

Walnut Creek School District

Aug 20, 2018 thru Sep 30, 2018

Base Menu Spreadsheet

ELEMENTARY/TICE CREEK MENU

Portion Values - Detailed

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Generated on: 6/27/2018 11:51:13 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 - 08/22/2018																
ELEMENTARY/TICE CREE																
	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, 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	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00	0.00
	Rice Bowl, Edamame	#6 scoop	223	0	224	5.29	2.01	55.9	1967	5.65	3	11.68	33.5	5.54	0.70	0.01
	or,	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00	0.00
	Bagel CC, String Cheese	bagel	446	34	999	3.00	1.08	518.9	604	0.0	4	27.89	47.14	13.27	7.31	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	0.00
	Yogurt	1 Each	200	15	105	0.00	0.36	249.8	100	23.98	31	6.99	37.97	2.5	1.50	0.00
	Granola, LF Crunchy Clusters -	Pk	220	0	95	4.00	1.80	0.0	80	0.0	16	5.0	47.0	2.5	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	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	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	0.00
	Salad, Garden Mix - elm	1 c	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 Elem	3/4 cup	86	0	84	3.44	0.91	27.8	2726	21.74	*4	3.49	15.15	1.8	0.23	*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
	Fruit Variety 2	1/2 cup	55	0	6	1.63	0.20	10.8	279	30.9	*9	0.61	13.86	0.17	0.02	*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, 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
	(+) 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	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	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	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	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	0.00
	Weighted Daily Average		496	35	638	7.02	4.25	399.2	6644	46.85	*36	24.07	84.26	8.28	2.33	*0.00
	% of Calories										*29.0%	19.4%	67.9%	15.0%	4.2%	*0.0%
	Nutrient Guideline		600-650		1230								<=30.0	<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

Aug 20, 2018 thru Sep 30, 2018

Base Menu Spreadsheet

ELEMENTARY/TICE CREEK MENU

Portion Values - Detailed

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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 - 08/23/2018															
ELEMENTARY/TICE CREE															
	Total														
	Soft Taco- Beef 2ea	526	87	786	12.69	3.83	574.4	945	0.49	*3	34.6	32.26	29.88	13.29	*1.70
	or,	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	360	0	436	18.90	4.00	203.2	461	13.28	*4	16.07	55.41	10.14	1.65	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
	Bagel CC, String Cheese	446	34	999	3.00	1.08	518.9	604	0.0	4	27.89	47.14	13.27	7.31	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
	Yogurt	200	15	105	0.00	0.36	249.8	100	23.98	31	6.99	37.97	2.5	1.50	0.00
	Granola, LF Crunchy Clusters -	220	0	95	4.00	1.80	0.0	80	0.0	16	5.0	47.0	2.5	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
	Salad, Garden Mix - elm	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 Elem	86	0	84	3.44	0.91	27.8	2726	21.74	*4	3.49	15.15	1.8	0.23	*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
	Fruit Variety 2	55	0	6	1.63	0.20	10.8	279	30.9	*9	0.61	13.86	0.17	0.02	*0.00
	Beans, Refried Homemade elem	112	0	213	3.29	0.78	19.5	42	9.16	*1	3.26	10.11	6.85	1.06	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
	(+) 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
	Weighted Daily Average	754	63	1072	18.14	5.28	799.7	6718	50.68	*34	41.15	90.66	27.51	10.21	*1.02
	% of Calories									*18.1%	21.8%	48.1%	32.8%	12.2%	*1.2%
	Nutrient Guideline	600-650		1230									<=30.0	<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

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Base Menu Spreadsheet

ELEMENTARY/TICE CREEK MENU

Portion Values - Detailed

Page 3

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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)
Fri - 08/24/2018															
ELEMENTARY/TICE CREE															
Pizza, Primo pbwg Cheese	Total slice	360	40	490	4.00	1.80	400.0	400	0.0	6	18.0	35.0	16.0	8.00	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
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
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
Yogurt	1 Each	200	15	105	0.00	0.36	249.8	100	23.98	31	6.99	37.97	2.5	1.50	0.00
Granola, LF Crunchy Clusters -	Pk	220	0	95	4.00	1.80	0.0	80	0.0	16	5.0	47.0	2.5	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
Bagel CC, String Cheese	bagel	446	34	999	3.00	1.08	518.9	604	0.0	4	27.89	47.14	13.27	7.31	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, Caesar	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 Elem	3/4 cup	86	0	84	3.44	0.91	27.8	2726	21.74	*4	3.49	15.15	1.8	0.23	*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
Fruit Variety 2	1/2 cup	55	0	6	1.63	0.20	10.8	279	30.9	*9	0.61	13.86	0.17	0.02	*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
(+) 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		631	46	846	8.32	3.51	725.1	6794	41.95	*35	31.19	81.47	21.11	8.37	*0.00
% of Calories										*22.0%	19.8%	51.7%	30.1%	11.9%	*0.0%
Nutrient Guideline		600-650		1230									<=30.0	<10.00	

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Base Menu Spreadsheet

ELEMENTARY/TICE CREEK 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 - 08/27/2018															
ELEMENTARY/TICE CREE															
	Total														
Potato, Baked w/toppings	1 each	456	79	573	3.81	1.93	426.0	856	16.61	*3	20.15	39.18	24.94	15.34	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 Cheddar	#12 scoop	107	16	223	0.69	0.48	165.2	227	0.0	*0	5.9	8.51	5.11	3.15	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
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
Bagel CC, String Cheese	bagel	446	34	999	3.00	1.08	518.9	604	0.0	4	27.89	47.14	13.27	7.31	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
Yogurt	1 Each	200	15	105	0.00	0.36	249.8	100	23.98	31	6.99	37.97	2.5	1.50	0.00
Granola, LF Crunchy Clusters -	Pk	220	0	95	4.00	1.80	0.0	80	0.0	16	5.0	47.0	2.5	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, Garden Mix - elm	1 c	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 Elem	3/4 cup	86	0	84	3.44	0.91	27.8	2726	21.74	*4	3.49	15.15	1.8	0.23	*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
Fruit Variety 2	1/2 cup	55	0	6	1.63	0.20	10.8	279	30.9	*9	0.61	13.86	0.17	0.02	*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
(+) 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		685	82	999	7.35	3.21	687.6	6574	52.64	*39	34.58	89.37	21.73	11.05	*0.10
% of Calories										*22.9%	20.2%	52.2%	28.6%	14.5%	*0.1%
Nutrient Guideline		600-650		1230									<=30.0	<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)	
Tue - 08/28/2018																
ELEMENTARY/TICE CREE																
	Total															
	Teriyaki Chicken	#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	1/2 cup	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	0.00
	Pizza Rollup	1 each	450	49	1173	3.35	3.82	668.9	11791	37.12	*3	22.96	43.49	21.19	10.85	0.20
	or,	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00	0.00
	Bagel CC, String Cheese	bagel	446	34	999	3.00	1.08	518.9	604	0.0	4	27.89	47.14	13.27	7.31	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	0.00
	Yogurt	1 Each	200	15	105	0.00	0.36	249.8	100	23.98	31	6.99	37.97	2.5	1.50	0.00
	Granola, LF Crunchy Clusters -	Pk	220	0	95	4.00	1.80	0.0	80	0.0	16	5.0	47.0	2.5	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	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	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	0.00
	Salad, Garden Mix - elm	1 c	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 Elem	3/4 cup	86	0	84	3.44	0.91	27.8	2726	21.74	*4	3.49	15.15	1.8	0.23	*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
	Fruit Variety 2	1/2 cup	55	0	6	1.63	0.20	10.8	279	30.9	*9	0.61	13.86	0.17	0.02	*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
	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
	(+) 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	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	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	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	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	0.00
	Weighted Daily Average		555	66	1065	5.78	3.47	603.6	9697	53.37	*37	31.55	81.48	12.94	5.47	*0.06
	% of Calories										*26.8%	22.8%	58.8%	21.0%	8.9%	*0.1%
	Nutrient Guideline		600-650		1230								<=30.0	<10.00		

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Walnut Creek School District

Aug 20, 2018 thru Sep 30, 2018

Base Menu Spreadsheet

ELEMENTARY/TICE CREEK MENU

Portion Values - Detailed

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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 - 08/29/2018															
ELEMENTARY/TICE CREE															
	Total														
	Spaghetti, w/Meatballs	359	45	837	5.52	3.35	56.9	347	7.95	*11	19.0	38.36	12.83	5.00	*0.00
	Bread, Garlic Knot	170	0	270	2.00	1.08	20.0	200	6.0	2	4.0	23.0	7.0	1.50	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
	Bosco Stick	420	30	540	4.00	2.88	400.0	400	0.0	4	24.0	52.0	14.0	6.00	0.00
	Marinara Sauce Cup	45	0	230	2.00	0.72	20.0	300	18.0	4	1.0	7.0	1.0	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
	Bagel CC, String Cheese	446	34	999	3.00	1.08	518.9	604	0.0	4	27.89	47.14	13.27	7.31	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
	Yogurt	200	15	105	0.00	0.36	249.8	100	23.98	31	6.99	37.97	2.5	1.50	0.00
	Granola, LF Crunchy Clusters -	220	0	95	4.00	1.80	0.0	80	0.0	16	5.0	47.0	2.5	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
	Salad, Garden Mix - elm	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 Elem	86	0	84	3.44	0.91	27.8	2726	21.74	*4	3.49	15.15	1.8	0.23	*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
	Fruit Variety 2	55	0	6	1.63	0.20	10.8	279	30.9	*9	0.61	13.86	0.17	0.02	*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
	(+) 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
	Weighted Daily Average	697	41	1118	10.21	5.03	577.4	6500	53.91	*39	34.08	102.31	17.61	6.23	*0.00
	% of Calories									*22.6%	19.6%	58.7%	22.7%	8.0%	*0.0%
	Nutrient Guideline	600-650		1230									<=30.0	<10.00	

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Walnut Creek School District

Aug 20, 2018 thru Sep 30, 2018

Base Menu Spreadsheet

ELEMENTARY/TICE CREEK MENU

Portion Values - Detailed

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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 - 08/30/2018															
ELEMENTARY/TICE CREE															
	Total														
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
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	295	72	632	4.68	2.46	233.2	1217	14.85	*2	20.74	38.76	7.65	4.30	0.05
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
Yogurt	1 Each	200	15	105	0.00	0.36	249.8	100	23.98	31	6.99	37.97	2.5	1.50	0.00
Granola, LF Crunchy Clusters -	Pk	220	0	95	4.00	1.80	0.0	80	0.0	16	5.0	47.0	2.5	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
Bagel CC, String Cheese	bagel	446	34	999	3.00	1.08	518.9	604	0.0	4	27.89	47.14	13.27	7.31	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, Garden Mix - elm	1c	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 Elem	3/4 cup	86	0	84	3.44	0.91	27.8	2726	21.74	*4	3.49	15.15	1.8	0.23	*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
Fruit Variety 2	1/2 cup	55	0	6	1.63	0.20	10.8	279	30.9	*9	0.61	13.86	0.17	0.02	*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
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
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
(+) 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		574	45	1211	8.05	4.31	421.8	6107	45.79	*36	26.41	88.83	14.90	5.55	*0.01
% of Calories										*25.3%	18.4%	61.9%	23.4%	8.7%	*0.0%
Nutrient Guideline		600-650		1230									<=30.0	<10.00	

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Walnut Creek School District

Base Menu Spreadsheet

Portion Values - Detailed

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Aug 20, 2018 thru Sep 30, 2018

ELEMENTARY/TICE CREEK 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)
Fri - 08/31/2018															
ELEMENTARY/TICE CREE															
	Total														
	Pancakes, mini maple Eggo pkg	200	9	299	3.12	2.72	62.1	500	0.0	*N/A*	3.92	34.0	5.44	1.12	0.08
	Sausage, Maple Beef Patties	126	31	368	0.14	1.60	15.2	0	0.16	1	13.52	0.82	6.9	2.70	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
	Breakfast Banana Split	544	15	205	7.48	2.73	263.4	330	37.88	*59	13.1	116.56	5.33	1.61	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
	Yogurt	200	15	105	0.00	0.36	249.8	100	23.98	31	6.99	37.97	2.5	1.50	0.00
	Granola, LF Crunchy Clusters -	220	0	95	4.00	1.80	0.0	80	0.0	16	5.0	47.0	2.5	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
	Bagel CC, String Cheese	446	34	999	3.00	1.08	518.9	604	0.0	4	27.89	47.14	13.27	7.31	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
	Salad, Garden Mix - elm	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 Elem	86	0	84	3.44	0.91	27.8	2726	21.74	*4	3.49	15.15	1.8	0.23	*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
	Fruit Variety 2	55	0	6	1.63	0.20	10.8	279	30.9	*9	0.61	13.86	0.17	0.02	*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
	(+) 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
	Weighted Daily Average	582	41	861	7.78	5.24	464.6	6188	43.88	*37	28.22	90.58	12.75	3.98	*0.06
	% of Calories									*25.4%	19.4%	62.3%	19.7%	6.2%	*0.1%
	Nutrient Guideline	600-650		1230									<=30.0	<10.00	

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Walnut Creek School District

Aug 20, 2018 thru Sep 30, 2018

Base Menu Spreadsheet

ELEMENTARY/TICE CREEK MENU

Portion Values - Detailed

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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 - 09/04/2018															
ELEMENTARY/TICE CREE															
	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
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	483	49	1409	11.79	2.97	441.1	623	6.48	*1	24.66	58.99	17.22	9.32	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
Bagel CC, String Cheese	bagel	446	34	999	3.00	1.08	518.9	604	0.0	4	27.89	47.14	13.27	7.31	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
Yogurt	1 Each	200	15	105	0.00	0.36	249.8	100	23.98	31	6.99	37.97	2.5	1.50	0.00
Granola, LF Crunchy Clusters -	Pk	220	0	95	4.00	1.80	0.0	80	0.0	16	5.0	47.0	2.5	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, Garden Mix - elm	1 c	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 Elem	3/4 cup	86	0	84	3.44	0.91	27.8	2726	21.74	*4	3.49	15.15	1.8	0.23	*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
Fruit Variety 2	1/2 cup	55	0	6	1.63	0.20	10.8	279	30.9	*9	0.61	13.86	0.17	0.02	*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
(+) 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		754	75	1773	10.71	3.15	745.7	6640	47.42	*32	42.46	99.86	22.13	9.32	*0.16
% of Calories										*17.1%	22.5%	53.0%	26.4%	11.1%	*0.2%
Nutrient Guideline		600-650		1230									<=30.0	<10.00	

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Walnut Creek School District

Aug 20, 2018 thru Sep 30, 2018

Base Menu Spreadsheet

ELEMENTARY/TICE CREEK 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 - 09/05/2018															
ELEMENTARY/TICE CREE															
	Total														
	Chimichanga, Chicken	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	53	0	187	0.72	0.39	8.3	228	1.33	*0	1.03	9.3	1.4	0.15	*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
	Burrito, Bean and Cheese	432	30	1103	9.29	3.48	419.5	642	10.36	*3	22.26	43.11	19.85	7.56	0.00
	Rice, Spanish	53	0	187	0.72	0.39	8.3	228	1.33	*0	1.03	9.3	1.4	0.15	*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
	Bagel CC, String Cheese	446	34	999	3.00	1.08	518.9	604	0.0	4	27.89	47.14	13.27	7.31	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
	Yogurt	200	15	105	0.00	0.36	249.8	100	23.98	31	6.99	37.97	2.5	1.50	0.00
	Granola, LF Crunchy Clusters -	220	0	95	4.00	1.80	0.0	80	0.0	16	5.0	47.0	2.5	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
	Salad, Garden Mix - elm	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 Elem	86	0	84	3.44	0.91	27.8	2726	21.74	*4	3.49	15.15	1.8	0.23	*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
	Fruit Variety 2	55	0	6	1.63	0.20	10.8	279	30.9	*9	0.61	13.86	0.17	0.02	*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
	(+) 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
	Weighted Daily Average	635	75	1199	10.55	4.81	665.5	6710	48.63	*31	33.96	84.21	18.92	7.87	*0.08
	% of Calories									*19.5%	21.4%	53.0%	26.8%	11.1%	*0.1%
	Nutrient Guideline	600-650		1230									<=30.0	<10.00	

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Walnut Creek School District

Aug 20, 2018 thru Sep 30, 2018

Base Menu Spreadsheet

ELEMENTARY/TICE CREEK 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 - 09/06/2018															
ELEMENTARY/TICE CREE															
	Total														
	Corn Dog, Chicken WG	240	40	390	5.00	1.80	80.0	25	0.0	5	9.0	30.0	8.0	2.50	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
	Garden Alfredo Bake	469	52	859	6.64	2.59	541.7	1809	32.5	*8	25.12	56.07	16.4	9.03	*0.10
	or,	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
	Bagel CC, String Cheese	446	34	999	3.00	1.08	518.9	604	0.0	4	27.89	47.14	13.27	7.31	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
	Yogurt	200	15	105	0.00	0.36	249.8	100	23.98	31	6.99	37.97	2.5	1.50	0.00
	Granola, LF Crunchy Clusters -	220	0	95	4.00	1.80	0.0	80	0.0	16	5.0	47.0	2.5	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
	Salad, Garden Mix - elm	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 Elem	86	0	84	3.44	0.91	27.8	2726	21.74	*4	3.49	15.15	1.8	0.23	*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
	Fruit Variety 2	55	0	6	1.63	0.20	10.8	279	30.9	*9	0.61	13.86	0.17	0.02	*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
	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*
	(+) 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
	Weighted Daily Average	546	46	929	9.23	3.41	539.5	6465	49.74	*39	24.84	86.86	11.39	4.34	*0.02
	% of Calories									*28.5%	18.2%	63.6%	18.8%	7.2%	*0.0%
	Nutrient Guideline	600-650		1230									<=30.0	<10.00	

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Walnut Creek School District

Aug 20, 2018 thru Sep 30, 2018

Base Menu Spreadsheet

ELEMENTARY/TICE CREEK 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 - 09/07/2018															
ELEMENTARY/TICE CREE	Total														
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
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
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
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
Yogurt	1 Each	200	15	105	0.00	0.36	249.8	100	23.98	31	6.99	37.97	2.5	1.50	0.00
Granola, LF Crunchy Clusters -	Pk	220	0	95	4.00	1.80	0.0	80	0.0	16	5.0	47.0	2.5	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
Bagel CC, String Cheese	bagel	446	34	999	3.00	1.08	518.9	604	0.0	4	27.89	47.14	13.27	7.31	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, Caesar	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 Elem	3/4 cup	86	0	84	3.44	0.91	27.8	2726	21.74	*4	3.49	15.15	1.8	0.23	*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
Fruit Variety 2	1/2 cup	55	0	6	1.63	0.20	10.8	279	30.9	*9	0.61	13.86	0.17	0.02	*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
(+) 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		633	46	880	8.32	3.51	725.1	6794	41.95	*35	31.19	82.00	21.11	8.37	*0.00
% of Calories										*22.0%	19.7%	51.8%	30.0%	11.9%	*0.0%
Nutrient Guideline		600-650		1230									<=30.0	<10.00	

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Walnut Creek School District

Aug 20, 2018 thru Sep 30, 2018

Base Menu Spreadsheet

ELEMENTARY/TICE CREEK 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 - 09/10/2018															
ELEMENTARY/TICE CREE															
	Total														
	Grilled Cheese w/ Turkey	310	48	1343	4.00	1.44	240.0	300	0.0	*1	27.67	34.67	7.33	2.50	0.00
	Potato Chip, Fun Size	80	0	80	1.00	0.00	0.0	0	2.4	*N/A*	0.0	8.0	5.0	0.50	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
	Grilled Cheese	300	30	920	4.00	1.44	440.0	600	0.0	*2	20.0	34.0	10.0	5.00	0.00
	Potato Chip, Fun Size	80	0	80	1.00	0.00	0.0	0	2.4	*N/A*	0.0	8.0	5.0	0.50	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
	Bagel CC, String Cheese	446	34	999	3.00	1.08	518.9	604	0.0	4	27.89	47.14	13.27	7.31	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
	Yogurt	200	15	105	0.00	0.36	249.8	100	23.98	31	6.99	37.97	2.5	1.50	0.00
	Granola, LF Crunchy Clusters -	220	0	95	4.00	1.80	0.0	80	0.0	16	5.0	47.0	2.5	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
	Salad, Garden Mix - elm	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 Elem	86	0	84	3.44	0.91	27.8	2726	21.74	*4	3.49	15.15	1.8	0.23	*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
	Fruit Variety 2	55	0	6	1.63	0.20	10.8	279	30.9	*9	0.61	13.86	0.17	0.02	*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
	(+) 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
	Weighted Daily Average	587	44	1387	8.38	2.70	654.8	6356	44.16	*31	34.56	83.44	13.87	4.42	*0.00
	% of Calories									*20.8%	23.6%	56.9%	21.3%	6.8%	*0.0%
	Nutrient Guideline	600-650		1230									<=30.0	<10.00	

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Walnut Creek School District

Aug 20, 2018 thru Sep 30, 2018

Base Menu Spreadsheet

ELEMENTARY/TICE CREEK MENU

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)	
Tue - 09/11/2018																
ELEMENTARY/TICE CREE																
	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, 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	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00	0.00
	Rice Bowl, Edamame	#6 scoop	223	0	224	5.29	2.01	55.9	1967	5.65	3	11.68	33.5	5.54	0.70	0.01
	or,	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00	0.00
	Bagel CC, String Cheese	bagel	446	34	999	3.00	1.08	518.9	604	0.0	4	27.89	47.14	13.27	7.31	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	0.00
	Yogurt	1 Each	200	15	105	0.00	0.36	249.8	100	23.98	31	6.99	37.97	2.5	1.50	0.00
	Granola, LF Crunchy Clusters -	Pk	220	0	95	4.00	1.80	0.0	80	0.0	16	5.0	47.0	2.5	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	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	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	0.00
	Salad, Garden Mix - elm	1 c	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 Elem	3/4 cup	86	0	84	3.44	0.91	27.8	2726	21.74	*4	3.49	15.15	1.8	0.23	*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
	Fruit Variety 2	1/2 cup	55	0	6	1.63	0.20	10.8	279	30.9	*9	0.61	13.86	0.17	0.02	*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, 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
	(+) 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	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	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	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	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	0.00
	Weighted Daily Average		496	35	638	7.02	4.25	399.2	6644	46.85	*36	24.07	84.26	8.28	2.33	*0.00
	% of Calories										*29.0%	19.4%	67.9%	15.0%	4.2%	*0.0%
	Nutrient Guideline		600-650		1230								<=30.0	<10.00		

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Walnut Creek School District

Aug 20, 2018 thru Sep 30, 2018

Base Menu Spreadsheet

ELEMENTARY/TICE CREEK MENU

Portion Values - Detailed

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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 - 09/12/2018															
ELEMENTARY/TICE CREE															
	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
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
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
Yogurt	1 Each	200	15	105	0.00	0.36	249.8	100	23.98	31	6.99	37.97	2.5	1.50	0.00
Granola, LF Crunchy Clusters -	Pk	220	0	95	4.00	1.80	0.0	80	0.0	16	5.0	47.0	2.5	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
Bagel CC, String Cheese	bagel	446	34	999	3.00	1.08	518.9	604	0.0	4	27.89	47.14	13.27	7.31	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, Garden Mix - elm	1c	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 Elem	3/4 cup	86	0	84	3.44	0.91	27.8	2726	21.74	*4	3.49	15.15	1.8	0.23	*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
Fruit Variety 2	1/2 cup	55	0	6	1.63	0.20	10.8	279	30.9	*9	0.61	13.86	0.17	0.02	*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
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*
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
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
(+) 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		771	66	1392	9.44	4.89	490.2	6085	42.94	*39	35.10	104.35	23.32	8.04	*0.74
% of Calories										*20.2%	18.2%	54.2%	27.2%	9.4%	*0.9%
Nutrient Guideline		600-650		1230									<=30.0	<10.00	

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Walnut Creek School District

Aug 20, 2018 thru Sep 30, 2018

Base Menu Spreadsheet

ELEMENTARY/TICE CREEK MENU

Portion Values - Detailed

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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 - 09/13/2018															
ELEMENTARY/TICE CREE															
	Total														
	Soft Taco- Beef 2ea	526	87	786	12.69	3.83	574.4	945	0.49	*3	34.6	32.26	29.88	13.29	*1.70
	or,	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	360	0	436	18.90	4.00	203.2	461	13.28	*4	16.07	55.41	10.14	1.65	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
	Bagel CC, String Cheese	446	34	999	3.00	1.08	518.9	604	0.0	4	27.89	47.14	13.27	7.31	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
	Yogurt	200	15	105	0.00	0.36	249.8	100	23.98	31	6.99	37.97	2.5	1.50	0.00
	Granola, LF Crunchy Clusters -	220	0	95	4.00	1.80	0.0	80	0.0	16	5.0	47.0	2.5	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
	Salad, Garden Mix - elm	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 Elem	86	0	84	3.44	0.91	27.8	2726	21.74	*4	3.49	15.15	1.8	0.23	*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
	Fruit Variety 2	55	0	6	1.63	0.20	10.8	279	30.9	*9	0.61	13.86	0.17	0.02	*0.00
	Beans, Refried Homemade elem	112	0	213	3.29	0.78	19.5	42	9.16	*1	3.26	10.11	6.85	1.06	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
	(+) 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
	Weighted Daily Average	754	63	1072	18.14	5.28	799.7	6718	50.68	*34	41.15	90.66	27.51	10.21	*1.02
	% of Calories									*18.1%	21.8%	48.1%	32.8%	12.2%	*1.2%
	Nutrient Guideline	600-650		1230									<=30.0	<10.00	

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Walnut Creek School District

Aug 20, 2018 thru Sep 30, 2018

Base Menu Spreadsheet

ELEMENTARY/TICE CREEK MENU

Portion Values - Detailed

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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)
Fri - 09/14/2018															
ELEMENTARY/TICE CREE															
Pizza, Primo pbwg Cheese	Total slice	360	40	490	4.00	1.80	400.0	400	0.0	6	18.0	35.0	16.0	8.00	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
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
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
Yogurt	1 Each	200	15	105	0.00	0.36	249.8	100	23.98	31	6.99	37.97	2.5	1.50	0.00
Granola, LF Crunchy Clusters -	Pk	220	0	95	4.00	1.80	0.0	80	0.0	16	5.0	47.0	2.5	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
Bagel CC, String Cheese	bagel	446	34	999	3.00	1.08	518.9	604	0.0	4	27.89	47.14	13.27	7.31	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, Caesar	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 Elem	3/4 cup	86	0	84	3.44	0.91	27.8	2726	21.74	*4	3.49	15.15	1.8	0.23	*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
Fruit Variety 2	1/2 cup	55	0	6	1.63	0.20	10.8	279	30.9	*9	0.61	13.86	0.17	0.02	*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
(+) 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		631	46	846	8.32	3.51	725.1	6794	41.95	*35	31.19	81.47	21.11	8.37	*0.00
% of Calories										*22.0%	19.8%	51.7%	30.1%	11.9%	*0.0%
Nutrient Guideline		600-650		1230									<=30.0	<10.00	

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Walnut Creek School District

Aug 20, 2018 thru Sep 30, 2018

Base Menu Spreadsheet

ELEMENTARY/TICE CREEK 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 - 09/17/2018															
ELEMENTARY/TICE CREE															
	Total														
Potato, Baked w/toppings	1 each	456	79	573	3.81	1.93	426.0	856	16.61	*3	20.15	39.18	24.94	15.34	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 Cheddar	#12 scoop	107	16	223	0.69	0.48	165.2	227	0.0	*0	5.9	8.51	5.11	3.15	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
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
Bagel CC, String Cheese	bagel	446	34	999	3.00	1.08	518.9	604	0.0	4	27.89	47.14	13.27	7.31	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
Yogurt	1 Each	200	15	105	0.00	0.36	249.8	100	23.98	31	6.99	37.97	2.5	1.50	0.00
Granola, LF Crunchy Clusters -	Pk	220	0	95	4.00	1.80	0.0	80	0.0	16	5.0	47.0	2.5	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, Garden Mix - elm	1 c	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 Elem	3/4 cup	86	0	84	3.44	0.91	27.8	2726	21.74	*4	3.49	15.15	1.8	0.23	*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
Fruit Variety 2	1/2 cup	55	0	6	1.63	0.20	10.8	279	30.9	*9	0.61	13.86	0.17	0.02	*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
(+) 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		685	82	999	7.35	3.21	687.6	6574	52.64	*39	34.58	89.37	21.73	11.05	*0.10
% of Calories										*22.9%	20.2%	52.2%	28.6%	14.5%	*0.1%
Nutrient Guideline		600-650		1230									<=30.0	<10.00	

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Walnut Creek School District

Aug 20, 2018 thru Sep 30, 2018

Base Menu Spreadsheet

ELEMENTARY/TICE CREEK MENU

Portion Values - Detailed

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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 - 09/18/2018															
ELEMENTARY/TICE CREE															
	Total														
	Teriyaki Chicken	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
	Roll, Dinner, Flowers	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	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
	Pizza Rollup	450	49	1173	3.35	3.82	668.9	11791	37.12	*3	22.96	43.49	21.19	10.85	0.20
	or,	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
	Bagel CC, String Cheese	446	34	999	3.00	1.08	518.9	604	0.0	4	27.89	47.14	13.27	7.31	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
	Yogurt	200	15	105	0.00	0.36	249.8	100	23.98	31	6.99	37.97	2.5	1.50	0.00
	Granola, LF Crunchy Clusters -	220	0	95	4.00	1.80	0.0	80	0.0	16	5.0	47.0	2.5	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
	Salad, Garden Mix - elm	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 Elem	86	0	84	3.44	0.91	27.8	2726	21.74	*4	3.49	15.15	1.8	0.23	*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
	Fruit Variety 2	55	0	6	1.63	0.20	10.8	279	30.9	*9	0.61	13.86	0.17	0.02	*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
	Rice Krispie Treat, Mini	45	0	53	0.00	0.18	0.0	100	0.0	*N/A*	0.25	8.5	1.12	0.37	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
	Weighted Daily Average	657	66	1149	7.54	4.67	688.3	9700	53.37	*38	35.43	101.21	14.35	5.47	*0.06
	% of Calories									*23.0%	21.6%	61.6%	19.7%	7.5%	*0.1%
	Nutrient Guideline	600-650		1230									<=30.0	<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

Aug 20, 2018 thru Sep 30, 2018

Base Menu Spreadsheet

ELEMENTARY/TICE CREEK MENU

Portion Values - Detailed

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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 - 09/19/2018															
ELEMENTARY/TICE CREE															
	Total														
	Spaghetti, w/Meatballs	359	45	837	5.52	3.35	56.9	347	7.95	*11	19.0	38.36	12.83	5.00	*0.00
	Bread, Garlic Knot	170	0	270	2.00	1.08	20.0	200	6.0	2	4.0	23.0	7.0	1.50	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
	Bosco Stick	420	30	540	4.00	2.88	400.0	400	0.0	4	24.0	52.0	14.0	6.00	0.00
	Marinara Sauce Cup	45	0	230	2.00	0.72	20.0	300	18.0	4	1.0	7.0	1.0	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
	Bagel CC, String Cheese	446	34	999	3.00	1.08	518.9	604	0.0	4	27.89	47.14	13.27	7.31	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
	Yogurt	200	15	105	0.00	0.36	249.8	100	23.98	31	6.99	37.97	2.5	1.50	0.00
	Granola, LF Crunchy Clusters -	220	0	95	4.00	1.80	0.0	80	0.0	16	5.0	47.0	2.5	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
	Salad, Garden Mix - elm	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 Elem	86	0	84	3.44	0.91	27.8	2726	21.74	*4	3.49	15.15	1.8	0.23	*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
	Fruit Variety 2	55	0	6	1.63	0.20	10.8	279	30.9	*9	0.61	13.86	0.17	0.02	*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
	(+) 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
	Weighted Daily Average	697	41	1118	10.21	5.03	577.4	6500	53.91	*39	34.08	102.31	17.61	6.23	*0.00
	% of Calories									*22.6%	19.6%	58.7%	22.7%	8.0%	*0.0%
	Nutrient Guideline	600-650		1230									<=30.0	<10.00	

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Walnut Creek School District

Aug 20, 2018 thru Sep 30, 2018

Base Menu Spreadsheet

ELEMENTARY/TICE CREEK MENU

Portion Values - Detailed

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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 - 09/20/2018															
ELEMENTARY/TICE CREE															
	Total														
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
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	295	72	632	4.68	2.46	233.2	1217	14.85	*2	20.74	38.76	7.65	4.30	0.05
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
Yogurt	1 Each	200	15	105	0.00	0.36	249.8	100	23.98	31	6.99	37.97	2.5	1.50	0.00
Granola, LF Crunchy Clusters -	Pk	220	0	95	4.00	1.80	0.0	80	0.0	16	5.0	47.0	2.5	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
Bagel CC, String Cheese	bagel	446	34	999	3.00	1.08	518.9	604	0.0	4	27.89	47.14	13.27	7.31	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, Garden Mix - elm	1c	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 Elem	3/4 cup	86	0	84	3.44	0.91	27.8	2726	21.74	*4	3.49	15.15	1.8	0.23	*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
Fruit Variety 2	1/2 cup	55	0	6	1.63	0.20	10.8	279	30.9	*9	0.61	13.86	0.17	0.02	*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
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
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
(+) 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		574	45	1211	8.05	4.31	421.8	6107	45.79	*36	26.41	88.83	14.90	5.55	*0.01
% of Calories										*25.3%	18.4%	61.9%	23.4%	8.7%	*0.0%
Nutrient Guideline		600-650		1230									<=30.0	<10.00	

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Walnut Creek School District

Aug 20, 2018 thru Sep 30, 2018

Base Menu Spreadsheet

ELEMENTARY/TICE CREEK 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 - 09/21/2018															
ELEMENTARY/TICE CREE															
	Total														
Eggs and French Toast	#16 scoop	299	274	404	3.00	2.62	102.7	540	3.6	*8	15.8	30.0	13.1	3.20	0.00
Potatoes, Roasted	3 oz	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	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Yogurt Parfait, w/Dots	1 each	402	10	209	2.01	0.90	351.1	219	7.49	*44	9.12	73.68	7.97	3.26	*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
Yogurt	1 Each	200	15	105	0.00	0.36	249.8	100	23.98	31	6.99	37.97	2.5	1.50	0.00
Granola, LF Crunchy Clusters -	Pk	220	0	95	4.00	1.80	0.0	80	0.0	16	5.0	47.0	2.5	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
Bagel CC, String Cheese	bagel	446	34	999	3.00	1.08	518.9	604	0.0	4	27.89	47.14	13.27	7.31	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, Garden Mix - elm	1c	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 Elem	3/4 cup	86	0	84	3.44	0.91	27.8	2726	21.74	*4	3.49	15.15	1.8	0.23	*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
Fruit Variety 2	1/2 cup	55	0	6	1.63	0.20	10.8	279	30.9	*9	0.61	13.86	0.17	0.02	*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
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
Syrup,Pancake	1 Tbsp	46	0	16	0.00	0.01	0.6	0	0.0	4	0.0	12.06	0.0	0.00	*N/A*
(+) 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		637	202	869	7.71	3.88	487.8	5983	44.70	*47	26.58	107.09	14.39	4.01	*0.00
% of Calories										*29.7%	16.7%	67.2%	20.3%	5.7%	*0.0%
Nutrient Guideline		600-650		1230									<=30.0	<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

Aug 20, 2018 thru Sep 30, 2018

Base Menu Spreadsheet

ELEMENTARY/TICE CREEK MENU

Portion Values - Detailed

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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 - 09/24/2018															
ELEMENTARY/TICE CREE															
	Total														
	Chicken Patty, Fillet	342	35	554	4.03	2.53	10.1	71	0.0	8	23.24	44.2	8.88	1.71	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
	Chili Chips & Cheese-meatless	455	15	428	14.53	2.84	307.7	681	5.76	*5	13.74	62.66	15.38	4.99	*0.06
	or,	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
	Bagel CC, String Cheese	446	34	999	3.00	1.08	518.9	604	0.0	4	27.89	47.14	13.27	7.31	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
	Yogurt	200	15	105	0.00	0.36	249.8	100	23.98	31	6.99	37.97	2.5	1.50	0.00
	Granola, LF Crunchy Clusters -	220	0	95	4.00	1.80	0.0	80	0.0	16	5.0	47.0	2.5	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
	Lettuce & Tomato slices	3	0	1	0.21	0.05	2.1	128	1.83	0	0.15	0.63	0.03	0.00	0.00
	Salad, Garden Mix - elm	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 Elem	86	0	84	3.44	0.91	27.8	2726	21.74	*4	3.49	15.15	1.8	0.23	*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
	Fruit Variety 2	55	0	6	1.63	0.20	10.8	279	30.9	*9	0.61	13.86	0.17	0.02	*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
	Mayonnaise Lite Chefs Pride Ve	85	9	189	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.89	8.5	0.94	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
	(+) 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
	Weighted Daily Average	598	34	776	10.77	3.92	460.9	6280	44.59	*37	31.28	94.31	11.98	3.18	*0.02
	% of Calories									*24.9%	20.9%	63.1%	18.0%	4.8%	*0.0%
	Nutrient Guideline	600-650		1230									<=30.0	<10.00	

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Walnut Creek School District

Aug 20, 2018 thru Sep 30, 2018

Base Menu Spreadsheet

ELEMENTARY/TICE CREEK MENU

Portion Values - Detailed

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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 - 09/25/2018															
ELEMENTARY/TICE CREE															
	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
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	483	49	1409	11.79	2.97	441.1	623	6.48	*1	24.66	58.99	17.22	9.32	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
Bagel CC, String Cheese	bagel	446	34	999	3.00	1.08	518.9	604	0.0	4	27.89	47.14	13.27	7.31	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
Yogurt	1 Each	200	15	105	0.00	0.36	249.8	100	23.98	31	6.99	37.97	2.5	1.50	0.00
Granola, LF Crunchy Clusters -	Pk	220	0	95	4.00	1.80	0.0	80	0.0	16	5.0	47.0	2.5	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, Garden Mix - elm	1 c	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 Elem	3/4 cup	86	0	84	3.44	0.91	27.8	2726	21.74	*4	3.49	15.15	1.8	0.23	*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
Fruit Variety 2	1/2 cup	55	0	6	1.63	0.20	10.8	279	30.9	*9	0.61	13.86	0.17	0.02	*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
(+) 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		754	75	1773	10.71	3.15	745.7	6640	47.42	*32	42.46	99.86	22.13	9.32	*0.16
% of Calories										*17.1%	22.5%	53.0%	26.4%	11.1%	*0.2%
Nutrient Guideline		600-650		1230									<=30.0	<10.00	

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Walnut Creek School District

Aug 20, 2018 thru Sep 30, 2018

Base Menu Spreadsheet

ELEMENTARY/TICE CREEK 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 - 09/26/2018															
ELEMENTARY/TICE CREE															
	Total														
	Chimichanga, Chicken	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	53	0	187	0.72	0.39	8.3	228	1.33	*0	1.03	9.3	1.4	0.15	*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
	Burrito, Bean and Cheese	432	30	1103	9.29	3.48	419.5	642	10.36	*3	22.26	43.11	19.85	7.56	0.00
	Rice, Spanish	53	0	187	0.72	0.39	8.3	228	1.33	*0	1.03	9.3	1.4	0.15	*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
	Bagel CC, String Cheese	446	34	999	3.00	1.08	518.9	604	0.0	4	27.89	47.14	13.27	7.31	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
	Yogurt	200	15	105	0.00	0.36	249.8	100	23.98	31	6.99	37.97	2.5	1.50	0.00
	Granola, LF Crunchy Clusters -	220	0	95	4.00	1.80	0.0	80	0.0	16	5.0	47.0	2.5	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
	Salad, Garden Mix - elm	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 Elem	86	0	84	3.44	0.91	27.8	2726	21.74	*4	3.49	15.15	1.8	0.23	*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
	Fruit Variety 2	55	0	6	1.63	0.20	10.8	279	30.9	*9	0.61	13.86	0.17	0.02	*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
	(+) 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
	Weighted Daily Average	635	75	1199	10.55	4.81	665.5	6710	48.63	*31	33.96	84.21	18.92	7.87	*0.08
	% of Calories									*19.5%	21.4%	53.0%	26.8%	11.1%	*0.1%
	Nutrient Guideline	600-650		1230									<=30.0	<10.00	

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Walnut Creek School District

Aug 20, 2018 thru Sep 30, 2018

Base Menu Spreadsheet

ELEMENTARY/TICE CREEK 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 - 09/27/2018															
ELEMENTARY/TICE CREE															
	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
	or	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	469	52	859	6.64	2.59	541.7	1809	32.5	*8	25.12	56.07	16.4	9.03	*0.10
	or,	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
	Bagel CC, String Cheese	446	34	999	3.00	1.08	518.9	604	0.0	4	27.89	47.14	13.27	7.31	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
	Yogurt	200	15	105	0.00	0.36	249.8	100	23.98	31	6.99	37.97	2.5	1.50	0.00
	Granola, LF Crunchy Clusters -	220	0	95	4.00	1.80	0.0	80	0.0	16	5.0	47.0	2.5	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
	Salad, Garden Mix - elm	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 Elem	86	0	84	3.44	0.91	27.8	2726	21.74	*4	3.49	15.15	1.8	0.23	*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
	Fruit Variety 2	55	0	6	1.63	0.20	10.8	279	30.9	*9	0.61	13.86	0.17	0.02	*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
	Rice Krispie Treat, Mini	45	0	53	0.00	0.18	0.0	100	0.0	*N/A*	0.25	8.5	1.12	0.37	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*
	(+) 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
	Weighted Daily Average	609	44	984	8.89	3.80	583.8	6568	49.74	*40	26.00	95.27	15.05	5.52	*0.02
	% of Calories									*26.0%	17.1%	62.5%	22.2%	8.2%	*0.0%
	Nutrient Guideline	600-650		1230									<=30.0	<10.00	

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Walnut Creek School District

Aug 20, 2018 thru Sep 30, 2018

Base Menu Spreadsheet

ELEMENTARY/TICE CREEK 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 - 09/28/2018															
ELEMENTARY/TICE CREE															
Pizza, Primo pbwg Cheese	Total slice	360	40	490	4.00	1.80	400.0	400	0.0	6	18.0	35.0	16.0	8.00	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
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
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
Yogurt	1 Each	200	15	105	0.00	0.36	249.8	100	23.98	31	6.99	37.97	2.5	1.50	0.00
Granola, LF Crunchy Clusters -	Pk	220	0	95	4.00	1.80	0.0	80	0.0	16	5.0	47.0	2.5	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
Bagel CC, String Cheese	bagel	446	34	999	3.00	1.08	518.9	604	0.0	4	27.89	47.14	13.27	7.31	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, Caesar	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 Elem	3/4 cup	86	0	84	3.44	0.91	27.8	2726	21.74	*4	3.49	15.15	1.8	0.23	*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
Fruit Variety 2	1/2 cup	55	0	6	1.63	0.20	10.8	279	30.9	*9	0.61	13.86	0.17	0.02	*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
(+) 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		633	46	880	8.32	3.51	725.1	6794	41.95	*35	31.19	82.00	21.11	8.37	*0.00
% of Calories										*22.0%	19.7%	51.8%	30.0%	11.9%	*0.0%
Nutrient Guideline		600-650		1230									<=30.0	<10.00	

Weighted Average		639	60	1070	9.36	4.08	609.9	6751	47.63	*36	32.29	90.76	17.65	6.78	*0.14
										*51.1%	20.2%	56.8%	24.9%	9.5%	*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

Aug 20, 2018 thru Sep 30, 2018

Base Menu Spreadsheet

ELEMENTARY/TICE CREEK 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	639		600 - 650		100%													
Cholesterol (mg)	60																	
Sodium 1 (mg)	1070			1230														
Sodium 2 (mg)	1070			935					135									Correction Required - Sodium too High
Fiber (g)	9.36																	
Iron (mg)	4.08																	
Calcium (mg)	609.9																	
Vitamin A (IU)	6751																	
Sugars (g)	36	22.69%																
Vitamin C (mg)	47.63																	
Protein (g)	32.29	20.20%																
Carbohydrate (g)	90.76	56.80%																
Total Fat (g)	17.65	24.86%		<=30.00%														
Saturated Fat (g)	6.78	9.54%		<10.00%														
Trans Fat ¹ (g)	0.14	0.19%																

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