

Walnut Creek School District

Base Menu Spreadsheet

Portion Values - Detailed

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Jan 1, 2019 thru Jan 31, 2019

ELEMENTARY/TICE CREEK MENU

Generated on: 12/20/2018 11:24:30 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 - 01/07/2019															
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	406	3	333	14.53	2.82	207.6	546	5.76	*5	10.29	62.01	11.7	2.67	*0.01
or,	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Bagel CC, String Cheese	bagel	406	34	879	5.00	2.70	578.9	589	0.0	6	25.89	49.95	11.67	7.31	0.00
or,	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Yogurt	1 Each	200	15	105	0.00	0.36	249.8	100	23.98	31	6.99	37.97	2.5	1.50	0.00
Granola, LF Crunchy Clusters -	Pk	220	0	95	4.00	1.80	0.0	80	0.0	16	5.0	47.0	2.5	0.00	0.00
L/O #1-	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
L/O #2-	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
C/W	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Lettuce & Tomato slices	1 lf,1slc	3	0	1	0.21	0.05	2.1	128	1.83	0	0.15	0.63	0.03	0.00	0.00
Salad, Garden Mix - elm	1 c	14	0	16	1.59	0.86	30.9	6877	5.42	1	1.05	2.76	0.23	0.03	0.00
Salad Bar Toppings 3 Elem	3/4 cup	86	0	84	3.44	0.91	27.8	2726	21.74	*4	3.49	15.15	1.8	0.23	*0.00
Dressing, Assorted FF w/o 1000	1/2 oz	8	0	126	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.01	0.0	0.00	0.00
Fruit Variety 2	1/2 cup	55	0	6	1.63	0.20	10.8	279	30.9	*9	0.61	13.86	0.17	0.02	*0.00
Milk, 0% chocolate	half pt	120	5	150	0.00	0.36	300.0	500	0.0	19	9.0	22.0	0.0	0.00	0.00
Milk, 1% White	half pt	130	15	160	0.00	0.00	400.0	500	1.2	15	10.0	16.0	2.5	1.50	0.00
Mayonnaise Lite Chefs Pride Ve	1 oz	85	9	189	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.89	8.5	0.94	0.00
Ketchup - LS Red Gold	1 oz	33	0	267	0.00	0.00	0.0	167	2.0	7	0.0	8.34	0.0	0.00	0.00
(+) Sub Total Entrees Served	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
(-) 2nd Lunches	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
(-) Adult Lunches	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
(-) Drops	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
(=)TOTAL Reimbursable meals	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		584	31	746	10.87	4.00	438.9	6246	44.59	*37	30.32	94.29	10.98	2.60	*0.00
% of Calories										*25.5%	20.8%	64.6%	16.9%	4.0%	*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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Walnut Creek School District

Base Menu Spreadsheet

Portion Values - Detailed

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Jan 1, 2019 thru Jan 31, 2019

ELEMENTARY/TICE CREEK MENU

Generated on: 12/20/2018 11:24:30 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 - 01/08/2019															
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	200	40	380	1.00	1.00	15.0	0	0.0	0	14.0	17.0	9.0	1.00	0.00
Biscuits Whole Grain Pillsbury	1 each	210	0	460	2.00	1.08	150.0	10	0.0	2	4.0	27.0	10.0	9.00	0.00
or,	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Bagel CC, String Cheese	bagel	406	34	879	5.00	2.70	578.9	589	0.0	6	25.89	49.95	11.67	7.31	0.00
or,	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Yogurt	1 Each	200	15	105	0.00	0.36	249.8	100	23.98	31	6.99	37.97	2.5	1.50	0.00
Granola, LF Crunchy Clusters -	Pk	220	0	95	4.00	1.80	0.0	80	0.0	16	5.0	47.0	2.5	0.00	0.00
L/O #1-	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
L/O #2-	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
C/W	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Salad, Garden Mix - elm	1 c	14	0	16	1.59	0.86	30.9	6877	5.42	1	1.05	2.76	0.23	0.03	0.00
Salad Bar Toppings 3 Elem	3/4 cup	86	0	84	3.44	0.91	27.8	2726	21.74	*4	3.49	15.15	1.8	0.23	*0.00
Dressing, Assorted FF w/o 1000	1/2 oz	8	0	126	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.01	0.0	0.00	0.00
Fruit Variety 2	1/2 cup	55	0	6	1.63	0.20	10.8	279	30.9	*9	0.61	13.86	0.17	0.02	*0.00
Milk, 0% chocolate	half pt	120	5	150	0.00	0.36	300.0	500	0.0	19	9.0	22.0	0.0	0.00	0.00
Milk, 1% White	half pt	130	15	160	0.00	0.00	400.0	500	1.2	15	10.0	16.0	2.5	1.50	0.00
Ketchup - LS Red Gold	1 oz	33	0	267	0.00	0.00	0.0	167	2.0	7	0.0	8.34	0.0	0.00	0.00
Tarter Sauce 2	1 Tbsp	34	3	95	0.00	0.00	0.0	0	0.0	*0	0.0	1.72	3.03	0.34	0.00
(+) Sub Total Entrees Served	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
(-) 2nd Lunches	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
(-) Adult lunches	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
(-) Drops	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
(=)TOTAL Reimbursable meals	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		588	44	1327	8.52	2.86	448.3	6216	46.27	*35	31.87	90.36	12.39	3.44	*0.00
% of Calories										*23.7%	21.7%	61.5%	19.0%	5.3%	*0.0%
Nutrient Guideline		600-650		1230									<=30.0	<10.00	

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

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

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Walnut Creek School District

Base Menu Spreadsheet

Portion Values - Detailed

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Jan 1, 2019 thru Jan 31, 2019

ELEMENTARY/TICE CREEK MENU

Generated on: 12/20/2018 11:24:30 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 - 01/09/2019															
ELEMENTARY/TICE CREE	Total														
Chimichanga, Chicken	1 each	440	96	907	3.35	2.92	488.4	661	4.45	*1	23.43	38.62	20.95	9.30	*0.14
Rice, Spanish	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
Burrito, Bean and Cheese	1 EACH	487	32	1028	6.29	*2.58	*319.5	*192	*9.16	*2	16.75	48.11	25.84	9.81	0.00
Rice, Spanish	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
Bagel CC, String Cheese	bagel	406	34	879	5.00	2.70	578.9	589	0.0	6	25.89	49.95	11.67	7.31	0.00
or,	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Yogurt	1 Each	200	15	105	0.00	0.36	249.8	100	23.98	31	6.99	37.97	2.5	1.50	0.00
Granola, LF Crunchy Clusters -	Pk	220	0	95	4.00	1.80	0.0	80	0.0	16	5.0	47.0	2.5	0.00	0.00
L/O #1-	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
L/O #2-	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
C/W	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Salad, Garden Mix - elm	1 c	14	0	16	1.59	0.86	30.9	6877	5.42	1	1.05	2.76	0.23	0.03	0.00
Salad Bar Toppings 3 Elem	3/4 cup	86	0	84	3.44	0.91	27.8	2726	21.74	*4	3.49	15.15	1.8	0.23	*0.00
Dressing, Assorted FF w/o 1000	1/2 oz	8	0	126	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.01	0.0	0.00	0.00
Fruit Variety 2	1/2 cup	55	0	6	1.63	0.20	10.8	279	30.9	*9	0.61	13.86	0.17	0.02	*0.00
Milk, 0% chocolate	half pt	120	5	150	0.00	0.36	300.0	500	0.0	19	9.0	22.0	0.0	0.00	0.00
Milk, 1% White	half pt	130	15	160	0.00	0.00	400.0	500	1.2	15	10.0	16.0	2.5	1.50	0.00
(+) 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		672	75	1244	8.35	*4.25	*771.5	*6619	*47.67	*31	32.66	89.09	21.76	8.92	*0.08
% of Calories										*18.5%	19.4%	53.0%	29.1%	11.9%	*0.1%
Nutrient Guideline		600-650		1230									<=30.0	<10.00	

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

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Base Menu Spreadsheet

Portion Values - Detailed

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Jan 1, 2019 thru Jan 31, 2019

ELEMENTARY/TICE CREEK MENU

Generated on: 12/20/2018 11:24:30 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 - 01/10/2019															
ELEMENTARY/TICE CREE	Total														
Hot Dog, Beef 6" w/Athens Bun	1 each	290	30	680	2.00	2.34	10.0	120	6.6	6	10.0	32.0	15.0	5.50	0.00
or	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Ravioli, Cheese Mini Rounds	14 each	295	72	632	4.68	2.46	233.2	1217	14.85	*2	20.74	38.76	7.65	4.30	0.05
Bread, Garlic Knot	1 each	170	0	270	2.00	1.08	20.0	200	6.0	2	4.0	23.0	7.0	1.50	0.00
or,	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Yogurt	1 Each	200	15	105	0.00	0.36	249.8	100	23.98	31	6.99	37.97	2.5	1.50	0.00
Granola, LF Crunchy Clusters -	Pk	220	0	95	4.00	1.80	0.0	80	0.0	16	5.0	47.0	2.5	0.00	0.00
or,	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Bagel CC, String Cheese	bagel	406	34	879	5.00	2.70	578.9	589	0.0	6	25.89	49.95	11.67	7.31	0.00
L/O #1-	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
L/O #2-	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
C/W	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Salad, Garden Mix - elm	1c	14	0	16	1.59	0.86	30.9	6877	5.42	1	1.05	2.76	0.23	0.03	0.00
Salad Bar Toppings 3 Elem	3/4 cup	86	0	84	3.44	0.91	27.8	2726	21.74	*4	3.49	15.15	1.8	0.23	*0.00
Dressing, Assorted FF w/o 1000	1/2 oz	8	0	126	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.01	0.0	0.00	0.00
Fruit Variety 2	1/2 cup	55	0	6	1.63	0.20	10.8	279	30.9	*9	0.61	13.86	0.17	0.02	*0.00
Cookie, Celebration	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		732	59	1338	9.53	5.10	469.2	6106	47.89	*48	28.23	114.84	20.36	7.10	*0.01
% of Calories										*26.0%	15.4%	62.7%	25.0%	8.7%	*0.0%
Nutrient Guideline		600-650		1230									<=30.0	<10.00	

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ELEMENTARY/TICE CREEK MENU

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 01/11/2019															
ELEMENTARY/TICE CREE	Total														
Pizza, Primo pbwg Cheese	slice	360	40	490	4.00	1.80	400.0	400	0.0	6	18.0	35.0	16.0	8.00	0.00
or	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Pizza, Primo wg Turkey Pep.	slice	370	40	550	3.00	2.70	400.0	400	0.0	9	21.0	36.0	16.0	7.00	0.00
or,	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Yogurt	1 Each	200	15	105	0.00	0.36	249.8	100	23.98	31	6.99	37.97	2.5	1.50	0.00
Granola, LF Crunchy Clusters -	Pk	220	0	95	4.00	1.80	0.0	80	0.0	16	5.0	47.0	2.5	0.00	0.00
or,	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Bagel CC, String Cheese	bagel	406	34	879	5.00	2.70	578.9	589	0.0	6	25.89	49.95	11.67	7.31	0.00
L/O #1-	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
L/O #2-	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
C/W	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Salad, Caesar	cup	62	2	128	1.22	0.56	19.2	5065	2.33	*1	1.31	3.12	5.42	0.80	0.00
Salad Bar Toppings 3 Elem	3/4 cup	86	0	84	3.44	0.91	27.8	2726	21.74	*4	3.49	15.15	1.8	0.23	*0.00
Dressing, Assorted FF w/o 1000	1/2 oz	8	0	126	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.01	0.0	0.00	0.00
Fruit Variety 2	1/2 cup	55	0	6	1.63	0.20	10.8	279	30.9	*9	0.61	13.86	0.17	0.02	*0.00
Milk, 0% chocolate	half pt	120	5	150	0.00	0.36	300.0	500	0.0	19	9.0	22.0	0.0	0.00	0.00
Milk, 1% White	half pt	130	15	160	0.00	0.00	400.0	500	1.2	15	10.0	16.0	2.5	1.50	0.00
(+) Sub Total Entrees Served	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
(-) 2nd Lunches	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
(-) Adult lunches	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
(-) Drops	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
(=)TOTAL Reimbursable meals	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		631	46	873	8.42	3.60	728.3	6793	41.95	*35	31.08	82.15	21.03	8.37	*0.00
% of Calories										*22.1%	19.7%	52.1%	30.0%	11.9%	*0.0%
Nutrient Guideline		600-650		1230									<=30.0	<10.00	

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

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

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Walnut Creek School District

Base Menu Spreadsheet

Portion Values - Detailed

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Jan 1, 2019 thru Jan 31, 2019

ELEMENTARY/TICE CREEK MENU

Generated on: 12/20/2018 11:24:30 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 - 01/14/2019															
ELEMENTARY/TICE CREE	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
or	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Garden Alfredo Bake	#6 scoop	469	52	859	6.64	2.59	541.7	1809	32.5	*8	25.12	56.07	16.4	9.03	*0.10
Bread, Garlic Knot	1 each	170	0	270	2.00	1.08	20.0	200	6.0	2	4.0	23.0	7.0	1.50	0.00
or,	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Bagel CC, String Cheese	bagel	406	34	879	5.00	2.70	578.9	589	0.0	6	25.89	49.95	11.67	7.31	0.00
or,	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Yogurt	1 Each	200	15	105	0.00	0.36	249.8	100	23.98	31	6.99	37.97	2.5	1.50	0.00
Granola, LF Crunchy Clusters -	Pk	220	0	95	4.00	1.80	0.0	80	0.0	16	5.0	47.0	2.5	0.00	0.00
L/O #1-	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
L/O #2-	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
C/W	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Salad, Garden Mix - elm	1 c	14	0	16	1.59	0.86	30.9	6877	5.42	1	1.05	2.76	0.23	0.03	0.00
Salad Bar Toppings 3 Elem	3/4 cup	86	0	84	3.44	0.91	27.8	2726	21.74	*4	3.49	15.15	1.8	0.23	*0.00
Dressing, Assorted FF w/o 1000	1/2 oz	8	0	126	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.01	0.0	0.00	0.00
Fruit Variety 2	1/2 cup	55	0	6	1.63	0.20	10.8	279	30.9	*9	0.61	13.86	0.17	0.02	*0.00
Milk, 0% chocolate	half pt	120	5	150	0.00	0.36	300.0	500	0.0	19	9.0	22.0	0.0	0.00	0.00
Milk, 1% White	half pt	130	15	160	0.00	0.00	400.0	500	1.2	15	10.0	16.0	2.5	1.50	0.00
Ketchup - LS Red Gold	1 oz	33	0	267	0.00	0.00	0.0	167	2.0	7	0.0	8.34	0.0	0.00	0.00
Mustard	1 oz	21	0	355	0.28	0.57	23.8	0	0.0	*N/A*	1.33	1.81	1.25	0.06	*N/A*
(+) Sub Total Entrees Served	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
(-) 2nd Lunches	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
(-) Adult Lunches	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
(-) Drops	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
(=)TOTAL Reimbursable meals	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		596	44	979	9.39	3.92	590.8	6507	50.94	*40	26.45	91.51	15.25	5.45	*0.02
% of Calories										*26.9%	17.7%	61.4%	23.0%	8.2%	*0.0%
Nutrient Guideline		600-650		1230									<=30.0	<10.00	

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

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

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Walnut Creek School District

Jan 1, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

ELEMENTARY/TICE CREEK MENU

Portion Values - Detailed

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Generated on: 12/20/2018 11:24:30 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)
Tue - 01/15/2019															
ELEMENTARY/TICE CREE	Total														
Mandarin Chicken	#8 scoop	136	36	254	0.00	0.65	0.0	45	1.09	9	9.98	17.24	2.72	0.45	0.00
Rice, Unc Ben 100% brown	1/2 cup	80	0	1	0.95	0.17	1.4	0	0.0	*0	1.89	17.01	0.71	0.00	0.00
or	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Potstickers, Chicken	2 each	88	10	280	0.80	1.08	16.0	40	8.0	1	4.4	13.6	1.6	0.20	0.00
Chicken Fried Rice	#6 scoop	260	110	607	1.50	1.41	20.5	1796	3.29	3	18.68	28.05	6.98	1.30	0.00
Soy Sauce packet	1 each	0	0	270	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
or,	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Bagel CC, String Cheese	bagel	406	34	879	5.00	2.70	578.9	589	0.0	6	25.89	49.95	11.67	7.31	0.00
or,	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Yogurt	1 Each	200	15	105	0.00	0.36	249.8	100	23.98	31	6.99	37.97	2.5	1.50	0.00
Granola, LF Crunchy Clusters -	Pk	220	0	95	4.00	1.80	0.0	80	0.0	16	5.0	47.0	2.5	0.00	0.00
L/O #1-	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
L/O #2-	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
C/W	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Salad, Garden Mix - elm	1 c	14	0	16	1.59	0.86	30.9	6877	5.42	1	1.05	2.76	0.23	0.03	0.00
Salad Bar Toppings 3 Elem	3/4 cup	86	0	84	3.44	0.91	27.8	2726	21.74	*4	3.49	15.15	1.8	0.23	*0.00
Dressing, Assorted FF w/o 1000	1/2 oz	8	0	126	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.01	0.0	0.00	0.00
Fruit Variety 2	1/2 cup	55	0	6	1.63	0.20	10.8	279	30.9	*9	0.61	13.86	0.17	0.02	*0.00
Rice Krispie Treat, Mini	1 each	45	0	53	0.00	0.18	0.0	100	0.0	*N/A*	0.25	8.5	1.12	0.37	0.00
Milk, 0% chocolate	half pt	120	5	150	0.00	0.36	300.0	500	0.0	19	9.0	22.0	0.0	0.00	0.00
Milk, 1% White	half pt	130	15	160	0.00	0.00	400.0	500	1.2	15	10.0	16.0	2.5	1.50	0.00
(+) Sub Total Entrees Served	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
(-) 2nd Lunches	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
(-) Adult lunches	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
(-) Drops	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
(=)TOTAL Reimbursable meals	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		502	53	704	5.33	2.70	386.3	6402	44.69	*36	25.25	86.01	7.27	1.82	*0.00
% of Calories										*28.8%	20.1%	68.5%	13.0%	3.3%	*0.0%
Nutrient Guideline		600-650		1230									<=30.0	<10.00	

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Walnut Creek School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 8

Jan 1, 2019 thru Jan 31, 2019

ELEMENTARY/TICE CREEK MENU

Generated on: 12/20/2018 11:24:30 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 - 01/16/2019															
ELEMENTARY/TICE CREE	Total														
Hamburger or Cheese Burger-stk	1 each	398	74	668	2.00	2.88	70.0	95	0.0	4	21.75	28.5	20.0	8.13	1.00
Potato, Seasoned Straight Cut	1/2 cup	120	0	135	2.00	0.36	0.0	0	2.4	0	1.0	20.0	4.0	0.50	0.00
or	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Veggie Pattie, chz rs rf lol	1 each	355	15	864	4.40	2.54	245.0	1721	0.0	8	14.4	43.61	13.9	4.10	0.00
Sunflower Seeds, Honey Roasted	packet	190	0	65	3.00	1.44	20.0	25	0.0	5	6.0	11.0	15.0	2.00	0.00
or,	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Yogurt	1 Each	200	15	105	0.00	0.36	249.8	100	23.98	31	6.99	37.97	2.5	1.50	0.00
Granola, LF Crunchy Clusters -	Pk	220	0	95	4.00	1.80	0.0	80	0.0	16	5.0	47.0	2.5	0.00	0.00
or,	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Bagel CC, String Cheese	bagel	406	34	879	5.00	2.70	578.9	589	0.0	6	25.89	49.95	11.67	7.31	0.00
L/O #1-	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
L/O #2-	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
C/W	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Salad, Garden Mix - elm	1c	14	0	16	1.59	0.86	30.9	6877	5.42	1	1.05	2.76	0.23	0.03	0.00
Salad Bar Toppings 3 Elem	3/4 cup	86	0	84	3.44	0.91	27.8	2726	21.74	*4	3.49	15.15	1.8	0.23	*0.00
Dressing, Assorted FF w/o 1000	1/2 oz	8	0	126	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.01	0.0	0.00	0.00
Fruit Variety 2	1/2 cup	55	0	6	1.63	0.20	10.8	279	30.9	*9	0.61	13.86	0.17	0.02	*0.00
Milk, 0% chocolate	half pt	120	5	150	0.00	0.36	300.0	500	0.0	19	9.0	22.0	0.0	0.00	0.00
Milk, 1% White	half pt	130	15	160	0.00	0.00	400.0	500	1.2	15	10.0	16.0	2.5	1.50	0.00
Lettuce & Tomato slices	1 lf,1slc	3	0	1	0.21	0.05	2.1	128	1.83	0	0.15	0.63	0.03	0.00	0.00
Ketchup - LS Red Gold	1 oz	33	0	267	0.00	0.00	0.0	167	2.0	7	0.0	8.34	0.0	0.00	0.00
Mustard	1 oz	21	0	355	0.28	0.57	23.8	0	0.0	*N/A*	1.33	1.81	1.25	0.06	*N/A*
Pickles: Dill Slices	2 each	1	0	111	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Beans,Baked,Canned,L/S Veget	1/4 cup	68	0	104	3.14	0.99	31.4	65	0.0	*1	3.67	13.07	0.0	0.00	0.00
(+) Sub Total Entrees Served	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
(-) 2nd Lunches	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
(-) Adult lunches	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
(-) Drops	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
(=)TOTAL Reimbursable meals	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		762	66	1373	9.67	5.07	497.8	6157	43.87	*39	34.93	103.95	22.96	8.02	*0.74
% of Calories										*20.7%	18.3%	54.6%	27.1%	9.5%	*0.9%
Nutrient Guideline		600-650		1230									<=30.0	<10.00	

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Walnut Creek School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 9

Jan 1, 2019 thru Jan 31, 2019

ELEMENTARY/TICE CREEK MENU

Generated on: 12/20/2018 11:24:30 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 - 01/17/2019															
ELEMENTARY/TICE CREE	Total														
Soft Taco- Beef 2 ea	2 each	428	63	595	12.69	3.80	374.3	676	0.49	*3	27.69	30.97	22.52	8.65	*1.59
or,	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Soft Taco- Veggie 2 ea	2 each	467	24	633	20.08	4.28	409.2	810	17.05	*5	24.12	63.69	15.32	5.98	0.10
or,	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Bagel CC, String Cheese	bagel	406	34	879	5.00	2.70	578.9	589	0.0	6	25.89	49.95	11.67	7.31	0.00
or,	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Yogurt	1 Each	200	15	105	0.00	0.36	249.8	100	23.98	31	6.99	37.97	2.5	1.50	0.00
Granola, LF Crunchy Clusters -	Pk	220	0	95	4.00	1.80	0.0	80	0.0	16	5.0	47.0	2.5	0.00	0.00
L/O #1-	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
L/O #2-	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
C/W	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Salad, Garden Mix - elm	1 c	14	0	16	1.59	0.86	30.9	6877	5.42	1	1.05	2.76	0.23	0.03	0.00
Salad Bar Toppings 3 Elem	3/4 cup	86	0	84	3.44	0.91	27.8	2726	21.74	*4	3.49	15.15	1.8	0.23	*0.00
Dressing, Assorted FF w/o 1000	1/2 oz	8	0	126	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.01	0.0	0.00	0.00
Fruit Variety 2	1/2 cup	55	0	6	1.63	0.20	10.8	279	30.9	*9	0.61	13.86	0.17	0.02	*0.00
Beans, Refried Homemade elem	3 oz	112	0	213	3.29	0.78	19.5	42	9.16	*1	3.26	10.11	6.85	1.06	0.00
Salsa, Red Gold	tablespoon	5	0	35	0.25	0.18	10.0	250	3.0	0	0.0	1.0	0.0	0.00	0.00
Milk, 0% chocolate	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		715	54	999	18.67	5.56	730.9	6725	52.64	*34	38.42	92.22	23.97	8.29	*0.98
% of Calories										*19.3%	21.5%	51.6%	30.2%	10.4%	*1.2%
Nutrient Guideline		600-650		1230									<=30.0	<10.00	

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

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Walnut Creek School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 10

Jan 1, 2019 thru Jan 31, 2019

ELEMENTARY/TICE CREEK MENU

Generated on: 12/20/2018 11:24:30 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 - 01/18/2019															
ELEMENTARY/TICE CREE	Total														
Pizza, Primo pbwg Cheese	slice	360	40	490	4.00	1.80	400.0	400	0.0	6	18.0	35.0	16.0	8.00	0.00
or	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Pizza, Primo wg Turkey Pep.	slice	370	40	550	3.00	2.70	400.0	400	0.0	9	21.0	36.0	16.0	7.00	0.00
or,	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Yogurt	1 Each	200	15	105	0.00	0.36	249.8	100	23.98	31	6.99	37.97	2.5	1.50	0.00
Granola, LF Crunchy Clusters -	Pk	220	0	95	4.00	1.80	0.0	80	0.0	16	5.0	47.0	2.5	0.00	0.00
or,	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Bagel CC, String Cheese	bagel	406	34	879	5.00	2.70	578.9	589	0.0	6	25.89	49.95	11.67	7.31	0.00
L/O #1-	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
L/O #2-	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
C/W	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Salad, Caesar	cup	62	2	128	1.22	0.56	19.2	5065	2.33	*1	1.31	3.12	5.42	0.80	0.00
Salad Bar Toppings 3 Elem	3/4 cup	86	0	84	3.44	0.91	27.8	2726	21.74	*4	3.49	15.15	1.8	0.23	*0.00
Dressing, Assorted FF w/o 1000	1/2 oz	8	0	126	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.01	0.0	0.00	0.00
Fruit Variety 2	1/2 cup	55	0	6	1.63	0.20	10.8	279	30.9	*9	0.61	13.86	0.17	0.02	*0.00
Milk, 0% chocolate	half pt	120	5	150	0.00	0.36	300.0	500	0.0	19	9.0	22.0	0.0	0.00	0.00
Milk, 1% White	half pt	130	15	160	0.00	0.00	400.0	500	1.2	15	10.0	16.0	2.5	1.50	0.00
(+) Sub Total Entrees Served	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
(-) 2nd Lunches	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
(-) Adult lunches	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
(-) Drops	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
(=)TOTAL Reimbursable meals	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		629	46	840	8.42	3.60	728.3	6793	41.95	*35	31.08	81.62	21.03	8.37	*0.00
% of Calories										*22.2%	19.8%	51.9%	30.1%	12.0%	*0.0%
Nutrient Guideline		600-650		1230									<=30.0	<10.00	

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Walnut Creek School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 11

Jan 1, 2019 thru Jan 31, 2019

ELEMENTARY/TICE CREEK MENU

Generated on: 12/20/2018 11:24:30 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 - 01/22/2019															
ELEMENTARY/TICE CREE	Total														
Teriyaki Chicken	#12 scoop	149	80	551	0.00	0.83	0.0	52	0.0	10	18.37	11.48	4.02	1.15	0.00
Noodles, Yakisoba ww	1/2 cup	149	0	50	2.83	1.91	155.8	0	0.0	0	5.66	29.03	2.12	0.00	0.00
or	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Pizza Rollup	1 each	470	49	1093	6.35	5.62	718.9	11791	37.12	3	22.96	45.49	23.19	11.85	0.20
or,	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Bagel CC, String Cheese	bagel	406	34	879	5.00	2.70	578.9	589	0.0	6	25.89	49.95	11.67	7.31	0.00
or,	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Yogurt	1 Each	200	15	105	0.00	0.36	249.8	100	23.98	31	6.99	37.97	2.5	1.50	0.00
Granola, LF Crunchy Clusters -	Pk	220	0	95	4.00	1.80	0.0	80	0.0	16	5.0	47.0	2.5	0.00	0.00
L/O #1-	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
L/O #2-	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
C/W	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Salad, Garden Mix - elm	1 c	14	0	16	1.59	0.86	30.9	6877	5.42	1	1.05	2.76	0.23	0.03	0.00
Salad Bar Toppings 3 Elem	3/4 cup	86	0	84	3.44	0.91	27.8	2726	21.74	*4	3.49	15.15	1.8	0.23	*0.00
Dressing, Assorted FF w/o 1000	1/2 oz	8	0	126	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.01	0.0	0.00	0.00
Fruit Variety 2	1/2 cup	55	0	6	1.63	0.20	10.8	279	30.9	*9	0.61	13.86	0.17	0.02	*0.00
Milk, 0% chocolate	half pt	120	5	150	0.00	0.36	300.0	500	0.0	19	9.0	22.0	0.0	0.00	0.00
Milk, 1% White	half pt	130	15	160	0.00	0.00	400.0	500	1.2	15	10.0	16.0	2.5	1.50	0.00
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	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		613	69	1005	7.94	4.83	646.0	8521	49.66	*38	34.29	96.34	12.74	4.70	*0.04
% of Calories										*24.8%	22.4%	62.8%	18.7%	6.9%	*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

Base Menu Spreadsheet

Portion Values - Detailed

Page 12

Jan 1, 2019 thru Jan 31, 2019

ELEMENTARY/TICE CREEK MENU

Generated on: 12/20/2018 11:24:30 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 - 01/23/2019															
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	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	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	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Bagel CC, String Cheese	bagel	406	34	879	5.00	2.70	578.9	589	0.0	6	25.89	49.95	11.67	7.31	0.00
or,	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Yogurt	1 Each	200	15	105	0.00	0.36	249.8	100	23.98	31	6.99	37.97	2.5	1.50	0.00
Granola, LF Crunchy Clusters -	Pk	220	0	95	4.00	1.80	0.0	80	0.0	16	5.0	47.0	2.5	0.00	0.00
L/O #1-	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
L/O #2-	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
C/W	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Salad, Garden Mix - elm	1 c	14	0	16	1.59	0.86	30.9	6877	5.42	1	1.05	2.76	0.23	0.03	0.00
Salad Bar Toppings 3 Elem	3/4 cup	86	0	84	3.44	0.91	27.8	2726	21.74	*4	3.49	15.15	1.8	0.23	*0.00
Dressing, Assorted FF w/o 1000	1/2 oz	8	0	126	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.01	0.0	0.00	0.00
Fruit Variety 2	1/2 cup	55	0	6	1.63	0.20	10.8	279	30.9	*9	0.61	13.86	0.17	0.02	*0.00
Milk, 0% chocolate	half pt	120	5	150	0.00	0.36	300.0	500	0.0	19	9.0	22.0	0.0	0.00	0.00
Milk, 1% White	half pt	130	15	160	0.00	0.00	400.0	500	1.2	15	10.0	16.0	2.5	1.50	0.00
(+) 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		651	*45	984	*9.71	*4.92	*605.3	*6686	*52.24	*37	34.21	96.45	*15.89	*6.00	*0.26
% of Calories										*22.8%	21.0%	59.3%	*22.0%	*8.3%	*0.4%
Nutrient Guideline		600-650		1230									<=30.0	<10.00	

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Walnut Creek School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 13

Jan 1, 2019 thru Jan 31, 2019

ELEMENTARY/TICE CREEK MENU

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 01/24/2019															
ELEMENTARY/TICE CREE	Total														
Grilled Cheese w/ Turkey	1 each	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	.5 cup	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	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Grilled Cheese	1 each	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	.5 cup	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	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Bagel CC, String Cheese	bagel	406	34	879	5.00	2.70	578.9	589	0.0	6	25.89	49.95	11.67	7.31	0.00
or,	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Yogurt	1 Each	200	15	105	0.00	0.36	249.8	100	23.98	31	6.99	37.97	2.5	1.50	0.00
Granola, LF Crunchy Clusters -	Pk	220	0	95	4.00	1.80	0.0	80	0.0	16	5.0	47.0	2.5	0.00	0.00
L/O #1-	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
L/O #2-	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
C/W	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Salad, Garden Mix - elm	1 c	14	0	16	1.59	0.86	30.9	6877	5.42	1	1.05	2.76	0.23	0.03	0.00
Salad Bar Toppings 3 Elem	3/4 cup	86	0	84	3.44	0.91	27.8	2726	21.74	*4	3.49	15.15	1.8	0.23	*0.00
Dressing, Assorted FF w/o 1000	1/2 oz	8	0	126	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.01	0.0	0.00	0.00
Fruit Variety 2	1/2 cup	55	0	6	1.63	0.20	10.8	279	30.9	*9	0.61	13.86	0.17	0.02	*0.00
Milk, 0% chocolate	half pt	120	5	150	0.00	0.36	300.0	500	0.0	19	9.0	22.0	0.0	0.00	0.00
Milk, 1% White	half pt	130	15	160	0.00	0.00	400.0	500	1.2	15	10.0	16.0	2.5	1.50	0.00
(+) Sub Total Entrees Served	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
(-) 2nd Lunches	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
(-) Adult lunches	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
(-) Drops	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
(=)TOTAL Reimbursable meals	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		596	43	1523	7.93	3.48	681.7	6655	45.54	*40	34.92	94.58	10.38	4.71	*0.00
% of Calories										*27.1%	23.5%	63.5%	15.7%	7.1%	*0.0%
Nutrient Guideline		600-650		1230									<=30.0	<10.00	

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

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

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Walnut Creek School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 14

Jan 1, 2019 thru Jan 31, 2019

ELEMENTARY/TICE CREEK MENU

Generated on: 12/20/2018 11:24:30 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 - 01/25/2019															
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	2 each	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	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Breakfast Banana Split	1 each	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	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Yogurt	1 Each	200	15	105	0.00	0.36	249.8	100	23.98	31	6.99	37.97	2.5	1.50	0.00
Granola, LF Crunchy Clusters -	Pk	220	0	95	4.00	1.80	0.0	80	0.0	16	5.0	47.0	2.5	0.00	0.00
or,	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Bagel CC, String Cheese	bagel	406	34	879	5.00	2.70	578.9	589	0.0	6	25.89	49.95	11.67	7.31	0.00
L/O #1-	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
L/O #2-	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
C/W	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Salad, Caesar	1 cup	62	2	128	1.22	0.56	19.2	5065	2.33	*1	1.31	3.12	5.42	0.80	0.00
Salad Bar Toppings 3 Elem	3/4 cup	86	0	84	3.44	0.91	27.8	2726	21.74	*4	3.49	15.15	1.8	0.23	*0.00
Dressing, Assorted FF w/o 1000	1/2 oz	8	0	126	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.01	0.0	0.00	0.00
Fruit Variety 2	1/2 cup	55	0	6	1.63	0.20	10.8	279	30.9	*9	0.61	13.86	0.17	0.02	*0.00
Milk, 0% chocolate	half pt	120	5	150	0.00	0.36	300.0	500	0.0	19	9.0	22.0	0.0	0.00	0.00
Milk, 1% White	half pt	130	15	160	0.00	0.00	400.0	500	1.2	15	10.0	16.0	2.5	1.50	0.00
(+) 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		558	30	778	7.64	4.58	456.0	5233	42.19	*37	23.26	90.61	12.85	3.39	*0.06
% of Calories										*26.3%	16.7%	64.9%	20.7%	5.5%	*0.1%
Nutrient Guideline		600-650		1230									<=30.0	<10.00	

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

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

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Walnut Creek School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 15

Jan 1, 2019 thru Jan 31, 2019

ELEMENTARY/TICE CREEK MENU

Generated on: 12/20/2018 11:24:30 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 - 01/28/2019															
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	406	3	333	14.53	2.82	207.6	546	5.76	*5	10.29	62.01	11.7	2.67	*0.01
or,	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Bagel CC, String Cheese	bagel	406	34	879	5.00	2.70	578.9	589	0.0	6	25.89	49.95	11.67	7.31	0.00
or,	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Yogurt	1 Each	200	15	105	0.00	0.36	249.8	100	23.98	31	6.99	37.97	2.5	1.50	0.00
Granola, LF Crunchy Clusters -	Pk	220	0	95	4.00	1.80	0.0	80	0.0	16	5.0	47.0	2.5	0.00	0.00
L/O #1-	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
L/O #2-	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
C/W	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Lettuce & Tomato slices	1 lf,1slc	3	0	1	0.21	0.05	2.1	128	1.83	0	0.15	0.63	0.03	0.00	0.00
Salad, Garden Mix - elm	1 c	14	0	16	1.59	0.86	30.9	6877	5.42	1	1.05	2.76	0.23	0.03	0.00
Salad Bar Toppings 3 Elem	3/4 cup	86	0	84	3.44	0.91	27.8	2726	21.74	*4	3.49	15.15	1.8	0.23	*0.00
Dressing, Assorted FF w/o 1000	1/2 oz	8	0	126	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.01	0.0	0.00	0.00
Fruit Variety 2	1/2 cup	55	0	6	1.63	0.20	10.8	279	30.9	*9	0.61	13.86	0.17	0.02	*0.00
Milk, 0% chocolate	half pt	120	5	150	0.00	0.36	300.0	500	0.0	19	9.0	22.0	0.0	0.00	0.00
Milk, 1% White	half pt	130	15	160	0.00	0.00	400.0	500	1.2	15	10.0	16.0	2.5	1.50	0.00
Mayonnaise Lite Chefs Pride Ve	1 oz	85	9	189	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.89	8.5	0.94	0.00
Ketchup - LS Red Gold	1 oz	33	0	267	0.00	0.00	0.0	167	2.0	7	0.0	8.34	0.0	0.00	0.00
(+) Sub Total Entrees Served	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
(-) 2nd Lunches	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
(-) Adult lunches	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
(-) Drops	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
(=)TOTAL Reimbursable meals	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		584	31	746	10.87	4.00	438.9	6246	44.59	*37	30.32	94.29	10.98	2.60	*0.00
% of Calories										*25.5%	20.8%	64.6%	16.9%	4.0%	*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

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Walnut Creek School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 16

Jan 1, 2019 thru Jan 31, 2019

ELEMENTARY/TICE CREEK MENU

Generated on: 12/20/2018 11:24:30 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 - 01/29/2019															
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	200	40	380	1.00	1.00	15.0	0	0.0	0	14.0	17.0	9.0	1.00	0.00
Biscuits Whole Grain Pillsbury	1 each	210	0	460	2.00	1.08	150.0	10	0.0	2	4.0	27.0	10.0	9.00	0.00
or,	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Bagel CC, String Cheese	bagel	406	34	879	5.00	2.70	578.9	589	0.0	6	25.89	49.95	11.67	7.31	0.00
or,	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Yogurt	1 Each	200	15	105	0.00	0.36	249.8	100	23.98	31	6.99	37.97	2.5	1.50	0.00
Granola, LF Crunchy Clusters -	Pk	220	0	95	4.00	1.80	0.0	80	0.0	16	5.0	47.0	2.5	0.00	0.00
L/O #1-	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
L/O #2-	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
C/W	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Salad, Garden Mix - elm	1 c	14	0	16	1.59	0.86	30.9	6877	5.42	1	1.05	2.76	0.23	0.03	0.00
Salad Bar Toppings 3 Elem	3/4 cup	86	0	84	3.44	0.91	27.8	2726	21.74	*4	3.49	15.15	1.8	0.23	*0.00
Dressing, Assorted FF w/o 1000	1/2 oz	8	0	126	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.01	0.0	0.00	0.00
Fruit Variety 2	1/2 cup	55	0	6	1.63	0.20	10.8	279	30.9	*9	0.61	13.86	0.17	0.02	*0.00
Milk, 0% chocolate	half pt	120	5	150	0.00	0.36	300.0	500	0.0	19	9.0	22.0	0.0	0.00	0.00
Milk, 1% White	half pt	130	15	160	0.00	0.00	400.0	500	1.2	15	10.0	16.0	2.5	1.50	0.00
Ketchup - LS Red Gold	1 oz	33	0	267	0.00	0.00	0.0	167	2.0	7	0.0	8.34	0.0	0.00	0.00
Tarter Sauce 2	1 Tbsp	34	3	95	0.00	0.00	0.0	0	0.0	*0	0.0	1.72	3.03	0.34	0.00
(+) Sub Total Entrees Served	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
(-) 2nd Lunches	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
(-) Adult lunches	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
(-) Drops	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
(=)TOTAL Reimbursable meals	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		588	44	1327	8.52	2.86	448.3	6216	46.27	*35	31.87	90.36	12.39	3.44	*0.00
% of Calories										*23.7%	21.7%	61.5%	19.0%	5.3%	*0.0%
Nutrient Guideline		600-650		1230									<=30.0	<10.00	

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

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Walnut Creek School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 17

Jan 1, 2019 thru Jan 31, 2019

ELEMENTARY/TICE CREEK MENU

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 01/30/2019															
ELEMENTARY/TICE CREE	Total														
Chimichanga, Chicken	1 each	440	96	907	3.35	2.92	488.4	661	4.45	*1	23.43	38.62	20.95	9.30	*0.14
Rice, Spanish	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
Burrito, Bean and Cheese	1 EACH	487	32	1028	6.29	*2.58	*319.5	*192	*9.16	*2	16.75	48.11	25.84	9.81	0.00
Rice, Spanish	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
Bagel CC, String Cheese	bagel	406	34	879	5.00	2.70	578.9	589	0.0	6	25.89	49.95	11.67	7.31	0.00
or,	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Yogurt	1 Each	200	15	105	0.00	0.36	249.8	100	23.98	31	6.99	37.97	2.5	1.50	0.00
Granola, LF Crunchy Clusters -	Pk	220	0	95	4.00	1.80	0.0	80	0.0	16	5.0	47.0	2.5	0.00	0.00
L/O #1-	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
L/O #2-	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
C/W	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Salad, Garden Mix - elm	1 c	14	0	16	1.59	0.86	30.9	6877	5.42	1	1.05	2.76	0.23	0.03	0.00
Salad Bar Toppings 3 Elem	3/4 cup	86	0	84	3.44	0.91	27.8	2726	21.74	*4	3.49	15.15	1.8	0.23	*0.00
Dressing, Assorted FF w/o 1000	1/2 oz	8	0	126	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.01	0.0	0.00	0.00
Fruit Variety 2	1/2 cup	55	0	6	1.63	0.20	10.8	279	30.9	*9	0.61	13.86	0.17	0.02	*0.00
Milk, 0% chocolate	half pt	120	5	150	0.00	0.36	300.0	500	0.0	19	9.0	22.0	0.0	0.00	0.00
Milk, 1% White	half pt	130	15	160	0.00	0.00	400.0	500	1.2	15	10.0	16.0	2.5	1.50	0.00
(+) 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		672	75	1244	8.35	*4.25	*771.5	*6619	*47.67	*31	32.66	89.09	21.76	8.92	*0.08
% of Calories										*18.5%	19.4%	53.0%	29.1%	11.9%	*0.1%
Nutrient Guideline		600-650		1230									<=30.0	<10.00	

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

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Walnut Creek School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 18

Jan 1, 2019 thru Jan 31, 2019

ELEMENTARY/TICE CREEK MENU

Generated on: 12/20/2018 11:24:30 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 - 01/31/2019															
ELEMENTARY/TICE CREE	Total														
Hot Dog, Beef 6" w/Athens Bun	1 each	290	30	680	2.00	2.34	10.0	120	6.6	6	10.0	32.0	15.0	5.50	0.00
or	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Ravioli, Cheese Mini Rounds	14 each	295	72	632	4.68	2.46	233.2	1217	14.85	*2	20.74	38.76	7.65	4.30	0.05
Bread, Garlic Knot	1 each	170	0	270	2.00	1.08	20.0	200	6.0	2	4.0	23.0	7.0	1.50	0.00
or,	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Yogurt	1 Each	200	15	105	0.00	0.36	249.8	100	23.98	31	6.99	37.97	2.5	1.50	0.00
Granola, LF Crunchy Clusters -	Pk	220	0	95	4.00	1.80	0.0	80	0.0	16	5.0	47.0	2.5	0.00	0.00
or,	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Bagel CC, String Cheese	bagel	406	34	879	5.00	2.70	578.9	589	0.0	6	25.89	49.95	11.67	7.31	0.00
L/O #1-	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
L/O #2-	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
C/W	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Salad, Garden Mix - elm	1c	14	0	16	1.59	0.86	30.9	6877	5.42	1	1.05	2.76	0.23	0.03	0.00
Salad Bar Toppings 3 Elem	3/4 cup	86	0	84	3.44	0.91	27.8	2726	21.74	*4	3.49	15.15	1.8	0.23	*0.00
Dressing, Assorted FF w/o 1000	1/2 oz	8	0	126	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.01	0.0	0.00	0.00
Fruit Variety 2	1/2 cup	55	0	6	1.63	0.20	10.8	279	30.9	*9	0.61	13.86	0.17	0.02	*0.00
Cookie, Celebration	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		732	59	1338	9.53	5.10	469.2	6106	47.89	*48	28.23	114.84	20.36	7.10	*0.01
% of Calories										*26.0%	15.4%	62.7%	25.0%	8.7%	*0.0%
Nutrient Guideline		600-650		1230									<=30.0	<10.00	

Weighted Average		634	*51	1076	*9.31	*4.15	*572.6	*6491	*46.58	*37 *53.1%	31.11 19.6%	94.03 59.4%	*16.35 *23.2%	*5.73 *8.1%	*0.13 *0.2%
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N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

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

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

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Walnut Creek School District

Base Menu Spreadsheet

Portion Values - Detailed

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Jan 1, 2019 thru Jan 31, 2019

ELEMENTARY/TICE CREEK MENU

Generated on: 12/20/2018 11:24:30 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-Fat¹ (g)
Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall			Overage	Error Messages (if any)						
Calories	634		600 - 650	100%												
Cholesterol (mg)	51				Missing											
Sodium 1 (mg)	1076		1230													
Sodium 2 (mg)	1076		935						141	Correction Required - Sodium too High						
Fiber (g)	9.31				Missing											
Iron (mg)	4.15				Missing											
Calcium (mg)	572.6				Missing											
Vitamin A (IU)	6491				Missing											
Sugars (g)	37	23.62%			Missing											
Vitamin C (mg)	46.58				Missing											
Protein (g)	31.11	19.64%														
Carbohydrate (g)	94.03	59.35%														
Total Fat (g)	16.35	23.22%	<=30.00%		Missing											
Saturated Fat (g)	5.73	8.14%	<10.00%		Missing											
Trans Fat¹ (g)	0.13	0.18%			Missing											

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

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