

# Walnut Creek School District

Nov 1, 2018 thru Nov 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 <sup>1</sup> (g)
Thu - 11/01/2018															
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	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	602	43	1541	7.63	3.24	672.7	6657	45.54	*40	35.22	94.16	10.62	4.71	*0.00
	% of Calories									*26.6%	23.4%	62.6%	15.9%	7.0%	*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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Nov 1, 2018 thru Nov 30, 2018

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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 - 11/02/2018																
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	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	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	0.00	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
	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
	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, 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	0.00	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		661	203	925	7.53	3.74	481.9	5077	43.15	*47	26.71	107.27	16.98	4.39	*0.00
	% of Calories										*28.5%	16.2%	64.9%	23.1%	6.0%	*0.0%
	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 <sup>1</sup> (g)
Mon - 11/05/2018															
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	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
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		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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### 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 - 11/06/2018															
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	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
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		586	42	1335	8.32	2.60	443.0	6218	46.27	*35	31.32	90.08	12.10	3.51	*0.00
% of Calories										*23.7%	21.4%	61.5%	18.6%	5.4%	*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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	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 - 11/07/2018															
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	437	32	908	9.29	*3.48	*119.5	*192	*10.36	*2	16.75	42.11	22.84	8.81	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	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	636	75	1160	10.55	*4.81	*605.5	*6620	*48.63	*31	32.86	84.01	19.52	8.12	*0.08
	% of Calories									*19.4%	20.7%	52.8%	27.6%	11.5%	*0.1%
	Nutrient Guideline	600-650		1230									<=30.0	<10.00	

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# Walnut Creek School District

Nov 1, 2018 thru Nov 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 <sup>1</sup> (g)
Thu - 11/08/2018															
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	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
Cookie, Celebration	1 each	142	14	107	1.40	0.72	40.0	50	0.6	11	1.9	23.9	4.4	1.30	0.00
Milk, 0% chocolate	half pt	120	5	150	0.00	0.36	300.0	500	0.0	19	9.0	22.0	0.0	0.00	0.00
Milk, 1% White	half pt	130	15	160	0.00	0.00	400.0	500	1.2	15	10.0	16.0	2.5	1.50	0.00
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		734	59	1343	9.45	5.03	466.8	6107	47.89	*48	28.31	114.73	20.43	7.10	*0.01
% of Calories										*25.9%	15.4%	62.5%	25.0%	8.7%	*0.0%
Nutrient Guideline		600-650		1230									<=30.0	<10.00	

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# Walnut Creek School District

Nov 1, 2018 thru Nov 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 <sup>1</sup> (g)
Fri - 11/09/2018															
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	

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**Walnut Creek School District**

**Nov 1, 2018 thru Nov 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 <sup>1</sup> (g)
Tue - 11/13/2018															
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	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
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		504	53	710	5.23	2.62	383.3	6403	44.69	*36	25.35	85.87	7.35	1.82	*0.00
% of Calories										*28.7%	20.1%	68.1%	13.1%	3.2%	*0.0%
Nutrient Guideline		600-650		1230									<=30.0	<10.00	

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# Walnut Creek School District

Nov 1, 2018 thru Nov 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 <sup>1</sup> (g)
Wed - 11/14/2018															
ELEMENTARY/TICE CREE															
	Total														
	Hamburger or Cheese Burger-stk	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	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	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
	Veggie Pattie, chz rs rf lol	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	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	0.00	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
	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
	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*
	Pickles: Dill Slices	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	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	0.00	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	766	66	1386	9.46	4.90	491.5	6159	43.87	*39	35.14	103.66	23.12	8.02	*0.74
	% of Calories									*20.4%	18.3%	54.1%	27.2%	9.4%	*0.9%
	Nutrient Guideline	600-650		1230									<=30.0	<10.00	

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# Walnut Creek School District

Nov 1, 2018 thru Nov 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 <sup>1</sup> (g)
Thu - 11/15/2018															
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	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
	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	671	75	1461	8.25	3.49	434.0	5866	44.99	*40	32.56	96.87	16.97	5.33	*0.00
	% of Calories									*24.0%	19.4%	57.7%	22.8%	7.1%	*0.0%
	Nutrient Guideline	600-650		1230									<=30.0	<10.00	

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Walnut Creek School District

Nov 1, 2018 thru Nov 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 <sup>1</sup> (g)
Fri - 11/16/2018															
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

Nov 1, 2018 thru Nov 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 <sup>1</sup> (g)	
Mon - 11/26/2018																
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	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
	(+) 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		653	*45	990	*9.61	*4.84	*602.3	*6686	*52.24	*37	34.31	96.31	*15.97	*6.00	*0.26
	% of Calories										*22.7%	21.0%	59.0%	*22.0%	*8.3%	*0.4%
	Nutrient Guideline		600-650		1230								<=30.0	<10.00		

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# Walnut Creek School District

Nov 1, 2018 thru Nov 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 <sup>1</sup> (g)	
Tue - 11/27/2018																
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
	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	0.00	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		641	69	1092	7.49	4.56	637.0	8526	49.66	*39	35.54	100.91	12.85	4.50	*0.04
	% of Calories										*24.0%	22.2%	62.9%	18.0%	6.3%	*0.1%
	Nutrient Guideline		600-650		1230								<=30.0	<10.00		

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Nov 1, 2018 thru Nov 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 <sup>1</sup> (g)
Wed - 11/28/2018															
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	#20 scoop	82	13	176	0.41	0.30	125.5	146	0.01	0	4.39	5.71	4.45	2.73	0.03
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
Roll, Dinner, Flowers	roll	80	0	170	1.00	0.72	20.0	10	0.0	2	3.0	15.0	1.0	0.00	0.00
Milk, 0% chocolate	half pt	120	5	150	0.00	0.36	300.0	500	0.0	19	9.0	22.0	0.0	0.00	0.00
Milk, 1% White	half pt	130	15	160	0.00	0.00	400.0	500	1.2	15	10.0	16.0	2.5	1.50	0.00
(+) 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		714	82	1064	7.73	3.49	686.7	6559	52.64	*40	35.55	95.42	22.01	10.94	*0.11
% of Calories										*22.4%	19.9%	53.4%	27.7%	13.8%	*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  
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# Walnut Creek School District

Nov 1, 2018 thru Nov 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 <sup>1</sup> (g)
Thu - 11/29/2018															
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	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	602	43	1541	7.63	3.24	672.7	6657	45.54	*40	35.22	94.16	10.62	4.71	*0.00
	% of Calories									*26.6%	23.4%	62.6%	15.9%	7.0%	*0.0%
	Nutrient Guideline	600-650		1230									<=30.0	<10.00	

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# Walnut Creek School District

Nov 1, 2018 thru Nov 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 <sup>1</sup> (g)
Fri - 11/30/2018															
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	63	16	184	0.07	0.80	7.6	0	0.08	0	6.76	0.41	3.45	1.35	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, Caesar	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	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	560	30	785	7.53	4.49	452.8	5234	42.19	*37	23.37	90.46	12.94	3.39	*0.06
	% of Calories									*26.1%	16.7%	64.6%	20.8%	5.4%	*0.1%
	Nutrient Guideline	600-650		1230									<=30.0	<10.00	

Weighted Average		637	*63	1115	*8.36	*3.87	*558.8	*6415	*45.99	*38	31.57	94.48	*15.98	*5.78	*0.08
										*54.3%	19.8%	59.3%	*22.6%	*8.2%	*0.1%

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Nov 1, 2018 thru Nov 30, 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)	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)	Error Messages (if any)	
Calories	637		600 - 650		100%													
Cholesterol (mg)	63					Missing												
Sodium 1 (mg)	1115			1230														
Sodium 2 (mg)	1115			935					180									Correction Required - Sodium too High
Fiber (g)	8.36					Missing												
Iron (mg)	3.87					Missing												
Calcium (mg)	558.8					Missing												
Vitamin A (IU)	6415					Missing												
Sugars (g)	38	24.13%				Missing												
Vitamin C (mg)	45.99					Missing												
Protein (g)	31.57	19.82%																
Carbohydrate (g)	94.48	59.32%																
Total Fat (g)	15.98	22.58%		<=30.00%		Missing												
Saturated Fat (g)	5.78	8.16%		<10.00%		Missing												
Trans Fat <sup>1</sup> (g)	0.08	0.12%				Missing												

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