

National School District

Dec 11, 2023 thru Feb 9, 2024

Base Menu Spreadsheet

NSD Lunch

Portion Values - Detailed

Page 1

Generated on: 12/14/2023 7:42:15 AM

	Portion Size	Cals (kcal)	Carb (g)
Mon - 12/11/2023			
NSD Lunch	Total		
Taquitos, Chicken	1 EACH	230	17.0
Rotini w/ Roll	1 each	387	59.81
Burrito, Bean & Cheese	1 each	380	47.0
Apple, Red Fresh	1 each	95	25.13
Grapes, red, seedless, fresh	1/2 cup	31	7.89
Cucumbers, Sticks, Fresh	1/2 cup	6	1.29
Carrots Baby, Fresh	1/2 cup	40	9.34
Lettuce, iceberg, shred	1 cup	10	2.14
Jicama, Raw	1/2 cup	23	5.29
Juice, Appleberry, 4 oz	1 each	55	14.0
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	70	1.0
Salsa Molcajete Roja	2 tbsp	10	2.0
Crema Sauce	1 oz	43	1.3
Weighted Daily Average		589	92.47
% of Calories			62.8%
Nutrient Guideline		600-650	

Tue - 12/12/2023			
NSD Lunch	Total		
Cheeseburger, Beef SteakBurger	1 each	268	30.6
Sandwich, Tuna on Croissant	1 each	354	31.17
Yogurt LOL ,Granola, String Ch	1 each	400	62.0
Apple, Red Fresh	1 each	95	25.13
Apple, Green Fresh	1 each	95	25.13
Orange Slices, Fresh	1/2 cup	42	10.58
SALAD,TOSSED: no dressing, NSD	1 CUP	8	1.69
Spinach, Fresh	1 cup	7	1.09
Tomatoes, red, raw	1/2 cup	16	3.5
Beans, Garbanzo, canned	1/2 cup	130	21.0
Juice, Appleberry, 4 oz	1 each	55	14.0
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	70	1.0
Ketchup, packet	Pkt	10	3.0
Mustard, packet	Pkt	0	0.0
Mayonnaise Packet	1 Each	60	1.0
Weighted Daily Average		607	94.98
% of Calories			62.6%
Nutrient Guideline		600-650	

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

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Base Menu Spreadsheet

NSD Lunch

Portion Values - Detailed

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Generated on: 12/14/2023 7:42:15 AM

	Portion Size	Cals (kcal)	Carb (g)
Wed - 12/13/2023			
NSD Lunch	Total		
Baja Fish Tacos	1 each	302	32.0
Chicken Pattie SandHotnSpiWmus	1 each	350	39.0
Chicken Pattie SandwichWMuscle	1 each	350	39.0
Sandwich, Toasted Cheese	1 each	344	28.0
Cantaloupe, raw	1/2 cup	27	6.53
Bananas, Fresh	1 each	105	26.95
Lemon, Fresh	2 wedges	4	1.3
Broccoli, Fresh	1/2 cup	12	2.36
Lettuce, iceberg, shred	1 cup	10	2.14
Carrots Baby, Fresh	1/2 cup	40	9.34
Juice, Appleberry, 4 oz	1 each	55	14.0
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	70	1.0
Crema Sauce	1 oz	43	1.3
Salsa Molcajete Roja	2 tbsp	10	2.0
Ketchup, packet	Pkt	10	3.0
Mustard, packet	Pkt	0	0.0
Mayonnaise, Packet	Pkt	25	1.0
BBQ Sauce	2 tbsp	30	8.0
Weighted Daily Average		581	81.49
% of Calories			56.1%
Nutrient Guideline		600-650	

Thu - 12/14/2023			
NSD Lunch	Total		
Tamale, Chicken	1 EACH	290	26.0
Chicken Nuggets, WM& Roll	7 each	420	48.0
Bosco Stick, Cheese & Marinara	1 each	237	28.02
Apple, Red Fresh	1 each	95	25.13
Apple, Green Fresh	1 each	95	25.13
Orange Slices, Fresh	1/2 cup	42	10.58
SALAD, TOSSED: no dressing, NSD	1 CUP	8	1.69
Spinach, Fresh	1 cup	7	1.09
Cauliflower, raw	1/2 cup	13	2.49
Beans, Pinto, canned	1/2 cup	120	22.0
Juice, Appleberry, 4 oz	1 each	55	14.0
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	70	1.0
Salsa Molcajete Roja	2 tbsp	10	2.0
Ketchup, packet	Pkt	10	3.0
BBQ Sauce	2 tbsp	30	8.0
Weighted Daily Average		579	88.41
% of Calories			61.1%
Nutrient Guideline		600-650	

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

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Base Menu Spreadsheet

NSD Lunch

Portion Values - Detailed

Page 3

Generated on: 12/14/2023 7:42:15 AM

	Portion Size	Cals (kcal)	Carb (g)
Fri - 12/15/2023			
NSD Lunch	Total		
Pizza, Pepp. 8-Cut WildMike's	1 each	400	37.0
Pizza, Cheese 8-Cut WildMike's	1 each	390	37.0
Yogurt LOL, Granola,String Ch	1 each	410	62.0
Apple, Red Fresh	1 each	95	25.13
Tangerines, raw	1 each	45	11.21
Cucumbers, Sticks, Fresh	1/2 cup	6	1.29
Carrots Baby, Fresh	1/2 cup	40	9.34
SALAD,TOSSED: no dressing, NSD	1 CUP	8	1.69
Spinach, Fresh	1 cup	7	1.09
Jicama, Raw	1/2 cup	23	5.29
Juice, Appleberry, 4 oz	1 each	55	14.0
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	70	1.0
Weighted Daily Average		647	92.58
% of Calories			57.3%
Nutrient Guideline		600-650	

Tue - 01/09/2024			
NSD Lunch	Total		
Cheeseburger, Beef SteakBurger	1 each	268	30.6
Sandwich, Tuna on Croissant	1 each	354	31.17
Yogurt LOL ,Granola, String Ch	1 each	400	62.0
Apple, Red Fresh	1 each	95	25.13
Apple, Green Fresh	1 each	95	25.13
Orange Slices, Fresh	1/2 cup	42	10.58
SALAD,TOSSED: no dressing, NSD	1 CUP	8	1.69
Spinach, Fresh	1 cup	7	1.09
Tomatoes, red, raw	1/2 cup	16	3.5
Beans, Garbanzo, canned	1/2 cup	130	21.0
Juice, Appleberry, 4 oz	1 each	55	14.0
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	70	1.0
Ketchup, packet	Pkt	10	3.0
Mustard, packet	Pkt	0	0.0
Mayonnaise Packet	1 Each	60	1.0
Weighted Daily Average		607	94.98
% of Calories			62.6%
Nutrient Guideline		600-650	

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Portion Values - Detailed

Page 4

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	Portion Size	Cals (kcal)	Carb (g)
Wed - 01/10/2024			
NSD Lunch	Total		
Baja Fish Sticks & Roll	1 each	390	52.0
Chicken Pattie SandHotnSpiWmus	1 each	350	39.0
Chicken Pattie SandwichWMuscle	1 each	350	39.0
Sandwich, Toasted Cheese	1 each	344	28.0
Cantaloupe, raw	1/2 cup	27	6.53
Bananas, Fresh	1 each	105	26.95
Lemon, Fresh	2 wedges	4	1.3
Broccoli, Fresh	1/2 cup	12	2.36
Lettuce, iceberg, shred	1 cup	10	2.14
Carrots Baby, Fresh	1/2 cup	40	9.34
Juice, Appleberry, 4 oz	1 each	55	14.0
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	70	1.0
Crema Sauce	1 oz	43	1.3
Salsa Molcajete Roja	2 tbsp	10	2.0
Ketchup, packet	Pkt	10	3.0
Mustard, packet	Pkt	0	0.0
Mayonnaise, Packet	Pkt	25	1.0
BBQ Sauce	2 tbsp	30	8.0
Weighted Daily Average		600	85.99
% of Calories			57.3%
Nutrient Guideline		600-650	

Thu - 01/11/2024			
NSD Lunch	Total		
Tamale, Chicken	1 EACH	290	26.0
Chicken Nuggets, WM& Roll	7 each	420	48.0
Bosco Stick, Cheese & Marinara	1 each	237	28.02
Apple, Red Fresh	1 each	95	25.13
Apple, Green Fresh	1 each	95	25.13
Orange Slices, Fresh	1/2 cup	42	10.58
SALAD, TOSSED: no dressing, NSD	1 CUP	8	1.69
Spinach, Fresh	1 cup	7	1.09
Cauliflower, raw	1/2 cup	13	2.49
Beans, Pinto, canned	1/2 cup	120	22.0
Juice, Appleberry, 4 oz	1 each	55	14.0
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	70	1.0
Salsa Molcajete Roja	2 tbsp	10	2.0
Ketchup, packet	Pkt	10	3.0
BBQ Sauce	2 tbsp	30	8.0
Weighted Daily Average		579	88.41
% of Calories			61.1%
Nutrient Guideline		600-650	

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NSD Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
Fri - 01/12/2024			
NSD Lunch	Total		
Pizza, Pepp. 8-Cut WildMike's	1 each	400	37.0
Pizza, Cheese 8-Cut WildMike's	1 each	390	37.0
Yogurt LOL, Granola,String Ch	1 each	410	62.0
Apple, Red Fresh	1 each	95	25.13
Tangerines, raw	1 each	45	11.21
Cucumbers, Sticks, Fresh	1/2 cup	6	1.29
Carrots Baby, Fresh	1/2 cup	40	9.34
SALAD,TOSSED: no dressing, NSD	1 CUP	8	1.69
Spinach, Fresh	1 cup	7	1.09
Jicama, Raw	1/2 cup	23	5.29
Juice, Appleberry, 4 oz	1 each	55	14.0
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	70	1.0
Weighted Daily Average		647	92.58
% of Calories			57.3%
Nutrient Guideline		600-650	

Tue - 01/16/2024			
NSD Lunch	Total		
Cheeseburger, Beef SteakBurger	1 each	268	30.6
Sandwich, Tuna on Croissant	1 each	354	31.17
Yogurt LOL ,Granola, String Ch	1 each	400	62.0
Apple, Red Fresh	1 each	95	25.13
Apple, Green Fresh	1 each	95	25.13
Orange Slices, Fresh	1/2 cup	42	10.58
SALAD,TOSSED: no dressing, NSD	1 CUP	8	1.69
Spinach, Fresh	1 cup	7	1.09
Tomatoes, red, raw	1/2 cup	16	3.5
Beans, Garbanzo, canned	1/2 cup	130	21.0
Juice, Appleberry, 4 oz	1 each	55	14.0
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	70	1.0
Ketchup, packet	Pkt	10	3.0
Mustard, packet	Pkt	0	0.0
Mayonnaise Packet	1 Each	60	1.0
Weighted Daily Average		607	94.98
% of Calories			62.6%
Nutrient Guideline		600-650	

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Dec 11, 2023 thru Feb 9, 2024

Base Menu Spreadsheet

NSD Lunch

Portion Values - Detailed

Page 6

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	Portion Size	Cals (kcal)	Carb (g)
Wed - 01/17/2024			
NSD Lunch	Total		
Baja Fish Sticks & Roll	1 each	390	52.0
Chicken Pattie SandHotnSpiWmus	1 each	350	39.0
Chicken Pattie SandwichWMuscle	1 each	350	39.0
Sandwich, Toasted Cheese	1 each	344	28.0
Cantaloupe, raw	1/2 cup	27	6.53
Bananas, Fresh	1 each	105	26.95
Lemon, Fresh	2 wedges	4	1.3
Broccoli, Fresh	1/2 cup	12	2.36
Lettuce, iceberg, shred	1 cup	10	2.14
Carrots Baby, Fresh	1/2 cup	40	9.34
Juice, Appleberry, 4 oz	1 each	55	14.0
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	70	1.0
Crema Sauce	1 oz	43	1.3
Salsa Molcajete Roja	2 tbsp	10	2.0
Ketchup, packet	Pkt	10	3.0
Mustard, packet	Pkt	0	0.0
Mayonnaise, Packet	Pkt	25	1.0
BBQ Sauce	2 tbsp	30	8.0
Weighted Daily Average		600	85.99
% of Calories			57.3%
Nutrient Guideline		600-650	

Thu - 01/18/2024			
NSD Lunch	Total		
Tamale, Chicken	1 EACH	290	26.0
Chicken Nuggets, WM& Roll	7 each	420	48.0
Bosco Stick, Cheese & Marinara	1 each	237	28.02
Apple, Red Fresh	1 each	95	25.13
Apple, Green Fresh	1 each	95	25.13
Orange Slices, Fresh	1/2 cup	42	10.58
SALAD, TOSSED: no dressing, NSD	1 CUP	8	1.69
Spinach, Fresh	1 cup	7	1.09
Cauliflower, raw	1/2 cup	13	2.49
Beans, Pinto, canned	1/2 cup	120	22.0
Juice, Appleberry, 4 oz	1 each	55	14.0
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	70	1.0
Salsa Molcajete Roja	2 tbsp	10	2.0
Ketchup, packet	Pkt	10	3.0
BBQ Sauce	2 tbsp	30	8.0
Weighted Daily Average		579	88.41
% of Calories			61.1%
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Portion Values - Detailed

Page 7

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	Portion Size	Cals (kcal)	Carb (g)
Fri - 01/19/2024			
NSD Lunch	Total		
Pizza, Pepp. 8-Cut WildMike's	1 each	400	37.0
Pizza, Cheese 8-Cut WildMike's	1 each	390	37.0
Yogurt LOL, Granola,String Ch	1 each	410	62.0
Apple, Red Fresh	1 each	95	25.13
Tangerines, raw	1 each	45	11.21
Cucumbers, Sticks, Fresh	1/2 cup	6	1.29
Carrots Baby, Fresh	1/2 cup	40	9.34
SALAD,TOSSED: no dressing, NSD	1 CUP	8	1.69
Spinach, Fresh	1 cup	7	1.09
Jicama, Raw	1/2 cup	23	5.29
Juice, Appleberry, 4 oz	1 each	55	14.0
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	70	1.0
Weighted Daily Average		647	92.58
% of Calories			57.3%
Nutrient Guideline		600-650	

Mon - 01/22/2024			
NSD Lunch	Total		
Taquitos, Chicken	1 EACH	230	17.0
Rotini w/ Roll	1 each	387	59.81
Burrito, Bean & Cheese	1 each	380	47.0
Apple, Red Fresh	1 each	95	25.13
Grapes, red, seedless, fresh	1/2 cup	31	7.89
Cucumbers, Sticks, Fresh	1/2 cup	6	1.29
Carrots Baby, Fresh	1/2 cup	40	9.34
Lettuce, iceberg, shred	1 cup	10	2.14
Jicama, Raw	1/2 cup	23	5.29
Juice, Appleberry, 4 oz	1 each	55	14.0
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	70	1.0
Salsa Molcajete Roja	2 tbsp	10	2.0
Crema Sauce	1 oz	43	1.3
Weighted Daily Average		589	92.47
% of Calories			62.8%
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	Portion Size	Cals (kcal)	Carb (g)
Tue - 01/23/2024			
NSD Lunch	Total		
Cheeseburger, Beef SteakBurger	1 each	268	30.6
Sandwich, Tuna on Croissant	1 each	354	31.17
Yogurt LOL ,Granola, String Ch	1 each	400	62.0
Apple, Red Fresh	1 each	95	25.13
Apple, Green Fresh	1 each	95	25.13
Orange Slices, Fresh	1/2 cup	42	10.58
SALAD,TOSSED: no dressing, NSD	1 CUP	8	1.69
Spinach, Fresh	1 cup	7	1.09
Tomatoes, red, raw	1/2 cup	16	3.5
Beans, Garbanzo, canned	1/2 cup	130	21.0
Juice, Appleberry, 4 oz	1 each	55	14.0
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	70	1.0
Ketchup, packet	Pkt	10	3.0
Mustard, packet	Pkt	0	0.0
Mayonnaise Packet	1 Each	60	1.0
Weighted Daily Average		607	94.98
% of Calories			62.6%
Nutrient Guideline		600-650	

Wed - 01/24/2024			
NSD Lunch	Total		
Baja Fish Sticks & Roll	1 each	390	52.0
Chicken Pattie SandHotnSpiWmus	1 each	350	39.0
Chicken Pattie SandwichWMuscle	1 each	350	39.0
Sandwich, Toasted Cheese	1 each	344	28.0
Cantaloupe, raw	1/2 cup	27	6.53
Bananas, Fresh	1 each	105	26.95
Lemon, Fresh	2 wedges	4	1.3
Broccoli, Fresh	1/2 cup	12	2.36
Lettuce, iceberg, shred	1 cup	10	2.14
Carrots Baby, Fresh	1/2 cup	40	9.34
Juice, Appleberry, 4 oz	1 each	55	14.0
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	70	1.0
Crema Sauce	1 oz	43	1.3
Salsa Molcajete Roja	2 tbsp	10	2.0
Ketchup, packet	Pkt	10	3.0
Mustard, packet	Pkt	0	0.0
Mayonnaise, Packet	Pkt	25	1.0
BBQ Sauce	2 tbsp	30	8.0
Weighted Daily Average		600	85.99
% of Calories			57.3%
Nutrient Guideline		600-650	

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	Portion Size	Cals (kcal)	Carb (g)
Thu - 01/25/2024			
NSD Lunch	Total		
Tamale, Chicken	1 EACH	290	26.0
Chicken Nuggets, WM& Roll	7 each	420	48.0
Bosco Stick, Cheese & Marinara	1 each	237	28.02
Apple, Red Fresh	1 each	95	25.13
Apple, Green Fresh	1 each	95	25.13
Orange Slices, Fresh	1/2 cup	42	10.58
SALAD,TOSSED: no dressing, NSD	1 CUP	8	1.69
Spinach, Fresh	1 cup	7	1.09
Cauliflower, raw	1/2 cup	13	2.49
Beans, Pinto, canned	1/2 cup	120	22.0
Juice, Appleberry, 4 oz	1 each	55	14.0
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	70	1.0
Salsa Molcajete Roja	2 tbsp	10	2.0
Ketchup, packet	Pkt	10	3.0
BBQ Sauce	2 tbsp	30	8.0
Weighted Daily Average		579	88.41
% of Calories			61.1%
Nutrient Guideline		600-650	

Fri - 01/26/2024			
NSD Lunch	Total		
Pizza, Pepp. 8-Cut WildMike's	1 each	400	37.0
Pizza, Cheese 8-Cut WildMike's	1 each	390	37.0
Yogurt LOL, Granola,String Ch	1 each	410	62.0
Apple, Red Fresh	1 each	95	25.13
Tangerines, raw	1 each	45	11.21
Cucumbers, Sticks, Fresh	1/2 cup	6	1.29
Carrots Baby, Fresh	1/2 cup	40	9.34
SALAD,TOSSED: no dressing, NSD	1 CUP	8	1.69
Spinach, Fresh	1 cup	7	1.09
Jicama, Raw	1/2 cup	23	5.29
Juice, Appleberry, 4 oz	1 each	55	14.0
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	70	1.0
Weighted Daily Average		647	92.58
% of Calories			57.3%
Nutrient Guideline		600-650	

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National School District

Dec 11, 2023 thru Feb 9, 2024

Base Menu Spreadsheet

NSD Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
Mon - 01/29/2024			
NSD Lunch	Total		
Taquitos, Chicken	1 EACH	230	17.0
Rotini w/ Roll	1 each	387	59.81
Burrito, Bean & Cheese	1 each	380	47.0
Apple, Red Fresh	1 each	95	25.13
Grapes, red, seedless, fresh	1/2 cup	31	7.89
Cucumbers, Sticks, Fresh	1/2 cup	6	1.29
Carrots Baby, Fresh	1/2 cup	40	9.34
Lettuce, iceberg, shred	1 cup	10	2.14
Jicama, Raw	1/2 cup	23	5.29
Juice, Appleberry, 4 oz	1 each	55	14.0
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	70	1.0
Salsa Molcajete Roja	2 tbsp	10	2.0
Crema Sauce	1 oz	43	1.3
Weighted Daily Average		589	92.47
% of Calories			62.8%
Nutrient Guideline		600-650	

Tue - 01/30/2024			
NSD Lunch	Total		
Cheeseburger, Beef SteakBurger	1 each	268	30.6
Sandwich, Tuna on Croissant	1 each	354	31.17
Yogurt LOL ,Granola, String Ch	1 each	400	62.0
Apple, Red Fresh	1 each	95	25.13
Apple, Green Fresh	1 each	95	25.13
Orange Slices, Fresh	1/2 cup	42	10.58
SALAD,TOSSED: no dressing, NSD	1 CUP	8	1.69
Spinach, Fresh	1 cup	7	1.09
Tomatoes, red, raw	1/2 cup	16	3.5
Beans, Garbanzo, canned	1/2 cup	130	21.0
Juice, Appleberry, 4 oz	1 each	55	14.0
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	70	1.0
Ketchup, packet	Pkt	10	3.0
Mustard, packet	Pkt	0	0.0
Mayonnaise Packet	1 Each	60	1.0
Weighted Daily Average		607	94.98
% of Calories			62.6%
Nutrient Guideline		600-650	

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National School District

Dec 11, 2023 thru Feb 9, 2024

Base Menu Spreadsheet

NSD Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
Wed - 01/31/2024			
NSD Lunch	Total		
Baja Fish Sticks & Roll	1 each	390	52.0
Chicken Pattie SandHotnSpiWmus	1 each	350	39.0
Chicken Pattie SandwichWMuscle	1 each	350	39.0
Sandwich, Toasted Cheese	1 each	344	28.0
Cantaloupe, raw	1/2 cup	27	6.53
Bananas, Fresh	1 each	105	26.95
Lemon, Fresh	2 wedges	4	1.3
Broccoli, Fresh	1/2 cup	12	2.36
Lettuce, iceberg, shred	1 cup	10	2.14
Carrots Baby, Fresh	1/2 cup	40	9.34
Juice, Appleberry, 4 oz	1 each	55	14.0
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	70	1.0
Crema Sauce	1 oz	43	1.3
Salsa Molcajete Roja	2 tbsp	10	2.0
Ketchup, packet	Pkt	10	3.0
Mustard, packet	Pkt	0	0.0
Mayonnaise, Packet	Pkt	25	1.0
BBQ Sauce	2 tbsp	30	8.0
Weighted Daily Average		600	85.99
% of Calories			57.3%
Nutrient Guideline		600-650	

Thu - 02/01/2024			
NSD Lunch	Total		
Tamale, Chicken	1 EACH	290	26.0
Chicken Nuggets, WM& Roll	7 each	420	48.0
Bosco Stick, Cheese & Marinara	1 each	237	28.02
Apple, Red Fresh	1 each	95	25.13
Apple, Green Fresh	1 each	95	25.13
Orange Slices, Fresh	1/2 cup	42	10.58
SALAD, TOSSED: no dressing, NSD	1 CUP	8	1.69
Spinach, Fresh	1 cup	7	1.09
Cauliflower, raw	1/2 cup	13	2.49
Beans, Pinto, canned	1/2 cup	120	22.0
Juice, Appleberry, 4 oz	1 each	55	14.0
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	70	1.0
Salsa Molcajete Roja	2 tbsp	10	2.0
Ketchup, packet	Pkt	10	3.0
BBQ Sauce	2 tbsp	30	8.0
Weighted Daily Average		579	88.41
% of Calories			61.1%
Nutrient Guideline		600-650	

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National School District

Dec 11, 2023 thru Feb 9, 2024

Base Menu Spreadsheet

NSD Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
Fri - 02/02/2024			
NSD Lunch	Total		
Pizza, Pepp. 8-Cut WildMike's	1 each	400	37.0
Pizza, Cheese 8-Cut WildMike's	1 each	390	37.0
Yogurt LOL, Granola,String Ch	1 each	410	62.0
Apple, Red Fresh	1 each	95	25.13
Tangerines, raw	1 each	45	11.21
Cucumbers, Sticks, Fresh	1/2 cup	6	1.29
Carrots Baby, Fresh	1/2 cup	40	9.34
SALAD,TOSSED: no dressing, NSD	1 CUP	8	1.69
Spinach, Fresh	1 cup	7	1.09
Jicama, Raw	1/2 cup	23	5.29
Juice, Appleberry, 4 oz	1 each	55	14.0
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	70	1.0
Weighted Daily Average		647	92.58
% of Calories			57.3%
Nutrient Guideline		600-650	

Mon - 02/05/2024			
NSD Lunch	Total		
Taquitos, Chicken	1 EACH	230	17.0
Rotini w/ Roll	1 each	387	59.81
Burrito, Bean & Cheese	1 each	380	47.0
Apple, Red Fresh	1 each	95	25.13
Grapes, red, seedless, fresh	1/2 cup	31	7.89
Cucumbers, Sticks, Fresh	1/2 cup	6	1.29
Carrots Baby, Fresh	1/2 cup	40	9.34
Lettuce, iceberg, shred	1 cup	10	2.14
Jicama, Raw	1/2 cup	23	5.29
Juice, Appleberry, 4 oz	1 each	55	14.0
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	70	1.0
Salsa Molcajete Roja	2 tbsp	10	2.0
Crema Sauce	1 oz	43	1.3
Weighted Daily Average		589	92.47
% of Calories			62.8%
Nutrient Guideline		600-650	

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National School District

Dec 11, 2023 thru Feb 9, 2024

Base Menu Spreadsheet

NSD Lunch

Portion Values - Detailed

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Generated on: 12/14/2023 7:42:16 AM

	Portion Size	Cals (kcal)	Carb (g)
Tue - 02/06/2024			
NSD Lunch	Total		
Cheeseburger, Beef SteakBurger	1 each	268	30.6
Sandwich, Tuna on Croissant	1 each	354	31.17
Yogurt LOL ,Granola, String Ch	1 each	400	62.0
Apple, Red Fresh	1 each	95	25.13
Apple, Green Fresh	1 each	95	25.13
Orange Slices, Fresh	1/2 cup	42	10.58
SALAD,TOSSED: no dressing, NSD	1 CUP	8	1.69
Spinach, Fresh	1 cup	7	1.09
Tomatoes, red, raw	1/2 cup	16	3.5
Beans, Garbanzo, canned	1/2 cup	130	21.0
Juice, Appleberry, 4 oz	1 each	55	14.0
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	70	1.0
Ketchup, packet	Pkt	10	3.0
Mustard, packet	Pkt	0	0.0
Mayonnaise Packet	1 Each	60	1.0
Weighted Daily Average		607	94.98
% of Calories			62.6%
Nutrient Guideline		600-650	

Wed - 02/07/2024			
NSD Lunch	Total		
Baja Fish Sticks & Roll	1 each	390	52.0
Chicken Pattie SandHotnSpiWmus	1 each	350	39.0
Chicken Pattie SandwichWMuscle	1 each	350	39.0
Sandwich, Toasted Cheese	1 each	344	28.0
Cantaloupe, raw	1/2 cup	27	6.53
Bananas, Fresh	1 each	105	26.95
Lemon, Fresh	2 wedges	4	1.3
Broccoli, Fresh	1/2 cup	12	2.36
Lettuce, iceberg, shred	1 cup	10	2.14
Carrots Baby, Fresh	1/2 cup	40	9.34
Juice, Appleberry, 4 oz	1 each	55	14.0
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	70	1.0
Crema Sauce	1 oz	43	1.3
Salsa Molcajete Roja	2 tbsp	10	2.0
Ketchup, packet	Pkt	10	3.0
Mustard, packet	Pkt	0	0.0
Mayonnaise, Packet	Pkt	25	1.0
BBQ Sauce	2 tbsp	30	8.0
Weighted Daily Average		600	85.99
% of Calories			57.3%
Nutrient Guideline		600-650	

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National School District

Dec 11, 2023 thru Feb 9, 2024

Base Menu Spreadsheet

NSD Lunch

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)
Thu - 02/08/2024			
NSD Lunch	Total		
Tamale, Chicken	1 EACH	290	26.0
Chicken Nuggets, WM& Roll	7 each	420	48.0
Bosco Stick, Cheese & Marinara	1 each	237	28.02
Apple, Red Fresh	1 each	95	25.13
Apple, Green Fresh	1 each	95	25.13
Orange Slices, Fresh	1/2 cup	42	10.58
SALAD,TOSSED: no dressing, NSD	1 CUP	8	1.69
Spinach, Fresh	1 cup	7	1.09
Cauliflower, raw	1/2 cup	13	2.49
Beans, Pinto, canned	1/2 cup	120	22.0
Juice, Appleberry, 4 oz	1 each	55	14.0
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	70	1.0
Salsa Molcajete Roja	2 tbsp	10	2.0
Ketchup, packet	Pkt	10	3.0
BBQ Sauce	2 tbsp	30	8.0
Weighted Daily Average		579	88.41
% of Calories			61.1%
Nutrient Guideline		600-650	

Fri - 02/09/2024			
NSD Lunch	Total		
Pizza, Pepp. 8-Cut WildMike's	1 each	400	37.0
Pizza, Cheese 8-Cut WildMike's	1 each	390	37.0
Yogurt LOL, Granola,String Ch	1 each	410	62.0
Apple, Red Fresh	1 each	95	25.13
Tangerines, raw	1 each	45	11.21
Cucumbers, Sticks, Fresh	1/2 cup	6	1.29
Carrots Baby, Fresh	1/2 cup	40	9.34
SALAD,TOSSED: no dressing, NSD	1 CUP	8	1.69
Spinach, Fresh	1 cup	7	1.09
Jicama, Raw	1/2 cup	23	5.29
Juice, Appleberry, 4 oz	1 each	55	14.0
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	70	1.0
Weighted Daily Average		647	92.58
% of Calories			57.3%
Nutrient Guideline		600-650	

Weighted Average		605	90.61
			59.9%

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National School District

Dec 11, 2023 thru Feb 9, 2024

Base Menu Spreadsheet

NSD Lunch

Portion Values - Detailed

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Nutrient	Menu AVG	% of Cals	Weekly Target	Portion Size % of Target	Cals (kcal) Miss Data	Carb (g) Shortfall	Overage	Error Messages (if any)
Calories	605		600 - 650	100%				
Carbohydrate (g)	90.61	59.93%						

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