

National School District

Aug 15, 2022 thru Oct 7, 2022

Base Menu Spreadsheet

NSD Lunch

Portion Values - Detailed

Page 1

Generated on: 8/11/2022 10:16:23 AM

	Portion Size	Cals (kcal)	Carb (g)
Mon - 08/15/2022			
NSD Lunch	Total		
Baja Fish Tacos	1 each	350	44.0
Chicken Pattie Sandwich	1 each	350	38.0
Yogurt LOL, Granola, String Ch	1 each	430	59.0
Lettuce, iceberg, shred	1 cup	10	2.14
Plums, raw	1 each	30	7.54
Carrots Baby, Fresh	1/2 cup	40	9.34
Apple, Red Fresh	1 each	95	25.13
Apple, Green Fresh	1 each	95	25.13
Jicama, Raw	1/2 cup	23	5.29
Lemon, Fresh	2 wedges	4	1.3
Cup, Fruit USDA	1 EACH	122	33.05
Juice, Appleberry, 4 oz	1 each	55	14.0
Milk, 1% White	1 each	120	16.0
Milk, Chocolate, Fat Free	1 each	110	20.0
Milk, Soy (allergies)	8 OZ	80	7.0
Dressing, Ranch Bulk	2 tbsp	80	2.0
Ketchup, packet	Pkt	10	3.0
Mayonnaise, Packet	Pkt	25	1.0
Mustard, packet	Pkt	5	0.0
Crema Sauce	1 oz	43	1.3
Salsa Molcajete Roja	2 tbsp	10	2.0
Weighted Daily Average		656	101.24
% of Calories			61.7%
Nutrient Guideline		600-650	

	Portion Size	Cals (kcal)	Carb (g)
Tue - 08/16/2022			
NSD Lunch	Total		
Meatball, Tomato Basil & bread	1 each	357	40.03
Chicken, Breaded & Roll	1 each	340	30.0
Yogurt LOL, Granola, String Ch	1 each	430	59.0
SALAD, TOSSED: no dressing, NSD	1 CUP	8	1.69
Strawberries, fresh	1/2 cup	23	5.53
Peaches, Fresh	1 EACH	59	14.31
Carrots Baby, Fresh	1/2 cup	40	9.34
Apple, Red Fresh	1 each	95	25.13
Apple, Green Fresh	1 each	95	25.13
Beans, Garbanzo, canned	1/2 cup	130	21.0
Juice, Apple, 4 oz	1 each	55	14.0
Milk, 1% White	1 each	120	16.0
Milk, Chocolate, Fat Free	1 each	110	20.0
Milk, Soy (allergies)	8 OZ	80	7.0
Dressing, Ranch Bulk	2 tbsp	80	2.0
Ketchup, packet	Pkt	10	3.0
Weighted Daily Average		687	100.61
% of Calories			58.6%
Nutrient Guideline		600-650	

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

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National School District

Aug 15, 2022 thru Oct 7, 2022

Base Menu Spreadsheet

NSD Lunch

Portion Values - Detailed

Page 2

Generated on: 8/11/2022 10:16:24 AM

	Portion Size	Cals (kcal)	Carb (g)
Wed - 08/17/2022			
NSD Lunch	Total		
Orange Chicken & Brown Rice	1 each	270	45.0
Cheeseburger, Beef SteakBurger	1 each	268	29.6
Yogurt LOL, Granola,String Ch	1 each	430	59.0
SALAD,TOSSSED: no dressing, NSD	1 CUP	8	1.69
Blueberries, Fresh	1/2 CUP	42	10.72
Tomatoes, Cherry, Fresh	1/2 cup	13	2.9
Apple, Red Fresh	1 each	95	25.13
Apple, Green Fresh	1 each	95	25.13
Cucumbers, Sticks, Fresh	1/2 cup	6	1.29
Peaches, cnd light syrup USDA	1/2 cup	60	14.0
Juice, Appleberry, 4 oz	1 each	55	14.0
Milk, 1% White	1 each	120	16.0
Milk, Chocolate, Fat Free	1 each	110	20.0
Milk. Soy (allergies)	8 OZ	80	7.0
Dressing, Ranch Bulk	2 tbsp	80	2.0
Ketchup, packet	Pkt	10	3.0
Mayonnaise, Packet	Pkt	25	1.0
Mustard, packet	Pkt	5	0.0
Weighted Daily Average		563	92.09
% of Calories			65.5%
Nutrient Guideline		600-650	

Thu - 08/18/2022			
NSD Lunch	Total		
Chicken Nuggets, WM& Roll	7 each	340	44.0
Macaroni & Cheese	(6 oz scoop)	280	29.0
Yogurt LOL, Granola,String Ch	1 each	430	59.0
SALAD,TOSSSED: no dressing, NSD	1 CUP	8	1.69
Orange Slices, Fresh	1/2 cup	42	10.58
Apple, Red Fresh	1 each	95	25.13
Apple, Green Fresh	1 each	95	25.13
Pears, Fresh	1 each	101	27.11
Celery, Fresh	1/2 cup	8	1.78
Raisins, box	1 each	113	29.98
Juice, Appleberry, 4 oz	1 each	55	14.0
Milk, 1% White	1 each	120	16.0
Milk, Chocolate, Fat Free	1 each	110	20.0
Milk. Soy (allergies)	8 OZ	80	7.0
Dressing, Ranch Bulk	2 tbsp	80	2.0
Ketchup, packet	Pkt	10	3.0
Mustard, packet	Pkt	5	0.0
Weighted Daily Average		640	104.83
% of Calories			65.5%
Nutrient Guideline		600-650	

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

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National School District

Aug 15, 2022 thru Oct 7, 2022

Base Menu Spreadsheet

NSD Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Carb (g)
Fri - 08/19/2022			
NSD Lunch	Total		
Pizza, Pepp. 8-Cut WildMike's	1 each	370	33.0
Pizza, Cheese 8-Cut WildMike's	1 each	360	34.0
Yogurt LOL, Granola,String Ch	1 each	430	59.0
SALAD,TOSSED: no dressing, NSD	1 CUP	8	1.69
Carrots Baby, Fresh	1/2 cup	40	9.34
Tomatoes, Cherry, Fresh	1/2 cup	13	2.9
Apple, Red Fresh	1 each	95	25.13
Apple, Green Fresh	1 each	95	25.13
Pears, Fresh	1 each	101	27.11
Mixed Fruit,cnd USDA	1/2 cup	60	17.0
Juice, Appleberry, 4 oz	1 each	55	14.0
Milk, 1% White	1 each	120	16.0
Milk, Chocolate, Fat Free	1 each	110	20.0
Milk. Soy (allergies)	8 OZ	80	7.0
Dressing, Ranch Bulk	2 tbsp	80	2.0
Ketchup, packet	Pkt	10	3.0
Mayonnaise, Packet	Pkt	25	1.0
Mustard, packet	Pkt	5	0.0
Weighted Daily Average		703	105.99
% of Calories			60.3%
Nutrient Guideline		600-650	

Mon - 08/22/2022			
NSD Lunch	Total		
Baja Fish Tacos	1 each	350	44.0
Chicken Pattie SandwichWMuscle	1 each	350	38.0
Yogurt LOL, Granola,String Ch	1 each	430	59.0
Lettuce, iceberg, shred	1 cup	10	2.14
Plums, raw	1 each	30	7.54
Carrots Baby, Fresh	1/2 cup	40	9.34
Apple, Red Fresh	1 each	95	25.13
Apple, Green Fresh	1 each	95	25.13
Jicama, Raw	1/2 cup	23	5.29
Lemon, Fresh	2 wedges	4	1.3
Cup, Fruit USDA	1 EACH	122	33.05
Juice, Appleberry, 4 oz	1 each	55	14.0
Milk, 1% White	1 each	120	16.0
Milk, Chocolate, Fat Free	1 each	110	20.0
Milk. Soy (allergies)	8 OZ	80	7.0
Dressing, Ranch Bulk	2 tbsp	80	2.0
Ketchup, packet	Pkt	10	3.0
Mayonnaise, Packet	Pkt	25	1.0
Mustard, packet	Pkt	5	0.0
Crema Sauce	1 oz	43	1.3
Salsa Molcajete Roja	2 tbsp	10	2.0
Weighted Daily Average		656	101.24
% of Calories			61.7%
Nutrient Guideline		600-650	

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Aug 15, 2022 thru Oct 7, 2022

Base Menu Spreadsheet

NSD Lunch

Portion Values - Detailed

Page 4

Generated on: 8/11/2022 10:16:24 AM

	Portion Size	Cals (kcal)	Carb (g)
Tue - 08/23/2022			
NSD Lunch	Total		
Meatball, Tomato Basil & bread	1 each	357	40.03
Chicken, Breaded & Roll	1 each	340	30.0
Yogurt LOL, Granola, String Ch	1 each	430	59.0
SALAD, TOSSED: no dressing, NSD	1 CUP	8	1.69
Strawberries, fresh	1/2 cup	23	5.53
Peaches, Fresh	1 EACH	59	14.31
Carrots Baby, Fresh	1/2 cup	40	9.34
Apple, Red Fresh	1 each	95	25.13
Apple, Green Fresh	1 each	95	25.13
Beans, Garbanzo, canned	1/2 cup	130	21.0
Juice, Apple, 4 oz	1 each	55	14.0
Milk, 1% White	1 each	120	16.0
Milk, Chocolate, Fat Free	1 each	110	20.0
Milk. Soy (allergies)	8 OZ	80	7.0
Dressing, Ranch Bulk	2 tbsp	80	2.0
Ketchup, packet	Pkt	10	3.0
Weighted Daily Average		687	100.61
% of Calories			58.6%
Nutrient Guideline		600-650	

	Portion Size	Cals (kcal)	Carb (g)
Wed - 08/24/2022			
NSD Lunch	Total		
Orange Chicken & Brown Rice	1 each	270	45.0
Cheeseburger, Beef SteakBurger	1 each	268	29.6
Yogurt LOL, Granola, String Ch	1 each	430	59.0
SALAD, TOSSED: no dressing, NSD	1 CUP	8	1.69
Blueberries, Fresh	1/2 CUP	42	10.72
Tomatoes, Cherry, Fresh	1/2 cup	13	2.9
Apple, Red Fresh	1 each	95	25.13
Apple, Green Fresh	1 each	95	25.13
Cucumbers, Sticks, Fresh	1/2 cup	6	1.29
Peaches, cnd light syrup USDA	1/2 cup	60	14.0
Juice, Appleberry, 4 oz	1 each	55	14.0
Milk, 1% White	1 each	120	16.0
Milk, Chocolate, Fat Free	1 each	110	20.0
Milk. Soy (allergies)	8 OZ	80	7.0
Dressing, Ranch Bulk	2 tbsp	80	2.0
Ketchup, packet	Pkt	10	3.0
Mayonnaise, Packet	Pkt	25	1.0
Mustard, packet	Pkt	5	0.0
Weighted Daily Average		563	92.09
% of Calories			65.5%
Nutrient Guideline		600-650	

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Base Menu Spreadsheet

NSD Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Carb (g)
Thu - 08/25/2022			
NSD Lunch	Total		
Chicken Nuggets, WM& Roll	7 each	340	44.0
Macaroni & Cheese	(6 oz scoop)	280	29.0
Yogurt LOL, Granola,String Ch	1 each	430	59.0
SALAD,TOSSED: no dressing, NSD	1 CUP	8	1.69
Orange Slices, Fresh	1/2 cup	42	10.58
Apple, Red Fresh	1 each	95	25.13
Apple, Green Fresh	1 each	95	25.13
Pears, Fresh	1 each	101	27.11
Celery, Fresh	1/2 cup	8	1.78
Raisins, box	1 each	113	29.98
Juice, Appleberry, 4 oz	1 each	55	14.0
Milk, 1% White	1 each	120	16.0
Milk, Chocolate, Fat Free	1 each	110	20.0
Milk. Soy (allergies)	8 OZ	80	7.0
Dressing, Ranch Bulk	2 tbsp	80	2.0
Ketchup, packet	Pkt	10	3.0
Mustard, packet	Pkt	5	0.0
Weighted Daily Average		640	104.83
% of Calories			65.5%
Nutrient Guideline		600-650	

	Portion Size	Cals (kcal)	Carb (g)
Fri - 08/26/2022			
NSD Lunch	Total		
Pizza, Pepp. 8-Cut WildMike's	1 each	370	33.0
Pizza, Cheese 8-Cut WildMike's	1 each	360	34.0
Yogurt LOL, Granola,String Ch	1 each	430	59.0
SALAD,TOSSED: no dressing, NSD	1 CUP	8	1.69
Carrots Baby, Fresh	1/2 cup	40	9.34
Tomatoes, Cherry, Fresh	1/2 cup	13	2.9
Apple, Red Fresh	1 each	95	25.13
Apple, Green Fresh	1 each	95	25.13
Pears, Fresh	1 each	101	27.11
Mixed Fruit,cnd USDA	1/2 cup	60	17.0
Juice, Appleberry, 4 oz	1 each	55	14.0
Milk, 1% White	1 each	120	16.0
Milk, Chocolate, Fat Free	1 each	110	20.0
Milk. Soy (allergies)	8 OZ	80	7.0
Dressing, Ranch Bulk	2 tbsp	80	2.0
Ketchup, packet	Pkt	10	3.0
Mayonnaise, Packet	Pkt	25	1.0
Mustard, packet	Pkt	5	0.0
Weighted Daily Average		703	105.99
% of Calories			60.3%
Nutrient Guideline		600-650	

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National School District

Aug 15, 2022 thru Oct 7, 2022

Base Menu Spreadsheet

NSD Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Carb (g)
Mon - 08/29/2022			
NSD Lunch	Total		
Baja Fish Tacos	1 each	350	44.0
Chicken Pattie Sandwich	1 each	350	38.0
Yogurt LOL, Granola, String Ch	1 each	430	59.0
Lettuce, iceberg, shred	1 cup	10	2.14
Plums, raw	1 each	30	7.54
Carrots Baby, Fresh	1/2 cup	40	9.34
Apple, Red Fresh	1 each	95	25.13
Apple, Green Fresh	1 each	95	25.13
Jicama, Raw	1/2 cup	23	5.29
Lemon, Fresh	2 wedges	4	1.3
Cup, Fruit USDA	1 EACH	122	33.05
Juice, Appleberry, 4 oz	1 each	55	14.0
Milk, 1% White	1 each	120	16.0
Milk, Chocolate, Fat Free	1 each	110	20.0
Milk, Soy (allergies)	8 OZ	80	7.0
Dressing, Ranch Bulk	2 tbsp	80	2.0
Ketchup, packet	Pkt	10	3.0
Mayonnaise, Packet	Pkt	25	1.0
Mustard, packet	Pkt	5	0.0
Crema Sauce	1 oz	43	1.3
Salsa Molcajete Roja	2 tbsp	10	2.0
Weighted Daily Average		656	101.24
% of Calories			61.7%
Nutrient Guideline		600-650	

	Portion Size	Cals (kcal)	Carb (g)
Tue - 08/30/2022			
NSD Lunch	Total		
Meatball, Tomato Basil & bread	1 each	357	40.03
Chicken, Breaded & Roll	1 each	340	30.0
Yogurt LOL, Granola, String Ch	1 each	430	59.0
SALAD, TOSSED: no dressing, NSD	1 CUP	8	1.69
Strawberries, fresh	1/2 cup	23	5.53
Peaches, Fresh	1 EACH	59	14.31
Carrots Baby, Fresh	1/2 cup	40	9.34
Apple, Red Fresh	1 each	95	25.13
Apple, Green Fresh	1 each	95	25.13
Beans, Garbanzo, canned	1/2 cup	130	21.0
Juice, Apple, 4 oz	1 each	55	14.0
Milk, 1% White	1 each	120	16.0
Milk, Chocolate, Fat Free	1 each	110	20.0
Milk, Soy (allergies)	8 OZ	80	7.0
Dressing, Ranch Bulk	2 tbsp	80	2.0
Ketchup, packet	Pkt	10	3.0
Weighted Daily Average		687	100.61
% of Calories			58.6%
Nutrient Guideline		600-650	

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NSD Lunch

Portion Values - Detailed

Page 7

Generated on: 8/11/2022 10:16:24 AM

	Portion Size	Cals (kcal)	Carb (g)
Wed - 08/31/2022			
NSD Lunch	Total		
Orange Chicken & Brown Rice	1 each	270	45.0
Cheeseburger, Beef SteakBurger	1 each	268	29.6
Yogurt LOL, Granola,String Ch	1 each	430	59.0
SALAD,TOSSSED: no dressing, NSD	1 CUP	8	1.69
Blueberries, Fresh	1/2 CUP	42	10.72
Tomatoes, Cherry, Fresh	1/2 cup	13	2.9
Apple, Red Fresh	1 each	95	25.13
Apple, Green Fresh	1 each	95	25.13
Cucumbers, Sticks, Fresh	1/2 cup	6	1.29
Peaches, cnd light syrup USDA	1/2 cup	60	14.0
Juice, Appleberry, 4 oz	1 each	55	14.0
Milk, 1% White	1 each	120	16.0
Milk, Chocolate, Fat Free	1 each	110	20.0
Milk. Soy (allergies)	8 OZ	80	7.0
Dressing, Ranch Bulk	2 tbsp	80	2.0
Ketchup, packet	Pkt	10	3.0
Mayonnaise, Packet	Pkt	25	1.0
Mustard, packet	Pkt	5	0.0
Weighted Daily Average		563	92.09
% of Calories			65.5%
Nutrient Guideline		600-650	

Thu - 09/01/2022			
NSD Lunch	Total		
Chicken Nuggets, WM& Roll	7 each	340	44.0
Macaroni & Cheese	(6 oz scoop)	280	29.0
Yogurt LOL, Granola,String Ch	1 each	430	59.0
SALAD,TOSSSED: no dressing, NSD	1 CUP	8	1.69
Orange Slices, Fresh	1/2 cup	42	10.58
Apple, Red Fresh	1 each	95	25.13
Apple, Green Fresh	1 each	95	25.13
Pears, Fresh	1 each	101	27.11
Celery, Fresh	1/2 cup	8	1.78
Raisins, box	1 each	113	29.98
Juice, Appleberry, 4 oz	1 each	55	14.0
Milk, 1% White	1 each	120	16.0
Milk, Chocolate, Fat Free	1 each	110	20.0
Milk. Soy (allergies)	8 OZ	80	7.0
Dressing, Ranch Bulk	2 tbsp	80	2.0
Ketchup, packet	Pkt	10	3.0
Mustard, packet	Pkt	5	0.0
Weighted Daily Average		640	104.83
% of Calories			65.5%
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Page 8

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	Portion Size	Cals (kcal)	Carb (g)
Fri - 09/02/2022			
NSD Lunch	Total		
Pizza, Pepp. 8-Cut WildMike's	1 each	370	33.0
Pizza, Cheese 8-Cut WildMike's	1 each	360	34.0
Yogurt LOL, Granola,String Ch	1 each	430	59.0
SALAD, TOSSED: no dressing, NSD	1 CUP	8	1.69
Carrots Baby, Fresh	1/2 cup	40	9.34
Tomatoes, Cherry, Fresh	1/2 cup	13	2.9
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Apple, Green Fresh	1 each	95	25.13
Pears, Fresh	1 each	101	27.11
Mixed Fruit,cnd USDA	1/2 cup	60	17.0
Juice, Appleberry, 4 oz	1 each	55	14.0
Milk, 1% White	1 each	120	16.0
Milk, Chocolate, Fat Free	1 each	110	20.0
Milk. Soy (allergies)	8 OZ	80	7.0
Dressing, Ranch Bulk	2 tbsp	80	2.0
Ketchup, packet	Pkt	10	3.0
Mayonnaise, Packet	Pkt	25	1.0
Mustard, packet	Pkt	5	0.0
Weighted Daily Average		703	105.99
% of Calories			60.3%
Nutrient Guideline		600-650	

Tue - 09/06/2022			
NSD Lunch	Total		
Meatball, Tomato Basil & bread	1 each	357	40.03
Chicken, Breaded & Roll	1 each	340	30.0
Yogurt LOL, Granola,String Ch	1 each	430	59.0
SALAD, TOSSED: no dressing, NSD	1 CUP	8	1.69
Strawberries, fresh	1/2 cup	23	5.53
Peaches, Fresh	1 EACH	59	14.31
Carrots Baby, Fresh	1/2 cup	40	9.34
Apple, Red Fresh	1 each	95	25.13
Apple, Green Fresh	1 each	95	25.13
Beans, Garbanzo, canned	1/2 cup	130	21.0
Juice, Apple, 4 oz	1 each	55	14.0
Milk, 1% White	1 each	120	16.0
Milk, Chocolate, Fat Free	1 each	110	20.0
Milk. Soy (allergies)	8 OZ	80	7.0
Dressing, Ranch Bulk	2 tbsp	80	2.0
Ketchup, packet	Pkt	10	3.0
Weighted Daily Average		687	100.61
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Page 9

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	Portion Size	Cals (kcal)	Carb (g)
Wed - 09/07/2022			
NSD Lunch	Total		
Orange Chicken & Brown Rice	1 each	270	45.0
Cheeseburger, Beef SteakBurger	1 each	268	29.6
Yogurt LOL, Granola,String Ch	1 each	430	59.0
SALAD, TOSSED: no dressing, NSD	1 CUP	8	1.69
Blueberries, Fresh	1/2 CUP	42	10.72
Tomatoes, Cherry, Fresh	1/2 cup	13	2.9
Apple, Red Fresh	1 each	95	25.13
Apple, Green Fresh	1 each	95	25.13
Cucumbers, Sticks, Fresh	1/2 cup	6	1.29
Peaches, cnd light syrup USDA	1/2 cup	60	14.0
Juice, Appleberry, 4 oz	1 each	55	14.0
Milk, 1% White	1 each	120	16.0
Milk, Chocolate, Fat Free	1 each	110	20.0
Milk. Soy (allergies)	8 OZ	80	7.0
Dressing, Ranch Bulk	2 tbsp	80	2.0
Ketchup, packet	Pkt	10	3.0
Mayonnaise, Packet	Pkt	25	1.0
Mustard, packet	Pkt	5	0.0
Weighted Daily Average		563	92.09
% of Calories			65.5%
Nutrient Guideline		600-650	

Thu - 09/08/2022			
NSD Lunch	Total		
Chicken Nuggets, WM& Roll	7 each	340	44.0
Macaroni & Cheese	(6 oz scoop)	280	29.0
Yogurt LOL, Granola,String Ch	1 each	430	59.0
SALAD, TOSSED: no dressing, NSD	1 CUP	8	1.69
Orange Slices, Fresh	1/2 cup	42	10.58
Apple, Red Fresh	1 each	95	25.13
Apple, Green Fresh	1 each	95	25.13
Pears, Fresh	1 each	101	27.11
Celery, Fresh	1/2 cup	8	1.78
Raisins, box	1 each	113	29.98
Juice, Appleberry, 4 oz	1 each	55	14.0
Milk, 1% White	1 each	120	16.0
Milk, Chocolate, Fat Free	1 each	110	20.0
Milk. Soy (allergies)	8 OZ	80	7.0
Dressing, Ranch Bulk	2 tbsp	80	2.0
Ketchup, packet	Pkt	10	3.0
Mustard, packet	Pkt	5	0.0
Weighted Daily Average		640	104.83
% of Calories			65.5%
Nutrient Guideline		600-650	

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National School District

Aug 15, 2022 thru Oct 7, 2022

Base Menu Spreadsheet

NSD Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Carb (g)
Fri - 09/09/2022			
NSD Lunch	Total		
Pizza, Pepp. 8-Cut WildMike's	1 each	370	33.0
Pizza, Cheese 8-Cut WildMike's	1 each	360	34.0
Yogurt LOL, Granola,String Ch	1 each	430	59.0
SALAD,TOSSED: no dressing, NSD	1 CUP	8	1.69
Carrots Baby, Fresh	1/2 cup	40	9.34
Tomatoes, Cherry, Fresh	1/2 cup	13	2.9
Apple, Red Fresh	1 each	95	25.13
Apple, Green Fresh	1 each	95	25.13
Pears, Fresh	1 each	101	27.11
Mixed Fruit,cnd USDA	1/2 cup	60	17.0
Juice, Appleberry, 4 oz	1 each	55	14.0
Milk, 1% White	1 each	120	16.0
Milk, Chocolate, Fat Free	1 each	110	20.0
Milk. Soy (allergies)	8 OZ	80	7.0
Dressing, Ranch Bulk	2 tbsp	80	2.0
Ketchup, packet	Pkt	10	3.0
Mayonnaise, Packet	Pkt	25	1.0
Mustard, packet	Pkt	5	0.0
Weighted Daily Average		703	105.99
% of Calories			60.3%
Nutrient Guideline		600-650	

Mon - 09/12/2022			
NSD Lunch	Total		
Baja Fish Tacos	1 each	350	44.0
Chicken Pattie SandwichWMuscle	1 each	350	38.0
Yogurt LOL, Granola,String Ch	1 each	430	59.0
Lettuce, iceberg, shred	1 cup	10	2.14
Plums, raw	1 each	30	7.54
Carrots Baby, Fresh	1/2 cup	40	9.34
Apple, Red Fresh	1 each	95	25.13
Apple, Green Fresh	1 each	95	25.13
Jicama, Raw	1/2 cup	23	5.29
Lemon, Fresh	2 wedges	4	1.3
Cup, Fruit USDA	1 EACH	122	33.05
Juice, Appleberry, 4 oz	1 each	55	14.0
Milk, 1% White	1 each	120	16.0
Milk, Chocolate, Fat Free	1 each	110	20.0
Milk. Soy (allergies)	8 OZ	80	7.0
Dressing, Ranch Bulk	2 tbsp	80	2.0
Ketchup, packet	Pkt	10	3.0
Mayonnaise, Packet	Pkt	25	1.0
Mustard, packet	Pkt	5	0.0
Crema Sauce	1 oz	43	1.3
Salsa Molcajete Roja	2 tbsp	10	2.0
Weighted Daily Average		656	101.24
% of Calories			61.7%
Nutrient Guideline		600-650	

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National School District

Aug 15, 2022 thru Oct 7, 2022

Base Menu Spreadsheet

NSD Lunch

Portion Values - Detailed

Page 11

Generated on: 8/11/2022 10:16:24 AM

	Portion Size	Cals (kcal)	Carb (g)
Tue - 09/13/2022			
NSD Lunch	Total		
Meatball, Tomato Basil & bread	1 each	357	40.03
Chicken, Breaded & Roll	1 each	340	30.0
Yogurt LOL, Granola, String Ch	1 each	430	59.0
SALAD, TOSSED: no dressing, NSD	1 CUP	8	1.69
Strawberries, fresh	1/2 cup	23	5.53
Peaches, Fresh	1 EACH	59	14.31
Carrots Baby, Fresh	1/2 cup	40	9.34
Apple, Red Fresh	1 each	95	25.13
Apple, Green Fresh	1 each	95	25.13
Beans, Garbanzo, canned	1/2 cup	130	21.0
Juice, Apple, 4 oz	1 each	55	14.0
Milk, 1% White	1 each	120	16.0
Milk, Chocolate, Fat Free	1 each	110	20.0
Milk. Soy (allergies)	8 OZ	80	7.0
Dressing, Ranch Bulk	2 tbsp	80	2.0
Ketchup, packet	Pkt	10	3.0
Weighted Daily Average		687	100.61
% of Calories			58.6%
Nutrient Guideline		600-650	

	Portion Size	Cals (kcal)	Carb (g)
Wed - 09/14/2022			
NSD Lunch	Total		
Orange Chicken & Brown Rice	1 each	270	45.0
Cheeseburger, Beef SteakBurger	1 each	268	29.6
Yogurt LOL, Granola, String Ch	1 each	430	59.0
SALAD, TOSSED: no dressing, NSD	1 CUP	8	1.69
Blueberries, Fresh	1/2 CUP	42	10.72
Tomatoes, Cherry, Fresh	1/2 cup	13	2.9
Apple, Red Fresh	1 each	95	25.13
Apple, Green Fresh	1 each	95	25.13
Cucumbers, Sticks, Fresh	1/2 cup	6	1.29
Peaches, cnd light syrup USDA	1/2 cup	60	14.0
Juice, Appleberry, 4 oz	1 each	55	14.0
Milk, 1% White	1 each	120	16.0
Milk, Chocolate, Fat Free	1 each	110	20.0
Milk. Soy (allergies)	8 OZ	80	7.0
Dressing, Ranch Bulk	2 tbsp	80	2.0
Ketchup, packet	Pkt	10	3.0
Mayonnaise, Packet	Pkt	25	1.0
Mustard, packet	Pkt	5	0.0
Weighted Daily Average		563	92.09
% of Calories			65.5%
Nutrient Guideline		600-650	

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National School District

Aug 15, 2022 thru Oct 7, 2022

Base Menu Spreadsheet

NSD Lunch

Portion Values - Detailed

Page 12

Generated on: 8/11/2022 10:16:25 AM

	Portion Size	Cals (kcal)	Carb (g)
Thu - 09/15/2022			
NSD Lunch	Total		
Chicken Nuggets, WM& Roll	7 each	340	44.0
Macaroni & Cheese	(6 oz scoop)	280	29.0
Yogurt LOL, Granola,String Ch	1 each	430	59.0
SALAD,TOSSED: no dressing, NSD	1 CUP	8	1.69
Orange Slices, Fresh	1/2 cup	42	10.58
Apple, Red Fresh	1 each	95	25.13
Apple, Green Fresh	1 each	95	25.13
Pears, Fresh	1 each	101	27.11
Celery, Fresh	1/2 cup	8	1.78
Raisins, box	1 each	113	29.98
Juice, Appleberry, 4 oz	1 each	55	14.0
Milk, 1% White	1 each	120	16.0
Milk, Chocolate, Fat Free	1 each	110	20.0
Milk. Soy (allergies)	8 OZ	80	7.0
Dressing, Ranch Bulk	2 tbsp	80	2.0
Ketchup, packet	Pkt	10	3.0
Mustard, packet	Pkt	5	0.0
Weighted Daily Average		640	104.83
% of Calories			65.5%
Nutrient Guideline		600-650	

	Portion Size	Cals (kcal)	Carb (g)
Fri - 09/16/2022			
NSD Lunch	Total		
Pizza, Pepp. 8-Cut WildMike's	1 each	370	33.0
Pizza, Cheese 8-Cut WildMike's	1 each	360	34.0
Yogurt LOL, Granola,String Ch	1 each	430	59.0
SALAD,TOSSED: no dressing, NSD	1 CUP	8	1.69
Carrots Baby, Fresh	1/2 cup	40	9.34
Tomatoes, Cherry, Fresh	1/2 cup	13	2.9
Apple, Red Fresh	1 each	95	25.13
Apple, Green Fresh	1 each	95	25.13
Pears, Fresh	1 each	101	27.11
Mixed Fruit,cnd USDA	1/2 cup	60	17.0
Juice, Appleberry, 4 oz	1 each	55	14.0
Milk, 1% White	1 each	120	16.0
Milk, Chocolate, Fat Free	1 each	110	20.0
Milk. Soy (allergies)	8 OZ	80	7.0
Dressing, Ranch Bulk	2 tbsp	80	2.0
Ketchup, packet	Pkt	10	3.0
Mayonnaise, Packet	Pkt	25	1.0
Mustard, packet	Pkt	5	0.0
Weighted Daily Average		703	105.99
% of Calories			60.3%
Nutrient Guideline		600-650	

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National School District

Aug 15, 2022 thru Oct 7, 2022

Base Menu Spreadsheet

NSD Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Carb (g)
Tue - 10/04/2022			
NSD Lunch	Total		
Meatball, Tomato Basil & bread	1 each	357	40.03
Chicken, Breaded & Roll	1 each	340	30.0
Yogurt LOL, Granola, String Ch	1 each	430	59.0
SALAD, TOSSED: no dressing, NSD	1 CUP	8	1.69
Strawberries, fresh	1/2 cup	23	5.53
Peaches, Fresh	1 EACH	59	14.31
Carrots Baby, Fresh	1/2 cup	40	9.34
Apple, Red Fresh	1 each	95	25.13
Apple, Green Fresh	1 each	95	25.13
Beans, Garbanzo, canned	1/2 cup	130	21.0
Juice, Apple, 4 oz	1 each	55	14.0
Milk, 1% White	1 each	120	16.0
Milk, Chocolate, Fat Free	1 each	110	20.0
Milk. Soy (allergies)	8 OZ	80	7.0
Dressing, Ranch Bulk	2 tbsp	80	2.0
Ketchup, packet	Pkt	10	3.0
Weighted Daily Average		687	100.61
% of Calories			58.6%
Nutrient Guideline		600-650	

	Portion Size	Cals (kcal)	Carb (g)
Wed - 10/05/2022			
NSD Lunch	Total		
Orange Chicken & Brown Rice	1 each	270	45.0
Cheeseburger, Beef SteakBurger	1 each	268	29.6
Yogurt LOL, Granola, String Ch	1 each	430	59.0
SALAD, TOSSED: no dressing, NSD	1 CUP	8	1.69
Blueberries, Fresh	1/2 CUP	42	10.72
Tomatoes, Cherry, Fresh	1/2 cup	13	2.9
Apple, Red Fresh	1 each	95	25.13
Apple, Green Fresh	1 each	95	25.13
Cucumbers, Sticks, Fresh	1/2 cup	6	1.29
Peaches, cnd light syrup USDA	1/2 cup	60	14.0
Juice, Appleberry, 4 oz	1 each	55	14.0
Milk, 1% White	1 each	120	16.0
Milk, Chocolate, Fat Free	1 each	110	20.0
Milk. Soy (allergies)	8 OZ	80	7.0
Dressing, Ranch Bulk	2 tbsp	80	2.0
Ketchup, packet	Pkt	10	3.0
Mayonnaise, Packet	Pkt	25	1.0
Mustard, packet	Pkt	5	0.0
Weighted Daily Average		563	92.09
% of Calories			65.5%
Nutrient Guideline		600-650	

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National School District

Aug 15, 2022 thru Oct 7, 2022

Base Menu Spreadsheet

NSD Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Carb (g)
Thu - 10/06/2022			
NSD Lunch	Total		
Chicken Nuggets, WM& Roll	7 each	340	44.0
Macaroni & Cheese	(6 oz scoop)	280	29.0
Yogurt LOL, Granola,String Ch	1 each	430	59.0
SALAD,TOSSED: no dressing, NSD	1 CUP	8	1.69
Orange Slices, Fresh	1/2 cup	42	10.58
Apple, Red Fresh	1 each	95	25.13
Apple, Green Fresh	1 each	95	25.13
Pears, Fresh	1 each	101	27.11
Celery, Fresh	1/2 cup	8	1.78
Raisins, box	1 each	113	29.98
Juice, Appleberry, 4 oz	1 each	55	14.0
Milk, 1% White	1 each	120	16.0
Milk, Chocolate, Fat Free	1 each	110	20.0
Milk. Soy (allergies)	8 OZ	80	7.0
Dressing, Ranch Bulk	2 tbsp	80	2.0
Ketchup, packet	Pkt	10	3.0
Mustard, packet	Pkt	5	0.0
Weighted Daily Average		640	104.83
% of Calories			65.5%
Nutrient Guideline		600-650	

Fri - 10/07/2022			
NSD Lunch	Total		
Pizza, Pepp. 8-Cut WildMike's	1 each	370	33.0
Pizza, Cheese 8-Cut WildMike's	1 each	360	34.0
Yogurt LOL, Granola,String Ch	1 each	430	59.0
SALAD,TOSSED: no dressing, NSD	1 CUP	8	1.69
Carrots Baby, Fresh	1/2 cup	40	9.34
Tomatoes, Cherry, Fresh	1/2 cup	13	2.9
Apple, Red Fresh	1 each	95	25.13
Apple, Green Fresh	1 each	95	25.13
Pears, Fresh	1 each	101	27.11
Mixed Fruit,cnd USDA	1/2 cup	60	17.0
Juice, Appleberry, 4 oz	1 each	55	14.0
Milk, 1% White	1 each	120	16.0
Milk, Chocolate, Fat Free	1 each	110	20.0
Milk. Soy (allergies)	8 OZ	80	7.0
Dressing, Ranch Bulk	2 tbsp	80	2.0
Ketchup, packet	Pkt	10	3.0
Mayonnaise, Packet	Pkt	25	1.0
Mustard, packet	Pkt	5	0.0
Weighted Daily Average		703	105.99
% of Calories			60.3%
Nutrient Guideline		600-650	

Weighted Average		649	100.93
			62.2%

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National School District

Aug 15, 2022 thru Oct 7, 2022

Base Menu Spreadsheet

NSD Lunch

Portion Values - Detailed

Page 15

Generated on: 8/11/2022 10:16:25 AM

Nutrient	Menu AVG	% of Cals	Weekly Target	Portion Size % of Target	Cals (kcal) Miss Data	Carb (g) Shortfall	Overage	Error Messages (if any)
Calories	649		600 - 650	100%				
Carbohydrate (g)	100.93	62.17%						

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