

Etiwanda School District

Jan 1, 2021 thru Jan 29, 2021

Base Menu Spreadsheet

All Sites Nutr/Carbs 20/21

Weighted Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 01/04/2021																
All Sites Nutr/Carbs 20/21	Total	1														
CHEESE PIZZA SLICE, BELLA ROSE	SLICE	1	340	35	700	4.00	2.00	411.0	*N/A*	*N/A*	5	18.0	32.0	14.0	8.00	0.00
MILK CHOCOLATE NONFAT	CARTON/ POUCH	1	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
MILK 1% LOWFAT	CARTON/ POUCH	1	120	10	150	0.00	0.00	350.0	500	2.4	14	11.0	14.0	2.5	1.50	0.00
FRUIT, APPLE 163 COUNT	1 EACH	1	59	0	1	2.70	0.00	0.0	57	0.0	11	0.0	15.8	0.0	0.00	0.00
NECTARINE	1 EACH	1	31	0	0	1.20	0.18	0.0	27	*N/A*	5	0.75	7.5	0.25	0.00	0.00
FRUIT, ORANGE 138 CT CASE	1 EACH	1	85	0	0	4.30	0.18	70.0	85	*N/A*	17	1.7	21.0	0.2	0.00	0.00
PLUMS,FRESH	1 EACH	1	30	0	0	0.92	0.11	4.0	228	6.27	7	0.46	7.54	0.18	0.01	0.00
PEARS, UNITED FRESH	PEAR	1	92	0	2	5.00	0.18	10.0	80	*N/A*	16	0.6	15.0	0.2	0.00	0.00
RAISINS, LION BRAND, 1.33 OZ.	BOX	1	110	0	0	1.00	1.00	19.0	*N/A*	*N/A*	22	1.0	30.0	0.0	0.00	0.00
RAISINS, SUN-MAID, 1.33oz.	1/4 CUP	1	120	0	5	2.00	*N/A*	*N/A*	*N/A*	*N/A*	27	1.0	29.0	0.0	0.00	0.00
APPLESAUCE CUP, MOTT'S	PACKAGE	1	50	0	0	1.00	0.00	0.0	0	12.0	11	0.0	13.0	0.0	0.00	0.00
APPLESAUCE CUP, ZEE ZEE'S	1 EACH	1	60	0	0	2.00	0.00	5.0	0	9.0	12	0.0	16.0	0.0	0.00	0.00
BABY CARROTS 3 OZ.	SERVING	1	35	0	65	2.00	0.36	20.0	25	*N/A*	5	1.0	8.0	0.0	0.00	0.00

DISCLAIMER (For ALL Serving Days):

Due to circumstances caused by the current pandemic, we cannot guarantee the listed daily menu entree will be available.

If you require Carb Counts for any items served not listed, please check with the kitchen manager of your serving site.

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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Tue - 01/05/2021																
All Sites Nutr/Carbs 20/21	Total	1														
HAM & CHEESE LUNCH KIT	SERV: 1 TRAY	1	360	45	720	1.00	1.80	200.0	200	1.2	8	18.0	33.0	17.0	5.00	*N/A*
MILK CHOCOLATE NONFAT	CARTON/ POUCH	1	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
MILK 1% LOWFAT	CARTON/ POUCH	1	120	10	150	0.00	0.00	350.0	500	2.4	14	11.0	14.0	2.5	1.50	0.00
FRUIT, APPLE 163 COUNT	1 EACH	1	59	0	1	2.70	0.00	0.0	57	0.0	11	0.0	15.8	0.0	0.00	0.00
NECTARINE	1 EACH	1	31	0	0	1.20	0.18	0.0	27	*N/A*	5	0.75	7.5	0.25	0.00	0.00
FRUIT, ORANGE 138 CT CASE	1 EACH	1	85	0	0	4.30	0.18	70.0	85	*N/A*	17	1.7	21.0	0.2	0.00	0.00
PLUMS,FRESH	1 EACH	1	30	0	0	0.92	0.11	4.0	228	6.27	7	0.46	7.54	0.18	0.01	0.00
PEARS, UNITED FRESH	PEAR	1	92	0	2	5.00	0.18	10.0	80	*N/A*	16	0.6	15.0	0.2	0.00	0.00
RAISINS, LION BRAND, 1.33 OZ.	BOX	1	110	0	0	1.00	1.00	19.0	*N/A*	*N/A*	22	1.0	30.0	0.0	0.00	0.00
RAISINS, SUN-MAID, 1.33oz.	1/4 CUP	1	120	0	5	2.00	*N/A*	*N/A*	*N/A*	*N/A*	27	1.0	29.0	0.0	0.00	0.00
APPLESAUCE CUP, MOTT'S	PACKAGE	1	50	0	0	1.00	0.00	0.0	0	12.0	11	0.0	13.0	0.0	0.00	0.00
APPLESAUCE CUP, ZEE ZEE'S	1 EACH	1	60	0	0	2.00	0.00	5.0	0	9.0	12	0.0	16.0	0.0	0.00	0.00
BABY CARROTS 3 OZ.	SERVING	1	35	0	65	2.00	0.36	20.0	25	*N/A*	5	1.0	8.0	0.0	0.00	0.00

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All Sites Nutr/Carbs 20/21

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 01/06/2021																
All Sites Nutr/Carbs 20/21	Total	1														
GRILLED CHEESE (INTEGRATED)	SANDWICH	1	280	30	599	3.00	1.61	456.3	608	0.0	6	18.66	31.58	9.68	5.39	0.00
MILK CHOCOLATE NONFAT	CARTON/POUCH	1	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
MILK 1% LOWFAT	CARTON/POUCH	1	120	10	150	0.00	0.00	350.0	500	2.4	14	11.0	14.0	2.5	1.50	0.00
FRUIT, APPLE 163 COUNT	1 EACH	1	59	0	1	2.70	0.00	0.0	57	0.0	11	0.0	15.8	0.0	0.00	0.00
NECTARINE	1 EACH	1	31	0	0	1.20	0.18	0.0	27	*N/A*	5	0.75	7.5	0.25	0.00	0.00
FRUIT, ORANGE 138 CT CASE	1 EACH	1	85	0	0	4.30	0.18	70.0	85	*N/A*	17	1.7	21.0	0.2	0.00	0.00
PLUMS,FRESH	1 EACH	1	30	0	0	0.92	0.11	4.0	228	6.27	7	0.46	7.54	0.18	0.01	0.00
PEARS, UNITED FRESH	PEAR	1	92	0	2	5.00	0.18	10.0	80	*N/A*	16	0.6	15.0	0.2	0.00	0.00
RAISINS, LION BRAND, 1.33 OZ.	BOX	1	110	0	0	1.00	1.00	19.0	*N/A*	*N/A*	22	1.0	30.0	0.0	0.00	0.00
RAISINS, SUN-MAID, 1.33oz.	1/4 CUP	1	120	0	5	2.00	*N/A*	*N/A*	*N/A*	*N/A*	27	1.0	29.0	0.0	0.00	0.00
APPLESAUCE CUP, MOTT'S	PACKAGE	1	50	0	0	1.00	0.00	0.0	0	12.0	11	0.0	13.0	0.0	0.00	0.00
APPLESAUCE CUP, ZEE ZEE'S	1 EACH	1	60	0	0	2.00	0.00	5.0	0	9.0	12	0.0	16.0	0.0	0.00	0.00
BABY CARROTS 3 OZ.	SERVING	1	35	0	65	2.00	0.36	20.0	25	*N/A*	5	1.0	8.0	0.0	0.00	0.00
BEANS GREEN	SERVING	1	20	0	140	2.00	0.72	20.0	300	2.4	2	0.0	4.0	0.0	0.00	0.00

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Thu - 01/07/2021																
All Sites Nutr/Carbs 20/21	Total	1														
WOWBUTTER&JELLY SANDWICH-4.6oz	SANDWICH	1	540	0	390	8.00	4.00	242.0	*N/A*	*N/A*	19	18.0	53.0	29.0	6.00	0.00
MILK CHOCOLATE NONFAT	CARTON/POUCH	1	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
MILK 1% LOWFAT	CARTON/POUCH	1	120	10	150	0.00	0.00	350.0	500	2.4	14	11.0	14.0	2.5	1.50	0.00
FRUIT, APPLE 163 COUNT	1 EACH	1	59	0	1	2.70	0.00	0.0	57	0.0	11	0.0	15.8	0.0	0.00	0.00
NECTARINE	1 EACH	1	31	0	0	1.20	0.18	0.0	27	*N/A*	5	0.75	7.5	0.25	0.00	0.00
FRUIT, ORANGE 138 CT CASE	1 EACH	1	85	0	0	4.30	0.18	70.0	85	*N/A*	17	1.7	21.0	0.2	0.00	0.00
PLUMS,FRESH	1 EACH	1	30	0	0	0.92	0.11	4.0	228	6.27	7	0.46	7.54	0.18	0.01	0.00
PEARS, UNITED FRESH	PEAR	1	92	0	2	5.00	0.18	10.0	80	*N/A*	16	0.6	15.0	0.2	0.00	0.00
RAISINS, LION BRAND, 1.33 OZ.	BOX	1	110	0	0	1.00	1.00	19.0	*N/A*	*N/A*	22	1.0	30.0	0.0	0.00	0.00
RAISINS, SUN-MAID, 1.33oz.	1/4 CUP	1	120	0	5	2.00	*N/A*	*N/A*	*N/A*	*N/A*	27	1.0	29.0	0.0	0.00	0.00
APPLESAUCE CUP, MOTT'S	PACKAGE	1	50	0	0	1.00	0.00	0.0	0	12.0	11	0.0	13.0	0.0	0.00	0.00
APPLESAUCE CUP, ZEE ZEE'S	1 EACH	1	60	0	0	2.00	0.00	5.0	0	9.0	12	0.0	16.0	0.0	0.00	0.00
BABY CARROTS 3 OZ.	SERVING	1	35	0	65	2.00	0.36	20.0	25	*N/A*	5	1.0	8.0	0.0	0.00	0.00

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Fri - 01/08/2021																
All Sites Nutr/Carbs 20/21	Total	1														
BEAN&CHS BURRITO (CABOS)	SERV: 1 E	1	321	15	475	8.17	3.85	171.1	56	1.64	2	16.71	44.17	8.79	3.54	0.00
MILK CHOCOLATE NONFAT	CARTON/ POUCH	1	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
MILK 1% LOWFAT	CARTON/ POUCH	1	120	10	150	0.00	0.00	350.0	500	2.4	14	11.0	14.0	2.5	1.50	0.00
FRUIT, APPLE 163 COUNT	1 EACH	1	59	0	1	2.70	0.00	0.0	57	0.0	11	0.0	15.8	0.0	0.00	0.00
NECTARINE	1 EACH	1	31	0	0	1.20	0.18	0.0	27	*N/A*	5	0.75	7.5	0.25	0.00	0.00
FRUIT, ORANGE 138 CT CASE	1 EACH	1	85	0	0	4.30	0.18	70.0	85	*N/A*	17	1.7	21.0	0.2	0.00	0.00
PLUMS,FRESH	1 EACH	1	30	0	0	0.92	0.11	4.0	228	6.27	7	0.46	7.54	0.18	0.01	0.00
PEARS, UNITED FRESH	PEAR	1	92	0	2	5.00	0.18	10.0	80	*N/A*	16	0.6	15.0	0.2	0.00	0.00
RAISINS, LION BRAND, 1.33 OZ.	BOX	1	110	0	0	1.00	1.00	19.0	*N/A*	*N/A*	22	1.0	30.0	0.0	0.00	0.00
RAISINS, SUN-MAID, 1.33oz.	1/4 CUP	1	120	0	5	2.00	*N/A*	*N/A*	*N/A*	*N/A*	27	1.0	29.0	0.0	0.00	0.00
APPLESAUCE CUP, MOTT'S	PACKAGE	1	50	0	0	1.00	0.00	0.0	0	12.0	11	0.0	13.0	0.0	0.00	0.00
APPLESAUCE CUP, ZEE ZEE'S	1 EACH	1	60	0	0	2.00	0.00	5.0	0	9.0	12	0.0	16.0	0.0	0.00	0.00
BABY CARROTS 3 OZ.	SERVING	1	35	0	65	2.00	0.36	20.0	25	*N/A*	5	1.0	8.0	0.0	0.00	0.00

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Mon - 01/11/2021																
All Sites Nutr/Carbs 20/21	Total	1														
MAC & CHEESE TRAY	SERV: 1 TRAY	1	340	40	770	4.00	1.08	450.0	*N/A*	*N/A*	8	22.0	33.0	14.0	8.00	*N/A*
MILK CHOCOLATE NONFAT	CARTON/ POUCH	1	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
MILK 1% LOWFAT	CARTON/ POUCH	1	120	10	150	0.00	0.00	350.0	500	2.4	14	11.0	14.0	2.5	1.50	0.00
FRUIT, APPLE 163 COUNT	1 EACH	1	59	0	1	2.70	0.00	0.0	57	0.0	11	0.0	15.8	0.0	0.00	0.00
NECTARINE	1 EACH	1	31	0	0	1.20	0.18	0.0	27	*N/A*	5	0.75	7.5	0.25	0.00	0.00
FRUIT, ORANGE 138 CT CASE	1 EACH	1	85	0	0	4.30	0.18	70.0	85	*N/A*	17	1.7	21.0	0.2	0.00	0.00
PLUMS,FRESH	1 EACH	1	30	0	0	0.92	0.11	4.0	228	6.27	7	0.46	7.54	0.18	0.01	0.00
PEARS, UNITED FRESH	PEAR	1	92	0	2	5.00	0.18	10.0	80	*N/A*	16	0.6	15.0	0.2	0.00	0.00
RAISINS, LION BRAND, 1.33 OZ.	BOX	1	110	0	0	1.00	1.00	19.0	*N/A*	*N/A*	22	1.0	30.0	0.0	0.00	0.00
RAISINS, SUN-MAID, 1.33oz.	1/4 CUP	1	120	0	5	2.00	*N/A*	*N/A*	*N/A*	*N/A*	27	1.0	29.0	0.0	0.00	0.00
APPLESAUCE CUP, MOTT'S	PACKAGE	1	50	0	0	1.00	0.00	0.0	0	12.0	11	0.0	13.0	0.0	0.00	0.00
APPLESAUCE CUP, ZEE ZEE'S	1 EACH	1	60	0	0	2.00	0.00	5.0	0	9.0	12	0.0	16.0	0.0	0.00	0.00
BABY CARROTS 3 OZ.	SERVING	1	35	0	65	2.00	0.36	20.0	25	*N/A*	5	1.0	8.0	0.0	0.00	0.00

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Tue - 01/12/2021																
All Sites Nutr/Carbs 20/21	Total	1														
DELI SLICED CHICKEN & CHEESE S	SERV:1 S ANDWICH	1	300	40	870	5.00	1.80	250.0	200	0.0	3	21.0	27.0	9.0	3.50	*N/A*
MILK CHOCOLATE NONFAT	CARTON/ POUCH	1	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
MILK 1% LOWFAT	CARTON/ POUCH	1	120	10	150	0.00	0.00	350.0	500	2.4	14	11.0	14.0	2.5	1.50	0.00
MAYO PACKET 9G	PACKET	1	60	5	55	0.00	0.00	0.0	0	0.0	0	0.0	0.0	7.0	1.00	0.00
MUSTARD PORTION PAC PPI	SERV:1EA	1	0	0	65	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
FRUIT, APPLE 163 COUNT	1 EACH	1	59	0	1	2.70	0.00	0.0	57	0.0	11	0.0	15.8	0.0	0.00	0.00
NECTARINE	1 EACH	1	31	0	0	1.20	0.18	0.0	27	*N/A*	5	0.75	7.5	0.25	0.00	0.00
FRUIT, ORANGE 138 CT CASE	1 EACH	1	85	0	0	4.30	0.18	70.0	85	*N/A*	17	1.7	21.0	0.2	0.00	0.00
PLUMS,FRESH	1 EACH	1	30	0	0	0.92	0.11	4.0	228	6.27	7	0.46	7.54	0.18	0.01	0.00
PEARS, UNITED FRESH	PEAR	1	92	0	2	5.00	0.18	10.0	80	*N/A*	16	0.6	15.0	0.2	0.00	0.00
RAISINS, LION BRAND, 1.33 OZ.	BOX	1	110	0	0	1.00	1.00	19.0	*N/A*	*N/A*	22	1.0	30.0	0.0	0.00	0.00
RAISINS, SUN-MAID, 1.33oz.	1/4 CUP	1	120	0	5	2.00	*N/A*	*N/A*	*N/A*	*N/A*	27	1.0	29.0	0.0	0.00	0.00
APPLESAUCE CUP, MOTT'S	PACKAGE	1	50	0	0	1.00	0.00	0.0	0	12.0	11	0.0	13.0	0.0	0.00	0.00
APPLESAUCE CUP, ZEE ZEE'S	1 EACH	1	60	0	0	2.00	0.00	5.0	0	9.0	12	0.0	16.0	0.0	0.00	0.00
BABY CARROTS 3 OZ.	SERVING	1	35	0	65	2.00	0.36	20.0	25	*N/A*	5	1.0	8.0	0.0	0.00	0.00

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Etiwanda School District

Jan 1, 2021 thru Jan 29, 2021

Base Menu Spreadsheet

All Sites Nutr/Carbs 20/21

Weighted Values - Detailed

Generated on: 12/11/2020 1:06:35 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 01/13/2021																
All Sites Nutr/Carbs 20/21	Total	1														
CHEESEBURGER SLIDERS	SERV: 1 PKG	1	272	45	355	2.60	2.80	82.0	100	0.0	3	19.7	31.3	7.8	2.90	0.00
MILK CHOCOLATE NONFAT	CARTON/ POUCH	1	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
MILK 1% LOWFAT	CARTON/ POUCH	1	120	10	150	0.00	0.00	350.0	500	2.4	14	11.0	14.0	2.5	1.50	0.00
KETCHUP, RED GOLD	Packet	1	10	0	85	0.00	0.00	0.0	0	0.0	2	0.0	2.0	0.0	0.00	0.00
MUSTARD PORTION PAC PPI	SERV:1EA	1	0	0	65	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
FRUIT, APPLE 163 COUNT	1 EACH	1	59	0	1	2.70	0.00	0.0	57	0.0	11	0.0	15.8	0.0	0.00	0.00
NECTARINE	1 EACH	1	31	0	0	1.20	0.18	0.0	27	*N/A*	5	0.75	7.5	0.25	0.00	0.00
FRUIT, ORANGE 138 CT CASE	1 EACH	1	85	0	0	4.30	0.18	70.0	85	*N/A*	17	1.7	21.0	0.2	0.00	0.00
PLUMS,FRESH	1 EACH	1	30	0	0	0.92	0.11	4.0	228	6.27	7	0.46	7.54	0.18	0.01	0.00
PEARS, UNITED FRESH	PEAR	1	92	0	2	5.00	0.18	10.0	80	*N/A*	16	0.6	15.0	0.2	0.00	0.00
RAISINS, LION BRAND, 1.33 OZ.	BOX	1	110	0	0	1.00	1.00	19.0	*N/A*	*N/A*	22	1.0	30.0	0.0	0.00	0.00
RAISINS, SUN-MAID, 1.33oz.	1/4 CUP	1	120	0	5	2.00	*N/A*	*N/A*	*N/A*	*N/A*	27	1.0	29.0	0.0	0.00	0.00
APPLESAUCE CUP, MOTT'S	PACKAGE	1	50	0	0	1.00	0.00	0.0	0	12.0	11	0.0	13.0	0.0	0.00	0.00
APPLESAUCE CUP, ZEE ZEE'S	1 EACH	1	60	0	0	2.00	0.00	5.0	0	9.0	12	0.0	16.0	0.0	0.00	0.00
BABY CARROTS 3 OZ.	SERVING	1	35	0	65	2.00	0.36	20.0	25	*N/A*	5	1.0	8.0	0.0	0.00	0.00
VEGETARIAN BEANS TEASDALE	SERV: 1/ 2 CUP	1	110	0	440	7.00	1.08	80.0	300	1.2	7	6.0	26.0	0.0	0.00	0.00

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Etiwanda School District

Jan 1, 2021 thru Jan 29, 2021

Base Menu Spreadsheet

All Sites Nutr/Carbs 20/21

Weighted Values - Detailed

Generated on: 12/11/2020 1:06:35 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 01/14/2021																
All Sites Nutr/Carbs 20/21	Total	1														
TACO NADA	TACO NADA	1	260	35	390	4.00	2.70	80.0	200	1.2	1	17.0	31.0	8.0	2.50	0.00
MILK CHOCOLATE NONFAT	CARTON/POUCH	1	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
MILK 1% LOWFAT	CARTON/POUCH	1	120	10	150	0.00	0.00	350.0	500	2.4	14	11.0	14.0	2.5	1.50	0.00
FRUIT, APPLE 163 COUNT	1 EACH	1	59	0	1	2.70	0.00	0.0	57	0.0	11	0.0	15.8	0.0	0.00	0.00
NECTARINE	1 EACH	1	31	0	0	1.20	0.18	0.0	27	*N/A*	5	0.75	7.5	0.25	0.00	0.00
FRUIT, ORANGE 138 CT CASE	1 EACH	1	85	0	0	4.30	0.18	70.0	85	*N/A*	17	1.7	21.0	0.2	0.00	0.00
PLUMS,FRESH	1 EACH	1	30	0	0	0.92	0.11	4.0	228	6.27	7	0.46	7.54	0.18	0.01	0.00
PEARS, UNITED FRESH	PEAR	1	92	0	2	5.00	0.18	10.0	80	*N/A*	16	0.6	15.0	0.2	0.00	0.00
RAISINS, LION BRAND, 1.33 OZ.	BOX	1	110	0	0	1.00	1.00	19.0	*N/A*	*N/A*	22	1.0	30.0	0.0	0.00	0.00
RAISINS, SUN-MAID, 1.33oz.	1/4 CUP	1	120	0	5	2.00	*N/A*	*N/A*	*N/A*	*N/A*	27	1.0	29.0	0.0	0.00	0.00
APPLESAUCE CUP, MOTT'S	PACKAGE	1	50	0	0	1.00	0.00	0.0	0	12.0	11	0.0	13.0	0.0	0.00	0.00
APPLESAUCE CUP, ZEE ZEE'S	1 EACH	1	60	0	0	2.00	0.00	5.0	0	9.0	12	0.0	16.0	0.0	0.00	0.00
BABY CARROTS 3 OZ.	SERVING	1	35	0	65	2.00	0.36	20.0	25	*N/A*	5	1.0	8.0	0.0	0.00	0.00

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Etiwanda School District

Jan 1, 2021 thru Jan 29, 2021

Base Menu Spreadsheet

All Sites Nutr/Carbs 20/21

Weighted Values - Detailed

Generated on: 12/11/2020 1:06:35 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 01/19/2021																
All Sites Nutr/Carbs 20/21	Total	1														
CHEESE PIZZA SLICE, BELLA ROSE	SLICE	1	340	35	700	4.00	2.00	411.0	*N/A*	*N/A*	5	18.0	32.0	14.0	8.00	0.00
MILK CHOCOLATE NONFAT	CARTON/POUCH	1	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
MILK 1% LOWFAT	CARTON/POUCH	1	120	10	150	0.00	0.00	350.0	500	2.4	14	11.0	14.0	2.5	1.50	0.00
FRUIT, APPLE 163 COUNT	1 EACH	1	59	0	1	2.70	0.00	0.0	57	0.0	11	0.0	15.8	0.0	0.00	0.00
NECTARINE	1 EACH	1	31	0	0	1.20	0.18	0.0	27	*N/A*	5	0.75	7.5	0.25	0.00	0.00
FRUIT, ORANGE 138 CT CASE	1 EACH	1	85	0	0	4.30	0.18	70.0	85	*N/A*	17	1.7	21.0	0.2	0.00	0.00
PLUMS,FRESH	1 EACH	1	30	0	0	0.92	0.11	4.0	228	6.27	7	0.46	7.54	0.18	0.01	0.00
PEARS, UNITED FRESH	PEAR	1	92	0	2	5.00	0.18	10.0	80	*N/A*	16	0.6	15.0	0.2	0.00	0.00
RAISINS, LION BRAND, 1.33 OZ.	BOX	1	110	0	0	1.00	1.00	19.0	*N/A*	*N/A*	22	1.0	30.0	0.0	0.00	0.00
RAISINS, SUN-MAID, 1.33oz.	1/4 CUP	1	120	0	5	2.00	*N/A*	*N/A*	*N/A*	*N/A*	27	1.0	29.0	0.0	0.00	0.00
APPLESAUCE CUP, MOTT'S	PACKAGE	1	50	0	0	1.00	0.00	0.0	0	12.0	11	0.0	13.0	0.0	0.00	0.00
APPLESAUCE CUP, ZEE ZEE'S	1 EACH	1	60	0	0	2.00	0.00	5.0	0	9.0	12	0.0	16.0	0.0	0.00	0.00
BABY CARROTS 3 OZ.	SERVING	1	35	0	65	2.00	0.36	20.0	25	*N/A*	5	1.0	8.0	0.0	0.00	0.00

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Etiwanda School District

Jan 1, 2021 thru Jan 29, 2021

Base Menu Spreadsheet

All Sites Nutr/Carbs 20/21

Weighted Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 01/20/2021																
All Sites Nutr/Carbs 20/21	Total	1														
GRILLED CHEESE (INTEGRATED)	SANDWICH	1	280	30	599	3.00	1.61	456.3	608	0.0	6	18.66	31.58	9.68	5.39	0.00
MILK CHOCOLATE NONFAT	CARTON/POUCH	1	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
MILK 1% LOWFAT	CARTON/POUCH	1	120	10	150	0.00	0.00	350.0	500	2.4	14	11.0	14.0	2.5	1.50	0.00
FRUIT, APPLE 163 COUNT	1 EACH	1	59	0	1	2.70	0.00	0.0	57	0.0	11	0.0	15.8	0.0	0.00	0.00
NECTARINE	1 EACH	1	31	0	0	1.20	0.18	0.0	27	*N/A*	5	0.75	7.5	0.25	0.00	0.00
FRUIT, ORANGE 138 CT CASE	1 EACH	1	85	0	0	4.30	0.18	70.0	85	*N/A*	17	1.7	21.0	0.2	0.00	0.00
PLUMS,FRESH	1 EACH	1	30	0	0	0.92	0.11	4.0	228	6.27	7	0.46	7.54	0.18	0.01	0.00
PEARS, UNITED FRESH	PEAR	1	92	0	2	5.00	0.18	10.0	80	*N/A*	16	0.6	15.0	0.2	0.00	0.00
RAISINS, LION BRAND, 1.33 OZ.	BOX	1	110	0	0	1.00	1.00	19.0	*N/A*	*N/A*	22	1.0	30.0	0.0	0.00	0.00
RAISINS, SUN-MAID, 1.33oz.	1/4 CUP	1	120	0	5	2.00	*N/A*	*N/A*	*N/A*	*N/A*	27	1.0	29.0	0.0	0.00	0.00
APPLESAUCE CUP, MOTT'S	PACKAGE	1	50	0	0	1.00	0.00	0.0	0	12.0	11	0.0	13.0	0.0	0.00	0.00
APPLESAUCE CUP, ZEE ZEE'S	1 EACH	1	60	0	0	2.00	0.00	5.0	0	9.0	12	0.0	16.0	0.0	0.00	0.00
BABY CARROTS 3 OZ.	SERVING	1	35	0	65	2.00	0.36	20.0	25	*N/A*	5	1.0	8.0	0.0	0.00	0.00
BEANS GREEN	SERVING	1	20	0	140	2.00	0.72	20.0	300	2.4	2	0.0	4.0	0.0	0.00	0.00

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Etiwanda School District

Jan 1, 2021 thru Jan 29, 2021

Base Menu Spreadsheet

All Sites Nutr/Carbs 20/21

Weighted Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 01/21/2021																
All Sites Nutr/Carbs 20/21	Total	1														
WOWBUTTER&JELLY SANDWICH-4.6oz	SANDWICH	1	540	0	390	8.00	4.00	242.0	*N/A*	*N/A*	19	18.0	53.0	29.0	6.00	0.00
MILK CHOCOLATE NONFAT	CARTON/POUCH	1	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
MILK 1% LOWFAT	CARTON/POUCH	1	120	10	150	0.00	0.00	350.0	500	2.4	14	11.0	14.0	2.5	1.50	0.00
FRUIT, APPLE 163 COUNT	1 EACH	1	59	0	1	2.70	0.00	0.0	57	0.0	11	0.0	15.8	0.0	0.00	0.00
NECTARINE	1 EACH	1	31	0	0	1.20	0.18	0.0	27	*N/A*	5	0.75	7.5	0.25	0.00	0.00
FRUIT, ORANGE 138 CT CASE	1 EACH	1	85	0	0	4.30	0.18	70.0	85	*N/A*	17	1.7	21.0	0.2	0.00	0.00
PLUMS,FRESH	1 EACH	1	30	0	0	0.92	0.11	4.0	228	6.27	7	0.46	7.54	0.18	0.01	0.00
PEARS, UNITED FRESH	PEAR	1	92	0	2	5.00	0.18	10.0	80	*N/A*	16	0.6	15.0	0.2	0.00	0.00
RAISINS, LION BRAND, 1.33 OZ.	BOX	1	110	0	0	1.00	1.00	19.0	*N/A*	*N/A*	22	1.0	30.0	0.0	0.00	0.00
RAISINS, SUN-MAID, 1.33oz.	1/4 CUP	1	120	0	5	2.00	*N/A*	*N/A*	*N/A*	*N/A*	27	1.0	29.0	0.0	0.00	0.00
APPLESAUCE CUP, MOTT'S	PACKAGE	1	50	0	0	1.00	0.00	0.0	0	12.0	11	0.0	13.0	0.0	0.00	0.00
APPLESAUCE CUP, ZEE ZEE'S	1 EACH	1	60	0	0	2.00	0.00	5.0	0	9.0	12	0.0	16.0	0.0	0.00	0.00
BABY CARROTS 3 OZ.	SERVING	1	35	0	65	2.00	0.36	20.0	25	*N/A*	5	1.0	8.0	0.0	0.00	0.00

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Etiwanda School District

Jan 1, 2021 thru Jan 29, 2021

Base Menu Spreadsheet

All Sites Nutr/Carbs 20/21

Weighted Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 01/22/2021																
All Sites Nutr/Carbs 20/21	Total	1														
BEAN&CHS BURRITO (CABOS)	SERV: 1 E	1	321	15	475	8.17	3.85	171.1	56	1.64	2	16.71	44.17	8.79	3.54	0.00
MILK CHOCOLATE NONFAT	CARTON/ POUCH	1	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
MILK 1% LOWFAT	CARTON/ POUCH	1	120	10	150	0.00	0.00	350.0	500	2.4	14	11.0	14.0	2.5	1.50	0.00
FRUIT, APPLE 163 COUNT	1 EACH	1	59	0	1	2.70	0.00	0.0	57	0.0	11	0.0	15.8	0.0	0.00	0.00
NECTARINE	1 EACH	1	31	0	0	1.20	0.18	0.0	27	*N/A*	5	0.75	7.5	0.25	0.00	0.00
FRUIT, ORANGE 138 CT CASE	1 EACH	1	85	0	0	4.30	0.18	70.0	85	*N/A*	17	1.7	21.0	0.2	0.00	0.00
PLUMS,FRESH	1 EACH	1	30	0	0	0.92	0.11	4.0	228	6.27	7	0.46	7.54	0.18	0.01	0.00
PEARS, UNITED FRESH	PEAR	1	92	0	2	5.00	0.18	10.0	80	*N/A*	16	0.6	15.0	0.2	0.00	0.00
RAISINS, LION BRAND, 1.33 OZ.	BOX	1	110	0	0	1.00	1.00	19.0	*N/A*	*N/A*	22	1.0	30.0	0.0	0.00	0.00
RAISINS, SUN-MAID, 1.33oz.	1/4 CUP	1	120	0	5	2.00	*N/A*	*N/A*	*N/A*	*N/A*	27	1.0	29.0	0.0	0.00	0.00
APPLESAUCE CUP, MOTT'S	PACKAGE	1	50	0	0	1.00	0.00	0.0	0	12.0	11	0.0	13.0	0.0	0.00	0.00
APPLESAUCE CUP, ZEE ZEE'S	1 EACH	1	60	0	0	2.00	0.00	5.0	0	9.0	12	0.0	16.0	0.0	0.00	0.00
BABY CARROTS 3 OZ.	SERVING	1	35	0	65	2.00	0.36	20.0	25	*N/A*	5	1.0	8.0	0.0	0.00	0.00

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Jan 1, 2021 thru Jan 29, 2021

Base Menu Spreadsheet

All Sites Nutr/Carbs 20/21

Weighted Values - Detailed

Generated on: 12/11/2020 1:06:35 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)	
Mon - 01/25/2021																	
All Sites Nutr/Carbs 20/21	Total	1															
MAC & CHEESE TRAY	SERV: 1 TRAY	1	340	40	770	4.00	1.08	450.0	*N/A*	*N/A*	8	22.0	33.0	14.0	8.00	*N/A*	
MILK CHOCOLATE NONFAT	CARTON/ POUCH	1	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00	
MILK 1% LOWFAT	CARTON/ POUCH	1	120	10	150	0.00	0.00	350.0	500	2.4	14	11.0	14.0	2.5	1.50	0.00	
FRUIT, APPLE 163 COUNT	1 EACH	1	59	0	1	2.70	0.00	0.0	57	0.0	11	0.0	15.8	0.0	0.00	0.00	
NECTARINE	1 EACH	1	31	0	0	1.20	0.18	0.0	27	*N/A*	5	0.75	7.5	0.25	0.00	0.00	
FRUIT, ORANGE 138 CT CASE	1 EACH	1	85	0	0	4.30	0.18	70.0	85	*N/A*	17	1.7	21.0	0.2	0.00	0.00	
PLUMS,FRESH	1 EACH	1	30	0	0	0.92	0.11	4.0	228	6.27	7	0.46	7.54	0.18	0.01	0.00	
PEARS, UNITED FRESH	PEAR	1	92	0	2	5.00	0.18	10.0	80	*N/A*	16	0.6	15.0	0.2	0.00	0.00	
RAISINS, LION BRAND, 1.33 OZ.	BOX	1	110	0	0	1.00	1.00	19.0	*N/A*	*N/A*	22	1.0	30.0	0.0	0.00	0.00	
RAISINS, SUN-MAID, 1.33oz.	1/4 CUP	1	120	0	5	2.00	*N/A*	*N/A*	*N/A*	*N/A*	27	1.0	29.0	0.0	0.00	0.00	
APPLESAUCE CUP, MOTT'S	PACKAGE	1	50	0	0	1.00	0.00	0.0	0	12.0	11	0.0	13.0	0.0	0.00	0.00	
APPLESAUCE CUP, ZEE ZEE'S	1 EACH	1	60	0	0	2.00	0.00	5.0	0	9.0	12	0.0	16.0	0.0	0.00	0.00	
BABY CARROTS 3 OZ.	SERVING	1	35	0	65	2.00	0.36	20.0	25	*N/A*	5	1.0	8.0	0.0	0.00	0.00	
																0.00	
																	0.0%

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Etiwanda School District

Jan 1, 2021 thru Jan 29, 2021

Base Menu Spreadsheet

All Sites Nutr/Carbs 20/21

Weighted Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 01/26/2021																
All Sites Nutr/Carbs 20/21	Total	1														
DELI SLICED CHICKEN & CHEESE S	SERV:1 S ANDWICH	1	300	40	870	5.00	1.80	250.0	200	0.0	3	21.0	27.0	9.0	3.50	*N/A*
MILK CHOCOLATE NONFAT	CARTON/ POUCH	1	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
MILK 1% LOWFAT	CARTON/ POUCH	1	120	10	150	0.00	0.00	350.0	500	2.4	14	11.0	14.0	2.5	1.50	0.00
MAYO PACKET 9G	PACKET	1	60	5	55	0.00	0.00	0.0	0	0.0	0	0.0	0.0	7.0	1.00	0.00
MUSTARD PORTION PAC PPI	SERV:1EA	1	0	0	65	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
FRUIT, APPLE 163 COUNT	1 EACH	1	59	0	1	2.70	0.00	0.0	57	0.0	11	0.0	15.8	0.0	0.00	0.00
NECTARINE	1 EACH	1	31	0	0	1.20	0.18	0.0	27	*N/A*	5	0.75	7.5	0.25	0.00	0.00
FRUIT, ORANGE 138 CT CASE	1 EACH	1	85	0	0	4.30	0.18	70.0	85	*N/A*	17	1.7	21.0	0.2	0.00	0.00
PLUMS,FRESH	1 EACH	1	30	0	0	0.92	0.11	4.0	228	6.27	7	0.46	7.54	0.18	0.01	0.00
PEARS, UNITED FRESH	PEAR	1	92	0	2	5.00	0.18	10.0	80	*N/A*	16	0.6	15.0	0.2	0.00	0.00
RAISINS, LION BRAND, 1.33 OZ.	BOX	1	110	0	0	1.00	1.00	19.0	*N/A*	*N/A*	22	1.0	30.0	0.0	0.00	0.00
RAISINS, SUN-MAID, 1.33oz.	1/4 CUP	1	120	0	5	2.00	*N/A*	*N/A*	*N/A*	*N/A*	27	1.0	29.0	0.0	0.00	0.00
APPLESAUCE CUP, MOTT'S	PACKAGE	1	50	0	0	1.00	0.00	0.0	0	12.0	11	0.0	13.0	0.0	0.00	0.00
APPLESAUCE CUP, ZEE ZEE'S	1 EACH	1	60	0	0	2.00	0.00	5.0	0	9.0	12	0.0	16.0	0.0	0.00	0.00
BABY CARROTS 3 OZ.	SERVING	1	35	0	65	2.00	0.36	20.0	25	*N/A*	5	1.0	8.0	0.0	0.00	0.00

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Etiwanda School District

Jan 1, 2021 thru Jan 29, 2021

Base Menu Spreadsheet

All Sites Nutr/Carbs 20/21

Weighted Values - Detailed

Generated on: 12/11/2020 1:06:35 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 01/27/2021																
All Sites Nutr/Carbs 20/21	Total	1														
CHEESEBURGER SLIDERS	SERV: 1 PKG	1	272	45	355	2.60	2.80	82.0	100	0.0	3	19.7	31.3	7.8	2.90	0.00
MILK CHOCOLATE NONFAT	CARTON/ POUCH	1	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
MILK 1% LOWFAT	CARTON/ POUCH	1	120	10	150	0.00	0.00	350.0	500	2.4	14	11.0	14.0	2.5	1.50	0.00
KETCHUP, RED GOLD	Packet	1	10	0	85	0.00	0.00	0.0	0	0.0	2	0.0	2.0	0.0	0.00	0.00
MUSTARD PORTION PAC PPI	SERV:1EA	1	0	0	65	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
FRUIT, APPLE 163 COUNT	1 EACH	1	59	0	1	2.70	0.00	0.0	57	0.0	11	0.0	15.8	0.0	0.00	0.00
NECTARINE	1 EACH	1	31	0	0	1.20	0.18	0.0	27	*N/A*	5	0.75	7.5	0.25	0.00	0.00
FRUIT, ORANGE 138 CT CASE	1 EACH	1	85	0	0	4.30	0.18	70.0	85	*N/A*	17	1.7	21.0	0.2	0.00	0.00
PLUMS,FRESH	1 EACH	1	30	0	0	0.92	0.11	4.0	228	6.27	7	0.46	7.54	0.18	0.01	0.00
PEARS, UNITED FRESH	PEAR	1	92	0	2	5.00	0.18	10.0	80	*N/A*	16	0.6	15.0	0.2	0.00	0.00
RAISINS, LION BRAND, 1.33 OZ.	BOX	1	110	0	0	1.00	1.00	19.0	*N/A*	*N/A*	22	1.0	30.0	0.0	0.00	0.00
RAISINS, SUN-MAID, 1.33oz.	1/4 CUP	1	120	0	5	2.00	*N/A*	*N/A*	*N/A*	*N/A*	27	1.0	29.0	0.0	0.00	0.00
APPLESAUCE CUP, MOTT'S	PACKAGE	1	50	0	0	1.00	0.00	0.0	0	12.0	11	0.0	13.0	0.0	0.00	0.00
APPLESAUCE CUP, ZEE ZEE'S	1 EACH	1	60	0	0	2.00	0.00	5.0	0	9.0	12	0.0	16.0	0.0	0.00	0.00
BABY CARROTS 3 OZ.	SERVING	1	35	0	65	2.00	0.36	20.0	25	*N/A*	5	1.0	8.0	0.0	0.00	0.00
VEGETARIAN BEANS TEASDALE	SERV: 1/ 2 CUP	1	110	0	440	7.00	1.08	80.0	300	1.2	7	6.0	26.0	0.0	0.00	0.00

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Etiwanda School District

Jan 1, 2021 thru Jan 29, 2021

Base Menu Spreadsheet

All Sites Nutr/Carbs 20/21

Weighted Values - Detailed

Generated on: 12/11/2020 1:06:35 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 01/28/2021																
All Sites Nutr/Carbs 20/21	Total	1														
TACO NADA	TACO NADA	1	260	35	390	4.00	2.70	80.0	200	1.2	1	17.0	31.0	8.0	2.50	0.00
MILK CHOCOLATE NONFAT	CARTON/POUCH	1	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
MILK 1% LOWFAT	CARTON/POUCH	1	120	10	150	0.00	0.00	350.0	500	2.4	14	11.0	14.0	2.5	1.50	0.00
FRUIT, APPLE 163 COUNT	1 EACH	1	59	0	1	2.70	0.00	0.0	57	0.0	11	0.0	15.8	0.0	0.00	0.00
NECTARINE	1 EACH	1	31	0	0	1.20	0.18	0.0	27	*N/A*	5	0.75	7.5	0.25	0.00	0.00
FRUIT, ORANGE 138 CT CASE	1 EACH	1	85	0	0	4.30	0.18	70.0	85	*N/A*	17	1.7	21.0	0.2	0.00	0.00
PLUMS,FRESH	1 EACH	1	30	0	0	0.92	0.11	4.0	228	6.27	7	0.46	7.54	0.18	0.01	0.00
PEARS, UNITED FRESH	PEAR	1	92	0	2	5.00	0.18	10.0	80	*N/A*	16	0.6	15.0	0.2	0.00	0.00
RAISINS, LION BRAND, 1.33 OZ.	BOX	1	110	0	0	1.00	1.00	19.0	*N/A*	*N/A*	22	1.0	30.0	0.0	0.00	0.00
RAISINS, SUN-MAID, 1.33oz.	1/4 CUP	1	120	0	5	2.00	*N/A*	*N/A*	*N/A*	*N/A*	27	1.0	29.0	0.0	0.00	0.00
APPLESAUCE CUP, MOTT'S	PACKAGE	1	50	0	0	1.00	0.00	0.0	0	12.0	11	0.0	13.0	0.0	0.00	0.00
APPLESAUCE CUP, ZEE ZEE'S	1 EACH	1	60	0	0	2.00	0.00	5.0	0	9.0	12	0.0	16.0	0.0	0.00	0.00
BABY CARROTS 3 OZ.	SERVING	1	35	0	65	2.00	0.36	20.0	25	*N/A*	5	1.0	8.0	0.0	0.00	0.00

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Etiwanda School District

Jan 1, 2021 thru Jan 29, 2021

Base Menu Spreadsheet

All Sites Nutr/Carbs 20/21

Weighted Values - Detailed

Generated on: 12/11/2020 1:06:35 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 01/29/2021																
All Sites Nutr/Carbs 20/21	Total	1														
CHEDDAR CHS CUP W/ 1.5OZ CHIPS	SERVING : 1 EA	1	393	30	653	3.00	0.60	377.0	450	*0.0	10	13.0	42.5	17.5	7.50	0.00
MILK CHOCOLATE NONFAT	CARTON/ POUCH	1	120	5	150	0.00	0.00	300.0	500	1.8	20	8.0	22.0	0.0	0.00	0.00
MILK 1% LOWFAT	CARTON/ POUCH	1	120	10	150	0.00	0.00	350.0	500	2.4	14	11.0	14.0	2.5	1.50	0.00
FRUIT, APPLE 163 COUNT	1 EACH	1	59	0	1	2.70	0.00	0.0	57	0.0	11	0.0	15.8	0.0	0.00	0.00
NECTARINE	1 EACH	1	31	0	0	1.20	0.18	0.0	27	*N/A*	5	0.75	7.5	0.25	0.00	0.00
FRUIT, ORANGE 138 CT CASE	1 EACH	1	85	0	0	4.30	0.18	70.0	85	*N/A*	17	1.7	21.0	0.2	0.00	0.00
PLUMS,FRESH	1 EACH	1	30	0	0	0.92	0.11	4.0	228	6.27	7	0.46	7.54	0.18	0.01	0.00
PEARS, UNITED FRESH	PEAR	1	92	0	2	5.00	0.18	10.0	80	*N/A*	16	0.6	15.0	0.2	0.00	0.00
RAISINS, LION BRAND, 1.33 OZ.	BOX	1	110	0	0	1.00	1.00	19.0	*N/A*	*N/A*	22	1.0	30.0	0.0	0.00	0.00
RAISINS, SUN-MAID, 1.33oz.	1/4 CUP	1	120	0	5	2.00	*N/A*	*N/A*	*N/A*	*N/A*	27	1.0	29.0	0.0	0.00	0.00
APPLESAUCE CUP, MOTT'S	PACKAGE	1	50	0	0	1.00	0.00	0.0	0	12.0	11	0.0	13.0	0.0	0.00	0.00
APPLESAUCE CUP, ZEE ZEE'S	1 EACH	1	60	0	0	2.00	0.00	5.0	0	9.0	12	0.0	16.0	0.0	0.00	0.00
BABY CARROTS 3 OZ.	SERVING	1	35	0	65	2.00	0.36	20.0	25	*N/A*	5	1.0	8.0	0.0	0.00	0.00

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