

# Walnut Creek School District

Dec 3, 2018 thru Dec 31, 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 <sup>1</sup> (g)
Mon - 12/03/2018															
ELEMENTARY/TICE CREE	Total														
Chicken Patty, Fillet	1 each	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	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Chili Chips & Cheese-meatless	#8 scoop	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	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	406	34	879	5.00	2.70	578.9	589	0.0	6	25.89	49.95	11.67	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
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
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
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
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
(+) 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		596	34	770	10.87	4.01	463.9	6279	44.59	*37	31.18	94.45	11.90	3.18	*0.02
% of Calories										*25.0%	20.9%	63.4%	18.0%	4.8%	*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  
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**Walnut Creek School District**

**Dec 3, 2018 thru Dec 31, 2018**

Base Menu Spreadsheet

ELEMENTARY/TICE CREEK MENU

Portion Values - Detailed

Page 2

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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 <sup>1</sup> (g)
Tue - 12/04/2018															
ELEMENTARY/TICE CREE	Total														
Chicken Nuggets, Gold Kist	5 pcs	208	42	546	2.00	1.00	20.0	178	0.0	1	19.0	15.0	8.0	1.00	0.00
Mashed Potatoes/Pearls	.5 cup	124	0	556	2.76	0.01	2.7	0	4.97	*0	2.76	24.85	1.38	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
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
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	406	34	879	5.00	2.70	578.9	589	0.0	6	25.89	49.95	11.67	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
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
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
(+) 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		582	42	1323	8.52	2.76	449.0	6217	46.27	*35	31.12	90.36	11.94	3.51	*0.00
% of Calories										*24.0%	21.4%	62.1%	18.5%	5.4%	*0.0%
Nutrient Guideline		600-650		1230									<=30.0	<10.00	

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# Walnut Creek School District

Dec 3, 2018 thru Dec 31, 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 <sup>1</sup> (g)
Wed - 12/05/2018															
ELEMENTARY/TICE CREE															
	Total														
	Chimichanga, Chicken	440	96	907	3.35	2.92	488.4	661	4.45	*1	23.43	38.62	20.95	9.30	*0.14
	Rice, Spanish	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	487	32	1028	6.29	*2.58	*319.5	*192	*9.16	*2	16.75	48.11	25.84	9.81	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	406	34	879	5.00	2.70	578.9	589	0.0	6	25.89	49.95	11.67	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	672	75	1244	8.35	*4.25	*771.5	*6619	*47.67	*31	32.66	89.09	21.76	8.92	*0.08
	% of Calories									*18.5%	19.4%	53.0%	29.1%	11.9%	*0.1%
	Nutrient Guideline	600-650		1230									<=30.0	<10.00	

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Dec 3, 2018 thru Dec 31, 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 <sup>1</sup> (g)
Thu - 12/06/2018															
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, 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
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	406	34	879	5.00	2.70	578.9	589	0.0	6	25.89	49.95	11.67	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
Cookie, Celebration	each	142	14	107	1.40	0.72	40.0	50	0.6	11	1.9	23.9	4.4	1.30	0.00
Milk, 0% chocolate	half pt	120	5	150	0.00	0.36	300.0	500	0.0	19	9.0	22.0	0.0	0.00	0.00
Milk, 1% White	half pt	130	15	160	0.00	0.00	400.0	500	1.2	15	10.0	16.0	2.5	1.50	0.00
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		732	59	1338	9.53	5.10	469.2	6106	47.89	*48	28.23	114.84	20.36	7.10	*0.01
% of Calories										*26.0%	15.4%	62.7%	25.0%	8.7%	*0.0%
Nutrient Guideline		600-650		1230									<=30.0	<10.00	

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ELEMENTARY/TICE CREEK MENU

Portion Values - Detailed

Page 5

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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 <sup>1</sup> (g)
Fri - 12/07/2018															
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	406	34	879	5.00	2.70	578.9	589	0.0	6	25.89	49.95	11.67	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	873	8.42	3.60	728.3	6793	41.95	*35	31.08	82.15	21.03	8.37	*0.00
% of Calories										*22.1%	19.7%	52.1%	30.0%	11.9%	*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

Dec 3, 2018 thru Dec 31, 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 <sup>1</sup> (g)
Mon - 12/10/2018															
ELEMENTARY/TICE CREE	Total														
Corn Dog, Chicken WG	1 each	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	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, 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
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	406	34	879	5.00	2.70	578.9	589	0.0	6	25.89	49.95	11.67	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
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*
(+) 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		578	46	977	9.73	3.71	546.5	6504	50.94	*39	25.54	91.60	12.71	4.64	*0.02
% of Calories										*27.3%	17.7%	63.4%	19.8%	7.2%	*0.0%
Nutrient Guideline		600-650		1230									<=30.0	<10.00	

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# Walnut Creek School District

Dec 3, 2018 thru Dec 31, 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 <sup>1</sup> (g)
Tue - 12/11/2018															
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, Unc Ben 100% brown	1/2 cup	80	0	1	0.95	0.17	1.4	0	0.0	*0	1.89	17.01	0.71	0.00	0.00
or	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Potstickers, Chicken	2 each	88	10	280	0.80	1.08	16.0	40	8.0	1	4.4	13.6	1.6	0.20	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
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	406	34	879	5.00	2.70	578.9	589	0.0	6	25.89	49.95	11.67	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
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
(+) 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		502	53	704	5.33	2.70	386.3	6402	44.69	*36	25.25	86.01	7.27	1.82	*0.00
% of Calories										*28.8%	20.1%	68.5%	13.0%	3.3%	*0.0%
Nutrient Guideline		600-650		1230									<=30.0	<10.00	

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# Walnut Creek School District

Dec 3, 2018 thru Dec 31, 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 <sup>1</sup> (g)
Wed - 12/12/2018															
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
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	406	34	879	5.00	2.70	578.9	589	0.0	6	25.89	49.95	11.67	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
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
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		762	66	1373	9.67	5.07	497.8	6157	43.87	*39	34.93	103.95	22.96	8.02	*0.74
% of Calories										*20.7%	18.3%	54.6%	27.1%	9.5%	*0.9%
Nutrient Guideline		600-650		1230									<=30.0	<10.00	

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# Walnut Creek School District

Dec 3, 2018 thru Dec 31, 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 <sup>1</sup> (g)
Thu - 12/13/2018															
ELEMENTARY/TICE CREE															
	Total														
	Soft Taco- Beef 2 ea	428	63	595	12.69	3.80	374.3	676	0.49	*3	27.69	30.97	22.52	8.65	*1.59
	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 2 ea	467	24	633	20.08	4.28	409.2	810	17.05	*5	24.12	63.69	15.32	5.98	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	406	34	879	5.00	2.70	578.9	589	0.0	6	25.89	49.95	11.67	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
	Salsa, Red Gold	5	0	35	0.25	0.18	10.0	250	3.0	0	0.0	1.0	0.0	0.00	0.00
	Milk, 0% chocolate	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	715	54	999	18.67	5.56	730.9	6725	52.64	*34	38.42	92.22	23.97	8.29	*0.98
	% of Calories									*19.3%	21.5%	51.6%	30.2%	10.4%	*1.2%
	Nutrient Guideline	600-650		1230									<=30.0	<10.00	

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# Walnut Creek School District

Dec 3, 2018 thru Dec 31, 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 <sup>1</sup> (g)
Fri - 12/14/2018															
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	406	34	879	5.00	2.70	578.9	589	0.0	6	25.89	49.95	11.67	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		629	46	840	8.42	3.60	728.3	6793	41.95	*35	31.08	81.62	21.03	8.37	*0.00
% of Calories										*22.2%	19.8%	51.9%	30.1%	12.0%	*0.0%
Nutrient Guideline		600-650		1230									<=30.0	<10.00	

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# Walnut Creek School District

Dec 3, 2018 thru Dec 31, 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 <sup>1</sup> (g)
Mon - 12/17/2018															
ELEMENTARY/TICE CREE															
	Total														
	Grilled Cheese w/ Turkey	360	48	1363	3.00	1.80	200.0	325	0.0	6	26.67	45.67	8.33	3.50	0.00
	Soup- Tomato	90	0	410	1.00	0.72	40.0	500	6.0	13	2.0	21.0	0.0	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
	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
	Soup- Tomato	90	0	410	1.00	0.72	40.0	500	6.0	13	2.0	21.0	0.0	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	406	34	879	5.00	2.70	578.9	589	0.0	6	25.89	49.95	11.67	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	596	43	1523	7.93	3.48	681.7	6655	45.54	*40	34.92	94.58	10.38	4.71	*0.00
	% of Calories									*27.1%	23.5%	63.5%	15.7%	7.1%	*0.0%
	Nutrient Guideline	600-650		1230									<=30.0	<10.00	

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# Walnut Creek School District

Dec 3, 2018 thru Dec 31, 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 <sup>1</sup> (g)
Tue - 12/18/2018															
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	470	49	1093	6.35	5.62	718.9	11791	37.12	3	22.96	45.49	23.19	11.85	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	406	34	879	5.00	2.70	578.9	589	0.0	6	25.89	49.95	11.67	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	641	69	1064	8.29	5.08	653.0	8525	49.66	*39	35.34	101.59	13.09	4.70	*0.04
	% of Calories									*24.1%	22.0%	63.4%	18.4%	6.6%	*0.1%
	Nutrient Guideline	600-650		1230									<=30.0	<10.00	

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# Walnut Creek School District

Dec 3, 2018 thru Dec 31, 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 <sup>1</sup> (g)	
Wed - 12/19/2018																
ELEMENTARY/TICE CREE																
	Total															
	Spaghetti, w/meat sauce	#6 Scoop	347	*51	663	*4.40	*3.04	*146.3	*595	*9.7	*7	20.18	35.6	*13.96	*5.57	*0.54
	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	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00	0.00
	Bosco Stick	1 each	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	1 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	0.00
	Bagel CC, String Cheese	bagel	406	34	879	5.00	2.70	578.9	589	0.0	6	25.89	49.95	11.67	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
	(+) 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		651	*45	984	*9.71	*4.92	*605.3	*6686	*52.24	*37	34.21	96.45	*15.89	*6.00	*0.26
	% of Calories										*22.8%	21.0%	59.3%	*22.0%	*8.3%	*0.4%
	Nutrient Guideline		600-650		1230								<=30.0	<10.00		

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Dec 3, 2018 thru Dec 31, 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 <sup>1</sup> (g)
Thu - 12/20/2018															
ELEMENTARY/TICE CREE															
	Total														
	Turkey Roast	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	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	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 or,	10	0	70	1.00	0.36	10.0	150	1.2	*N/A*	0.5	2.0	0.0	0.00	0.00
	Yogurt	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
	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 - or,	220	0	95	4.00	1.80	0.0	80	0.0	16	5.0	47.0	2.5	0.00	0.00
	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	406	34	879	5.00	2.70	578.9	589	0.0	6	25.89	49.95	11.67	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
	Cookie, Celebration	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	0.00	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	669	75	1454	8.35	3.57	437.2	5865	44.99	*40	32.46	97.01	16.89	5.33	*0.00
	% of Calories									*24.2%	19.4%	58.0%	22.7%	7.2%	*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  
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Walnut Creek School District

Dec 3, 2018 thru Dec 31, 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 <sup>1</sup> (g)
Fri - 12/21/2018															
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	406	34	879	5.00	2.70	578.9	589	0.0	6	25.89	49.95	11.67	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	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 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		659	203	936	7.70	3.86	490.6	5086	42.96	*46	27.03	106.81	17.00	4.49	*0.00
% of Calories										*28.1%	16.4%	64.9%	23.2%	6.1%	*0.0%
Nutrient Guideline		600-650		1230									<=30.0	<10.00	
Weighted Average		641	*64	1094	*9.30	*4.08	*576.0	*6494	*46.52	*38	31.56	94.85	*16.54	*5.83	*0.14
										*53.6%	19.7%	59.2%	*23.2%	*8.2%	*0.2%

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# Walnut Creek School District

Dec 3, 2018 thru Dec 31, 2018

Base Menu Spreadsheet

ELEMENTARY/TICE CREEK MENU

Portion Values - Detailed

Nutrient	Menu AVG	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 <sup>1</sup> (g)	Error Messages (if any)	
			Weekly Target	% of Target	Miss Data	Shortfall	Overage											
Calories	641		600 - 650	100%														
Cholesterol (mg)	64				Missing													
Sodium 1 (mg)	1094		1230															
Sodium 2 (mg)	1094		935						159									Correction Required - Sodium too High
Fiber (g)	9.30				Missing													
Iron (mg)	4.08				Missing													
Calcium (mg)	576.0				Missing													
Vitamin A (IU)	6494				Missing													
Sugars (g)	38	23.84%			Missing													
Vitamin C (mg)	46.52				Missing													
Protein (g)	31.56	19.70%																
Carbohydrate (g)	94.85	59.19%																
Total Fat (g)	16.54	23.23%	<=30.00%		Missing													
Saturated Fat (g)	5.83	8.18%	<10.00%		Missing													
Trans Fat <sup>1</sup> (g)	0.14	0.20%			Missing													

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