16 | 22.18 | 7.50 | *0.00 |
| Burrito, Bean and Cheese | 1 EACH | 473 | 40 | 1067 | 9.29 | *3.48 | *222.0 | *346 | *10.36 | *3 | 20.34 | 43.14 | 24.89 | 10.09 | 0.00 |
| Yogurt Parfait, w/benefit bar | 1 each | 567 | 28 | 344 | 4.01 | 1.98 | 271.1 | 296 | 7.49 | *59 | 12.12 | 101.18 | 12.47 | 6.26 | *0.00 |
| Pizza, Primo wg Turkey Pep | slice | 370 | 40 | 550 | 3.00 | 2.70 | 400.0 | 400 | 0.0 | 9 | 21.0 | 36.0 | 16.0 | 7.00 | 0.00 |
| (+) Sub Total Entrees Served | 0 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| (-) 2nd Lunches | 0 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| (-) Drops | 0 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| (-) Adult lunches | 0 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| (=)TOTAL Reimbursable meals | 0 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| Milk, 0% chocolate | half pt | 120 | 5 | 150 | 0.00 | 0.36 | 300.0 | 500 | 0.0 | 19 | 9.0 | 22.0 | 0.0 | 0.00 | 0.00 |
| Milk, 1% White | half pt | 130 | 15 | 160 | 0.00 | 0.00 | 400.0 | 500 | 1.2 | 15 | 10.0 | 16.0 | 2.5 | 1.50 | 0.00 |
| Fruit Variety | 1/2 cup | 60 | 0 | 5 | 1.76 | 0.26 | 12.5 | 317 | 22.67 | *7 | 0.65 | 15.22 | 0.18 | 0.03 | *0.00 |
| Salad, Garden Mix-wci | 1 cup | 14 | 0 | 16 | 1.59 | 0.86 | 30.9 | 6877 | 5.42 | 1 | 1.05 | 2.76 | 0.23 | 0.03 | 0.00 |
| Salad Bar Toppings 3 | 1 cup | 94 | 0 | 87 | 3.99 | *0.97 | *30.4 | *2739 | 32.31 | *4 | 3.87 | 16.66 | 1.82 | 0.24 | *0.00 |
| Dressing, Assorted FF w/o 1000 | 1/2 oz | 8 | 0 | 126 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | *N/A* | 0.0 | 2.01 | 0.0 | 0.00 | 0.00 |
| Weighted Daily Average | | 690 | *48 | 1047 | *11.25 | *4.95 | *595.6 | *6713 | *50.09 | *30 | 33.71 | 101.24 | *17.63 | *7.12 | *0.47 |
| % of Calories | | | | | | | | | | *17.3% | 19.6% | 58.7% | *23.0% | *9.3% | *0.6% |
| Nutrient Guideline | | 600-700 | | 1360 | | | | | | | | | | <10.00 | |

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WCI MENU

Portion Values - Detailed

| | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Fri - 12/07/2018 | | | | | | | | | | | | | | | |
| WCI MENU | | | | | | | | | | | | | | | |
| | Total | | | | | | | | | | | | | | |
| Chimichanga, Chicken | 1 each | 440 | 96 | 907 | 3.35 | 2.92 | 488.4 | 661 | 4.45 | *1 | 23.43 | 38.62 | 20.95 | 9.30 | *0.14 |
| Rice, Spanish | 1/2 cup | 105 | 0 | 373 | 1.42 | 0.65 | 14.7 | 453 | 2.64 | *0 | 2.01 | 18.52 | 2.75 | 0.30 | *0.00 |
| or | 0 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| Enchilada, Cheese w/GreenSauce | 2 each | 409 | 60 | 1272 | 3.78 | 0.42 | 627.9 | 839 | 7.2 | *1 | 24.29 | 29.45 | 22.67 | 13.33 | 0.00 |
| Rice, Spanish | 1/2 cup | 105 | 0 | 373 | 1.42 | 0.65 | 14.7 | 453 | 2.64 | *0 | 2.01 | 18.52 | 2.75 | 0.30 | *0.00 |
| L/O #1- | 0 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| L/O #2- | 0 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| C/W | 0 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| Salad, Chef | serving | 264 | 38 | 891 | 2.51 | 1.35 | 265.6 | 7767 | 15.0 | *2 | 17.76 | 24.51 | 12.22 | 4.24 | *0.00 |
| Deli, Turkey Club | 1 each | 390 | 56 | 1434 | 4.21 | 1.49 | 342.1 | 528 | 1.83 | *0 | 22.1 | 31.53 | 16.98 | 6.00 | 0.00 |
| Peanut Butter Jelly, Smucker | 1 each | 630 | 0 | 620 | 7.00 | 1.80 | 60.0 | 140 | 0.0 | 28 | 19.0 | 64.0 | 33.0 | 7.00 | 0.00 |
| Pizza, Primo pbwg Cheese | slice | 360 | 40 | 490 | 4.00 | 1.80 | 400.0 | 400 | 0.0 | 6 | 18.0 | 35.0 | 16.0 | 8.00 | 0.00 |
| Pizza, Primo wg Turkey Pep | slice | 370 | 40 | 550 | 3.00 | 2.70 | 400.0 | 400 | 0.0 | 9 | 21.0 | 36.0 | 16.0 | 7.00 | 0.00 |
| (+) Sub Total Entrees Served | 0 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| (-) 2nd Lunches | 0 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| (-) Adult lunches | 0 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| (-) Drops | 0 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| (=)TOTAL Reimbursable meals | 0 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| Cookie, Celebration | each | 142 | 14 | 107 | 1.40 | 0.72 | 40.0 | 50 | 0.6 | 11 | 1.9 | 23.9 | 4.4 | 1.30 | 0.00 |
| Milk, 0% chocolate | half pt | 120 | 5 | 150 | 0.00 | 0.36 | 300.0 | 500 | 0.0 | 19 | 9.0 | 22.0 | 0.0 | 0.00 | 0.00 |
| Milk, 1% White | half pt | 130 | 15 | 160 | 0.00 | 0.00 | 400.0 | 500 | 1.2 | 15 | 10.0 | 16.0 | 2.5 | 1.50 | 0.00 |
| Fruit Variety | 1/2 cup | 60 | 0 | 5 | 1.76 | 0.26 | 12.5 | 317 | 22.67 | *7 | 0.65 | 15.22 | 0.18 | 0.03 | *0.00 |
| Salad, Caesar | 1 cup | 62 | 2 | 128 | 1.22 | 0.56 | 19.2 | 5065 | 2.33 | *1 | 1.31 | 3.12 | 5.42 | 0.80 | 0.00 |
| Salad Bar Toppings 3 | 1 cup | 94 | 0 | 87 | 3.99 | *0.97 | *30.4 | *2739 | 32.31 | *4 | 3.87 | 16.66 | 1.82 | 0.24 | *0.00 |
| Dressing, Assorted FF w/o 1000 | 1/2 oz | 8 | 0 | 126 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | *N/A* | 0.0 | 2.01 | 0.0 | 0.00 | 0.00 |
| Weighted Daily Average | | 895 | 97 | 1660 | 10.30 | *4.69 | *824.4 | *5735 | 41.54 | *36 | 37.46 | 114.72 | 32.91 | 12.28 | *0.08 |
| % of Calories | | | | | | | | | | *16.3% | 16.7% | 51.3% | 33.1% | 12.4% | *0.1% |
| Nutrient Guideline | | 600-700 | | 1360 | | | | | | | | | | <10.00 | |

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

Dec 3, 2018 thru Dec 31, 2018

Base Menu Spreadsheet

WCI MENU

Portion Values - Detailed

| | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Mon - 12/10/2018 | | | | | | | | | | | | | | | |
| WCI MENU | | | | | | | | | | | | | | | |
| | Total | | | | | | | | | | | | | | |
| Potato, Baked w/toppings | 1 each | 472 | 83 | 583 | 3.81 | 1.94 | 443.0 | 895 | 16.72 | *3 | 20.57 | 40.04 | 26.22 | 16.13 | *0.20 |
| Cracker, Goldfish wg | pkg | 100 | 5 | 170 | 1.00 | 0.36 | 20.0 | 0 | 0.0 | 0 | 3.0 | 14.0 | 3.5 | 1.00 | 0.00 |
| or | 0 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| Chicken, BBQ, Kinders | 2 each | 320 | 100 | 660 | 1.00 | 1.08 | 20.0 | 230 | 3.6 | 26 | 24.0 | 28.0 | 11.0 | 3.00 | 0.00 |
| Mac & Cheese - Ultimate | #20 scoop | 82 | 13 | 176 | 0.41 | 0.30 | 125.5 | 146 | 0.01 | 0 | 4.39 | 5.71 | 4.45 | 2.73 | 0.03 |
| L/O #1- | 0 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| L/O #2- | 0 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| C/W | 0 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| Deli, Ham & Cheese | 1 each | 417 | 67 | 1211 | 4.21 | *2.03 | *342.1 | *528 | *2.43 | *0 | 21.65 | 31.13 | 21.45 | 7.50 | *0.00 |
| Chicken Caesar Wrap 2 | 1 each | 627 | 151 | 1471 | 8.21 | 30.63 | 375.0 | 7785 | 15.13 | *3 | 35.48 | 37.82 | 36.48 | 12.67 | *0.00 |
| Peanut Butter Jelly, Smucker | 1 each | 630 | 0 | 620 | 7.00 | 1.80 | 60.0 | 140 | 0.0 | 28 | 19.0 | 64.0 | 33.0 | 7.00 | 0.00 |
| Pizza, Primo pbwg Cheese | slice | 360 | 40 | 490 | 4.00 | 1.80 | 400.0 | 400 | 0.0 | 6 | 18.0 | 35.0 | 16.0 | 8.00 | 0.00 |
| Pizza, Primo wg Turkey Pep | slice | 370 | 40 | 550 | 3.00 | 2.70 | 400.0 | 400 | 0.0 | 9 | 21.0 | 36.0 | 16.0 | 7.00 | 0.00 |
| (+) Sub Total Entrees Served | 0 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| (-) 2nd Lunches | 0 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| (-) Adult lunches | 0 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| (-) Drops | 0 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| (=)TOTAL Reimbursable meals | 0 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| Roll, Dinner, Flowers | roll | 80 | 0 | 170 | 1.00 | 0.72 | 20.0 | 10 | 0.0 | 2 | 3.0 | 15.0 | 1.0 | 0.00 | 0.00 |
| Milk, 0% chocolate | half pt | 120 | 5 | 150 | 0.00 | 0.36 | 300.0 | 500 | 0.0 | 19 | 9.0 | 22.0 | 0.0 | 0.00 | 0.00 |
| Milk, 1% White | half pt | 130 | 15 | 160 | 0.00 | 0.00 | 400.0 | 500 | 1.2 | 15 | 10.0 | 16.0 | 2.5 | 1.50 | 0.00 |
| Fruit Variety | 1/2 cup | 60 | 0 | 5 | 1.76 | 0.26 | 12.5 | 317 | 22.67 | *7 | 0.65 | 15.22 | 0.18 | 0.03 | *0.00 |
| Salad, Garden Mix-wci | 1 cup | 14 | 0 | 16 | 1.59 | 0.86 | 30.9 | 6877 | 5.42 | 1 | 1.05 | 2.76 | 0.23 | 0.03 | 0.00 |
| Salad Bar Toppings 3 | 1 cup | 94 | 0 | 87 | 3.99 | *0.97 | *30.4 | *2739 | 32.31 | *4 | 3.87 | 16.66 | 1.82 | 0.24 | *0.00 |
| Dressing, Assorted FF w/o 1000 | 1/2 oz | 8 | 0 | 126 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | *N/A* | 0.0 | 2.01 | 0.0 | 0.00 | 0.00 |
| Weighted Daily Average | | 686 | 88 | 1040 | 8.07 | *3.89 | *580.0 | *6904 | *44.36 | *36 | 34.99 | 84.97 | 23.54 | 10.23 | *0.08 |
| % of Calories | | | | | | | | | | *20.9% | 20.4% | 49.5% | 30.9% | 13.4% | *0.1% |
| Nutrient Guideline | | 600-700 | | 1360 | | | | | | | | | | <10.00 | |

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

Dec 3, 2018 thru Dec 31, 2018

Base Menu Spreadsheet

WCI MENU

Portion Values - Detailed

| | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Tue - 12/11/2018 | | | | | | | | | | | | | | | |
| WCI MENU | | | | | | | | | | | | | | | |
| | Total | | | | | | | | | | | | | | |
| RIB-B-Q, Beef Rib w/Hoagie | 1 each | 367 | 26 | 779 | 4.06 | 3.25 | 24.0 | 159 | 0.95 | *5 | 14.53 | 49.49 | 12.45 | 4.84 | *0.00 |
| or | 0 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| Ravioli, Cheese Mini Rounds | 14 each | 307 | 72 | 656 | 4.97 | 2.88 | 239.0 | 1578 | 20.92 | *2 | 21.32 | 41.36 | 7.65 | 4.30 | 0.05 |
| Bread, Garlic Knot | 1 each | 170 | 0 | 270 | 2.00 | 1.08 | 20.0 | 200 | 6.0 | 2 | 4.0 | 23.0 | 7.0 | 1.50 | 0.00 |
| L/O #1- | 0 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| L/O #2- | 0 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| C/W | 0 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| Deli Sandwich, Turkey & Cheese | 1 each | 357 | 47 | 1206 | 4.21 | *1.49 | *242.1 | *428 | *1.83 | *1 | 24.15 | 34.63 | 14.2 | 3.25 | *0.00 |
| Salad, Fiesta | 1 each | 634 | 50 | 773 | 16.83 | 3.19 | 632.3 | 9094 | 29.49 | *5 | 22.74 | 74.04 | 26.44 | 11.64 | *0.20 |
| Burrito, Bean and Cheese | 1 EACH | 473 | 40 | 1067 | 9.29 | *3.48 | *222.0 | *346 | *10.36 | *3 | 20.34 | 43.14 | 24.89 | 10.09 | 0.00 |
| Yogurt Parfait, w/benefit bar | 1 each | 567 | 28 | 344 | 4.01 | 1.98 | 271.1 | 296 | 7.49 | *59 | 12.12 | 101.18 | 12.47 | 6.26 | *0.00 |
| Pizza, Primo wg Turkey Pep | slice | 370 | 40 | 550 | 3.00 | 2.70 | 400.0 | 400 | 0.0 | 9 | 21.0 | 36.0 | 16.0 | 7.00 | 0.00 |
| (+) Sub Total Entrees Served | 0 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| (-) 2nd Lunches | 0 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| (-) Adult Lunches | 0 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| (-) Drops | 0 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| (=)TOTAL Reimbursable meals | 0 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| Milk, 0% chocolate | half pt | 120 | 5 | 150 | 0.00 | 0.36 | 300.0 | 500 | 0.0 | 19 | 9.0 | 22.0 | 0.0 | 0.00 | 0.00 |
| Milk, 1% White | half pt | 130 | 15 | 160 | 0.00 | 0.00 | 400.0 | 500 | 1.2 | 15 | 10.0 | 16.0 | 2.5 | 1.50 | 0.00 |
| Fruit Variety | 1/2 cup | 60 | 0 | 5 | 1.76 | 0.26 | 12.5 | 317 | 22.67 | *7 | 0.65 | 15.22 | 0.18 | 0.03 | *0.00 |
| Salad, Garden Mix-wci | 1 cup | 14 | 0 | 16 | 1.59 | 0.86 | 30.9 | 6877 | 5.42 | 1 | 1.05 | 2.76 | 0.23 | 0.03 | 0.00 |
| Salad Bar Toppings 3 | 1 cup | 94 | 0 | 87 | 3.99 | *0.97 | *30.4 | *2739 | 32.31 | *4 | 3.87 | 16.66 | 1.82 | 0.24 | *0.00 |
| Dressing, Assorted FF w/o 1000 | 1/2 oz | 8 | 0 | 126 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | *N/A* | 0.0 | 2.01 | 0.0 | 0.00 | 0.00 |
| Weighted Daily Average | | 605 | 50 | 1034 | 9.24 | *4.47 | *458.5 | *6235 | *45.95 | *29 | 28.86 | 91.19 | 15.51 | 6.01 | *0.02 |
| % of Calories | | | | | | | | | | *19.3% | 19.1% | 60.2% | 23.0% | 8.9% | *0.0% |
| Nutrient Guideline | | 600-700 | | 1360 | | | | | | | | | | <10.00 | |

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Walnut Creek School District

Dec 3, 2018 thru Dec 31, 2018

Base Menu Spreadsheet

WCI MENU

Portion Values - Detailed

| | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Wed - 12/12/2018 | | | | | | | | | | | | | | | |
| WCI MENU | | | | | | | | | | | | | | | |
| | Total | | | | | | | | | | | | | | |
| Fajita Bowls | 1 each | 291 | 74 | 399 | 5.34 | 1.64 | 236.0 | 899 | 25.93 | *2 | 19.81 | 28.39 | 10.74 | 4.13 | *0.00 |
| L/O #1- | 0 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| L/O #2- | 0 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| Salad, Chicken Caesar 2 | 1 each | 393 | 118 | 1232 | 2.21 | 8.49 | 123.6 | 7414 | 13.93 | *3 | 24.45 | 23.04 | 23.17 | 4.25 | *0.00 |
| Pinwheel, Ham & Cheese | 1 each | 549 | 93 | 1320 | 2.64 | 3.85 | 687.8 | 11980 | 34.32 | *2 | 31.64 | 41.4 | 29.11 | 14.91 | 0.20 |
| Peanut Butter Jelly, Smucker | 1 each | 630 | 0 | 620 | 7.00 | 1.80 | 60.0 | 140 | 0.0 | 28 | 19.0 | 64.0 | 33.0 | 7.00 | 0.00 |
| Pizza, Primo pbwg Cheese | slice | 360 | 40 | 490 | 4.00 | 1.80 | 400.0 | 400 | 0.0 | 6 | 18.0 | 35.0 | 16.0 | 8.00 | 0.00 |
| Pizza, Primo wg Turkey Pep | slice | 370 | 40 | 550 | 3.00 | 2.70 | 400.0 | 400 | 0.0 | 9 | 21.0 | 36.0 | 16.0 | 7.00 | 0.00 |
| C/W | 0 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| (+) Sub Total Entrees Served | 0 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| (-) 2nd Lunches | 0 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| (-) Adult lunches | 0 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| (-) Drops | 0 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| (=)TOTAL Reimbursable meals | 0 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| Cookie, Bear Grahams | PKG | 112 | 0 | 100 | 2.00 | 2.00 | 14.0 | 321 | 3.0 | *N/A* | 2.0 | 20.0 | 3.0 | 1.00 | 0.00 |
| Milk, 0% chocolate | half pt | 120 | 5 | 150 | 0.00 | 0.36 | 300.0 | 500 | 0.0 | 19 | 9.0 | 22.0 | 0.0 | 0.00 | 0.00 |
| Milk, 1% White | half pt | 130 | 15 | 160 | 0.00 | 0.00 | 400.0 | 500 | 1.2 | 15 | 10.0 | 16.0 | 2.5 | 1.50 | 0.00 |
| Fruit Variety | 1/2 cup | 60 | 0 | 5 | 1.76 | 0.26 | 12.5 | 317 | 22.67 | *7 | 0.65 | 15.22 | 0.18 | 0.03 | *0.00 |
| Salad, Garden Mix-wci | 1 cup | 14 | 0 | 16 | 1.59 | 0.86 | 30.9 | 6877 | 5.42 | 1 | 1.05 | 2.76 | 0.23 | 0.03 | 0.00 |
| Salad Bar Toppings 3 | 1 cup | 94 | 0 | 87 | 3.99 | *0.97 | *30.4 | *2739 | 32.31 | *4 | 3.87 | 16.66 | 1.82 | 0.24 | *0.00 |
| Dressing, Assorted FF w/o 1000 | 1/2 oz | 8 | 0 | 126 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | *N/A* | 0.0 | 2.01 | 0.0 | 0.00 | 0.00 |
| Weighted Daily Average | | 646 | 70 | 839 | 10.83 | *5.50 | *577.9 | *7081 | 56.93 | *26 | 32.24 | 89.17 | 19.04 | 6.89 | *0.01 |
| % of Calories | | | | | | | | | | *16.3% | 20.0% | 55.2% | 26.5% | 9.6% | *0.0% |
| Nutrient Guideline | | 600-700 | | 1360 | | | | | | | | | | <10.00 | |

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Dec 3, 2018 thru Dec 31, 2018

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WCI MENU

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|------------------|--------------------------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Thu - 12/13/2018 | | | | | | | | | | | | | | | |
| WCI MENU | | | | | | | | | | | | | | | |
| | Total | | | | | | | | | | | | | | |
| | #12 scoop | 149 | 80 | 551 | 0.00 | 0.83 | 0.0 | 52 | 0.0 | 10 | 18.37 | 11.48 | 4.02 | 1.15 | 0.00 |
| | Noodles, Yakisoba ww | 149 | 0 | 50 | 2.83 | 1.91 | 155.8 | 0 | 0.0 | 0 | 5.66 | 29.03 | 2.12 | 0.00 | 0.00 |
| | or | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| | Meatballs, Sweet&Sour | 240 | 45 | 347 | 0.73 | 1.20 | 26.4 | 360 | 23.77 | 12 | 13.41 | 16.97 | 12.31 | 5.05 | *0.00 |
| | Noodles, Yakisoba ww | 149 | 0 | 50 | 2.83 | 1.91 | 155.8 | 0 | 0.0 | 0 | 5.66 | 29.03 | 2.12 | 0.00 | 0.00 |
| | L/O #1- | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| | L/O #2- | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| | C/W | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| | Deli Wrap, Turkey & Cheese | 426 | 56 | 1512 | 0.83 | 0.46 | 397.1 | 3937 | 2.89 | *2 | 25.8 | 40.6 | 17.47 | 7.51 | *0.00 |
| | Deli Sandwich - Hot Pastrami | 420 | 64 | 1320 | 4.05 | *1.99 | *350.5 | *432 | *1.06 | *0 | 20.54 | 31.16 | 22.18 | 7.50 | *0.00 |
| | Burrito, Bean and Cheese | 473 | 40 | 1067 | 9.29 | *3.48 | *222.0 | *346 | *10.36 | *3 | 20.34 | 43.14 | 24.89 | 10.09 | 0.00 |
| | Yogurt Parfait, w/benefit bar | 567 | 28 | 344 | 4.01 | 1.98 | 271.1 | 296 | 7.49 | *59 | 12.12 | 101.18 | 12.47 | 6.26 | *0.00 |
| | Pizza, Primo wg Turkey Pep | 370 | 40 | 550 | 3.00 | 2.70 | 400.0 | 400 | 0.0 | 9 | 21.0 | 36.0 | 16.0 | 7.00 | 0.00 |
| | (+) Sub Total Entrees Served | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| | (-) 2nd Lunches | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| | (-) Adult lunches | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| | (-) Drops | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| | (=)TOTAL Reimbursable meals | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| | Milk, 0% chocolate | 120 | 5 | 150 | 0.00 | 0.36 | 300.0 | 500 | 0.0 | 19 | 9.0 | 22.0 | 0.0 | 0.00 | 0.00 |
| | Milk, 1% White | 130 | 15 | 160 | 0.00 | 0.00 | 400.0 | 500 | 1.2 | 15 | 10.0 | 16.0 | 2.5 | 1.50 | 0.00 |
| | Fruit Variety | 60 | 0 | 5 | 1.76 | 0.26 | 12.5 | 317 | 22.67 | *7 | 0.65 | 15.22 | 0.18 | 0.03 | *0.00 |
| | Salad, Garden Mix-wci | 14 | 0 | 16 | 1.59 | 0.86 | 30.9 | 6877 | 5.42 | 1 | 1.05 | 2.76 | 0.23 | 0.03 | 0.00 |
| | Salad Bar Toppings 3 | 94 | 0 | 87 | 3.99 | *0.97 | *30.4 | *2739 | 32.31 | *4 | 3.87 | 16.66 | 1.82 | 0.24 | *0.00 |
| | Dressing, Assorted FF w/o 1000 | 8 | 0 | 126 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | *N/A* | 0.0 | 2.01 | 0.0 | 0.00 | 0.00 |
| | Weighted Daily Average | 558 | 66 | 859 | 7.47 | *3.97 | *511.3 | *5829 | *43.18 | *33 | 31.54 | 81.27 | 13.66 | 4.64 | *0.00 |
| | % of Calories | | | | | | | | | *23.6% | 22.6% | 58.2% | 22.0% | 7.5% | *0.0% |
| | Nutrient Guideline | 600-700 | | 1360 | | | | | | | | | | <10.00 | |

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

Dec 3, 2018 thru Dec 31, 2018

Base Menu Spreadsheet

WCI MENU

Portion Values - Detailed

| | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Fri - 12/14/2018 | | | | | | | | | | | | | | | |
| WCI MENU | | | | | | | | | | | | | | | |
| | Total | | | | | | | | | | | | | | |
| Burrito Day | 1 each | 406 | 49 | 614 | 9.66 | 4.31 | 172.6 | 572 | 2.91 | *2 | 21.07 | 49.39 | 14.09 | 6.08 | *0.05 |
| or | 0 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| Chalupa & Rice | 1 each | 265 | 41 | 240 | 1.34 | 1.27 | 141.2 | 338 | 0.0 | *1 | 13.24 | 25.42 | 12.2 | 3.45 | 0.05 |
| L/O #1- | 0 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| L/O #2- | 0 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| C/W | 0 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| Salad, Chef | serving | 264 | 38 | 891 | 2.51 | 1.35 | 265.6 | 7767 | 15.0 | *2 | 17.76 | 24.51 | 12.22 | 4.24 | *0.00 |
| Deli, Turkey Club | 1 each | 390 | 56 | 1434 | 4.21 | 1.49 | 342.1 | 528 | 1.83 | *0 | 22.1 | 31.53 | 16.98 | 6.00 | 0.00 |
| Peanut Butter Jelly, Smucker | 1 each | 630 | 0 | 620 | 7.00 | 1.80 | 60.0 | 140 | 0.0 | 28 | 19.0 | 64.0 | 33.0 | 7.00 | 0.00 |
| Pizza, Primo pbwg Cheese | slice | 360 | 40 | 490 | 4.00 | 1.80 | 400.0 | 400 | 0.0 | 6 | 18.0 | 35.0 | 16.0 | 8.00 | 0.00 |
| Pizza, Primo wg Turkey Pep | slice | 370 | 40 | 550 | 3.00 | 2.70 | 400.0 | 400 | 0.0 | 9 | 21.0 | 36.0 | 16.0 | 7.00 | 0.00 |
| (+) Sub Total Entrees Served | 0 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| (-) 2nd Lunches | 0 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| (-) Adult lunches | 0 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| (-) Drops | 0 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| (=)TOTAL Reimbursable meals | 0 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| Pudding, Chocolate | container | 120 | 0 | 125 | 0.19 | 0.19 | 52.7 | 710 | 0.03 | 15 | 2.0 | 20.0 | 4.0 | 0.00 | 0.00 |
| Milk, 0% chocolate | half pt | 120 | 5 | 150 | 0.00 | 0.36 | 300.0 | 500 | 0.0 | 19 | 9.0 | 22.0 | 0.0 | 0.00 | 0.00 |
| Milk, 1% White | half pt | 130 | 15 | 160 | 0.00 | 0.00 | 400.0 | 500 | 1.2 | 15 | 10.0 | 16.0 | 2.5 | 1.50 | 0.00 |
| Fruit Variety | 1/2 cup | 60 | 0 | 5 | 1.76 | 0.26 | 12.5 | 317 | 22.67 | *7 | 0.65 | 15.22 | 0.18 | 0.03 | *0.00 |
| Salad, Caesar | 1 cup | 62 | 2 | 128 | 1.22 | 0.56 | 19.2 | 5065 | 2.33 | *1 | 1.31 | 3.12 | 5.42 | 0.80 | 0.00 |
| Salad Bar Toppings 3 | 1 cup | 94 | 0 | 87 | 3.99 | *0.97 | *30.4 | *2739 | 32.31 | *4 | 3.87 | 16.66 | 1.82 | 0.24 | *0.00 |
| Dressing, Assorted FF w/o 1000 | 1/2 oz | 8 | 0 | 126 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | *N/A* | 0.0 | 2.01 | 0.0 | 0.00 | 0.00 |
| Weighted Daily Average | | 699 | 49 | 910 | 9.36 | *3.96 | *534.9 | *5839 | 36.16 | *40 | 30.02 | 95.92 | 23.33 | 6.29 | *0.04 |
| % of Calories | | | | | | | | | | *23.1% | 17.2% | 54.9% | 30.0% | 8.1% | *0.0% |
| Nutrient Guideline | | 600-700 | | 1360 | | | | | | | | | | <10.00 | |

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Walnut Creek School District

Dec 3, 2018 thru Dec 31, 2018

Base Menu Spreadsheet

WCI MENU

Portion Values - Detailed

| | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Mon - 12/17/2018 | | | | | | | | | | | | | | | |
| WCI MENU | | | | | | | | | | | | | | | |
| | Total | | | | | | | | | | | | | | |
| Mandarin Chicken | #8 scoop | 136 | 36 | 254 | 0.00 | 0.65 | 0.0 | 45 | 1.09 | 9 | 9.98 | 17.24 | 2.72 | 0.45 | 0.00 |
| Rice, Unc Ben 100% brown | 1/2 cup | 80 | 0 | 1 | 0.95 | 0.17 | 1.4 | 0 | 0.0 | *0 | 1.89 | 17.01 | 0.71 | 0.00 | 0.00 |
| or | 0 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| Potstickers (chicken) wci | 3 each | 210 | 15 | 720 | 0.00 | 1.08 | 0.0 | 0 | 10.8 | *N/A* | 9.0 | 36.0 | 3.0 | 0.00 | 0.00 |
| Chicken Fried Rice | #6 scoop | 260 | 110 | 607 | 1.50 | 1.41 | 20.5 | 1796 | 3.29 | 3 | 18.68 | 28.05 | 6.98 | 1.30 | 0.00 |
| Soy Sauce packet | 1 each | 0 | 0 | 270 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| L/O #1- | 0 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| L/O #2- | 0 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| C/W | 0 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| Deli, Ham & Cheese | 1 each | 417 | 67 | 1211 | 4.21 | *2.03 | *342.1 | *528 | *2.43 | *0 | 21.65 | 31.13 | 21.45 | 7.50 | *0.00 |
| Chicken Caesar Wrap 2 | 1 each | 627 | 151 | 1471 | 8.21 | 30.63 | 375.0 | 7785 | 15.13 | *3 | 35.48 | 37.82 | 36.48 | 12.67 | *0.00 |
| Peanut Butter Jelly, Smucker | 1 each | 630 | 0 | 620 | 7.00 | 1.80 | 60.0 | 140 | 0.0 | 28 | 19.0 | 64.0 | 33.0 | 7.00 | 0.00 |
| Pizza, Primo pbwg Cheese | slice | 360 | 40 | 490 | 4.00 | 1.80 | 400.0 | 400 | 0.0 | 6 | 18.0 | 35.0 | 16.0 | 8.00 | 0.00 |
| Pizza, Primo wg Turkey Pep | slice | 370 | 40 | 550 | 3.00 | 2.70 | 400.0 | 400 | 0.0 | 9 | 21.0 | 36.0 | 16.0 | 7.00 | 0.00 |
| (+) Sub Total Entrees Served | 0 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| (-) 2nd Lunches | 0 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| (-) Adult lunches | 0 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| (-) Drops | 0 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| (=)TOTAL Reimbursable meals | 0 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| Milk, 0% chocolate | half pt | 120 | 5 | 150 | 0.00 | 0.36 | 300.0 | 500 | 0.0 | 19 | 9.0 | 22.0 | 0.0 | 0.00 | 0.00 |
| Milk, 1% White | half pt | 130 | 15 | 160 | 0.00 | 0.00 | 400.0 | 500 | 1.2 | 15 | 10.0 | 16.0 | 2.5 | 1.50 | 0.00 |
| Fruit Variety | 1/2 cup | 60 | 0 | 5 | 1.76 | 0.26 | 12.5 | 317 | 22.67 | *7 | 0.65 | 15.22 | 0.18 | 0.03 | *0.00 |
| Salad, Garden Mix-wci | 1 cup | 14 | 0 | 16 | 1.59 | 0.86 | 30.9 | 6877 | 5.42 | 1 | 1.05 | 2.76 | 0.23 | 0.03 | 0.00 |
| Salad Bar Toppings 3 | 1 cup | 94 | 0 | 87 | 3.99 | *0.97 | *30.4 | *2739 | 32.31 | *4 | 3.87 | 16.66 | 1.82 | 0.24 | *0.00 |
| Dressing, Assorted FF w/o 1000 | 1/2 oz | 8 | 0 | 126 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | *N/A* | 0.0 | 2.01 | 0.0 | 0.00 | 0.00 |
| Weighted Daily Average | | 560 | 74 | 1018 | 6.26 | *3.74 | *386.5 | *6290 | *41.54 | *29 | 29.71 | 83.18 | 12.44 | 3.27 | *0.00 |
| % of Calories | | | | | | | | | | *20.5% | 21.2% | 59.4% | 20.0% | 5.3% | *0.0% |
| Nutrient Guideline | | 600-700 | | 1360 | | | | | | | | | | <10.00 | |

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Walnut Creek School District

Dec 3, 2018 thru Dec 31, 2018

Base Menu Spreadsheet

WCI MENU

Portion Values - Detailed

| | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Tue - 12/18/2018 | | | | | | | | | | | | | | | |
| WCI MENU | | | | | | | | | | | | | | | |
| | Total | | | | | | | | | | | | | | |
| Soft Taco- Beef 2 ea | 2 each | 428 | 63 | 595 | 12.69 | 3.80 | 374.3 | 676 | 0.49 | *3 | 27.69 | 30.97 | 22.52 | 8.65 | *1.59 |
| Beans, Refried Homemade | 1/4 cup | 74 | 0 | 141 | 2.17 | 0.51 | 12.9 | 28 | 6.05 | *0 | 2.15 | 6.68 | 4.52 | 0.70 | 0.00 |
| or | 0 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| Soft Taco- Veggie 2 ea | 2 each | 467 | 24 | 633 | 20.08 | 4.28 | 409.2 | 810 | 17.05 | *5 | 24.12 | 63.69 | 15.32 | 5.98 | 0.10 |
| Beans, Refried Homemade | 1/4 cup | 74 | 0 | 141 | 2.17 | 0.51 | 12.9 | 28 | 6.05 | *0 | 2.15 | 6.68 | 4.52 | 0.70 | 0.00 |
| L/O #1- | 0 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| L/O #2- | 0 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| C/W | 0 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| Deli Sandwich, Turkey & Cheese | 1 each | 357 | 47 | 1206 | 4.21 | *1.49 | *242.1 | *428 | *1.83 | *1 | 24.15 | 34.63 | 14.2 | 3.25 | *0.00 |
| Salad, Fiesta | 1 each | 634 | 50 | 773 | 16.83 | 3.19 | 632.3 | 9094 | 29.49 | *5 | 22.74 | 74.04 | 26.44 | 11.64 | *0.20 |
| Burrito, Bean and Cheese | 1 EACH | 473 | 40 | 1067 | 9.29 | *3.48 | *222.0 | *346 | *10.36 | *3 | 20.34 | 43.14 | 24.89 | 10.09 | 0.00 |
| Yogurt Parfait, w/benefit bar | 1 each | 567 | 28 | 344 | 4.01 | 1.98 | 271.1 | 296 | 7.49 | *59 | 12.12 | 101.18 | 12.47 | 6.26 | *0.00 |
| Pizza, Primo wg Turkey Pep | slice | 370 | 40 | 550 | 3.00 | 2.70 | 400.0 | 400 | 0.0 | 9 | 21.0 | 36.0 | 16.0 | 7.00 | 0.00 |
| (+) Sub Total Entrees Served | 0 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| (-) 2nd Lunches | 0 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| (-) Adult lunches | 0 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| (-) Drops | 0 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| (=)TOTAL Reimbursable meals | 0 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| Milk, 0% chocolate | half pt | 120 | 5 | 150 | 0.00 | 0.36 | 300.0 | 500 | 0.0 | 19 | 9.0 | 22.0 | 0.0 | 0.00 | 0.00 |
| Milk, 1% White | half pt | 130 | 15 | 160 | 0.00 | 0.00 | 400.0 | 500 | 1.2 | 15 | 10.0 | 16.0 | 2.5 | 1.50 | 0.00 |
| Fruit Variety | 1/2 cup | 60 | 0 | 5 | 1.76 | 0.26 | 12.5 | 317 | 22.67 | *7 | 0.65 | 15.22 | 0.18 | 0.03 | *0.00 |
| Salad, Garden Mix-wci | 1 cup | 14 | 0 | 16 | 1.59 | 0.86 | 30.9 | 6877 | 5.42 | 1 | 1.05 | 2.76 | 0.23 | 0.03 | 0.00 |
| Salad Bar Toppings 3 | 1 cup | 94 | 0 | 87 | 3.99 | *0.97 | *30.4 | *2739 | 32.31 | *4 | 3.87 | 16.66 | 1.82 | 0.24 | *0.00 |
| Dressing, Assorted FF w/o 1000 | 1/2 oz | 8 | 0 | 126 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | *N/A* | 0.0 | 2.01 | 0.0 | 0.00 | 0.00 |
| Salsa, Red Gold | tablespoon | 5 | 0 | 35 | 0.25 | 0.18 | 10.0 | 250 | 3.0 | 0 | 0.0 | 1.0 | 0.0 | 0.00 | 0.00 |
| Weighted Daily Average | | 688 | 54 | 970 | 18.43 | *5.34 | *679.5 | *7243 | *47.31 | *29 | 36.16 | 87.36 | 23.76 | 8.58 | *0.83 |
| % of Calories | | | | | | | | | | *17.0% | 21.0% | 50.8% | 31.1% | 11.2% | *1.1% |
| Nutrient Guideline | | 600-700 | | 1360 | | | | | | | | | | <10.00 | |

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Walnut Creek School District

Dec 3, 2018 thru Dec 31, 2018

Base Menu Spreadsheet

WCI MENU

Portion Values - Detailed

| | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Wed - 12/19/2018 | | | | | | | | | | | | | | | |
| WCI MENU | | | | | | | | | | | | | | | |
| | Total | | | | | | | | | | | | | | |
| Chicken Patty, Fillet | 1 each | 355 | 49 | 581 | 4.01 | 2.53 | 5.1 | 45 | 2.4 | 6 | 24.12 | 44.1 | 9.44 | 1.91 | 0.00 |
| or | 0 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| Fish, Brd Pollack Fillets | 1 each | 160 | 25 | 350 | 1.00 | 0.36 | 20.0 | 5 | 0.0 | 1 | 9.0 | 17.0 | 6.0 | 1.50 | 0.00 |
| Biscuits Whole Grain Pillsbury | 1 each | 210 | 0 | 460 | 2.00 | 1.08 | 150.0 | 10 | 0.0 | 2 | 4.0 | 27.0 | 10.0 | 9.00 | 0.00 |
| L/O #1- | 0 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| L/O #2- | 0 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| C/W | 0 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| Salad, Chicken Caesar 2 | 1 each | 393 | 118 | 1232 | 2.21 | 8.49 | 123.6 | 7414 | 13.93 | *3 | 24.45 | 23.04 | 23.17 | 4.25 | *0.00 |
| Pinwheel, Ham & Cheese | 1 each | 549 | 93 | 1320 | 2.64 | 3.85 | 687.8 | 11980 | 34.32 | *2 | 31.64 | 41.4 | 29.11 | 14.91 | 0.20 |
| Peanut Butter Jelly, Smucker | 1 each | 630 | 0 | 620 | 7.00 | 1.80 | 60.0 | 140 | 0.0 | 28 | 19.0 | 64.0 | 33.0 | 7.00 | 0.00 |
| Pizza, Primo pbwg Cheese | slice | 360 | 40 | 490 | 4.00 | 1.80 | 400.0 | 400 | 0.0 | 6 | 18.0 | 35.0 | 16.0 | 8.00 | 0.00 |
| Pizza, Primo wg Turkey Pep | slice | 370 | 40 | 550 | 3.00 | 2.70 | 400.0 | 400 | 0.0 | 9 | 21.0 | 36.0 | 16.0 | 7.00 | 0.00 |
| (+) Sub Total Entrees Served | 0 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| (-) 2nd Lunches | 0 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| (-) Adult lunches | 0 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| (-) Drops | 0 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| (=)TOTAL Reimbursable meals | 0 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| Lettuce & Tomato slices | 1 lf,1slc | 3 | 0 | 1 | 0.21 | 0.05 | 2.1 | 128 | 1.83 | 0 | 0.15 | 0.63 | 0.03 | 0.00 | 0.00 |
| Rice Krispie Treat, Mini | 1 each | 45 | 0 | 53 | 0.00 | 0.18 | 0.0 | 100 | 0.0 | *N/A* | 0.25 | 8.5 | 1.12 | 0.37 | 0.00 |
| Milk, 0% chocolate | half pt | 120 | 5 | 150 | 0.00 | 0.36 | 300.0 | 500 | 0.0 | 19 | 9.0 | 22.0 | 0.0 | 0.00 | 0.00 |
| Milk, 1% White | half pt | 130 | 15 | 160 | 0.00 | 0.00 | 400.0 | 500 | 1.2 | 15 | 10.0 | 16.0 | 2.5 | 1.50 | 0.00 |
| Fruit Variety | 1/2 cup | 60 | 0 | 5 | 1.76 | 0.26 | 12.5 | 317 | 22.67 | *7 | 0.65 | 15.22 | 0.18 | 0.03 | *0.00 |
| Salad, Garden Mix-wci | 1 cup | 14 | 0 | 16 | 1.59 | 0.86 | 30.9 | 6877 | 5.42 | 1 | 1.05 | 2.76 | 0.23 | 0.03 | 0.00 |
| Salad Bar Toppings 3 | 1 cup | 94 | 0 | 87 | 3.99 | *0.97 | *30.4 | *2739 | 32.31 | *4 | 3.87 | 16.66 | 1.82 | 0.24 | *0.00 |
| Dressing, Assorted FF w/o 1000 | 1/2 oz | 8 | 0 | 126 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | *N/A* | 0.0 | 2.01 | 0.0 | 0.00 | 0.00 |
| Ketchup - LS Red Gold | 1 oz | 33 | 0 | 267 | 0.00 | 0.00 | 0.0 | 167 | 2.0 | 7 | 0.0 | 8.34 | 0.0 | 0.00 | 0.00 |
| Mustard | 1 oz | 21 | 0 | 355 | 0.28 | 0.57 | 23.8 | 0 | 0.0 | *N/A* | 1.33 | 1.81 | 1.25 | 0.06 | *N/A* |
| Mayonnaise Lite Chefs Pride Ve | 1 oz | 85 | 9 | 189 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | *N/A* | 0.0 | 1.89 | 8.5 | 0.94 | 0.00 |
| Tarter Sauce 2 | 1 Tbsp | 34 | 3 | 95 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | *0 | 0.0 | 1.72 | 3.03 | 0.34 | 0.00 |
| Weighted Daily Average | | 634 | 51 | 1085 | 7.73 | *3.89 | *440.6 | *6338 | 39.84 | *29 | 30.78 | 89.41 | 18.28 | 6.40 | *0.01 |
| % of Calories | | | | | | | | | | *18.4% | 19.4% | 56.4% | 25.9% | 9.1% | *0.0% |
| Nutrient Guideline | | 600-700 | | 1360 | | | | | | | | | | <10.00 | |

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Walnut Creek School District

Dec 3, 2018 thru Dec 31, 2018

Base Menu Spreadsheet

WCI MENU

Portion Values - Detailed

| | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Thu - 12/20/2018 | | | | | | | | | | | | | | | |
| WCI MENU | | | | | | | | | | | | | | | |
| | Total | | | | | | | | | | | | | | |
| Hamburger or Cheese Burger-stk | 1 each | 398 | 74 | 668 | 2.00 | 2.88 | 70.0 | 95 | 0.0 | 4 | 21.75 | 28.5 | 20.0 | 8.13 | 1.00 |
| Potato, Seasoned Straight Cut | 1/2 cup | 120 | 0 | 135 | 2.00 | 0.36 | 0.0 | 0 | 2.4 | 0 | 1.0 | 20.0 | 4.0 | 0.50 | 0.00 |
| Beans,Baked,Canned,L/S Veget | 1/4 cup | 68 | 0 | 104 | 3.14 | 0.99 | 31.4 | 65 | 0.0 | *1 | 3.67 | 13.07 | 0.0 | 0.00 | 0.00 |
| or | 0 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| Veggie Pattie, chz rs rf lol | 1 each | 355 | 15 | 864 | 4.40 | 2.54 | 245.0 | 1721 | 0.0 | 8 | 14.4 | 43.61 | 13.9 | 4.10 | 0.00 |
| Sunflower Seeds, Honey Roasted | packet | 190 | 0 | 65 | 3.00 | 1.44 | 20.0 | 25 | 0.0 | 5 | 6.0 | 11.0 | 15.0 | 2.00 | 0.00 |
| Potato, Seasoned Straight Cut | 1/2 cup | 120 | 0 | 135 | 2.00 | 0.36 | 0.0 | 0 | 2.4 | 0 | 1.0 | 20.0 | 4.0 | 0.50 | 0.00 |
| Beans,Baked,Canned,L/S Veget | 1/4 cup | 68 | 0 | 104 | 3.14 | 0.99 | 31.4 | 65 | 0.0 | *1 | 3.67 | 13.07 | 0.0 | 0.00 | 0.00 |
| L/O #1- | 0 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| L/O #2- | 0 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| C/W | 0 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| Salad, Chef | -serving | 264 | 38 | 891 | 2.51 | 1.35 | 265.6 | 7767 | 15.0 | *2 | 17.76 | 24.51 | 12.22 | 4.24 | *0.00 |
| Deli, Turkey Club | 1 each | 390 | 56 | 1434 | 4.21 | 1.49 | 342.1 | 528 | 1.83 | *0 | 22.1 | 31.53 | 16.98 | 6.00 | 0.00 |
| Peanut Butter Jelly, Smucker | 1 each | 630 | 0 | 620 | 7.00 | 1.80 | 60.0 | 140 | 0.0 | 28 | 19.0 | 64.0 | 33.0 | 7.00 | 0.00 |
| Pizza, Primo pbwg Cheese | slice | 360 | 40 | 490 | 4.00 | 1.80 | 400.0 | 400 | 0.0 | 6 | 18.0 | 35.0 | 16.0 | 8.00 | 0.00 |
| Pizza, Primo wg Turkey Pep | slice | 370 | 40 | 550 | 3.00 | 2.70 | 400.0 | 400 | 0.0 | 9 | 21.0 | 36.0 | 16.0 | 7.00 | 0.00 |
| (+) Sub Total Entrees Served | 0 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| (-) 2nd Lunches | 0 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| (-) Adult lunches | 0 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| (-) Drops | 0 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| (=)TOTAL Reimbursable meals | 0 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| Lettuce & Tomato slices | 1 lf,1slc | 3 | 0 | 1 | 0.21 | 0.05 | 2.1 | 128 | 1.83 | 0 | 0.15 | 0.63 | 0.03 | 0.00 | 0.00 |
| Milk, 0% chocolate | half pt | 120 | 5 | 150 | 0.00 | 0.36 | 300.0 | 500 | 0.0 | 19 | 9.0 | 22.0 | 0.0 | 0.00 | 0.00 |
| Milk, 1% White | half pt | 130 | 15 | 160 | 0.00 | 0.00 | 400.0 | 500 | 1.2 | 15 | 10.0 | 16.0 | 2.5 | 1.50 | 0.00 |
| Fruit Variety | 1/2 cup | 60 | 0 | 5 | 1.76 | 0.26 | 12.5 | 317 | 22.67 | *7 | 0.65 | 15.22 | 0.18 | 0.03 | *0.00 |
| Salad, Caesar | 1 cup | 62 | 2 | 128 | 1.22 | 0.56 | 19.2 | 5065 | 2.33 | *1 | 1.31 | 3.12 | 5.42 | 0.80 | 0.00 |
| Salad Bar Toppings 3 | 1 cup | 94 | 0 | 87 | 3.99 | *0.97 | *30.4 | *2739 | 32.31 | *4 | 3.87 | 16.66 | 1.82 | 0.24 | *0.00 |
| Dressing, Assorted FF w/o 1000 | 1/2 oz | 8 | 0 | 126 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | *N/A* | 0.0 | 2.01 | 0.0 | 0.00 | 0.00 |
| Ketchup - LS Red Gold | 1 oz | 33 | 0 | 267 | 0.00 | 0.00 | 0.0 | 167 | 2.0 | 7 | 0.0 | 8.34 | 0.0 | 0.00 | 0.00 |
| Mustard | 1 oz | 21 | 0 | 355 | 0.28 | 0.57 | 23.8 | 0 | 0.0 | *N/A* | 1.33 | 1.81 | 1.25 | 0.06 | *N/A* |
| Mayonnaise Lite Chefs Pride Ve | 1 oz | 85 | 9 | 189 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | *N/A* | 0.0 | 1.89 | 8.5 | 0.94 | 0.00 |
| Pickles: Dill Slices | 2 each | 1 | 0 | 111 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| Weighted Daily Average | | 763 | 66 | 1381 | 9.60 | *4.54 | *465.8 | *5813 | 38.76 | *31 | 33.42 | 92.77 | 28.65 | 8.94 | *0.60 |
| % of Calories | | | | | | | | | | *16.4% | 17.5% | 48.7% | 33.8% | 10.6% | *0.7% |
| Nutrient Guideline | | 600-700 | | 1360 | | | | | | | | | | <10.00 | |

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Walnut Creek School District

Dec 3, 2018 thru Dec 31, 2018

Base Menu Spreadsheet

WCI MENU

Portion Values - Detailed

| | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calc (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) |
|--------------------------------|--------------|-------------|-------------|-----------|-----------|-----------|-----------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|
| Fri - 12/21/2018 | | | | | | | | | | | | | | | |
| WCI MENU | | | | | | | | | | | | | | | |
| | Total | | | | | | | | | | | | | | |
| Turkey Roast | 4 oz | 120 | 45 | 450 | 0.00 | 0.54 | 0.0 | 0 | 0.0 | *N/A* | 15.0 | 0.0 | 4.92 | 1.62 | 0.00 |
| Mash Potatoes & Gravy | #8 scoop | 147 | 14 | 590 | 2.00 | 0.36 | 20.0 | 0 | 6.0 | *1 | 2.93 | 21.7 | 5.82 | 1.93 | 0.00 |
| Roll, Dinner, Flowers | roll | 80 | 0 | 170 | 1.00 | 0.72 | 20.0 | 10 | 0.0 | 2 | 3.0 | 15.0 | 1.0 | 0.00 | 0.00 |
| Beans, Canned, Green Red Sod-D | 1/4 cup | 10 | 0 | 70 | 1.00 | 0.36 | 10.0 | 150 | 1.2 | *N/A* | 0.5 | 2.0 | 0.0 | 0.00 | 0.00 |
| L/O #1- | 0 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| L/O #2- | 0 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| Salad, Chef | serving | 264 | 38 | 891 | 2.51 | 1.35 | 265.6 | 7767 | 15.0 | *2 | 17.76 | 24.51 | 12.22 | 4.24 | *0.00 |
| Deli, Turkey Club | 1 each | 390 | 56 | 1434 | 4.21 | 1.49 | 342.1 | 528 | 1.83 | *0 | 22.1 | 31.53 | 16.98 | 6.00 | 0.00 |
| Pizza, Primo pbwg Cheese | slice | 360 | 40 | 490 | 4.00 | 1.80 | 400.0 | 400 | 0.0 | 6 | 18.0 | 35.0 | 16.0 | 8.00 | 0.00 |
| Pizza, Primo wg Turkey Pep | slice | 370 | 40 | 550 | 3.00 | 2.70 | 400.0 | 400 | 0.0 | 9 | 21.0 | 36.0 | 16.0 | 7.00 | 0.00 |
| Peanut Butter Jelly, Smucker | 1 each | 630 | 0 | 620 | 7.00 | 1.80 | 60.0 | 140 | 0.0 | 28 | 19.0 | 64.0 | 33.0 | 7.00 | 0.00 |
| C/W | 0 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| Fruit Variety | 1/2 cup | 60 | 0 | 5 | 1.76 | 0.26 | 12.5 | 317 | 22.67 | *7 | 0.65 | 15.22 | 0.18 | 0.03 | *0.00 |
| Salad, Garden Mix-wci | 1 cup | 14 | 0 | 16 | 1.59 | 0.86 | 30.9 | 6877 | 5.42 | 1 | 1.05 | 2.76 | 0.23 | 0.03 | 0.00 |
| Salad Bar Toppings 3 | 1 cup | 94 | 0 | 87 | 3.99 | *0.97 | *30.4 | *2739 | 32.31 | *4 | 3.87 | 16.66 | 1.82 | 0.24 | *0.00 |
| Dressing, Assorted FF w/o 1000 | 1/2 oz | 8 | 0 | 126 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | *N/A* | 0.0 | 2.01 | 0.0 | 0.00 | 0.00 |
| Milk, 0% chocolate | half pt | 120 | 5 | 150 | 0.00 | 0.36 | 300.0 | 500 | 0.0 | 19 | 9.0 | 22.0 | 0.0 | 0.00 | 0.00 |
| Milk, 1% White | half pt | 130 | 15 | 160 | 0.00 | 0.00 | 400.0 | 500 | 1.2 | 15 | 10.0 | 16.0 | 2.5 | 1.50 | 0.00 |
| Cookie, Celebration | each | 142 | 14 | 107 | 1.40 | 0.72 | 40.0 | 50 | 0.6 | 11 | 1.9 | 23.9 | 4.4 | 1.30 | 0.00 |
| (+) Sub Total Entrees Served | 0 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| (-) 2nd Lunches | 0 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| (-) Adult lunches | 0 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| (-) Drops | 0 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| (=)TOTAL Reimbursable meals | 0 | 0 | 0 | 0 | 0.00 | 0.00 | 0.0 | 0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.00 | 0.00 |
| Weighted Daily Average | | 647 | 56 | 1128 | 9.39 | *3.58 | *473.0 | *5050 | 50.46 | *38 | 28.12 | 94.90 | 17.86 | 5.86 | *0.00 |
| % of Calories | | | | | | | | | | *23.3% | 17.4% | 58.6% | 24.8% | 8.2% | *0.0% |
| Nutrient Guideline | | 600-700 | | 1360 | | | | | | | | | | <10.00 | |
| Weighted Average | | 662 | *62 | 1080 | *9.78 | *4.38 | *531.2 | *6236 | *44.38 | *32 | 31.49 | 91.01 | *20.26 | *7.03 | *0.16 |
| | | | | | | | | | | *43.5% | 19.0% | 55.0% | *27.6% | *9.6% | *0.2% |

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Walnut Creek School District

Dec 3, 2018 thru Dec 31, 2018

Base Menu Spreadsheet

WCI MENU

Portion Values - Detailed

Page 16

Generated on: 11/30/2018 7:16:52 AM

| Nutrient | Menu AVG | Portion Size | Cals (kcal) | Cholst (mg) | Sodm (mg) | Fiber (g) | Iron (mg) | Calcm (mg) | Vit-A (IU) | Vit-C (mg) | Sugars (g) | Protn (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat ¹ (g) | Error Messages (if any) | |
|----------------------------|----------|--------------|---------------|-------------|-----------|-----------|-----------|------------|------------|------------|------------|-----------|----------|-----------|-----------|-------------------------|-------------------------|---------------------------------------|
| | | % of Cals | Weekly Target | % of Target | Miss Data | Shortfall | Overage | | | | | | | | | | | |
| Calories | 662 | | 600 - 700 | 100% | | | | | | | | | | | | | | |
| Cholesterol (mg) | 62 | | | | Missing | | | | | | | | | | | | | |
| Sodium 1 (mg) | 1080 | | 1360 | | | | | | | | | | | | | | | |
| Sodium 2 (mg) | 1080 | | 1035 | | | | | | 45 | | | | | | | | | Correction Required - Sodium too High |
| Fiber (g) | 9.78 | | | | Missing | | | | | | | | | | | | | |
| Iron (mg) | 4.38 | | | | Missing | | | | | | | | | | | | | |
| Calcium (mg) | 531.2 | | | | Missing | | | | | | | | | | | | | |
| Vitamin A (IU) | 6236 | | | | Missing | | | | | | | | | | | | | |
| Sugars (g) | 32 | 19.32% | | | Missing | | | | | | | | | | | | | |
| Vitamin C (mg) | 44.38 | | | | Missing | | | | | | | | | | | | | |
| Protein (g) | 31.49 | 19.04% | | | | | | | | | | | | | | | | |
| Carbohydrate (g) | 91.01 | 55.01% | | | | | | | | | | | | | | | | |
| Total Fat (g) | 20.26 | 27.56% | | | Missing | | | | | | | | | | | | | |
| Saturated Fat (g) | 7.03 | 9.56% | | <10.00% | Missing | | | | | | | | | | | | | |
| Trans Fat ¹ (g) | 0.16 | 0.22% | | | Missing | | | | | | | | | | | | | |

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