

Walnut Creek School District

Jan 1, 2019 thru Jan 31, 2019

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 - 01/07/2019															
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		610	73	1379	7.84	*4.03	*449.3	*6301	45.67	*28	33.73	80.45	17.84	5.58	*0.01
% of Calories										*18.4%	22.1%	52.7%	26.3%	8.2%	*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

Jan 1, 2019 thru Jan 31, 2019

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 - 01/08/2019															
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		661	43	1094	11.53	*4.14	*501.3	*6218	*44.41	*32	25.68	91.63	22.38	7.58	*0.28
% of Calories										*19.1%	15.5%	55.4%	30.5%	10.3%	*0.4%
Nutrient Guideline		600-700		1360										<10.00	

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	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 - 01/09/2019															
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	606	50	924	9.53	*4.70	*450.4	*5784	*40.89	*31	25.68	91.61	18.08	5.79	*0.00
	% of Calories									*20.7%	16.9%	60.4%	26.8%	8.6%	*0.0%
	Nutrient Guideline	600-700		1360										<10.00	

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	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)
Thu - 01/10/2019															
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 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		612	49	1056	9.02	*4.60	*454.7	*6202	*45.34	*28	29.04	91.52	16.01	6.24	*0.02
% of Calories										*18.5%	19.0%	59.8%	23.5%	9.2%	*0.0%
Nutrient Guideline		600-700		1360										<10.00	

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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)
Fri - 01/11/2019															
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
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
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
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		744	58	1078	18.98	*5.39	*700.3	*5404	45.43	*27	38.63	86.62	29.36	9.69	*0.92
% of Calories										*14.5%	20.8%	46.6%	35.5%	11.7%	*1.1%
Nutrient Guideline		600-700		1360										<10.00	

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Walnut Creek School District

Jan 1, 2019 thru Jan 31, 2019

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 - 01/14/2019															
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	

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Walnut Creek School District

Jan 1, 2019 thru Jan 31, 2019

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 - 01/15/2019															
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 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		685	*47	1025	*11.31	*4.82	*602.1	*6657	*50.73	*31	33.32	100.93	*17.51	*7.09	*0.42
% of Calories										*18.2%	19.5%	59.0%	*23.0%	*9.3%	*0.6%
Nutrient Guideline		600-700		1360										<10.00	

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Walnut Creek School District

Jan 1, 2019 thru Jan 31, 2019

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 - 01/16/2019															
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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Walnut Creek School District

Jan 1, 2019 thru Jan 31, 2019

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 - 01/17/2019															
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	

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Walnut Creek School District

Jan 1, 2019 thru Jan 31, 2019

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 - 01/18/2019															
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

Jan 1, 2019 thru Jan 31, 2019

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 - 01/22/2019															
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 or	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
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

Jan 1, 2019 thru Jan 31, 2019

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 - 01/23/2019															
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	200	40	380	1.00	1.00	15.0	0	0.0	0	14.0	17.0	9.0	1.00	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		644	54	1093	7.73	*4.05	*439.4	*6337	39.84	*29	32.03	89.41	19.03	6.27	*0.01
% of Calories										*18.0%	19.9%	55.5%	26.6%	8.8%	*0.0%
Nutrient Guideline		600-700		1360										<10.00	

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Walnut Creek School District

Jan 1, 2019 thru Jan 31, 2019

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 - 01/24/2019															
WCI MENU															
	Total														
	Waffles	180	0	320	2.00	3.60	120.0	600	0.0	2	4.0	28.0	6.0	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
	French Toast Sticks, Cin Glaze	291	40	437	3.97	2.38	105.9	265	4.77	11	11.92	39.72	10.59	1.99	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
	Berries, Mixed Frz - compote	30	0	2	1.00	0.18	0.0	0	4.49	*N/A*	0.0	6.99	0.0	0.00	0.00
	Sausage, Maple Beef Patties	63	16	184	0.07	0.80	7.6	0	0.08	0	6.76	0.41	3.45	1.35	0.00
	Syrup,Pancake	46	0	16	0.00	0.01	0.6	0	0.0	4	0.0	12.06	0.0	0.00	*N/A*
	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
	(-) Drops	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
	(=)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	561	37	843	7.87	*4.64	*476.0	*5999	*40.92	*33	23.84	86.99	14.31	4.01	*0.00
	% of Calories									*23.3%	17.0%	62.0%	23.0%	6.4%	*0.0%
	Nutrient Guideline	600-700		1360										<10.00	

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Walnut Creek School District

Jan 1, 2019 thru Jan 31, 2019

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 - 01/25/2019															
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

Jan 1, 2019 thru Jan 31, 2019

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 - 01/28/2019															
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	606	50	924	9.53	*4.70	*450.4	*5784	*40.89	*31	25.68	91.61	18.08	5.79	*0.00
	% of Calories									*20.7%	16.9%	60.4%	26.8%	8.6%	*0.0%
	Nutrient Guideline	600-700		1360										<10.00	

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Walnut Creek School District

Jan 1, 2019 thru Jan 31, 2019

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 - 01/29/2019															
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		661	43	1094	11.53	*4.14	*501.3	*6218	*44.41	*32	25.68	91.63	22.38	7.58	*0.28
% of Calories										*19.1%	15.5%	55.4%	30.5%	10.3%	*0.4%
Nutrient Guideline		600-700		1360										<10.00	

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Walnut Creek School District

Jan 1, 2019 thru Jan 31, 2019

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 - 01/30/2019															
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		610	73	1379	7.84	*4.03	*449.3	*6301	45.67	*28	33.73	80.45	17.84	5.58	*0.01
% of Calories										*18.4%	22.1%	52.7%	26.3%	8.2%	*0.0%
Nutrient Guideline		600-700		1360										<10.00	

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Walnut Creek School District

Jan 1, 2019 thru Jan 31, 2019

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)
Thu - 01/31/2019															
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 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		612	49	1056	9.02	*4.60	*454.7	*6202	*45.34	*28	29.04	91.52	16.01	6.24	*0.02
% of Calories										*18.5%	19.0%	59.8%	23.5%	9.2%	*0.0%
Nutrient Guideline		600-700		1360										<10.00	
Weighted Average		640	*58	1055	*9.63	*4.41	*499.2	*6176	*43.92	*31	30.44	88.98	*19.42	*6.54	*0.15
										*43.3%	19.0%	55.6%	*27.3%	*9.2%	*0.2%

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

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

WCI MENU

Portion Values - Detailed

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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)
Calories	640		600 - 700		100%												
Cholesterol (mg)	58					Missing											
Sodium 1 (mg)	1055			1360													
Sodium 2 (mg)	1055			1035					20								Correction Required - Sodium too High
Fiber (g)	9.63					Missing											
Iron (mg)	4.41					Missing											
Calcium (mg)	499.2					Missing											
Vitamin A (IU)	6176					Missing											
Sugars (g)	31	19.24%				Missing											
Vitamin C (mg)	43.92					Missing											
Protein (g)	30.44	19.02%															
Carbohydrate (g)	88.98	55.58%															
Total Fat (g)	19.42	27.29%				Missing											
Saturated Fat (g)	6.54	9.19%		<10.00%		Missing											
Trans Fat ¹ (g)	0.15	0.21%				Missing											

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