

Walnut Creek School District

Base Menu Spreadsheet

Portion Values - Detailed

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Oct 1, 2018 thru Oct 31, 2018

ELEMENTARY/TICE CREEK MENU

Generated on: 9/25/2018 7:23:25 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 - 10/01/2018															
ELEMENTARY/TICE CREE	Total														
Grilled Cheese w/ Turkey	1 each	310	48	1343	4.00	1.44	240.0	300	0.0	*1	27.67	34.67	7.33	2.50	0.00
Potato Chip, Fun Size	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
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
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
or,	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Bagel CC, String Cheese	bagel	446	34	999	3.00	1.08	518.9	604	0.0	4	27.89	47.14	13.27	7.31	0.00
or,	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Yogurt	1 Each	200	15	105	0.00	0.36	249.8	100	23.98	31	6.99	37.97	2.5	1.50	0.00
Granola, LF Crunchy Clusters -	Pk	220	0	95	4.00	1.80	0.0	80	0.0	16	5.0	47.0	2.5	0.00	0.00
L/O #1-	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
L/O #2-	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
C/W	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Salad, Garden Mix - elm	1 c	14	0	16	1.59	0.86	30.9	6877	5.42	1	1.05	2.76	0.23	0.03	0.00
Salad Bar Toppings 3 Elem	3/4 cup	86	0	84	3.44	0.91	27.8	2726	21.74	*4	3.49	15.15	1.8	0.23	*0.00
Dressing, Assorted FF w/o 1000	1/2 oz	8	0	126	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.01	0.0	0.00	0.00
Fruit Variety 2	1/2 cup	55	0	6	1.63	0.20	10.8	279	30.9	*9	0.61	13.86	0.17	0.02	*0.00
Milk, 0% chocolate	half pt	120	5	150	0.00	0.36	300.0	500	0.0	19	9.0	22.0	0.0	0.00	0.00
Milk, 1% White	half pt	130	15	160	0.00	0.00	400.0	500	1.2	15	10.0	16.0	2.5	1.50	0.00
(+) Sub Total Entrees Served	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
(-) 2nd Lunches	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
(-) Adult lunches	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
(-) Drops	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
(=)TOTAL Reimbursable meals	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		587	44	1387	8.38	2.70	654.8	6356	44.16	*31	34.56	83.44	13.87	4.42	*0.00
% of Calories										*20.8%	23.6%	56.9%	21.3%	6.8%	*0.0%
Nutrient Guideline		600-650		1230									<=30.0	<10.00	

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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Oct 1, 2018 thru Oct 31, 2018

ELEMENTARY/TICE CREEK MENU

Generated on: 9/25/2018 7:23:25 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 - 10/02/2018															
ELEMENTARY/TICE CREE	Total														
Mandarin Chicken	#8 scoop	136	36	254	0.00	0.65	0.0	45	1.09	9	9.98	17.24	2.72	0.45	0.00
Rice, Unc Ben 100% brown	1/2 cup	80	0	1	0.95	0.17	1.4	0	0.0	*0	1.89	17.01	0.71	0.00	0.00
or	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Rice Bowl, Edamame	2 #8 scoop	223	0	224	5.29	2.01	55.9	1967	5.65	3	11.68	33.5	5.54	0.70	0.01
or,	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Bagel CC, String Cheese	bagel	446	34	999	3.00	1.08	518.9	604	0.0	4	27.89	47.14	13.27	7.31	0.00
or,	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Yogurt	1 Each	200	15	105	0.00	0.36	249.8	100	23.98	31	6.99	37.97	2.5	1.50	0.00
Granola, LF Crunchy Clusters -	Pk	220	0	95	4.00	1.80	0.0	80	0.0	16	5.0	47.0	2.5	0.00	0.00
L/O #1-	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
L/O #2-	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
C/W	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Salad, Garden Mix - elm	1 c	14	0	16	1.59	0.86	30.9	6877	5.42	1	1.05	2.76	0.23	0.03	0.00
Salad Bar Toppings 3 Elem	3/4 cup	86	0	84	3.44	0.91	27.8	2726	21.74	*4	3.49	15.15	1.8	0.23	*0.00
Dressing, Assorted FF w/o 1000	1/2 oz	8	0	126	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.01	0.0	0.00	0.00
Fruit Variety 2	1/2 cup	55	0	6	1.63	0.20	10.8	279	30.9	*9	0.61	13.86	0.17	0.02	*0.00
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
(+) 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		552	35	638	7.68	4.37	400.2	6643	46.84	*36	25.39	96.14	8.77	2.33	*0.00
% of Calories										*26.1%	18.4%	69.6%	14.3%	3.8%	*0.0%
Nutrient Guideline		600-650		1230									<=30.0	<10.00	

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

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

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	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 - 10/03/2018															
ELEMENTARY/TICE CREE	Total														
Hamburger or Cheese Burger-stk	1 each	398	74	668	2.00	2.88	70.0	95	0.0	4	21.75	28.5	20.0	8.13	1.00
Potato, Seasoned Straight Cut	1/2 cup	120	0	135	2.00	0.36	0.0	0	2.4	0	1.0	20.0	4.0	0.50	0.00
or	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Veggie Pattie, chz rs rf lol	1 each	355	15	864	4.40	2.54	245.0	1721	0.0	8	14.4	43.61	13.9	4.10	0.00
Sunflower Seeds, Honey Roasted	packet	190	0	65	3.00	1.44	20.0	25	0.0	5	6.0	11.0	15.0	2.00	0.00
or,	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Yogurt	1 Each	200	15	105	0.00	0.36	249.8	100	23.98	31	6.99	37.97	2.5	1.50	0.00
Granola, LF Crunchy Clusters -	Pk	220	0	95	4.00	1.80	0.0	80	0.0	16	5.0	47.0	2.5	0.00	0.00
or,	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Bagel CC, String Cheese	bagel	446	34	999	3.00	1.08	518.9	604	0.0	4	27.89	47.14	13.27	7.31	0.00
L/O #1-	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
L/O #2-	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
C/W	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Salad, Garden Mix - elm	1c	14	0	16	1.59	0.86	30.9	6877	5.42	1	1.05	2.76	0.23	0.03	0.00
Salad Bar Toppings 3 Elem	3/4 cup	86	0	84	3.44	0.91	27.8	2726	21.74	*4	3.49	15.15	1.8	0.23	*0.00
Dressing, Assorted FF w/o 1000	1/2 oz	8	0	126	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.01	0.0	0.00	0.00
Fruit Variety 2	1/2 cup	55	0	6	1.63	0.20	10.8	279	30.9	*9	0.61	13.86	0.17	0.02	*0.00
Milk, 0% chocolate	half pt	120	5	150	0.00	0.36	300.0	500	0.0	19	9.0	22.0	0.0	0.00	0.00
Milk, 1% White	half pt	130	15	160	0.00	0.00	400.0	500	1.2	15	10.0	16.0	2.5	1.50	0.00
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		766	66	1386	9.46	4.90	491.5	6159	43.87	*39	35.14	103.66	23.12	8.02	*0.74
% of Calories										*20.4%	18.3%	54.1%	27.2%	9.4%	*0.9%
Nutrient Guideline		600-650		1230									<=30.0	<10.00	

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

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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)
Thu - 10/04/2018															
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	446	34	999	3.00	1.08	518.9	604	0.0	4	27.89	47.14	13.27	7.31	0.00
or,	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Yogurt	1 Each	200	15	105	0.00	0.36	249.8	100	23.98	31	6.99	37.97	2.5	1.50	0.00
Granola, LF Crunchy Clusters -	Pk	220	0	95	4.00	1.80	0.0	80	0.0	16	5.0	47.0	2.5	0.00	0.00
L/O #1-	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
L/O #2-	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
C/W	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Salad, Garden Mix - elm	1 c	14	0	16	1.59	0.86	30.9	6877	5.42	1	1.05	2.76	0.23	0.03	0.00
Salad Bar Toppings 3 Elem	3/4 cup	86	0	84	3.44	0.91	27.8	2726	21.74	*4	3.49	15.15	1.8	0.23	*0.00
Dressing, Assorted FF w/o 1000	1/2 oz	8	0	126	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.01	0.0	0.00	0.00
Fruit Variety 2	1/2 cup	55	0	6	1.63	0.20	10.8	279	30.9	*9	0.61	13.86	0.17	0.02	*0.00
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		719	54	1011	18.47	5.39	724.9	6726	52.64	*34	38.62	91.94	24.13	8.29	*0.98
% of Calories										*19.1%	21.5%	51.1%	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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	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 - 10/05/2018															
ELEMENTARY/TICE CREE	Total														
Pizza, Primo pbwg Cheese	slice	360	40	490	4.00	1.80	400.0	400	0.0	6	18.0	35.0	16.0	8.00	0.00
or	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Pizza, Primo wg Turkey Pep.	slice	370	40	550	3.00	2.70	400.0	400	0.0	9	21.0	36.0	16.0	7.00	0.00
or,	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Yogurt	1 Each	200	15	105	0.00	0.36	249.8	100	23.98	31	6.99	37.97	2.5	1.50	0.00
Granola, LF Crunchy Clusters -	Pk	220	0	95	4.00	1.80	0.0	80	0.0	16	5.0	47.0	2.5	0.00	0.00
or,	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Bagel CC, String Cheese	bagel	446	34	999	3.00	1.08	518.9	604	0.0	4	27.89	47.14	13.27	7.31	0.00
L/O #1-	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
L/O #2-	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
C/W	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Salad, Caesar	cup	62	2	128	1.22	0.56	19.2	5065	2.33	*1	1.31	3.12	5.42	0.80	0.00
Salad Bar Toppings 3 Elem	3/4 cup	86	0	84	3.44	0.91	27.8	2726	21.74	*4	3.49	15.15	1.8	0.23	*0.00
Dressing, Assorted FF w/o 1000	1/2 oz	8	0	126	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.01	0.0	0.00	0.00
Fruit Variety 2	1/2 cup	55	0	6	1.63	0.20	10.8	279	30.9	*9	0.61	13.86	0.17	0.02	*0.00
Milk, 0% chocolate	half pt	120	5	150	0.00	0.36	300.0	500	0.0	19	9.0	22.0	0.0	0.00	0.00
Milk, 1% White	half pt	130	15	160	0.00	0.00	400.0	500	1.2	15	10.0	16.0	2.5	1.50	0.00
(+) Sub Total Entrees Served	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
(-) 2nd Lunches	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
(-) Adult lunches	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
(-) Drops	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
(=)TOTAL Reimbursable meals	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		631	46	846	8.32	3.51	725.1	6794	41.95	*35	31.19	81.47	21.11	8.37	*0.00
% of Calories										*22.0%	19.8%	51.7%	30.1%	11.9%	*0.0%
Nutrient Guideline		600-650		1230									<=30.0	<10.00	

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 6

Oct 1, 2018 thru Oct 31, 2018

ELEMENTARY/TICE CREEK MENU

Generated on: 9/25/2018 7:23:25 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 - 10/09/2018															
ELEMENTARY/TICE CREE	Total														
Teriyaki Chicken	#12 scoop	149	80	551	0.00	0.83	0.0	52	0.0	10	18.37	11.48	4.02	1.15	0.00
Noodles, Yakisoba ww	1/2 cup	149	0	50	2.83	1.91	155.8	0	0.0	0	5.66	29.03	2.12	0.00	0.00
Roll, Dinner, Flowers	roll	80	0	170	1.00	0.72	20.0	10	0.0	2	3.0	15.0	1.0	0.00	0.00
or	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Pizza Rollup	1 each	450	49	1173	3.35	3.82	668.9	11791	37.12	*3	22.96	43.49	21.19	10.85	0.20
or,	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Bagel CC, String Cheese	bagel	446	34	999	3.00	1.08	518.9	604	0.0	4	27.89	47.14	13.27	7.31	0.00
or,	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Yogurt	1 Each	200	15	105	0.00	0.36	249.8	100	23.98	31	6.99	37.97	2.5	1.50	0.00
Granola, LF Crunchy Clusters -	Pk	220	0	95	4.00	1.80	0.0	80	0.0	16	5.0	47.0	2.5	0.00	0.00
L/O #1-	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
L/O #2-	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
C/W	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Salad, Garden Mix - elm	1 c	14	0	16	1.59	0.86	30.9	6877	5.42	1	1.05	2.76	0.23	0.03	0.00
Salad Bar Toppings 3 Elem	3/4 cup	86	0	84	3.44	0.91	27.8	2726	21.74	*4	3.49	15.15	1.8	0.23	*0.00
Dressing, Assorted FF w/o 1000	1/2 oz	8	0	126	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.01	0.0	0.00	0.00
Fruit Variety 2	1/2 cup	55	0	6	1.63	0.20	10.8	279	30.9	*9	0.61	13.86	0.17	0.02	*0.00
Milk, 0% chocolate	half pt	120	5	150	0.00	0.36	300.0	500	0.0	19	9.0	22.0	0.0	0.00	0.00
Milk, 1% White	half pt	130	15	160	0.00	0.00	400.0	500	1.2	15	10.0	16.0	2.5	1.50	0.00
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		657	66	1149	7.54	4.67	688.3	9700	53.37	*38	35.43	101.21	14.35	5.47	*0.06
% of Calories										*23.0%	21.6%	61.6%	19.7%	7.5%	*0.1%
Nutrient Guideline		600-650		1230									<=30.0	<10.00	

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

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

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Walnut Creek School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 7

Oct 1, 2018 thru Oct 31, 2018

ELEMENTARY/TICE CREEK MENU

Generated on: 9/25/2018 7:23:25 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 - 10/10/2018															
ELEMENTARY/TICE CREE	Total														
Spaghetti, w/meat sauce	#6 Scoop	347	*51	663	*4.40	*3.04	*146.3	*595	*9.7	*7	20.18	35.6	*13.96	*5.57	*0.54
Bread, Texas Toast, wg Garlic	slice	100	0	170	2.00	1.08	0.0	400	0.0	0	4.0	15.0	2.5	0.50	0.00
or	0	0	0	0	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	446	34	999	3.00	1.08	518.9	604	0.0	4	27.89	47.14	13.27	7.31	0.00
or,	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Yogurt	1 Each	200	15	105	0.00	0.36	249.8	100	23.98	31	6.99	37.97	2.5	1.50	0.00
Granola, LF Crunchy Clusters -	Pk	220	0	95	4.00	1.80	0.0	80	0.0	16	5.0	47.0	2.5	0.00	0.00
L/O #1-	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
L/O #2-	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
C/W	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Salad, Garden Mix - elm	1 c	14	0	16	1.59	0.86	30.9	6877	5.42	1	1.05	2.76	0.23	0.03	0.00
Salad Bar Toppings 3 Elem	3/4 cup	86	0	84	3.44	0.91	27.8	2726	21.74	*4	3.49	15.15	1.8	0.23	*0.00
Dressing, Assorted FF w/o 1000	1/2 oz	8	0	126	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.01	0.0	0.00	0.00
Fruit Variety 2	1/2 cup	55	0	6	1.63	0.20	10.8	279	30.9	*9	0.61	13.86	0.17	0.02	*0.00
Milk, 0% chocolate	half pt	120	5	150	0.00	0.36	300.0	500	0.0	19	9.0	22.0	0.0	0.00	0.00
Milk, 1% White	half pt	130	15	160	0.00	0.00	400.0	500	1.2	15	10.0	16.0	2.5	1.50	0.00
(+) Sub Total Entrees Served	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
(-) 2nd Lunches	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
(-) Adult lunches	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
(-) Drops	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
(=)TOTAL Reimbursable meals	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		655	*44	987	*9.60	*4.84	*608.7	*6681	*52.00	*37	34.41	96.72	*15.97	*6.01	*0.24
% of Calories										*22.6%	21.0%	59.1%	*21.9%	*8.3%	*0.3%
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 8

Oct 1, 2018 thru Oct 31, 2018

ELEMENTARY/TICE CREEK MENU

Generated on: 9/25/2018 7:23:25 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 - 10/11/2018															
ELEMENTARY/TICE CREE	Total														
Corn Dog, Chicken WG	1 each	240	40	390	5.00	1.80	80.0	25	0.0	5	9.0	30.0	8.0	2.50	0.00
or	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Garden Alfredo Bake	#6 scoop	469	52	859	6.64	2.59	541.7	1809	32.5	*8	25.12	56.07	16.4	9.03	*0.10
Bread, Garlic Knot	1 each	170	0	270	2.00	1.08	20.0	200	6.0	2	4.0	23.0	7.0	1.50	0.00
or,	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Bagel CC, String Cheese	bagel	446	34	999	3.00	1.08	518.9	604	0.0	4	27.89	47.14	13.27	7.31	0.00
or,	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Yogurt	1 Each	200	15	105	0.00	0.36	249.8	100	23.98	31	6.99	37.97	2.5	1.50	0.00
Granola, LF Crunchy Clusters -	Pk	220	0	95	4.00	1.80	0.0	80	0.0	16	5.0	47.0	2.5	0.00	0.00
L/O #1-	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
L/O #2-	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
C/W	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Salad, Garden Mix - elm	1 c	14	0	16	1.59	0.86	30.9	6877	5.42	1	1.05	2.76	0.23	0.03	0.00
Salad Bar Toppings 3 Elem	3/4 cup	86	0	84	3.44	0.91	27.8	2726	21.74	*4	3.49	15.15	1.8	0.23	*0.00
Dressing, Assorted FF w/o 1000	1/2 oz	8	0	126	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.01	0.0	0.00	0.00
Fruit Variety 2	1/2 cup	55	0	6	1.63	0.20	10.8	279	30.9	*9	0.61	13.86	0.17	0.02	*0.00
Milk, 0% chocolate	half pt	120	5	150	0.00	0.36	300.0	500	0.0	19	9.0	22.0	0.0	0.00	0.00
Milk, 1% White	half pt	130	15	160	0.00	0.00	400.0	500	1.2	15	10.0	16.0	2.5	1.50	0.00
Ketchup - LS Red Gold	1 oz	33	0	267	0.00	0.00	0.0	167	2.0	7	0.0	8.34	0.0	0.00	0.00
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		580	46	983	9.63	3.63	543.5	6505	50.94	*39	25.64	91.46	12.79	4.64	*0.02
% of Calories										*27.1%	17.7%	63.1%	19.8%	7.2%	*0.0%
Nutrient Guideline		600-650		1230									<=30.0	<10.00	

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

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Walnut Creek School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 9

Oct 1, 2018 thru Oct 31, 2018

ELEMENTARY/TICE CREEK MENU

Generated on: 9/25/2018 7:23:25 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 - 10/12/2018															
ELEMENTARY/TICE CREE	Total														
Pancakes, mini maple Eggo	pkg	200	9	299	3.12	2.72	62.1	500	0.0	*N/A*	3.92	34.0	5.44	1.12	0.08
Sausage, Maple Beef Patties	1 each	126	31	368	0.14	1.60	15.2	0	0.16	1	13.52	0.82	6.9	2.70	0.00
or	0	0	0	0	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	446	34	999	3.00	1.08	518.9	604	0.0	4	27.89	47.14	13.27	7.31	0.00
L/O #1-	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
L/O #2-	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
C/W	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Salad, Caesar	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		607	42	920	7.59	5.08	458.4	5234	42.25	*37	28.35	90.77	15.48	4.38	*0.06
% of Calories										*24.3%	18.7%	59.9%	23.0%	6.5%	*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 10

Oct 1, 2018 thru Oct 31, 2018

ELEMENTARY/TICE CREEK MENU

Generated on: 9/25/2018 7:23:25 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 - 10/15/2018															
ELEMENTARY/TICE CREE	Total														
Chicken Patty, Fillet	1 each	342	35	554	4.03	2.53	10.1	71	0.0	8	23.24	44.2	8.88	1.71	0.00
or	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Chili Chips & Cheese-meatless	#8 scoop	455	15	428	14.53	2.84	307.7	681	5.76	*5	13.74	62.66	15.38	4.99	*0.06
or,	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Bagel CC, String Cheese	bagel	446	34	999	3.00	1.08	518.9	604	0.0	4	27.89	47.14	13.27	7.31	0.00
or,	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Yogurt	1 Each	200	15	105	0.00	0.36	249.8	100	23.98	31	6.99	37.97	2.5	1.50	0.00
Granola, LF Crunchy Clusters -	Pk	220	0	95	4.00	1.80	0.0	80	0.0	16	5.0	47.0	2.5	0.00	0.00
L/O #1-	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
L/O #2-	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
C/W	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Lettuce & Tomato slices	1 lf,1slc	3	0	1	0.21	0.05	2.1	128	1.83	0	0.15	0.63	0.03	0.00	0.00
Salad, Garden Mix - elm	1 c	14	0	16	1.59	0.86	30.9	6877	5.42	1	1.05	2.76	0.23	0.03	0.00
Salad Bar Toppings 3 Elem	3/4 cup	86	0	84	3.44	0.91	27.8	2726	21.74	*4	3.49	15.15	1.8	0.23	*0.00
Dressing, Assorted FF w/o 1000	1/2 oz	8	0	126	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.01	0.0	0.00	0.00
Fruit Variety 2	1/2 cup	55	0	6	1.63	0.20	10.8	279	30.9	*9	0.61	13.86	0.17	0.02	*0.00
Milk, 0% chocolate	half pt	120	5	150	0.00	0.36	300.0	500	0.0	19	9.0	22.0	0.0	0.00	0.00
Milk, 1% White	half pt	130	15	160	0.00	0.00	400.0	500	1.2	15	10.0	16.0	2.5	1.50	0.00
Mayonnaise Lite Chefs Pride Ve	1 oz	85	9	189	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.89	8.5	0.94	0.00
Ketchup - LS Red Gold	1 oz	33	0	267	0.00	0.00	0.0	167	2.0	7	0.0	8.34	0.0	0.00	0.00
(+) Sub Total Entrees Served	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
(-) 2nd Lunches	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
(-) Adult Lunches	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
(-) Drops	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
(=)TOTAL Reimbursable meals	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		598	34	776	10.77	3.92	460.9	6280	44.59	*37	31.28	94.31	11.98	3.18	*0.02
% of Calories										*24.9%	20.9%	63.1%	18.0%	4.8%	*0.0%
Nutrient Guideline		600-650		1230									<=30.0	<10.00	

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 11

Oct 1, 2018 thru Oct 31, 2018

ELEMENTARY/TICE CREEK MENU

Generated on: 9/25/2018 7:23:25 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 - 10/16/2018															
ELEMENTARY/TICE CREE	Total														
Chicken Nuggets, Gold Kist	5 pcs	208	42	546	2.00	1.00	20.0	178	0.0	1	19.0	15.0	8.0	1.00	0.00
Mashed Potatoes/Pearls	.5 cup	124	0	556	2.76	0.01	2.7	0	4.97	*0	2.76	24.85	1.38	0.00	*0.00
or	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Fish, Brd Pollack Fillets	1 each	160	25	350	1.00	0.36	20.0	5	0.0	1	9.0	17.0	6.0	1.50	0.00
Biscuits Whole Grain Pillsbury	1 each	210	0	460	2.00	1.08	150.0	10	0.0	2	4.0	27.0	10.0	9.00	0.00
or,	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Bagel CC, String Cheese	bagel	446	34	999	3.00	1.08	518.9	604	0.0	4	27.89	47.14	13.27	7.31	0.00
or,	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Yogurt	1 Each	200	15	105	0.00	0.36	249.8	100	23.98	31	6.99	37.97	2.5	1.50	0.00
Granola, LF Crunchy Clusters -	Pk	220	0	95	4.00	1.80	0.0	80	0.0	16	5.0	47.0	2.5	0.00	0.00
L/O #1-	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
L/O #2-	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
C/W	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Salad, Garden Mix - elm	1 c	14	0	16	1.59	0.86	30.9	6877	5.42	1	1.05	2.76	0.23	0.03	0.00
Salad Bar Toppings 3 Elem	3/4 cup	86	0	84	3.44	0.91	27.8	2726	21.74	*4	3.49	15.15	1.8	0.23	*0.00
Dressing, Assorted FF w/o 1000	1/2 oz	8	0	126	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.01	0.0	0.00	0.00
Fruit Variety 2	1/2 cup	55	0	6	1.63	0.20	10.8	279	30.9	*9	0.61	13.86	0.17	0.02	*0.00
Milk, 0% chocolate	half pt	120	5	150	0.00	0.36	300.0	500	0.0	19	9.0	22.0	0.0	0.00	0.00
Milk, 1% White	half pt	130	15	160	0.00	0.00	400.0	500	1.2	15	10.0	16.0	2.5	1.50	0.00
Ketchup - LS Red Gold	1 oz	33	0	267	0.00	0.00	0.0	167	2.0	7	0.0	8.34	0.0	0.00	0.00
Tarter Sauce 2	1 Tbsp	34	3	95	0.00	0.00	0.0	0	0.0	*0	0.0	1.72	3.03	0.34	0.00
(+) Sub Total Entrees Served	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
(-) 2nd Lunches	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
(-) Adult lunches	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
(-) Drops	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
(=)TOTAL Reimbursable meals	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		586	42	1335	8.32	2.60	443.0	6218	46.27	*35	31.32	90.08	12.10	3.51	*0.00
% of Calories										*23.7%	21.4%	61.5%	18.6%	5.4%	*0.0%
Nutrient Guideline		600-650		1230									<=30.0	<10.00	

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

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Walnut Creek School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 12

Oct 1, 2018 thru Oct 31, 2018

ELEMENTARY/TICE CREEK MENU

Generated on: 9/25/2018 7:23:26 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 - 10/17/2018															
ELEMENTARY/TICE CREE	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
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	437	32	908	9.29	*3.48	*119.5	*192	*10.36	*2	16.75	42.11	22.84	8.81	0.00
Rice, Spanish	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	446	34	999	3.00	1.08	518.9	604	0.0	4	27.89	47.14	13.27	7.31	0.00
or,	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Yogurt	1 Each	200	15	105	0.00	0.36	249.8	100	23.98	31	6.99	37.97	2.5	1.50	0.00
Granola, LF Crunchy Clusters -	Pk	220	0	95	4.00	1.80	0.0	80	0.0	16	5.0	47.0	2.5	0.00	0.00
L/O #1-	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
L/O #2-	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
C/W	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Salad, Garden Mix - elm	1 c	14	0	16	1.59	0.86	30.9	6877	5.42	1	1.05	2.76	0.23	0.03	0.00
Salad Bar Toppings 3 Elem	3/4 cup	86	0	84	3.44	0.91	27.8	2726	21.74	*4	3.49	15.15	1.8	0.23	*0.00
Dressing, Assorted FF w/o 1000	1/2 oz	8	0	126	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.01	0.0	0.00	0.00
Fruit Variety 2	1/2 cup	55	0	6	1.63	0.20	10.8	279	30.9	*9	0.61	13.86	0.17	0.02	*0.00
Milk, 0% chocolate	half pt	120	5	150	0.00	0.36	300.0	500	0.0	19	9.0	22.0	0.0	0.00	0.00
Milk, 1% White	half pt	130	15	160	0.00	0.00	400.0	500	1.2	15	10.0	16.0	2.5	1.50	0.00
(+) Sub Total Entrees Served	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
(-) 2nd Lunches	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
(-) Adult lunches	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
(-) Drops	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
(=)TOTAL Reimbursable meals	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		636	75	1160	10.55	*4.81	*605.5	*6620	*48.63	*31	32.86	84.01	19.52	8.12	*0.08
% of Calories										*19.4%	20.7%	52.8%	27.6%	11.5%	*0.1%
Nutrient Guideline		600-650		1230									<=30.0	<10.00	

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Walnut Creek School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 13

Oct 1, 2018 thru Oct 31, 2018

ELEMENTARY/TICE CREEK MENU

Generated on: 9/25/2018 7:23:26 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 - 10/18/2018															
ELEMENTARY/TICE CREE	Total														
Hot Dog, Beef 6" w/Athens Bun	1 each	290	30	680	2.00	2.34	10.0	120	6.6	6	10.0	32.0	15.0	5.50	0.00
or	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Ravioli, Cheese Mini Rounds	14 each	295	72	632	4.68	2.46	233.2	1217	14.85	*2	20.74	38.76	7.65	4.30	0.05
Bread, Garlic Knot	1 each	170	0	270	2.00	1.08	20.0	200	6.0	2	4.0	23.0	7.0	1.50	0.00
or,	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Yogurt	1 Each	200	15	105	0.00	0.36	249.8	100	23.98	31	6.99	37.97	2.5	1.50	0.00
Granola, LF Crunchy Clusters -	Pk	220	0	95	4.00	1.80	0.0	80	0.0	16	5.0	47.0	2.5	0.00	0.00
or,	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Bagel CC, String Cheese	bagel	446	34	999	3.00	1.08	518.9	604	0.0	4	27.89	47.14	13.27	7.31	0.00
L/O #1-	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
L/O #2-	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
C/W	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Salad, Garden Mix - elm	1c	14	0	16	1.59	0.86	30.9	6877	5.42	1	1.05	2.76	0.23	0.03	0.00
Salad Bar Toppings 3 Elem	3/4 cup	86	0	84	3.44	0.91	27.8	2726	21.74	*4	3.49	15.15	1.8	0.23	*0.00
Dressing, Assorted FF w/o 1000	1/2 oz	8	0	126	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.01	0.0	0.00	0.00
Fruit Variety 2	1/2 cup	55	0	6	1.63	0.20	10.8	279	30.9	*9	0.61	13.86	0.17	0.02	*0.00
Cookie, Celebration	1 each	142	14	107	1.40	0.72	40.0	50	0.6	11	1.9	23.9	4.4	1.30	0.00
Milk, 0% chocolate	half pt	120	5	150	0.00	0.36	300.0	500	0.0	19	9.0	22.0	0.0	0.00	0.00
Milk, 1% White	half pt	130	15	160	0.00	0.00	400.0	500	1.2	15	10.0	16.0	2.5	1.50	0.00
Ketchup - LS Red Gold	1 oz	33	0	267	0.00	0.00	0.0	167	2.0	7	0.0	8.34	0.0	0.00	0.00
Mustard	1 oz	21	0	355	0.28	0.57	23.8	0	0.0	*N/A*	1.33	1.81	1.25	0.06	*N/A*
Relish	1 oz	39	0	243	0.33	0.26	0.9	365	0.3	9	0.11	10.52	0.14	0.02	0.00
Beans,Baked,Canned,L/S Veget	1/4 cup	68	0	104	3.14	0.99	31.4	65	0.0	*1	3.67	13.07	0.0	0.00	0.00
(+) Sub Total Entrees Served	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
(-) 2nd Lunches	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
(-) Adult lunches	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
(-) Drops	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
(=)TOTAL Reimbursable meals	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		734	59	1343	9.45	5.03	466.8	6107	47.89	*48	28.31	114.73	20.43	7.10	*0.01
% of Calories										*25.9%	15.4%	62.5%	25.0%	8.7%	*0.0%
Nutrient Guideline		600-650		1230									<=30.0	<10.00	

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

Oct 1, 2018 thru Oct 31, 2018

ELEMENTARY/TICE CREEK MENU

Generated on: 9/25/2018 7:23:26 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 - 10/19/2018															
ELEMENTARY/TICE CREE	Total														
Pizza, Primo pbwg Cheese	slice	360	40	490	4.00	1.80	400.0	400	0.0	6	18.0	35.0	16.0	8.00	0.00
or	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Pizza, Primo wg Turkey Pep.	slice	370	40	550	3.00	2.70	400.0	400	0.0	9	21.0	36.0	16.0	7.00	0.00
or,	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Yogurt	1 Each	200	15	105	0.00	0.36	249.8	100	23.98	31	6.99	37.97	2.5	1.50	0.00
Granola, LF Crunchy Clusters -	Pk	220	0	95	4.00	1.80	0.0	80	0.0	16	5.0	47.0	2.5	0.00	0.00
or,	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Bagel CC, String Cheese	bagel	446	34	999	3.00	1.08	518.9	604	0.0	4	27.89	47.14	13.27	7.31	0.00
L/O #1-	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
L/O #2-	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
C/W	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Salad, Caesar	cup	62	2	128	1.22	0.56	19.2	5065	2.33	*1	1.31	3.12	5.42	0.80	0.00
Salad Bar Toppings 3 Elem	3/4 cup	86	0	84	3.44	0.91	27.8	2726	21.74	*4	3.49	15.15	1.8	0.23	*0.00
Dressing, Assorted FF w/o 1000	1/2 oz	8	0	126	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.01	0.0	0.00	0.00
Fruit Variety 2	1/2 cup	55	0	6	1.63	0.20	10.8	279	30.9	*9	0.61	13.86	0.17	0.02	*0.00
Milk, 0% chocolate	half pt	120	5	150	0.00	0.36	300.0	500	0.0	19	9.0	22.0	0.0	0.00	0.00
Milk, 1% White	half pt	130	15	160	0.00	0.00	400.0	500	1.2	15	10.0	16.0	2.5	1.50	0.00
(+) Sub Total Entrees Served	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
(-) 2nd Lunches	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
(-) Adult lunches	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
(-) Drops	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
(=)TOTAL Reimbursable meals	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		633	46	880	8.32	3.51	725.1	6794	41.95	*35	31.19	82.00	21.11	8.37	*0.00
% of Calories										*22.0%	19.7%	51.8%	30.0%	11.9%	*0.0%
Nutrient Guideline		600-650		1230									<=30.0	<10.00	

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

Oct 1, 2018 thru Oct 31, 2018

ELEMENTARY/TICE CREEK MENU

Generated on: 9/25/2018 7:23:26 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 - 10/22/2018															
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	446	34	999	3.00	1.08	518.9	604	0.0	4	27.89	47.14	13.27	7.31	0.00
or,	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Yogurt	1 Each	200	15	105	0.00	0.36	249.8	100	23.98	31	6.99	37.97	2.5	1.50	0.00
Granola, LF Crunchy Clusters -	Pk	220	0	95	4.00	1.80	0.0	80	0.0	16	5.0	47.0	2.5	0.00	0.00
L/O #1-	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
L/O #2-	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
C/W	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Salad, Garden Mix - elm	1 c	14	0	16	1.59	0.86	30.9	6877	5.42	1	1.05	2.76	0.23	0.03	0.00
Salad Bar Toppings 3 Elem	3/4 cup	86	0	84	3.44	0.91	27.8	2726	21.74	*4	3.49	15.15	1.8	0.23	*0.00
Dressing, Assorted FF w/o 1000	1/2 oz	8	0	126	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.01	0.0	0.00	0.00
Fruit Variety 2	1/2 cup	55	0	6	1.63	0.20	10.8	279	30.9	*9	0.61	13.86	0.17	0.02	*0.00
Milk, 0% chocolate	half pt	120	5	150	0.00	0.36	300.0	500	0.0	19	9.0	22.0	0.0	0.00	0.00
Milk, 1% White	half pt	130	15	160	0.00	0.00	400.0	500	1.2	15	10.0	16.0	2.5	1.50	0.00
Ketchup - LS Red Gold	1 oz	33	0	267	0.00	0.00	0.0	167	2.0	7	0.0	8.34	0.0	0.00	0.00
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		598	44	985	9.29	3.83	587.8	6508	50.94	*40	26.55	91.37	15.33	5.45	*0.02
% of Calories										*26.7%	17.7%	61.1%	23.1%	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

Base Menu Spreadsheet

Portion Values - Detailed

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Oct 1, 2018 thru Oct 31, 2018

ELEMENTARY/TICE CREEK MENU

Generated on: 9/25/2018 7:23:26 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 - 10/23/2018															
ELEMENTARY/TICE CREE	Total														
Mandarin Chicken	#8 scoop	136	36	254	0.00	0.65	0.0	45	1.09	9	9.98	17.24	2.72	0.45	0.00
Rice, Unc Ben 100% brown	1/2 cup	80	0	1	0.95	0.17	1.4	0	0.0	*0	1.89	17.01	0.71	0.00	0.00
or	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Rice Bowl, Edamame	2 #8 scoop	223	0	224	5.29	2.01	55.9	1967	5.65	3	11.68	33.5	5.54	0.70	0.01
or,	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Bagel CC, String Cheese	bagel	446	34	999	3.00	1.08	518.9	604	0.0	4	27.89	47.14	13.27	7.31	0.00
or,	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Yogurt	1 Each	200	15	105	0.00	0.36	249.8	100	23.98	31	6.99	37.97	2.5	1.50	0.00
Granola, LF Crunchy Clusters -	Pk	220	0	95	4.00	1.80	0.0	80	0.0	16	5.0	47.0	2.5	0.00	0.00
L/O #1-	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
L/O #2-	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
C/W	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Salad, Garden Mix - elm	1 c	14	0	16	1.59	0.86	30.9	6877	5.42	1	1.05	2.76	0.23	0.03	0.00
Salad Bar Toppings 3 Elem	3/4 cup	86	0	84	3.44	0.91	27.8	2726	21.74	*4	3.49	15.15	1.8	0.23	*0.00
Dressing, Assorted FF w/o 1000	1/2 oz	8	0	126	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.01	0.0	0.00	0.00
Fruit Variety 2	1/2 cup	55	0	6	1.63	0.20	10.8	279	30.9	*9	0.61	13.86	0.17	0.02	*0.00
Milk, 0% chocolate	half pt	120	5	150	0.00	0.36	300.0	500	0.0	19	9.0	22.0	0.0	0.00	0.00
Milk, 1% White	half pt	130	15	160	0.00	0.00	400.0	500	1.2	15	10.0	16.0	2.5	1.50	0.00
(+) Sub Total Entrees Served	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
(-) 2nd Lunches	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
(-) Adult lunches	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
(-) Drops	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
(=)TOTAL Reimbursable meals	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		440	35	538	5.68	2.37	386.2	6322	43.84	*36	23.39	76.14	5.77	1.33	*0.00
% of Calories										*32.7%	21.2%	69.1%	11.8%	2.7%	*0.0%
Nutrient Guideline		600-650		1230									<=30.0	<10.00	

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Walnut Creek School District

Base Menu Spreadsheet

Portion Values - Detailed

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Oct 1, 2018 thru Oct 31, 2018

ELEMENTARY/TICE CREEK MENU

Generated on: 9/25/2018 7:23:26 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 - 10/24/2018															
ELEMENTARY/TICE CREE	Total														
Hamburger or Cheese Burger-stk	1 each	398	74	668	2.00	2.88	70.0	95	0.0	4	21.75	28.5	20.0	8.13	1.00
Potato, Seasoned Straight Cut	1/2 cup	120	0	135	2.00	0.36	0.0	0	2.4	0	1.0	20.0	4.0	0.50	0.00
or	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Veggie Pattie, chz rs rf lol	1 each	355	15	864	4.40	2.54	245.0	1721	0.0	8	14.4	43.61	13.9	4.10	0.00
Sunflower Seeds, Honey Roasted	packet	190	0	65	3.00	1.44	20.0	25	0.0	5	6.0	11.0	15.0	2.00	0.00
or,	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Yogurt	1 Each	200	15	105	0.00	0.36	249.8	100	23.98	31	6.99	37.97	2.5	1.50	0.00
Granola, LF Crunchy Clusters -	Pk	220	0	95	4.00	1.80	0.0	80	0.0	16	5.0	47.0	2.5	0.00	0.00
or,	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Bagel CC, String Cheese	bagel	446	34	999	3.00	1.08	518.9	604	0.0	4	27.89	47.14	13.27	7.31	0.00
L/O #1-	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
L/O #2-	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
C/W	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Salad, Garden Mix - elm	1c	14	0	16	1.59	0.86	30.9	6877	5.42	1	1.05	2.76	0.23	0.03	0.00
Salad Bar Toppings 3 Elem	3/4 cup	86	0	84	3.44	0.91	27.8	2726	21.74	*4	3.49	15.15	1.8	0.23	*0.00
Dressing, Assorted FF w/o 1000	1/2 oz	8	0	126	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.01	0.0	0.00	0.00
Fruit Variety 2	1/2 cup	55	0	6	1.63	0.20	10.8	279	30.9	*9	0.61	13.86	0.17	0.02	*0.00
Milk, 0% chocolate	half pt	120	5	150	0.00	0.36	300.0	500	0.0	19	9.0	22.0	0.0	0.00	0.00
Milk, 1% White	half pt	130	15	160	0.00	0.00	400.0	500	1.2	15	10.0	16.0	2.5	1.50	0.00
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		766	66	1386	9.46	4.90	491.5	6159	43.87	*39	35.14	103.66	23.12	8.02	*0.74
% of Calories										*20.4%	18.3%	54.1%	27.2%	9.4%	*0.9%
Nutrient Guideline		600-650		1230									<=30.0	<10.00	

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Walnut Creek School District

Oct 1, 2018 thru Oct 31, 2018

Base Menu Spreadsheet

ELEMENTARY/TICE CREEK MENU

Portion Values - Detailed

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Generated on: 9/25/2018 7:23:26 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 - 10/25/2018															
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	446	34	999	3.00	1.08	518.9	604	0.0	4	27.89	47.14	13.27	7.31	0.00
or,	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Yogurt	1 Each	200	15	105	0.00	0.36	249.8	100	23.98	31	6.99	37.97	2.5	1.50	0.00
Granola, LF Crunchy Clusters -	Pk	220	0	95	4.00	1.80	0.0	80	0.0	16	5.0	47.0	2.5	0.00	0.00
L/O #1-	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
L/O #2-	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
C/W	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Salad, Garden Mix - elm	1 c	14	0	16	1.59	0.86	30.9	6877	5.42	1	1.05	2.76	0.23	0.03	0.00
Salad Bar Toppings 3 Elem	3/4 cup	86	0	84	3.44	0.91	27.8	2726	21.74	*4	3.49	15.15	1.8	0.23	*0.00
Dressing, Assorted FF w/o 1000	1/2 oz	8	0	126	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.01	0.0	0.00	0.00
Fruit Variety 2	1/2 cup	55	0	6	1.63	0.20	10.8	279	30.9	*9	0.61	13.86	0.17	0.02	*0.00
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		719	54	1011	18.47	5.39	724.9	6726	52.64	*34	38.62	91.94	24.13	8.29	*0.98
% of Calories										*19.1%	21.5%	51.1%	30.2%	10.4%	*1.2%
Nutrient Guideline		600-650		1230									<=30.0	<10.00	

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Walnut Creek School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 19

Oct 1, 2018 thru Oct 31, 2018

ELEMENTARY/TICE CREEK MENU

Generated on: 9/25/2018 7:23:26 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 - 10/26/2018															
ELEMENTARY/TICE CREE	Total														
Pizza, Primo pbwg Cheese	slice	360	40	490	4.00	1.80	400.0	400	0.0	6	18.0	35.0	16.0	8.00	0.00
or	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Pizza, Primo wg Turkey Pep.	slice	370	40	550	3.00	2.70	400.0	400	0.0	9	21.0	36.0	16.0	7.00	0.00
or,	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Yogurt	1 Each	200	15	105	0.00	0.36	249.8	100	23.98	31	6.99	37.97	2.5	1.50	0.00
Granola, LF Crunchy Clusters -	Pk	220	0	95	4.00	1.80	0.0	80	0.0	16	5.0	47.0	2.5	0.00	0.00
or,	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Bagel CC, String Cheese	bagel	446	34	999	3.00	1.08	518.9	604	0.0	4	27.89	47.14	13.27	7.31	0.00
L/O #1-	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
L/O #2-	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
C/W	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Salad, Caesar	cup	62	2	128	1.22	0.56	19.2	5065	2.33	*1	1.31	3.12	5.42	0.80	0.00
Salad Bar Toppings 3 Elem	3/4 cup	86	0	84	3.44	0.91	27.8	2726	21.74	*4	3.49	15.15	1.8	0.23	*0.00
Dressing, Assorted FF w/o 1000	1/2 oz	8	0	126	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.01	0.0	0.00	0.00
Fruit Variety 2	1/2 cup	55	0	6	1.63	0.20	10.8	279	30.9	*9	0.61	13.86	0.17	0.02	*0.00
Milk, 0% chocolate	half pt	120	5	150	0.00	0.36	300.0	500	0.0	19	9.0	22.0	0.0	0.00	0.00
Milk, 1% White	half pt	130	15	160	0.00	0.00	400.0	500	1.2	15	10.0	16.0	2.5	1.50	0.00
(+) Sub Total Entrees Served	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
(-) 2nd Lunches	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
(-) Adult lunches	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
(-) Drops	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
(=)TOTAL Reimbursable meals	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		631	46	846	8.32	3.51	725.1	6794	41.95	*35	31.19	81.47	21.11	8.37	*0.00
% of Calories										*22.0%	19.8%	51.7%	30.1%	11.9%	*0.0%
Nutrient Guideline		600-650		1230									<=30.0	<10.00	

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Walnut Creek School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 20

Oct 1, 2018 thru Oct 31, 2018

ELEMENTARY/TICE CREEK MENU

Generated on: 9/25/2018 7:23:26 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 - 10/29/2018															
ELEMENTARY/TICE CREE	Total														
Potato, Baked w/toppings	1 each	456	79	573	3.81	1.93	426.0	856	16.61	*3	20.15	39.18	24.94	15.34	0.20
Cracker, Goldfish wg	pkg	100	5	170	1.00	0.36	20.0	0	0.0	0	3.0	14.0	3.5	1.00	0.00
or	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Chicken, BBQ, Kinders	2 each	320	100	660	1.00	1.08	20.0	230	3.6	26	24.0	28.0	11.0	3.00	0.00
Mac & Cheese - Ultimate	#20 scoop	82	13	176	0.41	0.30	125.5	146	0.01	0	4.39	5.71	4.45	2.73	0.03
or,	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Bagel CC, String Cheese	bagel	446	34	999	3.00	1.08	518.9	604	0.0	4	27.89	47.14	13.27	7.31	0.00
or,	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Yogurt	1 Each	200	15	105	0.00	0.36	249.8	100	23.98	31	6.99	37.97	2.5	1.50	0.00
Granola, LF Crunchy Clusters -	Pk	220	0	95	4.00	1.80	0.0	80	0.0	16	5.0	47.0	2.5	0.00	0.00
L/O #1-	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
L/O #2-	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
C/W	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Salad, Garden Mix - elm	1 c	14	0	16	1.59	0.86	30.9	6877	5.42	1	1.05	2.76	0.23	0.03	0.00
Salad Bar Toppings 3 Elem	3/4 cup	86	0	84	3.44	0.91	27.8	2726	21.74	*4	3.49	15.15	1.8	0.23	*0.00
Dressing, Assorted FF w/o 1000	1/2 oz	8	0	126	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.01	0.0	0.00	0.00
Fruit Variety 2	1/2 cup	55	0	6	1.63	0.20	10.8	279	30.9	*9	0.61	13.86	0.17	0.02	*0.00
Roll, Dinner, Flowers	roll	80	0	170	1.00	0.72	20.0	10	0.0	2	3.0	15.0	1.0	0.00	0.00
Milk, 0% chocolate	half pt	120	5	150	0.00	0.36	300.0	500	0.0	19	9.0	22.0	0.0	0.00	0.00
Milk, 1% White	half pt	130	15	160	0.00	0.00	400.0	500	1.2	15	10.0	16.0	2.5	1.50	0.00
(+) Sub Total Entrees Served	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
(-) 2nd Lunches	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
(-) Adult lunches	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
(-) Drops	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
(=)TOTAL Reimbursable meals	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		714	82	1064	7.73	3.49	686.7	6559	52.64	*40	35.55	95.42	22.01	10.94	*0.11
% of Calories										*22.4%	19.9%	53.4%	27.7%	13.8%	*0.1%
Nutrient Guideline		600-650		1230									<=30.0	<10.00	

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

* - 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 21

Oct 1, 2018 thru Oct 31, 2018

ELEMENTARY/TICE CREEK MENU

Generated on: 9/25/2018 7:23:26 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 - 10/30/2018															
ELEMENTARY/TICE CREE	Total														
Teriyaki Chicken	#12 scoop	149	80	551	0.00	0.83	0.0	52	0.0	10	18.37	11.48	4.02	1.15	0.00
Noodles, Yakisoba ww	1/2 cup	149	0	50	2.83	1.91	155.8	0	0.0	0	5.66	29.03	2.12	0.00	0.00
Roll, Dinner, Flowers	roll	80	0	170	1.00	0.72	20.0	10	0.0	2	3.0	15.0	1.0	0.00	0.00
or	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Pizza Rollup	1 each	450	49	1173	3.35	3.82	668.9	11791	37.12	*3	22.96	43.49	21.19	10.85	0.20
or,	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Bagel CC, String Cheese	bagel	446	34	999	3.00	1.08	518.9	604	0.0	4	27.89	47.14	13.27	7.31	0.00
or,	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Yogurt	1 Each	200	15	105	0.00	0.36	249.8	100	23.98	31	6.99	37.97	2.5	1.50	0.00
Granola, LF Crunchy Clusters -	Pk	220	0	95	4.00	1.80	0.0	80	0.0	16	5.0	47.0	2.5	0.00	0.00
L/O #1-	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
L/O #2-	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
C/W	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Salad, Garden Mix - elm	1 c	14	0	16	1.59	0.86	30.9	6877	5.42	1	1.05	2.76	0.23	0.03	0.00
Salad Bar Toppings 3 Elem	3/4 cup	86	0	84	3.44	0.91	27.8	2726	21.74	*4	3.49	15.15	1.8	0.23	*0.00
Dressing, Assorted FF w/o 1000	1/2 oz	8	0	126	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.01	0.0	0.00	0.00
Fruit Variety 2	1/2 cup	55	0	6	1.63	0.20	10.8	279	30.9	*9	0.61	13.86	0.17	0.02	*0.00
Milk, 0% chocolate	half pt	120	5	150	0.00	0.36	300.0	500	0.0	19	9.0	22.0	0.0	0.00	0.00
Milk, 1% White	half pt	130	15	160	0.00	0.00	400.0	500	1.2	15	10.0	16.0	2.5	1.50	0.00
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		657	66	1149	7.54	4.67	688.3	9700	53.37	*38	35.43	101.21	14.35	5.47	*0.06
% of Calories										*23.0%	21.6%	61.6%	19.7%	7.5%	*0.1%
Nutrient Guideline		600-650		1230									<=30.0	<10.00	

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

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Walnut Creek School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 22

Oct 1, 2018 thru Oct 31, 2018

ELEMENTARY/TICE CREEK MENU

Generated on: 9/25/2018 7:23:26 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 - 10/31/2018															
ELEMENTARY/TICE CREE	Total														
Spaghetti, w/meat sauce	#6 Scoop	347	*51	663	*4.40	*3.04	*146.3	*595	*9.7	*7	20.18	35.6	*13.96	*5.57	*0.54
Bread, Texas Toast, wg Garlic	slice	100	0	170	2.00	1.08	0.0	400	0.0	0	4.0	15.0	2.5	0.50	0.00
or	0	0	0	0	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	446	34	999	3.00	1.08	518.9	604	0.0	4	27.89	47.14	13.27	7.31	0.00
or,	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Yogurt	1 Each	200	15	105	0.00	0.36	249.8	100	23.98	31	6.99	37.97	2.5	1.50	0.00
Granola, LF Crunchy Clusters -	Pk	220	0	95	4.00	1.80	0.0	80	0.0	16	5.0	47.0	2.5	0.00	0.00
L/O #1-	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
L/O #2-	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
C/W	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Salad, Garden Mix - elm	1 c	14	0	16	1.59	0.86	30.9	6877	5.42	1	1.05	2.76	0.23	0.03	0.00
Salad Bar Toppings 3 Elem	3/4 cup	86	0	84	3.44	0.91	27.8	2726	21.74	*4	3.49	15.15	1.8	0.23	*0.00
Dressing, Assorted FF w/o 1000	1/2 oz	8	0	126	0.00	0.00	0.0	0	0.0	*N/A*	0.0	2.01	0.0	0.00	0.00
Fruit Variety 2	1/2 cup	55	0	6	1.63	0.20	10.8	279	30.9	*9	0.61	13.86	0.17	0.02	*0.00
Milk, 0% chocolate	half pt	120	5	150	0.00	0.36	300.0	500	0.0	19	9.0	22.0	0.0	0.00	0.00
Milk, 1% White	half pt	130	15	160	0.00	0.00	400.0	500	1.2	15	10.0	16.0	2.5	1.50	0.00
(+) Sub Total Entrees Served	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
(-) 2nd Lunches	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
(-) Adult lunches	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
(-) Drops	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
(=)TOTAL Reimbursable meals	0	0	0	0	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
Weighted Daily Average		655	*44	987	*9.60	*4.84	*608.7	*6681	*52.00	*37	34.41	96.72	*15.97	*6.01	*0.24
% of Calories										*22.6%	21.0%	59.1%	*21.9%	*8.3%	*0.3%
Nutrient Guideline		600-650		1230									<=30.0	<10.00	

Weighted Average		642	*52	1035	*9.55	*4.18	*586.2	*6739	*47.66	*37	32.00	92.72	*17.12	*6.19	*0.20
										*51.6%	19.9%	57.8%	*24.0%	*8.7%	*0.3%

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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Oct 1, 2018 thru Oct 31, 2018

ELEMENTARY/TICE CREEK MENU

Generated on: 9/25/2018 7:23:26 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)
Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)								
Calories	642		600 - 650	100%												
Cholesterol (mg)	52				Missing											
Sodium 1 (mg)	1035		1230													
Sodium 2 (mg)	1035		935						100							
Fiber (g)	9.55				Missing											
Iron (mg)	4.18				Missing											
Calcium (mg)	586.2				Missing											
Vitamin A (IU)	6739				Missing											
Sugars (g)	37	22.93%			Missing											
Vitamin C (mg)	47.66				Missing											
Protein (g)	32.00	19.94%														
Carbohydrate (g)	92.72	57.78%														
Total Fat (g)	17.12	24.00%	<=30.00%		Missing											
Saturated Fat (g)	6.19	8.67%	<10.00%		Missing											
Trans Fat ¹ (g)	0.20	0.28%			Missing											

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