

Walnut Creek School District

Nov 1, 2018 thru Nov 30, 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 - 11/01/2018															
WCI MENU															
	Total														
Potato Bowl, Chicken	1 each	582	91	1815	5.80	1.27	421.1	801	6.48	*2	36.67	54.0	25.22	10.32	0.20
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
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
Potato Bowl, Veggie	1 each	491	49	1416	12.34	3.12	451.1	755	25.31	*1	25.26	60.39	17.3	9.33	0.20
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
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 - Tuna on a ww Croissant	#8 scoop	390	43	927	3.00	2.83	114.5	248	0.0	*4	21.53	38.28	18.39	3.96	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		745	70	1701	11.48	*3.70	*687.2	*6205	*46.55	*28	39.79	98.48	23.09	9.58	*0.14
% of Calories										*15.1%	21.4%	52.8%	27.9%	11.6%	*0.2%
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

Nov 1, 2018 thru Nov 30, 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)
Fri - 11/02/2018															
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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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)
Mon - 11/05/2018															
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	467	67	1231	3.21	*2.39	*302.1	*553	*2.43	*5	20.65	42.13	22.45	8.50	*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	612	52	945	9.40	*5.05	*460.4	*5897	*40.88	*32	26.26	91.09	18.55	6.04	*0.00
	% of Calories									*20.6%	17.2%	59.5%	27.3%	8.9%	*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)
Tue - 11/06/2018															
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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	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 - 11/07/2018															
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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Walnut Creek School District

Nov 1, 2018 thru Nov 30, 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)
Thu - 11/08/2018															
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 - Tuna on a ww Croissant	#8 scoop	390	43	927	3.00	2.83	114.5	248	0.0	*4	21.53	38.28	18.39	3.96	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		689	*47	1037	*11.22	*4.97	*589.7	*6709	*50.07	*30	33.74	101.41	*17.53	*7.03	*0.47
% of Calories										*17.4%	19.6%	58.9%	*22.9%	*9.2%	*0.6%
Nutrient Guideline		600-700		1360										<10.00	

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Walnut Creek School District

Nov 1, 2018 thru Nov 30, 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)
Fri - 11/09/2018															
WCI MENU															
	Total														
Chimichanga, Chicken	1 each	390	96	787	6.35	3.82	288.4	661	5.65	*1	23.43	32.62	17.95	8.30	*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	1 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		867	97	1593	11.99	*5.19	*711.9	*5735	42.22	*36	37.46	111.34	31.22	11.72	*0.08
% of Calories										*16.8%	17.3%	51.4%	32.4%	12.2%	*0.1%
Nutrient Guideline		600-700		1360										<10.00	

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Walnut Creek School District

Nov 1, 2018 thru Nov 30, 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 - 11/13/2018															
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

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

WCI MENU

Portion Values - Detailed

Generated on: 10/17/2018 7:17:15 AM

	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 - 11/14/2018															
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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Walnut Creek School District

Nov 1, 2018 thru Nov 30, 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 - 11/15/2018															
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 - Tuna on a ww Croissant	390	43	927	3.00	2.83	114.5	248	0.0	*4	21.53	38.28	18.39	3.96	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	557	65	844	7.43	*4.00	*502.5	*5822	*43.14	*33	31.58	81.54	13.51	4.51	*0.00
	% of Calories									*23.8%	22.7%	58.5%	21.8%	7.3%	*0.0%
	Nutrient Guideline	600-700		1360										<10.00	

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Walnut Creek School District

Nov 1, 2018 thru Nov 30, 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 - 11/16/2018															
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
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
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	1 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		781	84	1485	10.51	*4.14	*488.6	*5138	53.09	*45	35.50	110.52	22.25	7.10	*0.00
% of Calories										*23.0%	18.2%	56.6%	25.6%	8.2%	*0.0%
Nutrient Guideline		600-700		1360										<10.00	

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Walnut Creek School District

Nov 1, 2018 thru Nov 30, 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 - 11/26/2018															
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 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	467	67	1231	3.21	*2.39	*302.1	*553	*2.43	*5	20.65	42.13	22.45	8.50	*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		563	74	1019	6.21	*3.76	*384.5	*6291	*41.54	*29	29.66	83.73	12.49	3.32	*0.00
% of Calories										*20.6%	21.1%	59.5%	20.0%	5.3%	*0.0%
Nutrient Guideline		600-700		1360										<10.00	

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Walnut Creek School District

Nov 1, 2018 thru Nov 30, 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 - 11/27/2018															
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

Nov 1, 2018 thru Nov 30, 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 - 11/28/2018															
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

Nov 1, 2018 thru Nov 30, 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 - 11/29/2018															
WCI MENU															
	Total														
Potato Bowl, Chicken	1 each	582	91	1815	5.80	1.27	421.1	801	6.48	*2	36.67	54.0	25.22	10.32	0.20
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
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
Potato Bowl, Veggie	1 each	491	49	1416	12.34	3.12	451.1	755	25.31	*1	25.26	60.39	17.3	9.33	0.20
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
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 - Tuna on a ww Croissant	#8 scoop	390	43	927	3.00	2.83	114.5	248	0.0	*4	21.53	38.28	18.39	3.96	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		745	70	1701	11.48	*3.70	*687.2	*6205	*46.55	*28	39.79	98.48	23.09	9.58	*0.14
% of Calories										*15.1%	21.4%	52.8%	27.9%	11.6%	*0.2%
Nutrient Guideline		600-700		1360										<10.00	

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Walnut Creek School District

Nov 1, 2018 thru Nov 30, 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)
Fri - 11/30/2018															
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

Nov 1, 2018 thru Nov 30, 2018

Base Menu Spreadsheet

WCI MENU

Portion Values - Detailed

Page 17

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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)
Weighted Average		681	*64	1207	*10.28	*4.44	*536.1	*6194	*45.02	*31 *41.1%	32.99 19.4%	92.98 54.6%	*20.91 *27.6%	*7.35 *9.7%	*0.20 *0.3%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	681		600 - 700	100%				
Cholesterol (mg)	64				Missing			
Sodium 1 (mg)	1207		1360					
Sodium 2 (mg)	1207		1035				172	Correction Required - Sodium too High
Fiber (g)	10.28				Missing			
Iron (mg)	4.44				Missing			
Calcium (mg)	536.1				Missing			
Vitamin A (IU)	6194				Missing			
Sugars (g)	31	18.28%			Missing			
Vitamin C (mg)	45.02				Missing			
Protein (g)	32.99	19.36%						
Carbohydrate (g)	92.98	54.58%						
Total Fat (g)	20.91	27.61%			Missing			
Saturated Fat (g)	7.35	9.70%	<10.00%		Missing			
Trans Fat ¹ (g)	0.20	0.27%			Missing			

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