

Walnut Creek School District

Aug 22, 2018 thru Sep 28, 2018

Base Menu Spreadsheet

WCI MENU

Portion Values - Detailed

Page 1

Generated on: 8/10/2018 11:45:52 AM

	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 - 08/22/2018															
WCI MENU	Total														
RIB-B-Q, Beef Rib w/Hoagie	1 each	367	26	779	4.06	3.25	24.0	159	0.95	*5	14.53	49.49	12.45	4.84	*0.00
or	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Ravioli, Cheese Mini Rounds	14 each	307	72	656	4.97	2.88	239.0	1578	20.92	*2	21.32	41.36	7.65	4.30	0.05
Bread, Garlic Knot	1 each	170	0	270	2.00	1.08	20.0	200	6.0	2	4.0	23.0	7.0	1.50	0.00
L/O #1-	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
L/O #2-	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
C/W	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Deli Sandwich, Turkey & Cheese	1 each	357	47	1206	4.21	*1.49	*242.1	*428	*1.83	*1	24.15	34.63	14.2	3.25	*0.00
Salad, Fiesta	1 each	634	50	773	16.83	3.19	632.3	9094	29.49	*5	22.74	74.04	26.44	11.64	*0.20
Burrito, Bean and Cheese	1 EACH	432	30	1103	9.29	3.48	419.5	642	10.36	*3	22.26	43.11	19.85	7.56	0.00
Yogurt Parfait, w/benefit bar	1 each	567	28	344	4.01	1.98	271.1	296	7.49	*59	12.12	101.18	12.47	6.26	*0.00
Pizza, Primo wg Turkey Pep	slice	370	40	550	3.00	2.70	400.0	400	0.0	9	21.0	36.0	16.0	7.00	0.00
(+) Sub Total Entrees Served	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
(-) 2nd Lunches	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
(-) Drops	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
(=)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
Rice Krispie Treat, Mini	1 each	45	0	53	0.00	0.18	0.0	100	0.0	*N/A*	0.25	8.5	1.12	0.37	0.00
Milk, 0% chocolate	half pt	120	5	150	0.00	0.36	300.0	500	0.0	19	9.0	22.0	0.0	0.00	0.00
Milk, 1% White	half pt	130	15	160	0.00	0.00	400.0	500	1.2	15	10.0	16.0	2.5	1.50	0.00
Fruit Variety	1/2 cup	60	0	5	1.76	0.26	12.5	317	22.67	*7	0.65	15.22	0.18	0.03	*0.00
Salad, Garden Mix-wci	1 cup	14	0	16	1.59	0.86	30.9	6877	5.42	1	1.05	2.76	0.23	0.03	0.00
Salad Bar Toppings 3	1 cup	94	0	87	3.99	*0.97	*30.4	*2739	32.31	*4	3.87	16.66	1.82	0.24	*0.00
Dressing, Assorted FF w/o 1000	1/2 oz	8	0	126	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.01	0.0	0.00	0.00
Weighted Daily Average		649	49	1088	9.24	*4.65	*465.9	*6346	*45.95	*29	29.18	99.69	16.44	6.29	*0.02
% of Calories										*18.0%	18.0%	61.4%	22.8%	8.7%	*0.0%
Nutrient Guideline		600-700		1360										<10.00	

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Walnut Creek School District

Aug 22, 2018 thru Sep 28, 2018

Base Menu Spreadsheet

WCI MENU

Portion Values - Detailed

Page 2

Generated on: 8/10/2018 11:45:52 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 08/23/2018															
WCI MENU	Total														
Mandarin Chicken	#8 scoop	136	36	254	0.00	0.65	0.0	45	1.09	9	9.98	17.24	2.72	0.45	0.00
Rice, Unc Ben 100% brown	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
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
L/O #1-	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
L/O #2-	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
C/W	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Deli Wrap, Turkey & Cheese	1 each	426	56	1512	0.83	0.46	397.1	3937	2.89	*2	25.8	40.6	17.47	7.51	*0.00
Deli - Tuna on a ww Croissant	#8 scoop	390	43	927	3.00	2.83	114.5	248	0.0	*4	21.53	38.28	18.39	3.96	0.00
Burrito, Bean and Cheese	1 EACH	432	30	1103	9.29	3.48	419.5	642	10.36	*3	22.26	43.11	19.85	7.56	0.00
Yogurt Parfait, w/benefit bar	1 each	567	28	344	4.01	1.98	271.1	296	7.49	*59	12.12	101.18	12.47	6.26	*0.00
Pizza, Primo wg Turkey Pep	slice	370	40	550	3.00	2.70	400.0	400	0.0	9	21.0	36.0	16.0	7.00	0.00
(+) Sub Total Entrees Served	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
(-) 2nd Lunches	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
(-) Drops	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
(=)TOTAL Reimbursable meals	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Milk, 0% chocolate	half pt	120	5	150	0.00	0.36	300.0	500	0.0	19	9.0	22.0	0.0	0.00	0.00
Milk, 1% White	half pt	130	15	160	0.00	0.00	400.0	500	1.2	15	10.0	16.0	2.5	1.50	0.00
Fruit Variety	1/2 cup	60	0	5	1.76	0.26	12.5	317	22.67	*7	0.65	15.22	0.18	0.03	*0.00
Salad, Garden Mix-wci	1 cup	14	0	16	1.59	0.86	30.9	6877	5.42	1	1.05	2.76	0.23	0.03	0.00
Salad Bar Toppings 3	1 cup	94	0	87	3.99	*0.97	*30.4	*2739	32.31	*4	3.87	16.66	1.82	0.24	*0.00
Dressing, Assorted FF w/o 1000	1/2 oz	8	0	126	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.01	0.0	0.00	0.00
Weighted Daily Average		478	33	641	7.26	*2.91	*405.3	*6346	39.44	*30	24.44	76.39	9.57	2.81	*0.00
% of Calories										*25.4%	20.5%	63.9%	18.0%	5.3%	*0.0%
Nutrient Guideline		600-700		1360										<10.00	

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Walnut Creek School District

Aug 22, 2018 thru Sep 28, 2018

Base Menu Spreadsheet

WCI MENU

Portion Values - Detailed

Page 3

Generated on: 8/10/2018 11:45:52 AM

	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 - 08/24/2018															
WCI MENU	Total														
Hamburger or Cheese Burger-stk	1 each	398	74	668	2.00	2.88	70.0	95	0.0	4	21.75	28.5	20.0	8.13	1.00
Potato, Seasoned Straight Cut	1/2 cup	120	0	135	2.00	0.36	0.0	0	2.4	0	1.0	20.0	4.0	0.50	0.00
Beans,Baked,Canned,L/S Veget	1/4 cup	68	0	104	3.14	0.99	31.4	65	0.0	*1	3.67	13.07	0.0	0.00	0.00
or	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Veggie Pattie, chz rs rf lol	1 each	355	15	864	4.40	2.54	245.0	1721	0.0	8	14.4	43.61	13.9	4.10	0.00
Sunflower Seeds, Honey Roasted	packet	190	0	65	3.00	1.44	20.0	25	0.0	5	6.0	11.0	15.0	2.00	0.00
Potato, Seasoned Straight Cut	1/2 cup	120	0	135	2.00	0.36	0.0	0	2.4	0	1.0	20.0	4.0	0.50	0.00
Beans,Baked,Canned,L/S Veget	1/4 cup	68	0	104	3.14	0.99	31.4	65	0.0	*1	3.67	13.07	0.0	0.00	0.00
L/O #1-	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
L/O #2-	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
C/W	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Salad, Chef	serving	251	36	825	2.47	1.31	252.9	7758	14.82	*2	17.38	23.24	11.53	4.06	*0.00
Deli, Turkey Club	1 each	390	56	1434	4.21	1.49	342.1	528	1.83	*0	22.1	31.53	16.98	6.00	0.00
Peanut Butter Jelly, Smucker	1 each	630	0	620	7.00	1.80	60.0	140	0.0	28	19.0	64.0	33.0	7.00	0.00
Pizza, Primo pbwg Cheese	slice	360	40	490	4.00	1.80	400.0	400	0.0	6	18.0	35.0	16.0	8.00	0.00
Pizza, Primo wg Turkey Pep	slice	370	40	550	3.00	2.70	400.0	400	0.0	9	21.0	36.0	16.0	7.00	0.00
(+) Sub Total Entrees Served	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
(-) 2nd Lunches	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
(-) Drops	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
(=)TOTAL Reimbursable meals	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Lettuce & Tomato slices	1 lf,1slc	3	0	1	0.21	0.05	2.1	128	1.83	0	0.15	0.63	0.03	0.00	0.00
Milk, 0% chocolate	half pt	120	5	150	0.00	0.36	300.0	500	0.0	19	9.0	22.0	0.0	0.00	0.00
Milk, 1% White	half pt	130	15	160	0.00	0.00	400.0	500	1.2	15	10.0	16.0	2.5	1.50	0.00
Fruit Variety	1/2 cup	60	0	5	1.76	0.26	12.5	317	22.67	*7	0.65	15.22	0.18	0.03	*0.00
Salad, Caesar	1 cup	62	2	128	1.22	0.56	19.2	5065	2.33	*1	1.31	3.12	5.42	0.80	0.00
Salad Bar Toppings 3	1 cup	94	0	87	3.99	*0.97	*30.4	*2739	32.31	*4	3.87	16.66	1.82	0.24	*0.00
Dressing, Assorted FF w/o 1000	1/2 oz	8	0	126	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.01	0.0	0.00	0.00
Ketchup - LS Red Gold	1 oz	33	0	267	0.00	0.00	0.0	167	2.0	7	0.0	8.34	0.0	0.00	0.00
Mustard	1 oz	21	0	355	0.28	0.57	23.8	0	0.0	*N/A*	1.33	1.81	1.25	0.06	*N/A*
Mayonnaise Lite Chefs Pride Ve	1 oz	85	9	189	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.89	8.5	0.94	0.00
Pickles: Dill Slices	2 each	1	0	111	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		762	65	1379	9.60	*4.54	*465.4	*5812	38.75	*31	33.40	92.73	28.63	8.94	*0.60
% of Calories										*16.4%	17.5%	48.7%	33.8%	10.6%	*0.7%
Nutrient Guideline		600-700		1360										<10.00	

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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Walnut Creek School District

Aug 22, 2018 thru Sep 28, 2018

Base Menu Spreadsheet

WCI MENU

Portion Values - Detailed

Page 4

Generated on: 8/10/2018 11:45:52 AM

	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															
WCI MENU	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	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Meatballs, Sweet&Sour	1 each	240	45	347	0.73	1.20	26.4	360	23.77	12	13.41	16.97	12.31	5.05	*0.00
Noodles, Yakisoba ww	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
L/O #1-	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
L/O #2-	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
C/W	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Deli, Ham & Cheese	1 each	467	67	1231	3.21	*2.39	*302.1	*553	*2.43	*5	20.65	42.13	22.45	8.50	*0.00
Chicken Caesar Wrap 2	1 each	627	151	1471	8.21	30.63	375.0	7785	15.13	*3	35.48	37.82	36.48	12.67	*0.00
Peanut Butter Jelly, Smucker	1 each	630	0	620	7.00	1.80	60.0	140	0.0	28	19.0	64.0	33.0	7.00	0.00
Pizza, Primo pbwg Cheese	slice	360	40	490	4.00	1.80	400.0	400	0.0	6	18.0	35.0	16.0	8.00	0.00
Pizza, Primo wg Turkey Pep	slice	370	40	550	3.00	2.70	400.0	400	0.0	9	21.0	36.0	16.0	7.00	0.00
(+) Sub Total Entrees Served	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
(-) 2nd Lunches	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
(-) Drops	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
(=)TOTAL Reimbursable meals	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Cookie, Bear Grahams	PKG	112	0	100	2.00	2.00	14.0	321	3.0	*N/A*	2.0	20.0	3.0	1.00	0.00
Milk, 0% chocolate	half pt	120	5	150	0.00	0.36	300.0	500	0.0	19	9.0	22.0	0.0	0.00	0.00
Milk, 1% White	half pt	130	15	160	0.00	0.00	400.0	500	1.2	15	10.0	16.0	2.5	1.50	0.00
Fruit Variety	1/2 cup	60	0	5	1.76	0.26	12.5	317	22.67	*7	0.65	15.22	0.18	0.03	*0.00
Salad, Garden Mix-wci	1 cup	14	0	16	1.59	0.86	30.9	6877	5.42	1	1.05	2.76	0.23	0.03	0.00
Salad Bar Toppings 3	1 cup	94	0	87	3.99	*0.97	*30.4	*2739	32.31	*4	3.87	16.66	1.82	0.24	*0.00
Dressing, Assorted FF w/o 1000	1/2 oz	8	0	126	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.01	0.0	0.00	0.00
Weighted Daily Average		676	66	916	9.63	*6.68	*517.1	*6154	*45.58	*32	33.83	99.57	17.90	5.74	*0.00
% of Calories										*19.0%	20.0%	58.9%	23.8%	7.6%	*0.0%
Nutrient Guideline		600-700		1360										<10.00	

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Walnut Creek School District

Aug 22, 2018 thru Sep 28, 2018

Base Menu Spreadsheet

WCI MENU

Portion Values - Detailed

Page 5

Generated on: 8/10/2018 11:45:52 AM

	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 - 08/28/2018															
WCI MENU	Total														
Soft Taco- Beef 2ea	2 each	526	87	786	12.69	3.83	574.4	945	0.49	*3	34.6	32.26	29.88	13.29	*1.70
Beans, Refried Homemade	1/4 cup	74	0	141	2.17	0.51	12.9	28	6.05	*0	2.15	6.68	4.52	0.70	0.00
or	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Soft Taco- Veggie	2 each	360	0	436	18.90	4.00	203.2	461	13.28	*4	16.07	55.41	10.14	1.65	0.00
Beans, Refried Homemade	1/4 cup	74	0	141	2.17	0.51	12.9	28	6.05	*0	2.15	6.68	4.52	0.70	0.00
L/O #1-	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
L/O #2-	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
C/W	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Deli Sandwich, Turkey & Cheese	1 each	357	47	1206	4.21	*1.49	*242.1	*428	*1.83	*1	24.15	34.63	14.2	3.25	*0.00
Salad, Fiesta	1 each	634	50	773	16.83	3.19	632.3	9094	29.49	*5	22.74	74.04	26.44	11.64	*0.20
Burrito, Bean and Cheese	1 EACH	432	30	1103	9.29	3.48	419.5	642	10.36	*3	22.26	43.11	19.85	7.56	0.00
Yogurt Parfait, w/benefit bar	1 each	567	28	344	4.01	1.98	271.1	296	7.49	*59	12.12	101.18	12.47	6.26	*0.00
Pizza, Primo wg Turkey Pep	slice	370	40	550	3.00	2.70	400.0	400	0.0	9	21.0	36.0	16.0	7.00	0.00
(+) Sub Total Entrees Served	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
(-) 2nd Lunches	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
(-) Drops	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
(=)TOTAL Reimbursable meals	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Milk, 0% chocolate	half pt	120	5	150	0.00	0.36	300.0	500	0.0	19	9.0	22.0	0.0	0.00	0.00
Milk, 1% White	half pt	130	15	160	0.00	0.00	400.0	500	1.2	15	10.0	16.0	2.5	1.50	0.00
Fruit Variety	1/2 cup	60	0	5	1.76	0.26	12.5	317	22.67	*7	0.65	15.22	0.18	0.03	*0.00
Salad, Caesar	1 cup	62	2	128	1.22	0.56	19.2	5065	2.33	*1	1.31	3.12	5.42	0.80	0.00
Salad Bar Toppings 3	1 cup	94	0	87	3.99	*0.97	*30.4	*2739	32.31	*4	3.87	16.66	1.82	0.24	*0.00
Dressing, Assorted FF w/o 1000	1/2 oz	8	0	126	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.01	0.0	0.00	0.00
Salsa, Red Gold	tablespoon	5	0	35	0.25	0.18	10.0	250	3.0	0	0.0	1.0	0.0	0.00	0.00
Weighted Daily Average		726	50	1061	18.95	*5.19	*685.8	*6116	*46.79	*29	35.81	89.89	27.23	8.80	*0.64
% of Calories										*16.0%	19.7%	49.5%	33.8%	10.9%	*0.8%
Nutrient Guideline		600-700		1360										<10.00	

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Walnut Creek School District

Aug 22, 2018 thru Sep 28, 2018

Base Menu Spreadsheet

WCI MENU

Portion Values - Detailed

Page 6

Generated on: 8/10/2018 11:45:52 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 - 08/29/2018															
WCI MENU	Total														
Fajita Bowls	1 each	291	74	399	5.34	1.64	236.0	899	25.93	*2	19.81	28.39	10.74	4.13	*0.00
L/O #1-	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
L/O #2-	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Salad, Chicken Caesar 2	1 each	393	118	1232	2.21	8.49	123.6	7414	13.93	*3	24.45	23.04	23.17	4.25	*0.00
Pinwheel, Ham & Cheese	1 each	549	93	1320	2.64	3.85	687.8	11980	34.32	*2	31.64	41.4	29.11	14.91	0.20
Peanut Butter Jelly, Smucker	1 each	630	0	620	7.00	1.80	60.0	140	0.0	28	19.0	64.0	33.0	7.00	0.00
Pizza, Primo pbwg Cheese	slice	360	40	490	4.00	1.80	400.0	400	0.0	6	18.0	35.0	16.0	8.00	0.00
Pizza, Primo wg Turkey Pep	slice	370	40	550	3.00	2.70	400.0	400	0.0	9	21.0	36.0	16.0	7.00	0.00
C/W	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
(+) Sub Total Entrees Served	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
(-) 2nd Lunches	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
(-) Drops	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
(=)TOTAL Reimbursable meals	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Milk, 0% chocolate	half pt	120	5	150	0.00	0.36	300.0	500	0.0	19	9.0	22.0	0.0	0.00	0.00
Milk, 1% White	half pt	130	15	160	0.00	0.00	400.0	500	1.2	15	10.0	16.0	2.5	1.50	0.00
Fruit Variety	1/2 cup	60	0	5	1.76	0.26	12.5	317	22.67	*7	0.65	15.22	0.18	0.03	*0.00
Salad, Garden Mix-wci	1 cup	14	0	16	1.59	0.86	30.9	6877	5.42	1	1.05	2.76	0.23	0.03	0.00
Salad Bar Toppings 3	1 cup	94	0	87	3.99	*0.97	*30.4	*2739	32.31	*4	3.87	16.66	1.82	0.24	*0.00
Dressing, Assorted FF w/o 1000	1/2 oz	8	0	126	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.01	0.0	0.00	0.00
Weighted Daily Average		534	70	739	8.83	*3.50	*563.9	*6760	53.93	*26	30.24	69.17	16.04	5.89	*0.01
% of Calories										*19.7%	22.7%	51.8%	27.0%	9.9%	*0.0%
Nutrient Guideline		600-700		1360										<10.00	

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Walnut Creek School District

Aug 22, 2018 thru Sep 28, 2018

Base Menu Spreadsheet

WCI MENU

Portion Values - Detailed

Page 7

Generated on: 8/10/2018 11:45:52 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 08/30/2018															
WCI MENU	Total														
Chili Chips & Cheese-beef	#10 scoop	510	39	663	12.35	3.15	298.4	965	7.25	*5	16.81	59.07	21.57	7.53	*0.74
or	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Hot Dog, Beef 6" w/Athens Bun	1 each	290	30	680	2.00	2.34	10.0	120	6.6	6	10.0	32.0	15.0	5.50	0.00
Potato Chip, Fun Size	pkg	80	0	80	1.00	0.00	0.0	0	2.4	*N/A*	0.0	8.0	5.0	0.50	0.00
L/O #1-	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
L/O #2-	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
C/W	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Deli Wrap, Turkey & Cheese	1 each	426	56	1512	0.83	0.46	397.1	3937	2.89	*2	25.8	40.6	17.47	7.51	*0.00
Deli - Tuna on a ww Croissant	#8 scoop	390	43	927	3.00	2.83	114.5	248	0.0	*4	21.53	38.28	18.39	3.96	0.00
Burrito, Bean and Cheese	1 EACH	432	30	1103	9.29	3.48	419.5	642	10.36	*3	22.26	43.11	19.85	7.56	0.00
Yogurt Parfait, w/benefit bar	1 each	567	28	344	4.01	1.98	271.1	296	7.49	*59	12.12	101.18	12.47	6.26	*0.00
Pizza, Primo wg Turkey Pep	slice	370	40	550	3.00	2.70	400.0	400	0.0	9	21.0	36.0	16.0	7.00	0.00
(+) Sub Total Entrees Served	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
(-) 2nd Lunches	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
(-) Drops	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
(=)TOTAL Reimbursable meals	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Milk, 0% chocolate	half pt	120	5	150	0.00	0.36	300.0	500	0.0	19	9.0	22.0	0.0	0.00	0.00
Milk, 1% White	half pt	130	15	160	0.00	0.00	400.0	500	1.2	15	10.0	16.0	2.5	1.50	0.00
Fruit Variety	1/2 cup	60	0	5	1.76	0.26	12.5	317	22.67	*7	0.65	15.22	0.18	0.03	*0.00
Salad, Garden Mix-wci	1 cup	14	0	16	1.59	0.86	30.9	6877	5.42	1	1.05	2.76	0.23	0.03	0.00
Salad Bar Toppings 3	1 cup	94	0	87	3.99	*0.97	*30.4	*2739	32.31	*4	3.87	16.66	1.82	0.24	*0.00
Dressing, Assorted FF w/o 1000	1/2 oz	8	0	126	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.01	0.0	0.00	0.00
Ketchup - LS Red Gold	1 oz	33	0	267	0.00	0.00	0.0	167	2.0	7	0.0	8.34	0.0	0.00	0.00
Mustard	1 oz	21	0	355	0.28	0.57	23.8	0	0.0	*N/A*	1.33	1.81	1.25	0.06	*N/A*
Relish	1 oz	39	0	243	0.33	0.26	0.9	365	0.3	9	0.11	10.52	0.14	0.02	0.00
Weighted Daily Average		661	43	1081	11.55	*4.07	*531.6	*6243	43.24	*33	26.20	92.73	21.48	7.40	*0.33
% of Calories										*19.8%	15.8%	56.1%	29.2%	10.1%	*0.4%
Nutrient Guideline		600-700		1360										<10.00	

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Walnut Creek School District

Aug 22, 2018 thru Sep 28, 2018

Base Menu Spreadsheet

WCI MENU

Portion Values - Detailed

Page 8

Generated on: 8/10/2018 11:45:53 AM

	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															
WCI MENU	Total														
Potato Bowl, Chicken	1 each	582	91	1815	5.80	1.27	421.1	801	6.48	*2	36.67	54.0	25.22	10.32	0.20
Roll, Dinner, Flowers	roll	80	0	170	1.00	0.72	20.0	10	0.0	2	3.0	15.0	1.0	0.00	0.00
or	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Potato Bowl, Veggie	1 each	491	49	1416	12.34	3.12	451.1	755	25.31	*1	25.26	60.39	17.3	9.33	0.20
Roll, Dinner, Flowers	roll	80	0	170	1.00	0.72	20.0	10	0.0	2	3.0	15.0	1.0	0.00	0.00
L/O #1-	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
L/O #2-	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
C/W	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Salad, Chef	serving	251	36	825	2.47	1.31	252.9	7758	14.82	*2	17.38	23.24	11.53	4.06	*0.00
Deli, Turkey Club	1 each	390	56	1434	4.21	1.49	342.1	528	1.83	*0	22.1	31.53	16.98	6.00	0.00
Peanut Butter Jelly, Smucker	1 each	630	0	620	7.00	1.80	60.0	140	0.0	28	19.0	64.0	33.0	7.00	0.00
Pizza, Primo pbwg Cheese	slice	360	40	490	4.00	1.80	400.0	400	0.0	6	18.0	35.0	16.0	8.00	0.00
Pizza, Primo wg Turkey Pep	slice	370	40	550	3.00	2.70	400.0	400	0.0	9	21.0	36.0	16.0	7.00	0.00
(+) Sub Total Entrees Served	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
(-) 2nd Lunches	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
(-) Drops	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
(=)TOTAL Reimbursable meals	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Pudding, Chocolate	container	120	0	125	0.19	0.19	52.7	710	0.03	15	2.0	20.0	4.0	0.00	0.00
Milk, 0% chocolate	half pt	120	5	150	0.00	0.36	300.0	500	0.0	19	9.0	22.0	0.0	0.00	0.00
Milk, 1% White	half pt	130	15	160	0.00	0.00	400.0	500	1.2	15	10.0	16.0	2.5	1.50	0.00
Fruit Variety	1/2 cup	60	0	5	1.76	0.26	12.5	317	22.67	*7	0.65	15.22	0.18	0.03	*0.00
Salad, Garden Mix-wci	1 cup	14	0	16	1.59	0.86	30.9	6877	5.42	1	1.05	2.76	0.23	0.03	0.00
Salad Bar Toppings 3	1 cup	94	0	87	3.99	*0.97	*30.4	*2739	32.31	*4	3.87	16.66	1.82	0.24	*0.00
Dressing, Assorted FF w/o 1000	1/2 oz	8	0	126	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.01	0.0	0.00	0.00
Weighted Daily Average		856	69	1807	11.65	*3.74	*743.8	*7065	46.00	*41	41.79	114.66	27.53	9.46	*0.14
% of Calories										*19.2%	19.5%	53.6%	29.0%	10.0%	*0.1%
Nutrient Guideline		600-700		1360										<10.00	

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Walnut Creek School District

Aug 22, 2018 thru Sep 28, 2018

Base Menu Spreadsheet

WCI MENU

Portion Values - Detailed

Page 9

Generated on: 8/10/2018 11:45:53 AM

	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															
WCI MENU	Total														
Chicken Tenders	3 each	200	52	695	0.95	1.71	19.0	95	0.0	1	15.22	12.37	10.47	1.90	0.00
Mash Potatoes & Gravy	1/2 cup	161	14	806	2.76	0.01	2.7	0	4.97	*0	3.69	28.55	3.7	0.93	*0.00
or	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Beef, Philly Cheese Steak	sandwiche	473	92	930	3.73	4.06	180.1	592	22.57	9	35.5	47.53	13.64	5.83	*0.00
L/O #1-	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
L/O #2-	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
C/W	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Deli Sandwich, Turkey & Cheese	1 each	357	47	1206	4.21	*1.49	*242.1	*428	*1.83	*1	24.15	34.63	14.2	3.25	*0.00
Salad, Fiesta	1 each	634	50	773	16.83	3.19	632.3	9094	29.49	*5	22.74	74.04	26.44	11.64	*0.20
Burrito, Bean and Cheese	1 EACH	432	30	1103	9.29	3.48	419.5	642	10.36	*3	22.26	43.11	19.85	7.56	0.00
Yogurt Parfait, w/benefit bar	1 each	567	28	344	4.01	1.98	271.1	296	7.49	*59	12.12	101.18	12.47	6.26	*0.00
Pizza, Primo wg Turkey Pep	slice	370	40	550	3.00	2.70	400.0	400	0.0	9	21.0	36.0	16.0	7.00	0.00
(+) Sub Total Entrees Served	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
(-) 2nd Lunches	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
(-) Drops	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
(=)TOTAL Reimbursable meals	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Milk, 0% chocolate	half pt	120	5	150	0.00	0.36	300.0	500	0.0	19	9.0	22.0	0.0	0.00	0.00
Milk, 1% White	half pt	130	15	160	0.00	0.00	400.0	500	1.2	15	10.0	16.0	2.5	1.50	0.00
Fruit Variety	1/2 cup	60	0	5	1.76	0.26	12.5	317	22.67	*7	0.65	15.22	0.18	0.03	*0.00
Salad, Garden Mix-wci	1 cup	14	0	16	1.59	0.86	30.9	6877	5.42	1	1.05	2.76	0.23	0.03	0.00
Salad Bar Toppings 3	1 cup	94	0	87	3.99	*0.97	*30.4	*2739	32.31	*4	3.87	16.66	1.82	0.24	*0.00
Dressing, Assorted FF w/o 1000	1/2 oz	8	0	126	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.01	0.0	0.00	0.00
Ketchup - LS Red Gold 2	tablespoon	17	0	133	0.00	0.00	0.0	83	1.0	3	0.0	4.17	0.0	0.00	0.00
Weighted Daily Average		586	67	1227	7.87	*3.85	*460.2	*5984	*45.25	*31	32.53	80.26	15.82	5.18	*0.01
% of Calories										*21.0%	22.2%	54.7%	24.3%	8.0%	*0.0%
Nutrient Guideline		600-700		1360										<10.00	

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Walnut Creek School District

Aug 22, 2018 thru Sep 28, 2018

Base Menu Spreadsheet

WCI MENU

Portion Values - Detailed

Page 10

Generated on: 8/10/2018 11:45:53 AM

	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															
WCI MENU	Total														
Chicken Patty, Fillet	1 each	355	49	581	4.01	2.53	5.1	45	2.4	6	24.12	44.1	9.44	1.91	0.00
or	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Fish, Brd Pollack Fillets	1 each	160	25	350	1.00	0.36	20.0	5	0.0	1	9.0	17.0	6.0	1.50	0.00
Biscuits Whole Grain Pillsbury	1 each	210	0	460	2.00	1.08	150.0	10	0.0	2	4.0	27.0	10.0	9.00	0.00
L/O #1-	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
L/O #2-	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
C/W	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Salad, Chicken Caesar 2	1 each	393	118	1232	2.21	8.49	123.6	7414	13.93	*3	24.45	23.04	23.17	4.25	*0.00
Pinwheel, Ham & Cheese	1 each	549	93	1320	2.64	3.85	687.8	11980	34.32	*2	31.64	41.4	29.11	14.91	0.20
Peanut Butter Jelly, Smucker	1 each	630	0	620	7.00	1.80	60.0	140	0.0	28	19.0	64.0	33.0	7.00	0.00
Pizza, Primo pbwg Cheese	slice	360	40	490	4.00	1.80	400.0	400	0.0	6	18.0	35.0	16.0	8.00	0.00
Pizza, Primo wg Turkey Pep	slice	370	40	550	3.00	2.70	400.0	400	0.0	9	21.0	36.0	16.0	7.00	0.00
(+) Sub Total Entrees Served	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
(-) 2nd Lunches	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
(-) Drops	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
(=)TOTAL Reimbursable meals	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Lettuce & Tomato slices	1 lf,1slc	3	0	1	0.21	0.05	2.1	128	1.83	0	0.15	0.63	0.03	0.00	0.00
Cookie, Celebration	1 each	142	14	107	1.40	0.72	40.0	50	0.6	11	1.9	23.9	4.4	1.30	0.00
Milk, 0% chocolate	half pt	120	5	150	0.00	0.36	300.0	500	0.0	19	9.0	22.0	0.0	0.00	0.00
Milk, 1% White	half pt	130	15	160	0.00	0.00	400.0	500	1.2	15	10.0	16.0	2.5	1.50	0.00
Fruit Variety	1/2 cup	60	0	5	1.76	0.26	12.5	317	22.67	*7	0.65	15.22	0.18	0.03	*0.00
Salad, Garden Mix-wci	1 cup	14	0	16	1.59	0.86	30.9	6877	5.42	1	1.05	2.76	0.23	0.03	0.00
Salad Bar Toppings 3	1 cup	94	0	87	3.99	*0.97	*30.4	*2739	32.31	*4	3.87	16.66	1.82	0.24	*0.00
Dressing, Assorted FF w/o 1000	1/2 oz	8	0	126	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.01	0.0	0.00	0.00
Ketchup - LS Red Gold	1 oz	33	0	267	0.00	0.00	0.0	167	2.0	7	0.0	8.34	0.0	0.00	0.00
Mustard	1 oz	21	0	355	0.28	0.57	23.8	0	0.0	*N/A*	1.33	1.81	1.25	0.06	*N/A*
Mayonnaise Lite Chefs Pride Ve	1 oz	85	9	189	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.89	8.5	0.94	0.00
Tarter Sauce 2	1 Tbsp	34	3	95	0.00	0.00	0.0	0	0.0	*0	0.0	1.72	3.03	0.34	0.00
Weighted Daily Average		732	64	1140	9.13	*4.43	*480.6	*6288	40.44	*40	32.43	104.81	21.55	7.32	*0.01
% of Calories										*21.8%	17.7%	57.3%	26.5%	9.0%	*0.0%
Nutrient Guideline		600-700		1360										<10.00	

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Walnut Creek School District

Aug 22, 2018 thru Sep 28, 2018

Base Menu Spreadsheet

WCI MENU

Portion Values - Detailed

Page 11

Generated on: 8/10/2018 11:45:53 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 09/06/2018															
WCI MENU	Total														
Corn Dogs, Mini	6 each	270	38	420	4.50	2.16	150.0	30	0.0	6	10.5	30.0	12.0	3.75	0.00
Potatoes, Roasted	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
Pork Sandwich, pulled BBQ 2	sandwiche	305	55	306	2.16	1.93	6.1	43	0.4	8	14.0	31.75	12.83	4.25	0.00
Potatoes, Roasted	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
L/O #1-	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
L/O #2-	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
C/W	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Deli Wrap, Turkey & Cheese	1 each	426	56	1512	0.83	0.46	397.1	3937	2.89	*2	25.8	40.6	17.47	7.51	*0.00
Deli - Tuna on a ww Croissant	#8 scoop	390	43	927	3.00	2.83	114.5	248	0.0	*4	21.53	38.28	18.39	3.96	0.00
Burrito, Bean and Cheese	1 EACH	432	30	1103	9.29	3.48	419.5	642	10.36	*3	22.26	43.11	19.85	7.56	0.00
Yogurt Parfait, w/benefit bar	1 each	567	28	344	4.01	1.98	271.1	296	7.49	*59	12.12	101.18	12.47	6.26	*0.00
Pizza, Primo wg Turkey Pep	slice	370	40	550	3.00	2.70	400.0	400	0.0	9	21.0	36.0	16.0	7.00	0.00
(+) Sub Total Entrees Served	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
(-) 2nd Lunches	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
(-) Drops	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
(=)TOTAL Reimbursable meals	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Milk, 0% chocolate	half pt	120	5	150	0.00	0.36	300.0	500	0.0	19	9.0	22.0	0.0	0.00	0.00
Milk, 1% White	half pt	130	15	160	0.00	0.00	400.0	500	1.2	15	10.0	16.0	2.5	1.50	0.00
Fruit Variety	1/2 cup	60	0	5	1.76	0.26	12.5	317	22.67	*7	0.65	15.22	0.18	0.03	*0.00
Salad, Garden Mix-wci	1 cup	14	0	16	1.59	0.86	30.9	6877	5.42	1	1.05	2.76	0.23	0.03	0.00
Salad Bar Toppings 3	1 cup	94	0	87	3.99	*0.97	*30.4	*2739	32.31	*4	3.87	16.66	1.82	0.24	*0.00
Dressing, Assorted FF w/o 1000	1/2 oz	8	0	126	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.01	0.0	0.00	0.00
Ketchup - LS Red Gold	1 oz	33	0	267	0.00	0.00	0.0	167	2.0	7	0.0	8.34	0.0	0.00	0.00
Mustard	1 oz	21	0	355	0.28	0.57	23.8	0	0.0	*N/A*	1.33	1.81	1.25	0.06	*N/A*
Weighted Daily Average		602	48	952	9.23	*4.03	*465.7	*5761	41.23	*33	25.80	93.31	16.85	5.62	*0.00
% of Calories										*21.8%	17.1%	62.0%	25.2%	8.4%	*0.0%
Nutrient Guideline		600-700		1360										<10.00	

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Walnut Creek School District

Aug 22, 2018 thru Sep 28, 2018

Base Menu Spreadsheet

WCI MENU

Portion Values - Detailed

Page 12

Generated on: 8/10/2018 11:45:53 AM

	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 - 09/07/2018															
WCI MENU	Total														
Chimichanga, Chicken	1 each	390	96	787	6.35	3.82	288.4	661	5.65	*1	23.43	32.62	17.95	8.30	*0.14
Sour Crm,Lt (Crystal)	1 oz	76	19	57	0.00	0.00	113.4	378	0.0	4	3.78	3.78	4.72	2.83	0.00
Lettuce,Shredded	1/8 cup	1	0	3	0.12	0.08	3.2	666	0.83	0	0.12	0.26	0.01	0.00	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	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Enchilada, Cheese w/Pace Sauce	2 each	484	60	1063	3.92	2.82	398.4	1683	2.35	4	16.88	48.2	21.87	13.91	0.00
Sour Crm,Lt (Crystal)	1 oz	76	19	57	0.00	0.00	113.4	378	0.0	4	3.78	3.78	4.72	2.83	0.00
Lettuce,Shredded	1/8 cup	1	0	3	0.12	0.08	3.2	666	0.83	0	0.12	0.26	0.01	0.00	0.00
Rice, Spanish	1/2 cup	105	0	373	1.42	0.65	14.7	453	2.64	*0	2.01	18.52	2.75	0.30	*0.00
L/O #1-	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
L/O #2-	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
C/W	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Salad, Chef	serving	251	36	825	2.47	1.31	252.9	7758	14.82	*2	17.38	23.24	11.53	4.06	*0.00
Deli, Turkey Club	1 each	390	56	1434	4.21	1.49	342.1	528	1.83	*0	22.1	31.53	16.98	6.00	0.00
Peanut Butter Jelly, Smucker	1 each	630	0	620	7.00	1.80	60.0	140	0.0	28	19.0	64.0	33.0	7.00	0.00
Pizza, Primo pbwg Cheese	slice	360	40	490	4.00	1.80	400.0	400	0.0	6	18.0	35.0	16.0	8.00	0.00
Pizza, Primo wg Turkey Pep	slice	370	40	550	3.00	2.70	400.0	400	0.0	9	21.0	36.0	16.0	7.00	0.00
(+) Sub Total Entrees Served	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
(-) 2nd Lunches	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
(-) Drops	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
(=)TOTAL Reimbursable meals	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Milk, 0% chocolate	half pt	120	5	150	0.00	0.36	300.0	500	0.0	19	9.0	22.0	0.0	0.00	0.00
Milk, 1% White	half pt	130	15	160	0.00	0.00	400.0	500	1.2	15	10.0	16.0	2.5	1.50	0.00
Fruit Variety	1/2 cup	60	0	5	1.76	0.26	12.5	317	22.67	*7	0.65	15.22	0.18	0.03	*0.00
Salad, Garden Mix-wci	1 cup	14	0	16	1.59	0.86	30.9	6877	5.42	1	1.05	2.76	0.23	0.03	0.00
Salad Bar Toppings 3	1 cup	94	0	87	3.99	*0.97	*30.4	*2739	32.31	*4	3.87	16.66	1.82	0.24	*0.00
Dressing, Assorted FF w/o 1000	1/2 oz	8	0	126	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.01	0.0	0.00	0.00
Weighted Daily Average		712	88	1314	10.48	*4.93	*667.2	*6962	41.85	*27	34.75	87.38	24.85	10.95	*0.08
% of Calories										*15.4%	19.5%	49.1%	31.4%	13.8%	*0.1%
Nutrient Guideline		600-700		1360										<10.00	

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Walnut Creek School District

Aug 22, 2018 thru Sep 28, 2018

Base Menu Spreadsheet

WCI MENU

Portion Values - Detailed

Page 13

Generated on: 8/10/2018 11:45:53 AM

	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 - 09/10/2018															
WCI MENU	Total														
Potato, Baked w/toppings	1 each	472	83	583	3.81	1.94	443.0	895	16.72	*3	20.57	40.04	26.22	16.13	*0.20
Cracker, Goldfish wg	pkg	100	5	170	1.00	0.36	20.0	0	0.0	0	3.0	14.0	3.5	1.00	0.00
or	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Chicken, BBQ, Kinders	2 each	320	100	660	1.00	1.08	20.0	230	3.6	26	24.0	28.0	11.0	3.00	0.00
Mac & Cheese - Ultimate	#12 scoop	136	22	292	0.69	0.50	208.4	242	0.02	1	7.28	9.48	7.38	4.53	0.05
L/O #1-	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
L/O #2-	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
C/W	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Deli, Ham & Cheese	1 each	467	67	1231	3.21	*2.39	*302.1	*553	*2.43	*5	20.65	42.13	22.45	8.50	*0.00
Chicken Caesar Wrap 2	1 each	627	151	1471	8.21	30.63	375.0	7785	15.13	*3	35.48	37.82	36.48	12.67	*0.00
Peanut Butter Jelly, Smucker	1 each	630	0	620	7.00	1.80	60.0	140	0.0	28	19.0	64.0	33.0	7.00	0.00
Pizza, Primo pbwg Cheese	slice	360	40	490	4.00	1.80	400.0	400	0.0	6	18.0	35.0	16.0	8.00	0.00
Pizza, Primo wg Turkey Pep	slice	370	40	550	3.00	2.70	400.0	400	0.0	9	21.0	36.0	16.0	7.00	0.00
(+) Sub Total Entrees Served	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
(-) 2nd Lunches	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
(-) Drops	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
(=)TOTAL Reimbursable meals	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Roll, Dinner, Flowers	roll	80	0	170	1.00	0.72	20.0	10	0.0	2	3.0	15.0	1.0	0.00	0.00
Milk, 0% chocolate	half pt	120	5	150	0.00	0.36	300.0	500	0.0	19	9.0	22.0	0.0	0.00	0.00
Milk, 1% White	half pt	130	15	160	0.00	0.00	400.0	500	1.2	15	10.0	16.0	2.5	1.50	0.00
Fruit Variety	1/2 cup	60	0	5	1.76	0.26	12.5	317	22.67	*7	0.65	15.22	0.18	0.03	*0.00
Salad, Caesar	1 cup	62	2	128	1.22	0.56	19.2	5065	2.33	*1	1.31	3.12	5.42	0.80	0.00
Salad Bar Toppings 3	1 cup	94	0	87	3.99	*0.97	*30.4	*2739	32.31	*4	3.87	16.66	1.82	0.24	*0.00
Dressing, Assorted FF w/o 1000	1/2 oz	8	0	126	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.01	0.0	0.00	0.00
Weighted Daily Average		728	91	1133	7.84	*3.76	*586.2	*5791	*42.43	*36	35.64	86.45	27.39	11.10	*0.08
% of Calories										*19.8%	19.6%	47.5%	33.8%	13.7%	*0.1%
Nutrient Guideline		600-700		1360										<10.00	

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Walnut Creek School District

Aug 22, 2018 thru Sep 28, 2018

Base Menu Spreadsheet

WCI MENU

Portion Values - Detailed

Page 14

Generated on: 8/10/2018 11:45:53 AM

	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															
WCI MENU															
	Total														
RIB-B-Q, Beef Rib w/Hoagie	1 each	367	26	779	4.06	3.25	24.0	159	0.95	*5	14.53	49.49	12.45	4.84	*0.00
or	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Ravioli, Cheese Mini Rounds	14 each	307	72	656	4.97	2.88	239.0	1578	20.92	*2	21.32	41.36	7.65	4.30	0.05
Bread, Garlic Knot	1 each	170	0	270	2.00	1.08	20.0	200	6.0	2	4.0	23.0	7.0	1.50	0.00
L/O #1-	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
L/O #2-	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
C/W	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Deli Sandwich, Turkey & Cheese	1 each	357	47	1206	4.21	*1.49	*242.1	*428	*1.83	*1	24.15	34.63	14.2	3.25	*0.00
Salad, Fiesta	1 each	634	50	773	16.83	3.19	632.3	9094	29.49	*5	22.74	74.04	26.44	11.64	*0.20
Burrito, Bean and Cheese	1 EACH	432	30	1103	9.29	3.48	419.5	642	10.36	*3	22.26	43.11	19.85	7.56	0.00
Yogurt Parfait, w/benefit bar	1 each	567	28	344	4.01	1.98	271.1	296	7.49	*59	12.12	101.18	12.47	6.26	*0.00
Pizza, Primo wg Turkey Pep	slice	370	40	550	3.00	2.70	400.0	400	0.0	9	21.0	36.0	16.0	7.00	0.00
(+) Sub Total Entrees Served	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
(-) 2nd Lunches	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
(-) Drops	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
(=)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
Rice Krispie Treat, Mini	1 each	45	0	53	0.00	0.18	0.0	100	0.0	*N/A*	0.25	8.5	1.12	0.37	0.00
Milk, 0% chocolate	half pt	120	5	150	0.00	0.36	300.0	500	0.0	19	9.0	22.0	0.0	0.00	0.00
Milk, 1% White	half pt	130	15	160	0.00	0.00	400.0	500	1.2	15	10.0	16.0	2.5	1.50	0.00
Fruit Variety	1/2 cup	60	0	5	1.76	0.26	12.5	317	22.67	*7	0.65	15.22	0.18	0.03	*0.00
Salad, Garden Mix-wci	1 cup	14	0	16	1.59	0.86	30.9	6877	5.42	1	1.05	2.76	0.23	0.03	0.00
Salad Bar Toppings 3	1 cup	94	0	87	3.99	*0.97	*30.4	*2739	32.31	*4	3.87	16.66	1.82	0.24	*0.00
Dressing, Assorted FF w/o 1000	1/2 oz	8	0	126	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.01	0.0	0.00	0.00
Weighted Daily Average		649	49	1088	9.24	*4.65	*465.9	*6346	*45.95	*29	29.18	99.69	16.44	6.29	*0.02
% of Calories										*18.0%	18.0%	61.4%	22.8%	8.7%	*0.0%
Nutrient Guideline		600-700		1360										<10.00	

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Walnut Creek School District

Aug 22, 2018 thru Sep 28, 2018

Base Menu Spreadsheet

WCI MENU

Portion Values - Detailed

Page 15

Generated on: 8/10/2018 11:45:53 AM

	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															
WCI MENU	Total														
Burrito Day	1 each	406	49	614	9.66	4.31	172.6	572	2.91	*2	21.07	49.39	14.09	6.08	*0.05
Rice, Spanish	1/4 cup	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	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Chalupa & Spanish Rice	1 each	277	41	426	1.58	1.51	147.9	565	1.32	*1	13.3	26.17	13.22	3.60	*0.05
L/O #1-	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
L/O #2-	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
C/W	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Salad, Chicken Caesar 2	1 each	393	118	1232	2.21	8.49	123.6	7414	13.93	*3	24.45	23.04	23.17	4.25	*0.00
Pinwheel, Ham & Cheese	1 each	549	93	1320	2.64	3.85	687.8	11980	34.32	*2	31.64	41.4	29.11	14.91	0.20
Peanut Butter Jelly, Smucker	1 each	630	0	620	7.00	1.80	60.0	140	0.0	28	19.0	64.0	33.0	7.00	0.00
Pizza, Primo pbwg Cheese	slice	360	40	490	4.00	1.80	400.0	400	0.0	6	18.0	35.0	16.0	8.00	0.00
Pizza, Primo wg Turkey Pep	slice	370	40	550	3.00	2.70	400.0	400	0.0	9	21.0	36.0	16.0	7.00	0.00
(+) Sub Total Entrees Served	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
(-) 2nd Lunches	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
(-) Drops	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
(=)TOTAL Reimbursable meals	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Milk, 0% chocolate	half pt	120	5	150	0.00	0.36	300.0	500	0.0	19	9.0	22.0	0.0	0.00	0.00
Milk, 1% White	half pt	130	15	160	0.00	0.00	400.0	500	1.2	15	10.0	16.0	2.5	1.50	0.00
Fruit Variety	1/2 cup	60	0	5	1.76	0.26	12.5	317	22.67	*7	0.65	15.22	0.18	0.03	*0.00
Salad, Garden Mix-wci	1 cup	14	0	16	1.59	0.86	30.9	6877	5.42	1	1.05	2.76	0.23	0.03	0.00
Salad Bar Toppings 3	1 cup	94	0	87	3.99	*0.97	*30.4	*2739	32.31	*4	3.87	16.66	1.82	0.24	*0.00
Dressing, Assorted FF w/o 1000	1/2 oz	8	0	126	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.01	0.0	0.00	0.00
Weighted Daily Average		580	51	847	9.58	*4.33	*497.6	*6448	39.26	*26	28.58	78.54	18.01	6.22	*0.04
% of Calories										*17.8%	19.7%	54.1%	27.9%	9.6%	*0.1%
Nutrient Guideline		600-700		1360										<10.00	

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Walnut Creek School District

Aug 22, 2018 thru Sep 28, 2018

Base Menu Spreadsheet

WCI MENU

Portion Values - Detailed

Page 16

Generated on: 8/10/2018 11:45:53 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)
Thu - 09/13/2018															
WCI MENU	Total														
Mandarin Chicken	#8 scoop	136	36	254	0.00	0.65	0.0	45	1.09	9	9.98	17.24	2.72	0.45	0.00
Rice, Unc Ben 100% brown	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
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
L/O #1-	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
L/O #2-	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
C/W	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Deli Wrap, Turkey & Cheese	1 each	426	56	1512	0.83	0.46	397.1	3937	2.89	*2	25.8	40.6	17.47	7.51	*0.00
Deli - Tuna on a ww Croissant	#8 scoop	390	43	927	3.00	2.83	114.5	248	0.0	*4	21.53	38.28	18.39	3.96	0.00
Burrito, Bean and Cheese	1 EACH	432	30	1103	9.29	3.48	419.5	642	10.36	*3	22.26	43.11	19.85	7.56	0.00
Yogurt Parfait, w/benefit bar	1 each	567	28	344	4.01	1.98	271.1	296	7.49	*59	12.12	101.18	12.47	6.26	*0.00
Pizza, Primo wg Turkey Pep	slice	370	40	550	3.00	2.70	400.0	400	0.0	9	21.0	36.0	16.0	7.00	0.00
(+) Sub Total Entrees Served	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
(-) 2nd Lunches	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
(-) Drops	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
(=)TOTAL Reimbursable meals	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Milk, 0% chocolate	half pt	120	5	150	0.00	0.36	300.0	500	0.0	19	9.0	22.0	0.0	0.00	0.00
Milk, 1% White	half pt	130	15	160	0.00	0.00	400.0	500	1.2	15	10.0	16.0	2.5	1.50	0.00
Fruit Variety	1/2 cup	60	0	5	1.76	0.26	12.5	317	22.67	*7	0.65	15.22	0.18	0.03	*0.00
Salad, Garden Mix-wci	1 cup	14	0	16	1.59	0.86	30.9	6877	5.42	1	1.05	2.76	0.23	0.03	0.00
Salad Bar Toppings 3	1 cup	94	0	87	3.99	*0.97	*30.4	*2739	32.31	*4	3.87	16.66	1.82	0.24	*0.00
Dressing, Assorted FF w/o 1000	1/2 oz	8	0	126	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.01	0.0	0.00	0.00
Weighted Daily Average		478	33	641	7.26	*2.91	*405.3	*6346	39.44	*30	24.44	76.39	9.57	2.81	*0.00
% of Calories										*25.4%	20.5%	63.9%	18.0%	5.3%	*0.0%
Nutrient Guideline		600-700		1360										<10.00	

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Walnut Creek School District

Aug 22, 2018 thru Sep 28, 2018

Base Menu Spreadsheet

WCI MENU

Portion Values - Detailed

Page 17

Generated on: 8/10/2018 11:45:53 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)
Fri - 09/14/2018															
WCI MENU	Total														
Hamburger or Cheese Burger-stk	1 each	398	74	668	2.00	2.88	70.0	95	0.0	4	21.75	28.5	20.0	8.13	1.00
Potato, Seasoned Straight Cut	1/2 cup	120	0	135	2.00	0.36	0.0	0	2.4	0	1.0	20.0	4.0	0.50	0.00
Beans,Baked,Canned,L/S Veget	1/4 cup	68	0	104	3.14	0.99	31.4	65	0.0	*1	3.67	13.07	0.0	0.00	0.00
or	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Veggie Pattie, chz rs rf lol	1 each	355	15	864	4.40	2.54	245.0	1721	0.0	8	14.4	43.61	13.9	4.10	0.00
Sunflower Seeds, Honey Roasted	packet	190	0	65	3.00	1.44	20.0	25	0.0	5	6.0	11.0	15.0	2.00	0.00
Potato, Seasoned Straight Cut	1/2 cup	120	0	135	2.00	0.36	0.0	0	2.4	0	1.0	20.0	4.0	0.50	0.00
Beans,Baked,Canned,L/S Veget	1/4 cup	68	0	104	3.14	0.99	31.4	65	0.0	*1	3.67	13.07	0.0	0.00	0.00
L/O #1-	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
L/O #2-	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
C/W	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Salad, Chef	serving	251	36	825	2.47	1.31	252.9	7758	14.82	*2	17.38	23.24	11.53	4.06	*0.00
Deli, Turkey Club	1 each	390	56	1434	4.21	1.49	342.1	528	1.83	*0	22.1	31.53	16.98	6.00	0.00
Peanut Butter Jelly, Smucker	1 each	630	0	620	7.00	1.80	60.0	140	0.0	28	19.0	64.0	33.0	7.00	0.00
Pizza, Primo pbwg Cheese	slice	360	40	490	4.00	1.80	400.0	400	0.0	6	18.0	35.0	16.0	8.00	0.00
Pizza, Primo wg Turkey Pep	slice	370	40	550	3.00	2.70	400.0	400	0.0	9	21.0	36.0	16.0	7.00	0.00
(+) Sub Total Entrees Served	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
(-) 2nd Lunches	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
(-) Drops	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
(=)TOTAL Reimbursable meals	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Lettuce & Tomato slices	1 lf,1slc	3	0	1	0.21	0.05	2.1	128	1.83	0	0.15	0.63	0.03	0.00	0.00
Milk, 0% chocolate	half pt	120	5	150	0.00	0.36	300.0	500	0.0	19	9.0	22.0	0.0	0.00	0.00
Milk, 1% White	half pt	130	15	160	0.00	0.00	400.0	500	1.2	15	10.0	16.0	2.5	1.50	0.00
Fruit Variety	1/2 cup	60	0	5	1.76	0.26	12.5	317	22.67	*7	0.65	15.22	0.18	0.03	*0.00
Salad, Caesar	1 cup	62	2	128	1.22	0.56	19.2	5065	2.33	*1	1.31	3.12	5.42	0.80	0.00
Salad Bar Toppings 3	1 cup	94	0	87	3.99	*0.97	*30.4	*2739	32.31	*4	3.87	16.66	1.82	0.24	*0.00
Dressing, Assorted FF w/o 1000	1/2 oz	8	0	126	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.01	0.0	0.00	0.00
Ketchup - LS Red Gold	1 oz	33	0	267	0.00	0.00	0.0	167	2.0	7	0.0	8.34	0.0	0.00	0.00
Mustard	1 oz	21	0	355	0.28	0.57	23.8	0	0.0	*N/A*	1.33	1.81	1.25	0.06	*N/A*
Mayonnaise Lite Chefs Pride Ve	1 oz	85	9	189	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.89	8.5	0.94	0.00
Pickles: Dill Slices	2 each	1	0	111	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		762	65	1379	9.60	*4.54	*465.4	*5812	38.75	*31	33.40	92.73	28.63	8.94	*0.60
% of Calories										*16.4%	17.5%	48.7%	33.8%	10.6%	*0.7%
Nutrient Guideline		600-700		1360										<10.00	

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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Walnut Creek School District

Aug 22, 2018 thru Sep 28, 2018

Base Menu Spreadsheet

WCI MENU

Portion Values - Detailed

Page 18

Generated on: 8/10/2018 11:45:53 AM

	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															
WCI MENU	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	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Meatballs, Sweet&Sour	1 each	240	45	347	0.73	1.20	26.4	360	23.77	12	13.41	16.97	12.31	5.05	*0.00
Noodles, Yakisoba ww	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
L/O #1-	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
L/O #2-	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
C/W	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Deli, Ham & Cheese	1 each	467	67	1231	3.21	*2.39	*302.1	*553	*2.43	*5	20.65	42.13	22.45	8.50	*0.00
Chicken Caesar Wrap 2	1 each	627	151	1471	8.21	30.63	375.0	7785	15.13	*3	35.48	37.82	36.48	12.67	*0.00
Peanut Butter Jelly, Smucker	1 each	630	0	620	7.00	1.80	60.0	140	0.0	28	19.0	64.0	33.0	7.00	0.00
Pizza, Primo pbwg Cheese	slice	360	40	490	4.00	1.80	400.0	400	0.0	6	18.0	35.0	16.0	8.00	0.00
Pizza, Primo wg Turkey Pep	slice	370	40	550	3.00	2.70	400.0	400	0.0	9	21.0	36.0	16.0	7.00	0.00
(+) Sub Total Entrees Served	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
(-) 2nd Lunches	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
(-) Drops	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
(=)TOTAL Reimbursable meals	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Cookie, Bear Grahams	PKG	112	0	100	2.00	2.00	14.0	321	3.0	*N/A*	2.0	20.0	3.0	1.00	0.00
Milk, 0% chocolate	half pt	120	5	150	0.00	0.36	300.0	500	0.0	19	9.0	22.0	0.0	0.00	0.00
Milk, 1% White	half pt	130	15	160	0.00	0.00	400.0	500	1.2	15	10.0	16.0	2.5	1.50	0.00
Fruit Variety	1/2 cup	60	0	5	1.76	0.26	12.5	317	22.67	*7	0.65	15.22	0.18	0.03	*0.00
Salad, Garden Mix-wci	1 cup	14	0	16	1.59	0.86	30.9	6877	5.42	1	1.05	2.76	0.23	0.03	0.00
Salad Bar Toppings 3	1 cup	94	0	87	3.99	*0.97	*30.4	*2739	32.31	*4	3.87	16.66	1.82	0.24	*0.00
Dressing, Assorted FF w/o 1000	1/2 oz	8	0	126	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.01	0.0	0.00	0.00
Weighted Daily Average		676	66	916	9.63	*6.68	*517.1	*6154	*45.58	*32	33.83	99.57	17.90	5.74	*0.00
% of Calories										*19.0%	20.0%	58.9%	23.8%	7.6%	*0.0%
Nutrient Guideline		600-700		1360										<10.00	

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Walnut Creek School District

Aug 22, 2018 thru Sep 28, 2018

Base Menu Spreadsheet

WCI MENU

Portion Values - Detailed

Page 19

Generated on: 8/10/2018 11:45:53 AM

	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															
WCI MENU	Total														
Soft Taco- Beef 2ea	2 each	526	87	786	12.69	3.83	574.4	945	0.49	*3	34.6	32.26	29.88	13.29	*1.70
Beans, Refried Homemade	1/4 cup	74	0	141	2.17	0.51	12.9	28	6.05	*0	2.15	6.68	4.52	0.70	0.00
or	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Soft Taco- Veggie	2 each	360	0	436	18.90	4.00	203.2	461	13.28	*4	16.07	55.41	10.14	1.65	0.00
Beans, Refried Homemade	1/4 cup	74	0	141	2.17	0.51	12.9	28	6.05	*0	2.15	6.68	4.52	0.70	0.00
L/O #1-	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
L/O #2-	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
C/W	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Deli Sandwich, Turkey & Cheese	1 each	357	47	1206	4.21	*1.49	*242.1	*428	*1.83	*1	24.15	34.63	14.2	3.25	*0.00
Salad, Fiesta	1 each	634	50	773	16.83	3.19	632.3	9094	29.49	*5	22.74	74.04	26.44	11.64	*0.20
Burrito, Bean and Cheese	1 EACH	432	30	1103	9.29	3.48	419.5	642	10.36	*3	22.26	43.11	19.85	7.56	0.00
Yogurt Parfait, w/benefit bar	1 each	567	28	344	4.01	1.98	271.1	296	7.49	*59	12.12	101.18	12.47	6.26	*0.00
Pizza, Primo wg Turkey Pep	slice	370	40	550	3.00	2.70	400.0	400	0.0	9	21.0	36.0	16.0	7.00	0.00
(+) Sub Total Entrees Served	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
(-) 2nd Lunches	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
(-) Drops	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
(=)TOTAL Reimbursable meals	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Milk, 0% chocolate	half pt	120	5	150	0.00	0.36	300.0	500	0.0	19	9.0	22.0	0.0	0.00	0.00
Milk, 1% White	half pt	130	15	160	0.00	0.00	400.0	500	1.2	15	10.0	16.0	2.5	1.50	0.00
Fruit Variety	1/2 cup	60	0	5	1.76	0.26	12.5	317	22.67	*7	0.65	15.22	0.18	0.03	*0.00
Salad, Caesar	1 cup	62	2	128	1.22	0.56	19.2	5065	2.33	*1	1.31	3.12	5.42	0.80	0.00
Salad Bar Toppings 3	1 cup	94	0	87	3.99	*0.97	*30.4	*2739	32.31	*4	3.87	16.66	1.82	0.24	*0.00
Dressing, Assorted FF w/o 1000	1/2 oz	8	0	126	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.01	0.0	0.00	0.00
Salsa, Red Gold	tablespoon	5	0	35	0.25	0.18	10.0	250	3.0	0	0.0	1.0	0.0	0.00	0.00
Weighted Daily Average		726	50	1061	18.95	*5.19	*685.8	*6116	*46.79	*29	35.81	89.89	27.23	8.80	*0.64
% of Calories										*16.0%	19.7%	49.5%	33.8%	10.9%	*0.8%
Nutrient Guideline		600-700		1360										<10.00	

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Walnut Creek School District

Aug 22, 2018 thru Sep 28, 2018

Base Menu Spreadsheet

WCI MENU

Portion Values - Detailed

Page 20

Generated on: 8/10/2018 11:45:53 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 - 09/19/2018															
WCI MENU	Total														
Fajita Bowls	1 each	291	74	399	5.34	1.64	236.0	899	25.93	*2	19.81	28.39	10.74	4.13	*0.00
L/O #1-	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
L/O #2-	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Salad, Chicken Caesar 2	1 each	393	118	1232	2.21	8.49	123.6	7414	13.93	*3	24.45	23.04	23.17	4.25	*0.00
Pinwheel, Ham & Cheese	1 each	549	93	1320	2.64	3.85	687.8	11980	34.32	*2	31.64	41.4	29.11	14.91	0.20
Peanut Butter Jelly, Smucker	1 each	630	0	620	7.00	1.80	60.0	140	0.0	28	19.0	64.0	33.0	7.00	0.00
Pizza, Primo pbwg Cheese	slice	360	40	490	4.00	1.80	400.0	400	0.0	6	18.0	35.0	16.0	8.00	0.00
Pizza, Primo wg Turkey Pep	slice	370	40	550	3.00	2.70	400.0	400	0.0	9	21.0	36.0	16.0	7.00	0.00
C/W	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
(+) Sub Total Entrees Served	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
(-) 2nd Lunches	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
(-) Drops	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
(=)TOTAL Reimbursable meals	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Milk, 0% chocolate	half pt	120	5	150	0.00	0.36	300.0	500	0.0	19	9.0	22.0	0.0	0.00	0.00
Milk, 1% White	half pt	130	15	160	0.00	0.00	400.0	500	1.2	15	10.0	16.0	2.5	1.50	0.00
Fruit Variety	1/2 cup	60	0	5	1.76	0.26	12.5	317	22.67	*7	0.65	15.22	0.18	0.03	*0.00
Salad, Garden Mix-wci	1 cup	14	0	16	1.59	0.86	30.9	6877	5.42	1	1.05	2.76	0.23	0.03	0.00
Salad Bar Toppings 3	1 cup	94	0	87	3.99	*0.97	*30.4	*2739	32.31	*4	3.87	16.66	1.82	0.24	*0.00
Dressing, Assorted FF w/o 1000	1/2 oz	8	0	126	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.01	0.0	0.00	0.00
Weighted Daily Average		534	70	739	8.83	*3.50	*563.9	*6760	53.93	*26	30.24	69.17	16.04	5.89	*0.01
% of Calories										*19.7%	22.7%	51.8%	27.0%	9.9%	*0.0%
Nutrient Guideline		600-700		1360										<10.00	

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Walnut Creek School District

Aug 22, 2018 thru Sep 28, 2018

Base Menu Spreadsheet

WCI MENU

Portion Values - Detailed

Page 21

Generated on: 8/10/2018 11:45:53 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)
Thu - 09/20/2018															
WCI MENU	Total														
Chili Chips & Cheese-beef	#10 scoop	510	39	663	12.35	3.15	298.4	965	7.25	*5	16.81	59.07	21.57	7.53	*0.74
or	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Hot Dog, Beef 6" w/Athens Bun	1 each	290	30	680	2.00	2.34	10.0	120	6.6	6	10.0	32.0	15.0	5.50	0.00
Potato Chip, Fun Size	pkg	80	0	80	1.00	0.00	0.0	0	2.4	*N/A*	0.0	8.0	5.0	0.50	0.00
L/O #1-	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
L/O #2-	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
C/W	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Deli Wrap, Turkey & Cheese	1 each	426	56	1512	0.83	0.46	397.1	3937	2.89	*2	25.8	40.6	17.47	7.51	*0.00
Deli - Tuna on a ww Croissant	#8 scoop	390	43	927	3.00	2.83	114.5	248	0.0	*4	21.53	38.28	18.39	3.96	0.00
Burrito, Bean and Cheese	1 EACH	432	30	1103	9.29	3.48	419.5	642	10.36	*3	22.26	43.11	19.85	7.56	0.00
Yogurt Parfait, w/benefit bar	1 each	567	28	344	4.01	1.98	271.1	296	7.49	*59	12.12	101.18	12.47	6.26	*0.00
Pizza, Primo wg Turkey Pep	slice	370	40	550	3.00	2.70	400.0	400	0.0	9	21.0	36.0	16.0	7.00	0.00
(+) Sub Total Entrees Served	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
(-) 2nd Lunches	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
(-) Drops	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
(=)TOTAL Reimbursable meals	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Milk, 0% chocolate	half pt	120	5	150	0.00	0.36	300.0	500	0.0	19	9.0	22.0	0.0	0.00	0.00
Milk, 1% White	half pt	130	15	160	0.00	0.00	400.0	500	1.2	15	10.0	16.0	2.5	1.50	0.00
Fruit Variety	1/2 cup	60	0	5	1.76	0.26	12.5	317	22.67	*7	0.65	15.22	0.18	0.03	*0.00
Salad, Garden Mix-wci	1 cup	14	0	16	1.59	0.86	30.9	6877	5.42	1	1.05	2.76	0.23	0.03	0.00
Salad Bar Toppings 3	1 cup	94	0	87	3.99	*0.97	*30.4	*2739	32.31	*4	3.87	16.66	1.82	0.24	*0.00
Dressing, Assorted FF w/o 1000	1/2 oz	8	0	126	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.01	0.0	0.00	0.00
Ketchup - LS Red Gold	1 oz	33	0	267	0.00	0.00	0.0	167	2.0	7	0.0	8.34	0.0	0.00	0.00
Mustard	1 oz	21	0	355	0.28	0.57	23.8	0	0.0	*N/A*	1.33	1.81	1.25	0.06	*N/A*
Relish	1 oz	39	0	243	0.33	0.26	0.9	365	0.3	9	0.11	10.52	0.14	0.02	0.00
Weighted Daily Average		661	43	1081	11.55	*4.07	*531.6	*6243	43.24	*33	26.20	92.73	21.48	7.40	*0.33
% of Calories										*19.8%	15.8%	56.1%	29.2%	10.1%	*0.4%
Nutrient Guideline		600-700		1360										<10.00	

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Walnut Creek School District

Aug 22, 2018 thru Sep 28, 2018

Base Menu Spreadsheet

WCI MENU

Portion Values - Detailed

Page 22

Generated on: 8/10/2018 11:45:53 AM

	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 - 09/21/2018															
WCI MENU	Total														
Potato Bowl, Chicken	1 each	582	91	1815	5.80	1.27	421.1	801	6.48	*2	36.67	54.0	25.22	10.32	0.20
Roll, Dinner, Flowers	roll	80	0	170	1.00	0.72	20.0	10	0.0	2	3.0	15.0	1.0	0.00	0.00
or	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Potato Bowl, Veggie	1 each	491	49	1416	12.34	3.12	451.1	755	25.31	*1	25.26	60.39	17.3	9.33	0.20
Roll, Dinner, Flowers	roll	80	0	170	1.00	0.72	20.0	10	0.0	2	3.0	15.0	1.0	0.00	0.00
L/O #1-	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
L/O #2-	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
C/W	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Salad, Chef	serving	251	36	825	2.47	1.31	252.9	7758	14.82	*2	17.38	23.24	11.53	4.06	*0.00
Deli, Turkey Club	1 each	390	56	1434	4.21	1.49	342.1	528	1.83	*0	22.1	31.53	16.98	6.00	0.00
Peanut Butter Jelly, Smucker	1 each	630	0	620	7.00	1.80	60.0	140	0.0	28	19.0	64.0	33.0	7.00	0.00
Pizza, Primo pbwg Cheese	slice	360	40	490	4.00	1.80	400.0	400	0.0	6	18.0	35.0	16.0	8.00	0.00
Pizza, Primo wg Turkey Pep	slice	370	40	550	3.00	2.70	400.0	400	0.0	9	21.0	36.0	16.0	7.00	0.00
(+) Sub Total Entrees Served	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
(-) 2nd Lunches	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
(-) Drops	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
(=)TOTAL Reimbursable meals	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Pudding, Chocolate	container	120	0	125	0.19	0.19	52.7	710	0.03	15	2.0	20.0	4.0	0.00	0.00
Milk, 0% chocolate	half pt	120	5	150	0.00	0.36	300.0	500	0.0	19	9.0	22.0	0.0	0.00	0.00
Milk, 1% White	half pt	130	15	160	0.00	0.00	400.0	500	1.2	15	10.0	16.0	2.5	1.50	0.00
Fruit Variety	1/2 cup	60	0	5	1.76	0.26	12.5	317	22.67	*7	0.65	15.22	0.18	0.03	*0.00
Salad, Garden Mix-wci	1 cup	14	0	16	1.59	0.86	30.9	6877	5.42	1	1.05	2.76	0.23	0.03	0.00
Salad Bar Toppings 3	1 cup	94	0	87	3.99	*0.97	*30.4	*2739	32.31	*4	3.87	16.66	1.82	0.24	*0.00
Dressing, Assorted FF w/o 1000	1/2 oz	8	0	126	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.01	0.0	0.00	0.00
Weighted Daily Average		856	69	1807	11.65	*3.74	*743.8	*7065	46.00	*41	41.79	114.66	27.53	9.46	*0.14
% of Calories										*19.2%	19.5%	53.6%	29.0%	10.0%	*0.1%
Nutrient Guideline		600-700		1360										<10.00	

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Walnut Creek School District

Aug 22, 2018 thru Sep 28, 2018

Base Menu Spreadsheet

WCI MENU

Portion Values - Detailed

Page 23

Generated on: 8/10/2018 11:45:53 AM

	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															
WCI MENU	Total														
Spaghetti, w/ Meat Sauce	Servings	372	*34	500	*5.60	*3.18	*147.5	*443	*7.01	*7	18.02	50.82	*10.85	*4.00	*0.89
Bread, Texas Toast, wg Garlic	slice	100	0	170	2.00	1.08	0.0	400	0.0	0	4.0	15.0	2.5	0.50	0.00
or	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Garden Alfredo Bake	#6 scoop	469	52	859	6.64	2.59	541.7	1809	32.5	*8	25.12	56.07	16.4	9.03	*0.10
Bread, Texas Toast, wg Garlic	slice	100	0	170	2.00	1.08	0.0	400	0.0	0	4.0	15.0	2.5	0.50	0.00
L/O #1-	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
L/O #2-	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
C/W	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Deli, Ham & Cheese	1 each	467	67	1231	3.21	*2.39	*302.1	*553	*2.43	*5	20.65	42.13	22.45	8.50	*0.00
Chicken Caesar Wrap 2	1 each	627	151	1471	8.21	30.63	375.0	7785	15.13	*3	35.48	37.82	36.48	12.67	*0.00
Peanut Butter Jelly, Smucker	1 each	630	0	620	7.00	1.80	60.0	140	0.0	28	19.0	64.0	33.0	7.00	0.00
Pizza, Primo pbwg Cheese	slice	360	40	490	4.00	1.80	400.0	400	0.0	6	18.0	35.0	16.0	8.00	0.00
Pizza, Primo wg Turkey Pep	slice	370	40	550	3.00	2.70	400.0	400	0.0	9	21.0	36.0	16.0	7.00	0.00
(+) Sub Total Entrees Served	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
(-) 2nd Lunches	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
(-) Drops	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
(=)TOTAL Reimbursable meals	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Milk, 0% chocolate	half pt	120	5	150	0.00	0.36	300.0	500	0.0	19	9.0	22.0	0.0	0.00	0.00
Milk, 1% White	half pt	130	15	160	0.00	0.00	400.0	500	1.2	15	10.0	16.0	2.5	1.50	0.00
Fruit Variety	1/2 cup	60	0	5	1.76	0.26	12.5	317	22.67	*7	0.65	15.22	0.18	0.03	*0.00
Salad, Garden Mix-wci	1 cup	14	0	16	1.59	0.86	30.9	6877	5.42	1	1.05	2.76	0.23	0.03	0.00
Salad Bar Toppings 3	1 cup	94	0	87	3.99	*0.97	*30.4	*2739	32.31	*4	3.87	16.66	1.82	0.24	*0.00
Dressing, Assorted FF w/o 1000	1/2 oz	8	0	126	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.01	0.0	0.00	0.00
Weighted Daily Average		677	*47	987	*11.06	*5.13	*586.5	*6598	*49.67	*29	33.16	97.48	*18.16	*7.10	*0.47
% of Calories										*17.3%	19.6%	57.6%	*24.1%	*9.4%	*0.6%
Nutrient Guideline		600-700		1360										<10.00	

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Walnut Creek School District

Aug 22, 2018 thru Sep 28, 2018

Base Menu Spreadsheet

WCI MENU

Portion Values - Detailed

Page 24

Generated on: 8/10/2018 11:45:53 AM

	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															
WCI MENU	Total														
Chicken Tenders	3 each	200	52	695	0.95	1.71	19.0	95	0.0	1	15.22	12.37	10.47	1.90	0.00
Mash Potatoes & Gravy	1/2 cup	161	14	806	2.76	0.01	2.7	0	4.97	*0	3.69	28.55	3.7	0.93	*0.00
or	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Beef, Philly Cheese Steak	sandwiche	473	92	930	3.73	4.06	180.1	592	22.57	9	35.5	47.53	13.64	5.83	*0.00
L/O #1-	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
L/O #2-	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
C/W	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Deli Sandwich, Turkey & Cheese	1 each	357	47	1206	4.21	*1.49	*242.1	*428	*1.83	*1	24.15	34.63	14.2	3.25	*0.00
Salad, Fiesta	1 each	634	50	773	16.83	3.19	632.3	9094	29.49	*5	22.74	74.04	26.44	11.64	*0.20
Burrito, Bean and Cheese	1 EACH	432	30	1103	9.29	3.48	419.5	642	10.36	*3	22.26	43.11	19.85	7.56	0.00
Yogurt Parfait, w/benefit bar	1 each	567	28	344	4.01	1.98	271.1	296	7.49	*59	12.12	101.18	12.47	6.26	*0.00
Pizza, Primo wg Turkey Pep	slice	370	40	550	3.00	2.70	400.0	400	0.0	9	21.0	36.0	16.0	7.00	0.00
(+) Sub Total Entrees Served	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
(-) 2nd Lunches	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
(-) Drops	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
(=)TOTAL Reimbursable meals	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Milk, 0% chocolate	half pt	120	5	150	0.00	0.36	300.0	500	0.0	19	9.0	22.0	0.0	0.00	0.00
Milk, 1% White	half pt	130	15	160	0.00	0.00	400.0	500	1.2	15	10.0	16.0	2.5	1.50	0.00
Fruit Variety	1/2 cup	60	0	5	1.76	0.26	12.5	317	22.67	*7	0.65	15.22	0.18	0.03	*0.00
Salad, Garden Mix-wci	1 cup	14	0	16	1.59	0.86	30.9	6877	5.42	1	1.05	2.76	0.23	0.03	0.00
Salad Bar Toppings 3	1 cup	94	0	87	3.99	*0.97	*30.4	*2739	32.31	*4	3.87	16.66	1.82	0.24	*0.00
Dressing, Assorted FF w/o 1000	1/2 oz	8	0	126	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.01	0.0	0.00	0.00
Ketchup - LS Red Gold 2	tablespoon	17	0	133	0.00	0.00	0.0	83	1.0	3	0.0	4.17	0.0	0.00	0.00
Weighted Daily Average		586	67	1227	7.87	*3.85	*460.2	*5984	*45.25	*31	32.53	80.26	15.82	5.18	*0.01
% of Calories										*21.0%	22.2%	54.7%	24.3%	8.0%	*0.0%
Nutrient Guideline		600-700		1360										<10.00	

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Walnut Creek School District

Aug 22, 2018 thru Sep 28, 2018

Base Menu Spreadsheet

WCI MENU

Portion Values - Detailed

Page 25

Generated on: 8/10/2018 11:45:53 AM

	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															
WCI MENU	Total														
Chicken Patty, Fillet	1 each	355	49	581	4.01	2.53	5.1	45	2.4	6	24.12	44.1	9.44	1.91	0.00
or	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Fish, Brd Pollack Fillets	1 each	160	25	350	1.00	0.36	20.0	5	0.0	1	9.0	17.0	6.0	1.50	0.00
Biscuits Whole Grain Pillsbury	1 each	210	0	460	2.00	1.08	150.0	10	0.0	2	4.0	27.0	10.0	9.00	0.00
L/O #1-	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
L/O #2-	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
C/W	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Salad, Chicken Caesar 2	1 each	393	118	1232	2.21	8.49	123.6	7414	13.93	*3	24.45	23.04	23.17	4.25	*0.00
Pinwheel, Ham & Cheese	1 each	549	93	1320	2.64	3.85	687.8	11980	34.32	*2	31.64	41.4	29.11	14.91	0.20
Peanut Butter Jelly, Smucker	1 each	630	0	620	7.00	1.80	60.0	140	0.0	28	19.0	64.0	33.0	7.00	0.00
Pizza, Primo pbwg Cheese	slice	360	40	490	4.00	1.80	400.0	400	0.0	6	18.0	35.0	16.0	8.00	0.00
Pizza, Primo wg Turkey Pep	slice	370	40	550	3.00	2.70	400.0	400	0.0	9	21.0	36.0	16.0	7.00	0.00
(+) Sub Total Entrees Served	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
(-) 2nd Lunches	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
(-) Drops	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
(=)TOTAL Reimbursable meals	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Lettuce & Tomato slices	1 lf,1slc	3	0	1	0.21	0.05	2.1	128	1.83	0	0.15	0.63	0.03	0.00	0.00
Cookie, Celebration	1 each	142	14	107	1.40	0.72	40.0	50	0.6	11	1.9	23.9	4.4	1.30	0.00
Milk, 0% chocolate	half pt	120	5	150	0.00	0.36	300.0	500	0.0	19	9.0	22.0	0.0	0.00	0.00
Milk, 1% White	half pt	130	15	160	0.00	0.00	400.0	500	1.2	15	10.0	16.0	2.5	1.50	0.00
Fruit Variety	1/2 cup	60	0	5	1.76	0.26	12.5	317	22.67	*7	0.65	15.22	0.18	0.03	*0.00
Salad, Garden Mix-wci	1 cup	14	0	16	1.59	0.86	30.9	6877	5.42	1	1.05	2.76	0.23	0.03	0.00
Salad Bar Toppings 3	1 cup	94	0	87	3.99	*0.97	*30.4	*2739	32.31	*4	3.87	16.66	1.82	0.24	*0.00
Dressing, Assorted FF w/o 1000	1/2 oz	8	0	126	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.01	0.0	0.00	0.00
Ketchup - LS Red Gold	1 oz	33	0	267	0.00	0.00	0.0	167	2.0	7	0.0	8.34	0.0	0.00	0.00
Mustard	1 oz	21	0	355	0.28	0.57	23.8	0	0.0	*N/A*	1.33	1.81	1.25	0.06	*N/A*
Mayonnaise Lite Chefs Pride Ve	1 oz	85	9	189	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.89	8.5	0.94	0.00
Tarter Sauce 2	1 Tbsp	34	3	95	0.00	0.00	0.0	0	0.0	*0	0.0	1.72	3.03	0.34	0.00
Weighted Daily Average		732	64	1140	9.13	*4.43	*480.6	*6288	40.44	*40	32.43	104.81	21.55	7.32	*0.01
% of Calories										*21.8%	17.7%	57.3%	26.5%	9.0%	*0.0%
Nutrient Guideline		600-700		1360										<10.00	

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Walnut Creek School District

Aug 22, 2018 thru Sep 28, 2018

Base Menu Spreadsheet

WCI MENU

Portion Values - Detailed

Page 26

Generated on: 8/10/2018 11:45:53 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 09/27/2018															
WCI MENU	Total														
Corn Dogs, Mini	6 each	270	38	420	4.50	2.16	150.0	30	0.0	6	10.5	30.0	12.0	3.75	0.00
Potatoes, Roasted	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
Pork Sandwich, pulled BBQ 2	sandwiche	305	55	306	2.16	1.93	6.1	43	0.4	8	14.0	31.75	12.83	4.25	0.00
Potatoes, Roasted	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
L/O #1-	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
L/O #2-	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
C/W	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Deli Wrap, Turkey & Cheese	1 each	426	56	1512	0.83	0.46	397.1	3937	2.89	*2	25.8	40.6	17.47	7.51	*0.00
Deli - Tuna on a ww Croissant	#8 scoop	390	43	927	3.00	2.83	114.5	248	0.0	*4	21.53	38.28	18.39	3.96	0.00
Burrito, Bean and Cheese	1 EACH	432	30	1103	9.29	3.48	419.5	642	10.36	*3	22.26	43.11	19.85	7.56	0.00
Yogurt Parfait, w/benefit bar	1 each	567	28	344	4.01	1.98	271.1	296	7.49	*59	12.12	101.18	12.47	6.26	*0.00
Pizza, Primo wg Turkey Pep	slice	370	40	550	3.00	2.70	400.0	400	0.0	9	21.0	36.0	16.0	7.00	0.00
(+) Sub Total Entrees Served	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
(-) 2nd Lunches	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
(-) Drops	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
(=)TOTAL Reimbursable meals	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Milk, 0% chocolate	half pt	120	5	150	0.00	0.36	300.0	500	0.0	19	9.0	22.0	0.0	0.00	0.00
Milk, 1% White	half pt	130	15	160	0.00	0.00	400.0	500	1.2	15	10.0	16.0	2.5	1.50	0.00
Fruit Variety	1/2 cup	60	0	5	1.76	0.26	12.5	317	22.67	*7	0.65	15.22	0.18	0.03	*0.00
Salad, Garden Mix-wci	1 cup	14	0	16	1.59	0.86	30.9	6877	5.42	1	1.05	2.76	0.23	0.03	0.00
Salad Bar Toppings 3	1 cup	94	0	87	3.99	*0.97	*30.4	*2739	32.31	*4	3.87	16.66	1.82	0.24	*0.00
Dressing, Assorted FF w/o 1000	1/2 oz	8	0	126	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.01	0.0	0.00	0.00
Ketchup - LS Red Gold	1 oz	33	0	267	0.00	0.00	0.0	167	2.0	7	0.0	8.34	0.0	0.00	0.00
Mustard	1 oz	21	0	355	0.28	0.57	23.8	0	0.0	*N/A*	1.33	1.81	1.25	0.06	*N/A*
Weighted Daily Average		602	48	952	9.23	*4.03	*465.7	*5761	41.23	*33	25.80	93.31	16.85	5.62	*0.00
% of Calories										*21.8%	17.1%	62.0%	25.2%	8.4%	*0.0%
Nutrient Guideline		600-700		1360										<10.00	

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Walnut Creek School District

Aug 22, 2018 thru Sep 28, 2018

Base Menu Spreadsheet

WCI MENU

Portion Values - Detailed

Page 27

Generated on: 8/10/2018 11:45:54 AM

	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 - 09/28/2018															
WCI MENU	Total														
Chimichanga, Chicken	1 each	390	96	787	6.35	3.82	288.4	661	5.65	*1	23.43	32.62	17.95	8.30	*0.14
Sour Crm,Lt (Crystal)	1 oz	76	19	57	0.00	0.00	113.4	378	0.0	4	3.78	3.78	4.72	2.83	0.00
Lettuce,Shredded	1/8 cup	1	0	3	0.12	0.08	3.2	666	0.83	0	0.12	0.26	0.01	0.00	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	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Enchilada, Cheese w/Pace Sauce	2 each	484	60	1063	3.92	2.82	398.4	1683	2.35	4	16.88	48.2	21.87	13.91	0.00
Sour Crm,Lt (Crystal)	1 oz	76	19	57	0.00	0.00	113.4	378	0.0	4	3.78	3.78	4.72	2.83	0.00
Lettuce,Shredded	1/8 cup	1	0	3	0.12	0.08	3.2	666	0.83	0	0.12	0.26	0.01	0.00	0.00
Rice, Spanish	1/2 cup	105	0	373	1.42	0.65	14.7	453	2.64	*0	2.01	18.52	2.75	0.30	*0.00
L/O #1-	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
L/O #2-	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
C/W	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Salad, Chef	serving	251	36	825	2.47	1.31	252.9	7758	14.82	*2	17.38	23.24	11.53	4.06	*0.00
Deli, Turkey Club	1 each	390	56	1434	4.21	1.49	342.1	528	1.83	*0	22.1	31.53	16.98	6.00	0.00
Peanut Butter Jelly, Smucker	1 each	630	0	620	7.00	1.80	60.0	140	0.0	28	19.0	64.0	33.0	7.00	0.00
Pizza, Primo pbwg Cheese	slice	360	40	490	4.00	1.80	400.0	400	0.0	6	18.0	35.0	16.0	8.00	0.00
Pizza, Primo wg Turkey Pep	slice	370	40	550	3.00	2.70	400.0	400	0.0	9	21.0	36.0	16.0	7.00	0.00
(+) Sub Total Entrees Served	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
(-) 2nd Lunches	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
(-) Drops	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
(=)TOTAL Reimbursable meals	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Milk, 0% chocolate	half pt	120	5	150	0.00	0.36	300.0	500	0.0	19	9.0	22.0	0.0	0.00	0.00
Milk, 1% White	half pt	130	15	160	0.00	0.00	400.0	500	1.2	15	10.0	16.0	2.5	1.50	0.00
Fruit Variety	1/2 cup	60	0	5	1.76	0.26	12.5	317	22.67	*7	0.65	15.22	0.18	0.03	*0.00
Salad, Garden Mix-wci	1 cup	14	0	16	1.59	0.86	30.9	6877	5.42	1	1.05	2.76	0.23	0.03	0.00
Salad Bar Toppings 3	1 cup	94	0	87	3.99	*0.97	*30.4	*2739	32.31	*4	3.87	16.66	1.82	0.24	*0.00
Dressing, Assorted FF w/o 1000	1/2 oz	8	0	126	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.01	0.0	0.00	0.00
Weighted Daily Average		712	88	1314	10.48	*4.93	*667.2	*6962	41.85	*27	34.75	87.38	24.85	10.95	*0.08
% of Calories										*15.4%	19.5%	49.1%	31.4%	13.8%	*0.1%
Nutrient Guideline		600-700		1360										<10.00	

Weighted Average		664	*60	1098	*10.20	*4.38	*539.8	*6315	*44.01	*32 *43.0%	31.78 19.1%	91.25 54.9%	*20.42 *27.7%	*7.16 *9.7%	*0.16 *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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Walnut Creek School District

Aug 22, 2018 thru Sep 28, 2018

Base Menu Spreadsheet

WCI MENU

Portion Values - Detailed

Page 28

Generated on: 8/10/2018 11:45:54 AM

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 ¹ (g)
Calories	664		600 - 700	100%												
Cholesterol (mg)	60					Missing										
Sodium 1 (mg)	1098		1360													
Sodium 2 (mg)	1098		1035						63							
Fiber (g)	10.20					Missing										
Iron (mg)	4.38					Missing										
Calcium (mg)	539.8					Missing										
Vitamin A (IU)	6315					Missing										
Sugars (g)	32	19.13%				Missing										
Vitamin C (mg)	44.01					Missing										
Protein (g)	31.78	19.14%														
Carbohydrate (g)	91.25	54.95%														
Total Fat (g)	20.42	27.67%				Missing										
Saturated Fat (g)	7.16	9.70%	<10.00%			Missing										
Trans Fat ¹ (g)	0.16	0.21%				Missing										

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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.