

Yuba City USD

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

May 1, 2022 thru May 31, 2022

HIGH SCHOOL LUNCH YCHS

Generated on: 4/22/2022 10:21:55 AM

Portion Size	Reimb Qty	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)
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**N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient*

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

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

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	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 - 05/02/2022																
HIGH SCHOOL LUNCH YC	Total	700														
BURGER, RAW CHEESE	1 EACH	0	414	72	430	3.00	1.44	150.0	0	0.0	*4	26.0	31.0	21.0	8.00	2.00
BURGER, CHEESE	1 EACH	60	349	47	489	4.00	2.44	165.0	0	0.0	4	22.0	32.0	15.0	6.50	0.00
CHICKEN GRILLED PATTY ON BUN	1 EACH	50	260	65	420	3.00	1.44	150.0	0	0.0	4	27.0	30.0	4.5	0.00	0.00
BURRITO, BEAN&CHSEIW WG 5.95OZ	1 EACH	75	312	0	447	7.62	3.06	195.1	811	8.54	*N/A*	15.3	41.28	10.64	4.71	0.00
CHICKEN PATTY ON BUN RC	1 EACH	60	340	20	620	6.00	3.24	150.0	0	0.0	4	19.0	42.0	11.0	2.00	0.00
HS-CHICKEN, NUGGETS 10EA	SERVING	75	360	40	840	6.00	3.60	80.0	0	0.0	0	24.0	24.0	18.0	4.00	0.00
HS-CHICKEN, POPCORN WG	10 EACH	75	270	30	630	4.50	2.70	60.0	0	0.0	0	18.0	18.0	13.5	3.00	0.00
HS-CORN DOG, MINI CHICK T YSON	SERVING (15)	50	473	73	855	3.64	2.62	36.4	0	0.0	9	21.83	41.83	25.47	5.46	*N/A*
PIZZA, CHEESE WG 14" YCUSD	SERVING (9)	24	444	43	1169	2.01	4.19	55.7	646	5.53	*4	21.41	56.82	15.31	7.03	*0.00
PIZZA, PEPPERONI WG 14" YC USD	SLICES	24	465	46	1253	2.01	4.53	55.7	580	5.53	*4	21.3	56.49	17.72	7.60	*0.00
PIZZA, VEGGIE WG 14" YCUSD	SLICES	12	462	44	1253	2.41	4.24	55.7	687	13.55	*4	21.8	58.04	16.41	7.33	*0.00
SALAD ADULT, CHEF	SERVINGS	10	455	57	882	6.89	*1.79	106.3	15183	32.81	*3	20.19	42.31	23.62	6.74	*0.00
SALAD ADULT, TACO	1 EACH	10	1009	106	1351	10.91	2.34	108.0	6632	65.17	*1	29.95	61.88	70.11	15.73	*2.39
SALAD ADULT, VEGGIE	SERVING	10	734	74	1014	7.78	1.86	133.4	16084	72.31	*3	20.55	50.04	50.66	16.98	*0.00
SANDWICH, VEGGIE WG	SUB	10	700	80	1213	8.52	2.66	95.8	297	13.53	*6	30.47	63.34	35.02	17.00	*0.00
SANDWICH, TURKEY HAM SLICE WW	SANDWIC	25	535	81	1242	8.64	*2.75	99.2	506	6.58	*8	31.34	62.91	18.48	7.24	*0.00
SANDWICH, TURKEY SLICE WW	SANDWIC	20	537	72	1179	8.64	3.65	114.2	534	11.45	*6	32.52	62.54	17.75	6.88	*0.00
HS-FRESH MEX	SERVINGS	20	554	62	751	11.11	3.39	62.8	2587	17.06	*2	28.93	74.02	16.36	3.94	*0.79
HS-FRESH MEX 2	SERVING	20	600	84	895	11.07	3.23	59.2	2583	16.34	*2	32.22	73.75	18.41	4.85	*1.46
HS-SWEET CHILI PORK S/F YC USD	2OZ. HE	0	123	35	264	0.08	0.45	8.2	28	0.65	*2	11.84	7.37	4.6	1.40	*0.00
HS-SWEET CHILI TOFU S/F YC USD	AP SPOO	10	92	0	142	0.00	1.61	59.8	24	0.0	*2	8.91	5.75	3.63	0.20	0.00
HS-TERIYAKI TURK S/F YCUSD	4OZ. HE	60	104	27	546	0.07	1.12	1.8	1	0.25	*2	9.13	10.67	2.54	0.56	*0.00
YCHS, STIRFRY NOODLES	AP SPOO	50	238	0	448	4.08	2.84	21.6	0	0.03	*0	8.4	41.67	5.85	0.41	*0.00
RICE, STEAMED BROWN USDA	2 #8 SCO OP	20	309	0	14	3.87	1.39	14.2	0	0.0	*0	7.73	63.79	2.9	0.00	0.00
HS-STIR FRY VEGETABLE MIX	#8 SCOOP	70	25	0	30	1.59	0.44	32.3	3971	30.74	*0	1.31	5.47	0.02	0.00	*0.00
POTATO, FRIES KK HOT & SPICY	#8 SCOOP	300	81	0	48	1.07	0.40	100.3	95	6.14	*0	1.03	14.19	2.53	0.00	*0.00
POTATO, FRIES KK GARLIC	#8 SCOOP	150	81	0	57	1.03	0.37	100.3	0	6.06	*0	1.05	14.22	2.5	0.00	*0.00

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Base Menu Spreadsheet

Portion Values - Detailed

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May 1, 2022 thru May 31, 2022

HIGH SCHOOL LUNCH YCHS

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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 - 05/02/2022																
POTATO, TATER BARRELS SY SCO	10 BARR ELS	300	170	0	360	1.00	0.36	0.0	0	3.6	0	2.0	19.0	9.0	1.50	0.00
VEG, CARROTS BABY	2.6 OZ.	300	26	0	57	1.47	0.66	22.1	10172	6.19	*N/A*	0.74	5.9	0.0	0.00	*N/A*
KETCHUP, PACKET	PACKET	500	9	0	82	0.03	0.03	1.4	47	0.37	2	0.09	2.47	0.01	0.00	0.00
MAYONNAISE, PACKET	Pkt 7g	500	58	3	48	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.64	6.43	0.96	0.00
MUSTARD, PACKET	Pkt 5g	200	4	0	62	0.18	0.10	4.4	8	0.16	*N/A*	0.22	0.43	0.17	0.01	0.00
SAUCE, BBQ PACKET	PACKET	50	10	0	160	0.00	0.00	0.0	0	0.0	*N/A*	0.0	3.0	0.0	0.00	*N/A*
VEG, LETT SHREDDED	2EA #8 S COOP	30	9	0	7	0.67	0.24	13.3	334	2.0	*N/A*	0.67	2.0	0.0	0.00	*N/A*
VEG, TOMATO FRESH	4 SLICES	30	16	0	4	0.74	0.27	7.4	738	11.51	*N/A*	0.74	3.69	0.0	0.00	*N/A*
VEG, ONION SLICED	2 SLICES	30	36	0	9	1.02	0.29	22.7	1	5.44	*N/A*	0.91	8.56	0.09	0.00	0.00
VEG, JALAPENO PEPPERS	#30 SCOO	10	5	0	290	1.00	0.00	0.0	200	0.0	*N/A*	0.0	1.0	0.0	0.00	0.00
DRESSING, RANCH PACKET 1 2 GRAM	PACKET	40	60	5	100	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	7.0	1.00	0.00
SALSA, COMMODITY	1 OZ	50	35	0	124	3.54	0.00	0.0	0	0.0	*N/A*	0.0	7.09	0.0	0.00	0.00
FRUIT, APPLE FRESH WHOLE	1 EACH	200	100	0	0	4.00	0.36	20.0	100	8.4	19	0.0	25.0	0.0	0.00	0.00
FRUIT, BANANAS FRESH	1 EACH	200	105	0	1	3.07	0.31	5.9	76	10.27	14	1.29	26.95	0.39	0.13	0.00
FRUIT, ORANGES FRESH	EACH (m edium)	300	69	0	2	3.39	0.15	59.4	339	82.98	*N/A*	1.7	17.82	0.0	0.00	0.00
HS- VEG SIDE SALAD	1 CUP	600	70	0	142	3.74	0.28	21.1	5767	5.26	*3	2.95	14.06	0.31	0.00	*0.00
MILK, NONFAT CHOCOLATE	CARTON	500	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	CARTON	200	130	15	160	0.00	0.00	400.0	500	1.2	15	10.0	16.0	2.5	1.50	0.00
Weighted Daily Average			864	53	1398	14.55	*4.60	561.4	11389	63.76	*35	37.05	121.34	27.41	6.46	*0.10
% of Calories											*16.0%	17.2%	56.2%	28.6%	6.7%	*0.1%
Nutrient Guideline			750-850		1420										<10.00	

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Tue - 05/03/2022																
HIGH SCHOOL LUNCH YC	Total	700														
BURGER, RAW CHEESE	1 EACH	0	414	72	430	3.00	1.44	150.0	0	0.0	*4	26.0	31.0	21.0	8.00	2.00
BURGER, CHEESE	1 EACH	60	349	47	489	4.00	2.44	165.0	0	0.0	4	22.0	32.0	15.0	6.50	0.00
CHICKEN GRILLED PATTY ON BUN	1 EACH	50	260	65	420	3.00	1.44	150.0	0	0.0	4	27.0	30.0	4.5	0.00	0.00
BURRITO, BEAN&CHSEIW WG 5.95OZ	1 EACH	75	312	0	447	7.62	3.06	195.1	811	8.54	*N/A*	15.3	41.28	10.64	4.71	0.00
CHICKEN PATTY ON BUN RC	1 EACH	60	340	20	620	6.00	3.24	150.0	0	0.0	4	19.0	42.0	11.0	2.00	0.00
HS-CHICKEN, NUGGETS 10EA	SERVING	75	360	40	840	6.00	3.60	80.0	0	0.0	0	24.0	24.0	18.0	4.00	0.00
HS-CHICKEN, POPCORN WG	10 EACH SERVING	75	270	30	630	4.50	2.70	60.0	0	0.0	0	18.0	18.0	13.5	3.00	0.00
HS-CORN DOG, MINI CHICK T YSON	(15) SERVING	50	473	73	855	3.64	2.62	36.4	0	0.0	9	21.83	41.83	25.47	5.46	*N/A*
PIZZA, CHEESE WG 14" YCUSD	SLICES	24	444	43	1169	2.01	4.19	55.7	646	5.53	*4	21.41	56.82	15.31	7.03	*0.00
PIZZA, PEPPERONI WG 14" YC USD	SLICES	24	465	46	1253	2.01	4.53	55.7	580	5.53	*4	21.3	56.49	17.72	7.60	*0.00
PIZZA, VEGGIE WG 14" YCUSD	SLICES	12	462	44	1253	2.41	4.24	55.7	687	13.55	*4	21.8	58.04	16.41	7.33	*0.00
SALAD ADULT, CHEF	SERVINGS	10	455	57	882	6.89	*1.79	106.3	15183	32.81	*3	20.19	42.31	23.62	6.74	*0.00
SALAD ADULT, TACO	1 EACH	10	1009	106	1351	10.91	2.34	108.0	6632	65.17	*1	29.95	61.88	70.11	15.73	*2.39
SALAD ADULT, VEGGIE	SERVING	10	734	74	1014	7.78	1.86	133.4	16084	72.31	*3	20.55	50.04	50.66	16.98	*0.00
SANDWICH, VEGGIE WG	SUB	10	700	80	1213	8.52	2.66	95.8	297	13.53	*6	30.47	63.34	35.02	17.00	*0.00
SANDWICH, TURKEY HAM SLICE WW	SANDWIC	25	535	81	1242	8.64	*2.75	99.2	506	6.58	*8	31.34	62.91	18.48	7.24	*0.00
SANDWICH, TURKEY SLICE WW	SANDWIC	20	537	72	1179	8.64	3.65	114.2	534	11.45	*6	32.52	62.54	17.75	6.88	*0.00
HS-FRESH MEX	SERVINGS	20	554	62	751	11.11	3.39	62.8	2587	17.06	*2	28.93	74.02	16.36	3.94	*0.79
HS-FRESH MEX 2	SERVING	20	600	84	895	11.07	3.23	59.2	2583	16.34	*2	32.22	73.75	18.41	4.85	*1.46
HS-GEN TSO'S TOFU S/F YCUSD	4OZ. HE	1	95	0	119	0.00	1.61	60.0	16	0.0	*3	8.91	6.35	3.83	0.22	0.00
HS-GEN TSO'S BEEF S/F YCUSD	AP SPOO															
HS-GEN TSO'S BEEF S/F YCUSD	2OZ. HE	10	265	57	625	0.08	2.38	2.6	16	0.0	*13	19.23	14.17	14.56	5.08	*0.00
HS-GEN TSO'S BEEF S/F YCUSD	AP SPOO															
HS-TERIYAKI TURK S/F YCUSD	2OZ. HE	60	104	27	546	0.07	1.12	1.8	1	0.25	*2	9.13	10.67	2.54	0.56	*0.00
HS-TERIYAKI TURK S/F YCUSD	AP SPOO															
YCHS, STIRFRY NOODLES	2 #8 SCO	50	238	0	448	4.08	2.84	21.6	0	0.03	*0	8.4	41.67	5.85	0.41	*0.00
YCHS, STIRFRY NOODLES	OP															
RICE, STEAMED BROWN USDA	#8 2 SCO	20	309	0	14	3.87	1.39	14.2	0	0.0	*0	7.73	63.79	2.9	0.00	0.00
RICE, STEAMED BROWN USDA	OPS															
HS-STIR FRY VEGETABLE MIX	#8 SCOOP	70	25	0	30	1.59	0.44	32.3	3971	30.74	*0	1.31	5.47	0.02	0.00	*0.00
POTATO, FRIES KK HOT & SPICY	#8 SCOOP	300	81	0	48	1.07	0.40	100.3	95	6.14	*0	1.03	14.19	2.53	0.00	*0.00
POTATO, FRIES KK GARLIC	#8 SCOOP	150	81	0	57	1.03	0.37	100.3	0	6.06	*0	1.05	14.22	2.5	0.00	*0.00

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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)
Tue - 05/03/2022																
POTATO, TATER BARRELS SY SCO	10 BARR ELS	300	170	0	360	1.00	0.36	0.0	0	3.6	0	2.0	19.0	9.0	1.50	0.00
VEG, CARROTS BABY	2.6 OZ.	300	26	0	57	1.47	0.66	22.1	10172	6.19	*N/A*	0.74	5.9	0.0	0.00	*N/A*
KETCHUP, PACKET	PACKET	500	9	0	82	0.03	0.03	1.4	47	0.37	2	0.09	2.47	0.01	0.00	0.00
MAYONNAISE, PACKET	Pkt 7g	500	58	3	48	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.64	6.43	0.96	0.00
MUSTARD, PACKET	Pkt 5g	200	4	0	62	0.18	0.10	4.4	8	0.16	*N/A*	0.22	0.43	0.17	0.01	0.00
SAUCE, BBQ PACKET	PACKET	50	10	0	160	0.00	0.00	0.0	0	0.0	*N/A*	0.0	3.0	0.0	0.00	*N/A*
VEG, LETT SHREDDED	2EA #8 S COOP	30	9	0	7	0.67	0.24	13.3	334	2.0	*N/A*	0.67	2.0	0.0	0.00	*N/A*
VEG, TOMATO FRESH	4 SLICES	30	16	0	4	0.74	0.27	7.4	738	11.51	*N/A*	0.74	3.69	0.0	0.00	*N/A*
VEG, ONION SLICED	2 SLICES	30	36	0	9	1.02	0.29	22.7	1	5.44	*N/A*	0.91	8.56	0.09	0.00	0.00
VEG, JALAPENO PEPPERS	#30 SCOO	10	5	0	290	1.00	0.00	0.0	200	0.0	*N/A*	0.0	1.0	0.0	0.00	0.00
DRESSING, RANCH PACKET 1 2 GRAM	PACKET	40	60	5	100	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	7.0	1.00	0.00
SALSA, COMMODITY	1 OZ	50	35	0	124	3.54	0.00	0.0	0	0.0	*N/A*	0.0	7.09	0.0	0.00	0.00
FRUIT, APPLE FRESH WHOLE	1 EACH	200	100	0	0	4.00	0.36	20.0	100	8.4	19	0.0	25.0	0.0	0.00	0.00
FRUIT, BANANAS FRESH	1 EACH	200	105	0	1	3.07	0.31	5.9	76	10.27	14	1.29	26.95	0.39	0.13	0.00
FRUIT, ORANGES FRESH	EACH (medium)	300	69	0	2	3.39	0.15	59.4	339	82.98	*N/A*	1.7	17.82	0.0	0.00	0.00
HS- VEG SIDE SALAD	1 CUP	600	70	0	142	3.74	0.28	21.1	5767	5.26	*3	2.95	14.06	0.31	0.00	*0.00
MILK, NONFAT CHOCOLATE	CARTON	500	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	CARTON	200	130	15	160	0.00	0.00	400.0	500	1.2	15	10.0	16.0	2.5	1.50	0.00
Weighted Daily Average			867	54	1405	14.56	*4.61	560.7	11389	63.76	*35	37.21	121.47	27.57	6.53	*0.10
% of Calories											*16.0%	17.2%	56.1%	28.6%	6.8%	*0.1%
Nutrient Guideline			750-850		1420										<10.00	

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Wed - 05/04/2022																
HIGH SCHOOL LUNCH YC	Total	700														
BURGER, RAW CHEESE	1 EACH	0	414	72	430	3.00	1.44	150.0	0	0.0	*4	26.0	31.0	21.0	8.00	2.00
BURGER, CHEESE	1 EACH	60	349	47	489	4.00	2.44	165.0	0	0.0	4	22.0	32.0	15.0	6.50	0.00
CHICKEN GRILLED PATTY ON BUN	1 EACH	50	260	65	420	3.00	1.44	150.0	0	0.0	4	27.0	30.0	4.5	0.00	0.00
BURRITO, BEAN&CHSEIW WG 5.95OZ	1 EACH	75	312	0	447	7.62	3.06	195.1	811	8.54	*N/A*	15.3	41.28	10.64	4.71	0.00
CHICKEN PATTY ON BUN RC	1 EACH	60	340	20	620	6.00	3.24	150.0	0	0.0	4	19.0	42.0	11.0	2.00	0.00
HS-CHICKEN, NUGGETS 10EA	SERVING	75	360	40	840	6.00	3.60	80.0	0	0.0	0	24.0	24.0	18.0	4.00	0.00
HS-CHICKEN, POPCORN WG	10 EACH	75	270	30	630	4.50	2.70	60.0	0	0.0	0	18.0	18.0	13.5	3.00	0.00
HS-CORN DOG, MINI CHICK T YSON	SERVING (15)	50	473	73	855	3.64	2.62	36.4	0	0.0	9	21.83	41.83	25.47	5.46	*N/A*
PIZZA, CHEESE WG 14" YCUSD	SERVING (9)	24	444	43	1169	2.01	4.19	55.7	646	5.53	*4	21.41	56.82	15.31	7.03	*0.00
PIZZA, PEPPERONI WG 14" YC USD	SLICES	24	465	46	1253	2.01	4.53	55.7	580	5.53	*4	21.3	56.49	17.72	7.60	*0.00
PIZZA, VEGGIE WG 14" YCUSD	SLICES	12	462	44	1253	2.41	4.24	55.7	687	13.55	*4	21.8	58.04	16.41	7.33	*0.00
SALAD ADULT, CHEF	SERVINGS	10	455	57	882	6.89	*1.79	106.3	15183	32.81	*3	20.19	42.31	23.62	6.74	*0.00
SALAD ADULT, TACO	1 EACH	10	1009	106	1351	10.91	2.34	108.0	6632	65.17	*1	29.95	61.88	70.11	15.73	*2.39
SALAD ADULT, VEGGIE	SERVING	10	734	74	1014	7.78	1.86	133.4	16084	72.31	*3	20.55	50.04	50.66	16.98	*0.00
SANDWICH, VEGGIE WG	SUB	10	700	80	1213	8.52	2.66	95.8	297	13.53	*6	30.47	63.34	35.02	17.00	*0.00
SANDWICH, TURKEY HAM SLICE WW	SANDWIC	25	535	81	1242	8.64	*2.75	99.2	506	6.58	*8	31.34	62.91	18.48	7.24	*0.00
SANDWICH, TURKEY SLICE WW	SANDWIC	20	537	72	1179	8.64	3.65	114.2	534	11.45	*6	32.52	62.54	17.75	6.88	*0.00
HS-FRESH MEX	SERVINGS	20	554	62	751	11.11	3.39	62.8	2587	17.06	*2	28.93	74.02	16.36	3.94	*0.79
HS-FRESH MEX 2	SERVING	20	600	84	895	11.07	3.23	59.2	2583	16.34	*2	32.22	73.75	18.41	4.85	*1.46
HS-ASIAN BEEF S/F YCUSD	2OZ. HE	1	260	57	630	0.08	2.38	2.6	1	0.2	*11	19.23	13.19	14.36	5.06	*0.00
HS-ASIAN TOFU S/F YCUSD	AP SPOO	10	90	0	124	0.00	1.61	60.0	1	0.2	*1	8.91	5.37	3.63	0.20	0.00
HS-TERIYAKI TURK S/F YCUSD	4OZ. HE	60	104	27	546	0.07	1.12	1.8	1	0.25	*2	9.13	10.67	2.54	0.56	*0.00
YCHS, STIRFRY NOODLES	AP SPOO	50	238	0	448	4.08	2.84	21.6	0	0.03	*0	8.4	41.67	5.85	0.41	*0.00
RICE, STEAMED BROWN USDA	2 #8 SCO OP	20	309	0	14	3.87	1.39	14.2	0	0.0	*0	7.73	63.79	2.9	0.00	0.00
HS-STIR FRY VEGETABLE MIX	#8 2 SCO OPS	70	25	0	30	1.59	0.44	32.3	3971	30.74	*0	1.31	5.47	0.02	0.00	*0.00
POTATO, FRIES KK HOT & SPICY	#8 SCOOP	300	81	0	48	1.07	0.40	100.3	95	6.14	*0	1.03	14.19	2.53	0.00	*0.00
POTATO, FRIES KK GARLIC	#8 SCOOP	150	81	0	57	1.03	0.37	100.3	0	6.06	*0	1.05	14.22	2.5	0.00	*0.00

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Yuba City USD

Base Menu Spreadsheet

Portion Values - Detailed

Page 7

May 1, 2022 thru May 31, 2022

HIGH SCHOOL LUNCH YCHS

Generated on: 4/22/2022 10:21:55 AM

	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 - 05/04/2022																
POTATO, TATER BARRELS SY SCO	10 BARR ELS	300	170	0	360	1.00	0.36	0.0	0	3.6	0	2.0	19.0	9.0	1.50	0.00
VEG, CARROTS BABY	2.6 OZ.	300	26	0	57	1.47	0.66	22.1	10172	6.19	*N/A*	0.74	5.9	0.0	0.00	*N/A*
KETCHUP, PACKET	PACKET	500	9	0	82	0.03	0.03	1.4	47	0.37	2	0.09	2.47	0.01	0.00	0.00
MAYONNAISE, PACKET	Pkt 7g	500	58	3	48	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.64	6.43	0.96	0.00
MUSTARD, PACKET	Pkt 5g	200	4	0	62	0.18	0.10	4.4	8	0.16	*N/A*	0.22	0.43	0.17	0.01	0.00
SAUCE, BBQ PACKET	PACKET	50	10	0	160	0.00	0.00	0.0	0	0.0	*N/A*	0.0	3.0	0.0	0.00	*N/A*
VEG, LETT SHREDDED	2EA #8 S COOP	30	9	0	7	0.67	0.24	13.3	334	2.0	*N/A*	0.67	2.0	0.0	0.00	*N/A*
VEG, TOMATO FRESH	4 SLICES	30	16	0	4	0.74	0.27	7.4	738	11.51	*N/A*	0.74	3.69	0.0	0.00	*N/A*
VEG, ONION SLICED	2 SLICES	30	36	0	9	1.02	0.29	22.7	1	5.44	*N/A*	0.91	8.56	0.09	0.00	0.00
VEG, JALAPENO PEPPERS	#30 SCOO	10	5	0	290	1.00	0.00	0.0	200	0.0	*N/A*	0.0	1.0	0.0	0.00	0.00
DRESSING, RANCH PACKET 1 2 GRAM	PACKET	40	60	5	100	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	7.0	1.00	0.00
SALSA, COMMODITY	1 OZ	50	35	0	124	3.54	0.00	0.0	0	0.0	*N/A*	0.0	7.09	0.0	0.00	0.00
FRUIT, APPLE FRESH WHOLE	1 EACH	200	100	0	0	4.00	0.36	20.0	100	8.4	19	0.0	25.0	0.0	0.00	0.00
FRUIT, BANANAS FRESH	1 EACH	200	105	0	1	3.07	0.31	5.9	76	10.27	14	1.29	26.95	0.39	0.13	0.00
FRUIT, ORANGES FRESH	EACH (m edium)	300	69	0	2	3.39	0.15	59.4	339	82.98	*N/A*	1.7	17.82	0.0	0.00	0.00
HS- VEG SIDE SALAD	1 CUP	600	70	0	142	3.74	0.28	21.1	5767	5.26	*3	2.95	14.06	0.31	0.00	*0.00
MILK, NONFAT CHOCOLATE	CARTON	500	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	CARTON	200	130	15	160	0.00	0.00	400.0	500	1.2	15	10.0	16.0	2.5	1.50	0.00
Weighted Daily Average			864	53	1399	14.55	*4.60	561.4	11388	63.76	*35	37.08	121.35	27.43	6.46	*0.10
% of Calories											*16.0%	17.2%	56.2%	28.6%	6.7%	*0.1%
Nutrient Guideline			750-850		1420										<10.00	

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Yuba City USD

May 1, 2022 thru May 31, 2022

Base Menu Spreadsheet

HIGH SCHOOL LUNCH YCHS

Portion 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 - 05/05/2022																
HIGH SCHOOL LUNCH YC	Total	700														
BURGER, RAW CHEESE	1 EACH	0	414	72	430	3.00	1.44	150.0	0	0.0	*4	26.0	31.0	21.0	8.00	2.00
BURGER, CHEESE	1 EACH	60	349	47	489	4.00	2.44	165.0	0	0.0	4	22.0	32.0	15.0	6.50	0.00
CHICKEN GRILLED PATTY ON BUN	1 EACH	50	260	65	420	3.00	1.44	150.0	0	0.0	4	27.0	30.0	4.5	0.00	0.00
BURRITO, BEAN&CHSEIW WG 5.95OZ	1 EACH	75	312	0	447	7.62	3.06	195.1	811	8.54	*N/A*	15.3	41.28	10.64	4.71	0.00
CHICKEN PATTY ON BUN RC	1 EACH	60	340	20	620	6.00	3.24	150.0	0	0.0	4	19.0	42.0	11.0	2.00	0.00
HS-CHICKEN, NUGGETS 10EA	SERVING	75	360	40	840	6.00	3.60	80.0	0	0.0	0	24.0	24.0	18.0	4.00	0.00
	10 EACH															
HS-CHICKEN, POPCORN WG	SERVING	75	270	30	630	4.50	2.70	60.0	0	0.0	0	18.0	18.0	13.5	3.00	0.00
	(15)															
HS-CORN DOG, MINI CHICK T YSON	SERVING	50	473	73	855	3.64	2.62	36.4	0	0.0	9	21.83	41.83	25.47	5.46	*N/A*
	(9)															
PIZZA, CHEESE WG 14" YCUSD	SLICES	24	444	43	1169	2.01	4.19	55.7	646	5.53	*4	21.41	56.82	15.31	7.03	*0.00
PIZZA, PEPPERONI WG 14" YC USD	SLICES	24	465	46	1253	2.01	4.53	55.7	580	5.53	*4	21.3	56.49	17.72	7.60	*0.00
PIZZA, VEGGIE WG 14" YCUSD	SLICES	12	462	44	1253	2.41	4.24	55.7	687	13.55	*4	21.8	58.04	16.41	7.33	*0.00
SALAD ADULT, CHEF	SERVINGS	10	455	57	882	6.89	*1.79	106.3	15183	32.81	*3	20.19	42.31	23.62	6.74	*0.00
SALAD ADULT, TACO	1 EACH	10	1009	106	1351	10.91	2.34	108.0	6632	65.17	*1	29.95	61.88	70.11	15.73	*2.39
SALAD ADULT, VEGGIE	SERVING	10	734	74	1014	7.78	1.86	133.4	16084	72.31	*3	20.55	50.04	50.66	16.98	*0.00
SANDWICH, VEGGIE WG	SUB	10	700	80	1213	8.52	2.66	95.8	297	13.53	*6	30.47	63.34	35.02	17.00	*0.00
SANDWICH, TURKEY HAM SLICE WW	SANDWIC	25	535	81	1242	8.64	*2.75	99.2	506	6.58	*8	31.34	62.91	18.48	7.24	*0.00
SANDWICH, TURKEY SLICE WW	SANDWIC	20	537	72	1179	8.64	3.65	114.2	534	11.45	*6	32.52	62.54	17.75	6.88	*0.00
HS-FRESH MEX	SERVINGS	20	554	62	751	11.11	3.39	62.8	2587	17.06	*2	28.93	74.02	16.36	3.94	*0.79
HS-FRESH MEX 2	SERVING	20	600	84	895	11.07	3.23	59.2	2583	16.34	*2	32.22	73.75	18.41	4.85	*1.46
HS-SWEET CHILI PORK S/F YC USD	2OZ. HE	0	123	35	264	0.08	0.45	8.2	28	0.65	*2	11.84	7.37	4.6	1.40	*0.00
	AP SPOO															
HS-SWEET CHILI TOFU S/F YC USD	4OZ. HE	10	92	0	142	0.00	1.61	59.8	24	0.0	*2	8.91	5.75	3.63	0.20	0.00
	AP SPOO															
HS-TERIYAKI TURK S/F YCUSD	2OZ. HE	60	104	27	546	0.07	1.12	1.8	1	0.25	*2	9.13	10.67	2.54	0.56	*0.00
	AP SPOO															
YCHS, STIRFRY NOODLES	2 #8 SCO	50	238	0	448	4.08	2.84	21.6	0	0.03	*0	8.4	41.67	5.85	0.41	*0.00
	OP															
RICE, STEAMED BROWN USDA	#8 2 SCO	20	309	0	14	3.87	1.39	14.2	0	0.0	*0	7.73	63.79	2.9	0.00	0.00
	OPS															
HS-STIR FRY VEGETABLE MIX	#8 SCOOP	70	25	0	30	1.59	0.44	32.3	3971	30.74	*0	1.31	5.47	0.02	0.00	*0.00
POTATO, FRIES KK HOT & SPICY	#8 SCOOP	300	81	0	48	1.07	0.40	100.3	95	6.14	*0	1.03	14.19	2.53	0.00	*0.00
POTATO, FRIES KK GARLIC	#8 SCOOP	150	81	0	57	1.03	0.37	100.3	0	6.06	*0	1.05	14.22	2.5	0.00	*0.00

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Yuba City USD

Base Menu Spreadsheet

Portion Values - Detailed

Page 9

May 1, 2022 thru May 31, 2022

HIGH SCHOOL LUNCH YCHS

Generated on: 4/22/2022 10:21:55 AM

	Portion Size	Reimb Qty	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 - 05/05/2022																
POTATO, TATER BARRELS SY SCO	10 BARR ELS	300	170	0	360	1.00	0.36	0.0	0	3.6	0	2.0	19.0	9.0	1.50	0.00
VEG, CARROTS BABY	2.6 OZ.	300	26	0	57	1.47	0.66	22.1	10172	6.19	*N/A*	0.74	5.9	0.0	0.00	*N/A*
KETCHUP, PACKET	PACKET	500	9	0	82	0.03	0.03	1.4	47	0.37	2	0.09	2.47	0.01	0.00	0.00
MAYONNAISE, PACKET	Pkt 7g	500	58	3	48	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.64	6.43	0.96	0.00
MUSTARD, PACKET	Pkt 5g	200	4	0	62	0.18	0.10	4.4	8	0.16	*N/A*	0.22	0.43	0.17	0.01	0.00
SAUCE, BBQ PACKET	PACKET	50	10	0	160	0.00	0.00	0.0	0	0.0	*N/A*	0.0	3.0	0.0	0.00	*N/A*
VEG, LETT SHREDDED	2EA #8 S COOP	30	9	0	7	0.67	0.24	13.3	334	2.0	*N/A*	0.67	2.0	0.0	0.00	*N/A*
VEG, TOMATO FRESH	4 SLICES	30	16	0	4	0.74	0.27	7.4	738	11.51	*N/A*	0.74	3.69	0.0	0.00	*N/A*
VEG, ONION SLICED	2 SLICES	30	36	0	9	1.02	0.29	22.7	1	5.44	*N/A*	0.91	8.56	0.09	0.00	0.00
VEG, JALAPENO PEPPERS	#30 SCOO	10	5	0	290	1.00	0.00	0.0	200	0.0	*N/A*	0.0	1.0	0.0	0.00	0.00
DRESSING, RANCH PACKET 1 2 GRAM	PACKET	40	60	5	100	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	7.0	1.00	0.00
SALSA, COMMODITY	1 OZ	50	35	0	124	3.54	0.00	0.0	0	0.0	*N/A*	0.0	7.09	0.0	0.00	0.00
FRUIT, APPLE FRESH WHOLE	1 EACH	200	100	0	0	4.00	0.36	20.0	100	8.4	19	0.0	25.0	0.0	0.00	0.00
FRUIT, BANANAS FRESH	1 EACH	200	105	0	1	3.07	0.31	5.9	76	10.27	14	1.29	26.95	0.39	0.13	0.00
FRUIT, ORANGES FRESH	EACH (m edium)	300	69	0	2	3.39	0.15	59.4	339	82.98	*N/A*	1.7	17.82	0.0	0.00	0.00
HS- VEG SIDE SALAD	1 CUP	600	70	0	142	3.74	0.28	21.1	5767	5.26	*3	2.95	14.06	0.31	0.00	*0.00
MILK, NONFAT CHOCOLATE	CARTON	500	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	CARTON	200	130	15	160	0.00	0.00	400.0	500	1.2	15	10.0	16.0	2.5	1.50	0.00
Weighted Daily Average			864	53	1398	14.55	*4.60	561.4	11389	63.76	*35	37.05	121.34	27.41	6.46	*0.10
% of Calories											*16.0%	17.2%	56.2%	28.6%	6.7%	*0.1%
Nutrient Guideline			750-850		1420										<10.00	

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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)
Fri - 05/06/2022																
HIGH SCHOOL LUNCH YC	Total	700														
BURGER, RAW CHEESE	1 EACH	0	414	72	430	3.00	1.44	150.0	0	0.0	*4	26.0	31.0	21.0	8.00	2.00
BURGER, CHEESE	1 EACH	60	349	47	489	4.00	2.44	165.0	0	0.0	4	22.0	32.0	15.0	6.50	0.00
CHICKEN GRILLED PATTY ON BUN	1 EACH	50	260	65	420	3.00	1.44	150.0	0	0.0	4	27.0	30.0	4.5	0.00	0.00
BURRITO, BEAN&CHSEIW WG 5.95OZ	1 EACH	75	312	0	447	7.62	3.06	195.1	811	8.54	*N/A*	15.3	41.28	10.64	4.71	0.00
CHICKEN PATTY ON BUN RC	1 EACH	60	340	20	620	6.00	3.24	150.0	0	0.0	4	19.0	42.0	11.0	2.00	0.00
HS-CHICKEN, NUGGETS 10EA	SERVING	75	360	40	840	6.00	3.60	80.0	0	0.0	0	24.0	24.0	18.0	4.00	0.00
HS-CHICKEN, POPCORN WG	10 EACH SERVING	75	270	30	630	4.50	2.70	60.0	0	0.0	0	18.0	18.0	13.5	3.00	0.00
HS-CORN DOG, MINI CHICK T YSON	(15) SERVING	50	473	73	855	3.64	2.62	36.4	0	0.0	9	21.83	41.83	25.47	5.46	*N/A*
PIZZA, CHEESE WG 14" YCUSD	SLICES	24	444	43	1169	2.01	4.19	55.7	646	5.53	*4	21.41	56.82	15.31	7.03	*0.00
PIZZA, PEPPERONI WG 14" YC USD	SLICES	24	465	46	1253	2.01	4.53	55.7	580	5.53	*4	21.3	56.49	17.72	7.60	*0.00
PIZZA, VEGGIE WG 14" YCUSD	SLICES	12	462	44	1253	2.41	4.24	55.7	687	13.55	*4	21.8	58.04	16.41	7.33	*0.00
SALAD ADULT, CHEF	SERVINGS	10	455	57	882	6.89	*1.79	106.3	15183	32.81	*3	20.19	42.31	23.62	6.74	*0.00
SALAD ADULT, TACO	1 EACH	10	1009	106	1351	10.91	2.34	108.0	6632	65.17	*1	29.95	61.88	70.11	15.73	*2.39
SALAD ADULT, VEGGIE	SERVING	10	734	74	1014	7.78	1.86	133.4	16084	72.31	*3	20.55	50.04	50.66	16.98	*0.00
SANDWICH, VEGGIE WG	SUB	10	700	80	1213	8.52	2.66	95.8	297	13.53	*6	30.47	63.34	35.02	17.00	*0.00
SANDWICH, TURKEY HAM SLICE WW	SANDWIC	25	535	81	1242	8.64	*2.75	99.2	506	6.58	*8	31.34	62.91	18.48	7.24	*0.00
SANDWICH, TURKEY SLICE WW	SANDWIC	20	537	72	1179	8.64	3.65	114.2	534	11.45	*6	32.52	62.54	17.75	6.88	*0.00
HS-FRESH MEX	SERVINGS	20	554	62	751	11.11	3.39	62.8	2587	17.06	*2	28.93	74.02	16.36	3.94	*0.79
HS-FRESH MEX 2	SERVING	20	600	84	895	11.07	3.23	59.2	2583	16.34	*2	32.22	73.75	18.41	4.85	*1.46
HS-HUNAN ORANGE TURK S/F YCUSD	2OZ. HE AP SPOO	1	157	42	839	0.11	1.73	3.1	6	2.23	*2	14.05	15.49	3.91	0.87	*0.00
HS-HUNAN ORANGE TOFU S/F YCUSD	4OZ. HE AP SPOO	10	103	0	133	0.00	1.90	71.2	4	1.4	*1	10.53	5.91	4.03	0.20	0.00
HS-TERIYAKI TURK S/F YCUSD	2OZ. HE AP SPOO	60	104	27	546	0.07	1.12	1.8	1	0.25	*2	9.13	10.67	2.54	0.56	*0.00
YCHS, STIRFRY NOODLES	2 #8 SCO OP	50	238	0	448	4.08	2.84	21.6	0	0.03	*0	8.4	41.67	5.85	0.41	*0.00
RICE, STEAMED BROWN USDA	#8 2 SCO OPS	20	309	0	14	3.87	1.39	14.2	0	0.0	*0	7.73	63.79	2.9	0.00	0.00
HS-STIR FRY VEGETABLE MIX	#8 SCOOP	70	25	0	30	1.59	0.44	32.3	3971	30.74	*0	1.31	5.47	0.02	0.00	*0.00
POTATO, FRIES KK HOT & SPICY	#8 SCOOP	300	81	0	48	1.07	0.40	100.3	95	6.14	*0	1.03	14.19	2.53	0.00	*0.00
POTATO, FRIES KK GARLIC	#8 SCOOP	150	81	0	57	1.03	0.37	100.3	0	6.06	*0	1.05	14.22	2.5	0.00	*0.00

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Yuba City USD

Base Menu Spreadsheet

Portion Values - Detailed

Page 11

May 1, 2022 thru May 31, 2022

HIGH SCHOOL LUNCH YCHS

Generated on: 4/22/2022 10:21:55 AM

	Portion Size	Reimb Qty	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)
Fri - 05/06/2022																
POTATO, TATER BARRELS SY SCO	10 BARR ELS	300	170	0	360	1.00	0.36	0.0	0	3.6	0	2.0	19.0	9.0	1.50	0.00
VEG, CARROTS BABY	2.6 OZ.	300	26	0	57	1.47	0.66	22.1	10172	6.19	*N/A*	0.74	5.9	0.0	0.00	*N/A*
KETCHUP, PACKET	PACKET	500	9	0	82	0.03	0.03	1.4	47	0.37	2	0.09	2.47	0.01	0.00	0.00
MAYONNAISE, PACKET	Pkt 7g	500	58	3	48	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.64	6.43	0.96	0.00
MUSTARD, PACKET	Pkt 5g	200	4	0	62	0.18	0.10	4.4	8	0.16	*N/A*	0.22	0.43	0.17	0.01	0.00
SAUCE, BBQ PACKET	PACKET	50	10	0	160	0.00	0.00	0.0	0	0.0	*N/A*	0.0	3.0	0.0	0.00	*N/A*
VEG, LETT SHREDDED	2EA #8 S COOP	30	9	0	7	0.67	0.24	13.3	334	2.0	*N/A*	0.67	2.0	0.0	0.00	*N/A*
VEG, TOMATO FRESH	4 SLICES	30	16	0	4	0.74	0.27	7.4	738	11.51	*N/A*	0.74	3.69	0.0	0.00	*N/A*
VEG, ONION SLICED	2 SLICES	30	36	0	9	1.02	0.29	22.7	1	5.44	*N/A*	0.91	8.56	0.09	0.00	0.00
VEG, JALAPENO PEPPERS	#30 SCOO	10	5	0	290	1.00	0.00	0.0	200	0.0	*N/A*	0.0	1.0	0.0	0.00	0.00
DRESSING, RANCH PACKET 1 2 GRAM	PACKET	40	60	5	100	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	7.0	1.00	0.00
SALSA, COMMODITY	1 OZ	50	35	0	124	3.54	0.00	0.0	0	0.0	*N/A*	0.0	7.09	0.0	0.00	0.00
FRUIT, APPLE FRESH WHOLE	1 EACH	200	100	0	0	4.00	0.36	20.0	100	8.4	19	0.0	25.0	0.0	0.00	0.00
FRUIT, BANANAS FRESH	1 EACH	200	105	0	1	3.07	0.31	5.9	76	10.27	14	1.29	26.95	0.39	0.13	0.00
FRUIT, ORANGES FRESH	EACH (m edium)	300	69	0	2	3.39	0.15	59.4	339	82.98	*N/A*	1.7	17.82	0.0	0.00	0.00
HS- VEG SIDE SALAD	1 CUP	600	70	0	142	3.74	0.28	21.1	5767	5.26	*3	2.95	14.06	0.31	0.00	*0.00
MILK, NONFAT CHOCOLATE	CARTON	500	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	CARTON	200	130	15	160	0.00	0.00	400.0	500	1.2	15	10.0	16.0	2.5	1.50	0.00
Weighted Daily Average			864	53	1399	14.55	*4.61	561.6	11388	63.78	*35	37.10	121.37	27.42	6.46	*0.10
% of Calories											*16.0%	17.2%	56.2%	28.6%	6.7%	*0.1%
Nutrient Guideline			750-850		1420										<10.00	

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

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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 - 05/09/2022																
HIGH SCHOOL LUNCH YC	Total	700														
BURGER, RAW CHEESE	1 EACH	0	414	72	430	3.00	1.44	150.0	0	0.0	*4	26.0	31.0	21.0	8.00	2.00
BURGER, CHEESE	1 EACH	60	349	47	489	4.00	2.44	165.0	0	0.0	4	22.0	32.0	15.0	6.50	0.00
CHICKEN GRILLED PATTY ON BUN	1 EACH	50	260	65	420	3.00	1.44	150.0	0	0.0	4	27.0	30.0	4.5	0.00	0.00
BURRITO, BEAN&CHSEIW WG 5.95OZ	1 EACH	75	312	0	447	7.62	3.06	195.1	811	8.54	*N/A*	15.3	41.28	10.64	4.71	0.00
CHICKEN PATTY ON BUN RC	1 EACH	60	340	20	620	6.00	3.24	150.0	0	0.0	4	19.0	42.0	11.0	2.00	0.00
HS-CHICKEN, NUGGETS 10EA	SERVING	75	360	40	840	6.00	3.60	80.0	0	0.0	0	24.0	24.0	18.0	4.00	0.00
HS-CHICKEN, POPCORN WG	10 EACH SERVING	75	270	30	630	4.50	2.70	60.0	0	0.0	0	18.0	18.0	13.5	3.00	0.00
HS-CORN DOG, MINI CHICK T YSON	(15) SERVING	50	473	73	855	3.64	2.62	36.4	0	0.0	9	21.83	41.83	25.47	5.46	*N/A*
PIZZA, CHEESE WG 14" YCUSD	SLICES	24	444	43	1169	2.01	4.19	55.7	646	5.53	*4	21.41	56.82	15.31	7.03	*0.00
PIZZA, PEPPERONI WG 14" YC USD	SLICES	24	465	46	1253	2.01	4.53	55.7	580	5.53	*4	21.3	56.49	17.72	7.60	*0.00
PIZZA, VEGGIE WG 14" YCUSD	SLICES	12	462	44	1253	2.41	4.24	55.7	687	13.55	*4	21.8	58.04	16.41	7.33	*0.00
SALAD ADULT, CHEF	SERVINGS	10	455	57	882	6.89	*1.79	106.3	15183	32.81	*3	20.19	42.31	23.62	6.74	*0.00
SALAD ADULT, TACO	1 EACH	10	1009	106	1351	10.91	2.34	108.0	6632	65.17	*1	29.95	61.88	70.11	15.73	*2.39
SALAD ADULT, VEGGIE	SERVING	10	734	74	1014	7.78	1.86	133.4	16084	72.31	*3	20.55	50.04	50.66	16.98	*0.00
SANDWICH, VEGGIE WG	SUB	10	700	80	1213	8.52	2.66	95.8	297	13.53	*6	30.47	63.34	35.02	17.00	*0.00
SANDWICH, TURKEY HAM SLICE WW	SANDWIC	25	535	81	1242	8.64	*2.75	99.2	506	6.58	*8	31.34	62.91	18.48	7.24	*0.00
SANDWICH, TURKEY SLICE WW	SANDWIC	20	537	72	1179	8.64	3.65	114.2	534	11.45	*6	32.52	62.54	17.75	6.88	*0.00
HS-FRESH MEX	SERVINGS	20	554	62	751	11.11	3.39	62.8	2587	17.06	*2	28.93	74.02	16.36	3.94	*0.79
HS-FRESH MEX 2	SERVING	20	600	84	895	11.07	3.23	59.2	2583	16.34	*2	32.22	73.75	18.41	4.85	*1.46
HS-SWEET CHILI PORK S/F YC USD	2OZ. HE AP SPOO	0	123	35	264	0.08	0.45	8.2	28	0.65	*2	11.84	7.37	4.6	1.40	*0.00
HS-SWEET CHILI TOFU S/F YC USD	4OZ. HE AP SPOO	10	92	0	142	0.00	1.61	59.8	24	0.0	*2	8.91	5.75	3.63	0.20	0.00
HS-TERIYAKI TURK S/F YCUSD	2OZ. HE AP SPOO	60	104	27	546	0.07	1.12	1.8	1	0.25	*2	9.13	10.67	2.54	0.56	*0.00
YCHS, STIRFRY NOODLES	2 #8 SCO OP	50	238	0	448	4.08	2.84	21.6	0	0.03	*0	8.4	41.67	5.85	0.41	*0.00
RICE, STEAMED BROWN USDA	#8 2 SCO OPS	20	309	0	14	3.87	1.39	14.2	0	0.0	*0	7.73	63.79	2.9	0.00	0.00
HS-STIR FRY VEGETABLE MIX	#8 SCOOP	70	25	0	30	1.59	0.44	32.3	3971	30.74	*0	1.31	5.47	0.02	0.00	*0.00
POTATO, FRIES KK HOT & SPICY	#8 SCOOP	300	81	0	48	1.07	0.40	100.3	95	6.14	*0	1.03	14.19	2.53	0.00	*0.00
POTATO, FRIES KK GARLIC	#8 SCOOP	150	81	0	57	1.03	0.37	100.3	0	6.06	*0	1.05	14.22	2.5	0.00	*0.00

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Yuba City USD

Base Menu Spreadsheet

Portion Values - Detailed

Page 13

May 1, 2022 thru May 31, 2022

HIGH SCHOOL LUNCH YCHS

Generated on: 4/22/2022 10:21:55 AM

	Portion Size	Reimb Qty	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)
Mon - 05/09/2022																
POTATO, TATER BARRELS SY SCO	10 BARR ELS	300	170	0	360	1.00	0.36	0.0	0	3.6	0	2.0	19.0	9.0	1.50	0.00
VEG, CARROTS BABY	2.6 OZ.	300	26	0	57	1.47	0.66	22.1	10172	6.19	*N/A*	0.74	5.9	0.0	0.00	*N/A*
KETCHUP, PACKET	PACKET	500	9	0	82	0.03	0.03	1.4	47	0.37	2	0.09	2.47	0.01	0.00	0.00
MAYONNAISE, PACKET	Pkt 7g	500	58	3	48	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.64	6.43	0.96	0.00
MUSTARD, PACKET	Pkt 5g	200	4	0	62	0.18	0.10	4.4	8	0.16	*N/A*	0.22	0.43	0.17	0.01	0.00
SAUCE, BBQ PACKET	PACKET	50	10	0	160	0.00	0.00	0.0	0	0.0	*N/A*	0.0	3.0	0.0	0.00	*N/A*
VEG, LETT SHREDDED	2EA #8 S COOP	30	9	0	7	0.67	0.24	13.3	334	2.0	*N/A*	0.67	2.0	0.0	0.00	*N/A*
VEG, TOMATO FRESH	4 SLICES	30	16	0	4	0.74	0.27	7.4	738	11.51	*N/A*	0.74	3.69	0.0	0.00	*N/A*
VEG, ONION SLICED	2 SLICES	30	36	0	9	1.02	0.29	22.7	1	5.44	*N/A*	0.91	8.56	0.09	0.00	0.00
VEG, JALAPENO PEPPERS	#30 SCOO	10	5	0	290	1.00	0.00	0.0	200	0.0	*N/A*	0.0	1.0	0.0	0.00	0.00
DRESSING, RANCH PACKET 1 2 GRAM	PACKET	40	60	5	100	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	7.0	1.00	0.00
SALSA, COMMODITY	1 OZ	50	35	0	124	3.54	0.00	0.0	0	0.0	*N/A*	0.0	7.09	0.0	0.00	0.00
FRUIT, APPLE FRESH WHOLE	1 EACH	200	100	0	0	4.00	0.36	20.0	100	8.4	19	0.0	25.0	0.0	0.00	0.00
FRUIT, BANANAS FRESH	1 EACH	200	105	0	1	3.07	0.31	5.9	76	10.27	14	1.29	26.95	0.39	0.13	0.00
FRUIT, ORANGES FRESH	EACH (medium)	300	69	0	2	3.39	0.15	59.4	339	82.98	*N/A*	1.7	17.82	0.0	0.00	0.00
HS- VEG SIDE SALAD	1 CUP	600	70	0	142	3.74	0.28	21.1	5767	5.26	*3	2.95	14.06	0.31	0.00	*0.00
MILK, NONFAT CHOCOLATE	CARTON	500	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	CARTON	200	130	15	160	0.00	0.00	400.0	500	1.2	15	10.0	16.0	2.5	1.50	0.00
Weighted Daily Average			864	53	1398	14.55	*4.60	561.4	11389	63.76	*35	37.05	121.34	27.41	6.46	*0.10
% of Calories											*16.0%	17.2%	56.2%	28.6%	6.7%	*0.1%
Nutrient Guideline			750-850		1420										<10.00	

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Tue - 05/10/2022																
HIGH SCHOOL LUNCH YC	Total	700														
BURGER, RAW CHEESE	1 EACH	0	414	72	430	3.00	1.44	150.0	0	0.0	*4	26.0	31.0	21.0	8.00	2.00
BURGER, CHEESE	1 EACH	60	349	47	489	4.00	2.44	165.0	0	0.0	4	22.0	32.0	15.0	6.50	0.00
CHICKEN GRILLED PATTY ON BUN	1 EACH	50	260	65	420	3.00	1.44	150.0	0	0.0	4	27.0	30.0	4.5	0.00	0.00
BURRITO, BEAN&CHSEIW WG 5.95OZ	1 EACH	75	312	0	447	7.62	3.06	195.1	811	8.54	*N/A*	15.3	41.28	10.64	4.71	0.00
CHICKEN PATTY ON BUN RC	1 EACH	60	340	20	620	6.00	3.24	150.0	0	0.0	4	19.0	42.0	11.0	2.00	0.00
HS-CHICKEN, NUGGETS 10EA	SERVING	75	360	40	840	6.00	3.60	80.0	0	0.0	0	24.0	24.0	18.0	4.00	0.00
HS-CHICKEN, POPCORN WG	10 EACH SERVING	75	270	30	630	4.50	2.70	60.0	0	0.0	0	18.0	18.0	13.5	3.00	0.00
HS-CORN DOG, MINI CHICK T YSON	(15) SERVING	50	473	73	855	3.64	2.62	36.4	0	0.0	9	21.83	41.83	25.47	5.46	*N/A*
PIZZA, CHEESE WG 14" YCUSD	SLICES	24	444	43	1169	2.01	4.19	55.7	646	5.53	*4	21.41	56.82	15.31	7.03	*0.00
PIZZA, PEPPERONI WG 14" YC USD	SLICES	24	465	46	1253	2.01	4.53	55.7	580	5.53	*4	21.3	56.49	17.72	7.60	*0.00
PIZZA, VEGGIE WG 14" YCUSD	SLICES	12	462	44	1253	2.41	4.24	55.7	687	13.55	*4	21.8	58.04	16.41	7.33	*0.00
SALAD ADULT, CHEF	SERVINGS	10	455	57	882	6.89	*1.79	106.3	15183	32.81	*3	20.19	42.31	23.62	6.74	*0.00
SALAD ADULT, TACO	1 EACH	10	1009	106	1351	10.91	2.34	108.0	6632	65.17	*1	29.95	61.88	70.11	15.73	*2.39
SALAD ADULT, VEGGIE	SERVING	10	734	74	1014	7.78	1.86	133.4	16084	72.31	*3	20.55	50.04	50.66	16.98	*0.00
SANDWICH, VEGGIE WG	SUB	10	700	80	1213	8.52	2.66	95.8	297	13.53	*6	30.47	63.34	35.02	17.00	*0.00
SANDWICH, TURKEY HAM SLICE WW	SANDWIC	25	535	81	1242	8.64	*2.75	99.2	506	6.58	*8	31.34	62.91	18.48	7.24	*0.00
SANDWICH, TURKEY SLICE WW	SANDWIC	20	537	72	1179	8.64	3.65	114.2	534	11.45	*6	32.52	62.54	17.75	6.88	*0.00
HS-FRESH MEX	SERVINGS	20	554	62	751	11.11	3.39	62.8	2587	17.06	*2	28.93	74.02	16.36	3.94	*0.79
HS-FRESH MEX 2	SERVING	20	600	84	895	11.07	3.23	59.2	2583	16.34	*2	32.22	73.75	18.41	4.85	*1.46
HS-GEN TSO'S TOFU S/F YCUSD	4OZ. HE	1	95	0	119	0.00	1.61	60.0	16	0.0	*3	8.91	6.35	3.83	0.22	0.00
HS-GEN TSO'S BEEF S/F YCUSD	AP SPOO															
HS-GEN TSO'S BEEF S/F YCUSD	2OZ. HE	10	265	57	625	0.08	2.38	2.6	16	0.0	*13	19.23	14.17	14.56	5.08	*0.00
HS-GEN TSO'S BEEF S/F YCUSD	AP SPOO															
HS-TERIYAKI TURK S/F YCUSD	2OZ. HE	60	104	27	546	0.07	1.12	1.8	1	0.25	*2	9.13	10.67	2.54	0.56	*0.00
HS-TERIYAKI TURK S/F YCUSD	AP SPOO															
YCHS, STIRFRY NOODLES	2 #8 SCO OP	50	238	0	448	4.08	2.84	21.6	0	0.03	*0	8.4	41.67	5.85	0.41	*0.00
RICE, STEAMED BROWN USDA	#8 2 SCO OPS	20	309	0	14	3.87	1.39	14.2	0	0.0	*0	7.73	63.79	2.9	0.00	0.00
HS-STIR FRY VEGETABLE MIX	#8 SCOOP	70	25	0	30	1.59	0.44	32.3	3971	30.74	*0	1.31	5.47	0.02	0.00	*0.00
POTATO, FRIES KK HOT & SPICY	#8 SCOOP	300	81	0	48	1.07	0.40	100.3	95	6.14	*0	1.03	14.19	2.53	0.00	*0.00
POTATO, FRIES KK GARLIC	#8 SCOOP	150	81	0	57	1.03	0.37	100.3	0	6.06	*0	1.05	14.22	2.5	0.00	*0.00

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

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Yuba City USD

Base Menu Spreadsheet

Portion Values - Detailed

Page 15

May 1, 2022 thru May 31, 2022

HIGH SCHOOL LUNCH YCHS

Generated on: 4/22/2022 10:21:56 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 05/10/2022																
POTATO, TATER BARRELS SY SCO	10 BARR ELS	300	170	0	360	1.00	0.36	0.0	0	3.6	0	2.0	19.0	9.0	1.50	0.00
VEG, CARROTS BABY	2.6 OZ.	300	26	0	57	1.47	0.66	22.1	10172	6.19	*N/A*	0.74	5.9	0.0	0.00	*N/A*
KETCHUP, PACKET	PACKET	500	9	0	82	0.03	0.03	1.4	47	0.37	2	0.09	2.47	0.01	0.00	0.00
MAYONNAISE, PACKET	Pkt 7g	500	58	3	48	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.64	6.43	0.96	0.00
MUSTARD, PACKET	Pkt 5g	200	4	0	62	0.18	0.10	4.4	8	0.16	*N/A*	0.22	0.43	0.17	0.01	0.00
SAUCE, BBQ PACKET	PACKET	50	10	0	160	0.00	0.00	0.0	0	0.0	*N/A*	0.0	3.0	0.0	0.00	*N/A*
VEG, LETT SHREDDED	2EA #8 S COOP	30	9	0	7	0.67	0.24	13.3	334	2.0	*N/A*	0.67	2.0	0.0	0.00	*N/A*
VEG, TOMATO FRESH	4 SLICES	30	16	0	4	0.74	0.27	7.4	738	11.51	*N/A*	0.74	3.69	0.0	0.00	*N/A*
VEG, ONION SLICED	2 SLICES	30	36	0	9	1.02	0.29	22.7	1	5.44	*N/A*	0.91	8.56	0.09	0.00	0.00
VEG, JALAPENO PEPPERS	#30 SCOO	10	5	0	290	1.00	0.00	0.0	200	0.0	*N/A*	0.0	1.0	0.0	0.00	0.00
DRESSING, RANCH PACKET 1 2 GRAM	PACKET	40	60	5	100	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	7.0	1.00	0.00
SALSA, COMMODITY	1 OZ	50	35	0	124	3.54	0.00	0.0	0	0.0	*N/A*	0.0	7.09	0.0	0.00	0.00
FRUIT, APPLE FRESH WHOLE	1 EACH	200	100	0	0	4.00	0.36	20.0	100	8.4	19	0.0	25.0	0.0	0.00	0.00
FRUIT, BANANAS FRESH	1 EACH	200	105	0	1	3.07	0.31	5.9	76	10.27	14	1.29	26.95	0.39	0.13	0.00
FRUIT, ORANGES FRESH	EACH (medium)	300	69	0	2	3.39	0.15	59.4	339	82.98	*N/A*	1.7	17.82	0.0	0.00	0.00
HS- VEG SIDE SALAD	1 CUP	600	70	0	142	3.74	0.28	21.1	5767	5.26	*3	2.95	14.06	0.31	0.00	*0.00
MILK, NONFAT CHOCOLATE	CARTON	500	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	CARTON	200	130	15	160	0.00	0.00	400.0	500	1.2	15	10.0	16.0	2.5	1.50	0.00
Weighted Daily Average			867	54	1405	14.56	*4.61	560.7	11389	63.76	*35	37.21	121.47	27.57	6.53	*0.10
% of Calories											*16.0%	17.2%	56.1%	28.6%	6.8%	*0.1%
Nutrient Guideline			750-850		1420										<10.00	

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

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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 - 05/11/2022																
HIGH SCHOOL LUNCH YC	Total	700														
BURGER, RAW CHEESE	1 EACH	0	414	72	430	3.00	1.44	150.0	0	0.0	*4	26.0	31.0	21.0	8.00	2.00
BURGER, CHEESE	1 EACH	60	349	47	489	4.00	2.44	165.0	0	0.0	4	22.0	32.0	15.0	6.50	0.00
CHICKEN GRILLED PATTY ON BUN	1 EACH	50	260	65	420	3.00	1.44	150.0	0	0.0	4	27.0	30.0	4.5	0.00	0.00
BURRITO, BEAN&CHSEIW WG 5.95OZ	1 EACH	75	312	0	447	7.62	3.06	195.1	811	8.54	*N/A*	15.3	41.28	10.64	4.71	0.00
CHICKEN PATTY ON BUN RC	1 EACH	60	340	20	620	6.00	3.24	150.0	0	0.0	4	19.0	42.0	11.0	2.00	0.00
HS-CHICKEN, NUGGETS 10EA	SERVING	75	360	40	840	6.00	3.60	80.0	0	0.0	0	24.0	24.0	18.0	4.00	0.00
HS-CHICKEN, POPCORN WG	10 EACH SERVING	75	270	30	630	4.50	2.70	60.0	0	0.0	0	18.0	18.0	13.5	3.00	0.00
HS-CORN DOG, MINI CHICK T YSON	(15) SERVING	50	473	73	855	3.64	2.62	36.4	0	0.0	9	21.83	41.83	25.47	5.46	*N/A*
PIZZA, CHEESE WG 14" YCUSD	SLICES	24	444	43	1169	2.01	4.19	55.7	646	5.53	*4	21.41	56.82	15.31	7.03	*0.00
PIZZA, PEPPERONI WG 14" YC USD	SLICES	24	465	46	1253	2.01	4.53	55.7	580	5.53	*4	21.3	56.49	17.72	7.60	*0.00
PIZZA, VEGGIE WG 14" YCUSD	SLICES	12	462	44	1253	2.41	4.24	55.7	687	13.55	*4	21.8	58.04	16.41	7.33	*0.00
SALAD ADULT, CHEF	SERVINGS	10	455	57	882	6.89	*1.79	106.3	15183	32.81	*3	20.19	42.31	23.62	6.74	*0.00
SALAD ADULT, TACO	1 EACH	10	1009	106	1351	10.91	2.34	108.0	6632	65.17	*1	29.95	61.88	70.11	15.73	*2.39
SALAD ADULT, VEGGIE	SERVING	10	734	74	1014	7.78	1.86	133.4	16084	72.31	*3	20.55	50.04	50.66	16.98	*0.00
SANDWICH, VEGGIE WG	SUB	10	700	80	1213	8.52	2.66	95.8	297	13.53	*6	30.47	63.34	35.02	17.00	*0.00
SANDWICH, TURKEY HAM SLICE WW	SANDWIC	25	535	81	1242	8.64	*2.75	99.2	506	6.58	*8	31.34	62.91	18.48	7.24	*0.00
SANDWICH, TURKEY SLICE WW	SANDWIC	20	537	72	1179	8.64	3.65	114.2	534	11.45	*6	32.52	62.54	17.75	6.88	*0.00
HS-FRESH MEX	SERVINGS	20	554	62	751	11.11	3.39	62.8	2587	17.06	*2	28.93	74.02	16.36	3.94	*0.79
HS-FRESH MEX 2	SERVING	20	600	84	895	11.07	3.23	59.2	2583	16.34	*2	32.22	73.75	18.41	4.85	*1.46
HS-ASIAN BEEF S/F YCUSD	2OZ. HE	1	260	57	630	0.08	2.38	2.6	1	0.2	*11	19.23	13.19	14.36	5.06	*0.00
HS-ASIAN TOFU S/F YCUSD	AP SPOO															
HS-ASIAN TOFU S/F YCUSD	4OZ. HE	10	90	0	124	0.00	1.61	60.0	1	0.2	*1	8.91	5.37	3.63	0.20	0.00
HS-ASIAN TOFU S/F YCUSD	AP SPOO															
HS-TERIYAKI TURK S/F YCUSD	2OZ. HE	60	104	27	546	0.07	1.12	1.8	1	0.25	*2	9.13	10.67	2.54	0.56	*0.00
HS-TERIYAKI TURK S/F YCUSD	AP SPOO															
YCHS, STIRFRY NOODLES	2 #8 SCO	50	238	0	448	4.08	2.84	21.6	0	0.03	*0	8.4	41.67	5.85	0.41	*0.00
YCHS, STIRFRY NOODLES	OP															
RICE, STEAMED BROWN USDA	#8 2 SCO	20	309	0	14	3.87	1.39	14.2	0	0.0	*0	7.73	63.79	2.9	0.00	0.00
RICE, STEAMED BROWN USDA	OPS															
HS-STIR FRY VEGETABLE MIX	#8 SCOOP	70	25	0	30	1.59	0.44	32.3	3971	30.74	*0	1.31	5.47	0.02	0.00	*0.00
POTATO, FRIES KK HOT & SPICY	#8 SCOOP	300	81	0	48	1.07	0.40	100.3	95	6.14	*0	1.03	14.19	2.53	0.00	*0.00
POTATO, FRIES KK GARLIC	#8 SCOOP	150	81	0	57	1.03	0.37	100.3	0	6.06	*0	1.05	14.22	2.5	0.00	*0.00

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Yuba City USD

Base Menu Spreadsheet

Portion Values - Detailed

Page 17

May 1, 2022 thru May 31, 2022

HIGH SCHOOL LUNCH YCHS

Generated on: 4/22/2022 10:21:56 AM

	Portion Size	Reimb Qty	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 - 05/11/2022																
POTATO, TATER BARRELS SY SCO	10 BARR ELS	300	170	0	360	1.00	0.36	0.0	0	3.6	0	2.0	19.0	9.0	1.50	0.00
VEG, CARROTS BABY	2.6 OZ.	300	26	0	57	1.47	0.66	22.1	10172	6.19	*N/A*	0.74	5.9	0.0	0.00	*N/A*
KETCHUP, PACKET	PACKET	500	9	0	82	0.03	0.03	1.4	47	0.37	2	0.09	2.47	0.01	0.00	0.00
MAYONNAISE, PACKET	Pkt 7g	500	58	3	48	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.64	6.43	0.96	0.00
MUSTARD, PACKET	Pkt 5g	200	4	0	62	0.18	0.10	4.4	8	0.16	*N/A*	0.22	0.43	0.17	0.01	0.00
SAUCE, BBQ PACKET	PACKET	50	10	0	160	0.00	0.00	0.0	0	0.0	*N/A*	0.0	3.0	0.0	0.00	*N/A*
VEG, LETT SHREDDED	2EA #8 S COOP	30	9	0	7	0.67	0.24	13.3	334	2.0	*N/A*	0.67	2.0	0.0	0.00	*N/A*
VEG, TOMATO FRESH	4 SLICES	30	16	0	4	0.74	0.27	7.4	738	11.51	*N/A*	0.74	3.69	0.0	0.00	*N/A*
VEG, ONION SLICED	2 SLICES	30	36	0	9	1.02	0.29	22.7	1	5.44	*N/A*	0.91	8.56	0.09	0.00	0.00
VEG, JALAPENO PEPPERS	#30 SCOO	10	5	0	290	1.00	0.00	0.0	200	0.0	*N/A*	0.0	1.0	0.0	0.00	0.00
DRESSING, RANCH PACKET 1 2 GRAM	PACKET	40	60	5	100	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	7.0	1.00	0.00
SALSA, COMMODITY	1 OZ	50	35	0	124	3.54	0.00	0.0	0	0.0	*N/A*	0.0	7.09	0.0	0.00	0.00
FRUIT, APPLE FRESH WHOLE	1 EACH	200	100	0	0	4.00	0.36	20.0	100	8.4	19	0.0	25.0	0.0	0.00	0.00
FRUIT, BANANAS FRESH	1 EACH	200	105	0	1	3.07	0.31	5.9	76	10.27	14	1.29	26.95	0.39	0.13	0.00
FRUIT, ORANGES FRESH	EACH (medium)	300	69	0	2	3.39	0.15	59.4	339	82.98	*N/A*	1.7	17.82	0.0	0.00	0.00
HS- VEG SIDE SALAD	1 CUP	600	70	0	142	3.74	0.28	21.1	5767	5.26	*3	2.95	14.06	0.31	0.00	*0.00
MILK, NONFAT CHOCOLATE	CARTON	500	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	CARTON	200	130	15	160	0.00	0.00	400.0	500	1.2	15	10.0	16.0	2.5	1.50	0.00
Weighted Daily Average			864	53	1399	14.55	*4.60	561.4	11388	63.76	*35	37.08	121.35	27.43	6.46	*0.10
% of Calories											*16.0%	17.2%	56.2%	28.6%	6.7%	*0.1%
Nutrient Guideline			750-850		1420										<10.00	

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

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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)
Thu - 05/12/2022																
HIGH SCHOOL LUNCH YC	Total	700														
BURGER, RAW CHEESE	1 EACH	0	414	72	430	3.00	1.44	150.0	0	0.0	*4	26.0	31.0	21.0	8.00	2.00
BURGER, CHEESE	1 EACH	60	349	47	489	4.00	2.44	165.0	0	0.0	4	22.0	32.0	15.0	6.50	0.00
CHICKEN GRILLED PATTY ON BUN	1 EACH	50	260	65	420	3.00	1.44	150.0	0	0.0	4	27.0	30.0	4.5	0.00	0.00
BURRITO, BEAN&CHSEIW WG 5.95OZ	1 EACH	75	312	0	447	7.62	3.06	195.1	811	8.54	*N/A*	15.3	41.28	10.64	4.71	0.00
CHICKEN PATTY ON BUN RC	1 EACH	60	340	20	620	6.00	3.24	150.0	0	0.0	4	19.0	42.0	11.0	2.00	0.00
HS-CHICKEN, NUGGETS 10EA	SERVING	75	360	40	840	6.00	3.60	80.0	0	0.0	0	24.0	24.0	18.0	4.00	0.00
HS-CHICKEN, POPCORN WG	10 EACH SERVING	75	270	30	630	4.50	2.70	60.0	0	0.0	0	18.0	18.0	13.5	3.00	0.00
HS-CORN DOG, MINI CHICK T YSON	(15) SERVING	50	473	73	855	3.64	2.62	36.4	0	0.0	9	21.83	41.83	25.47	5.46	*N/A*
PIZZA, CHEESE WG 14" YCUSD	SLICES	24	444	43	1169	2.01	4.19	55.7	646	5.53	*4	21.41	56.82	15.31	7.03	*0.00
PIZZA, PEPPERONI WG 14" YC USD	SLICES	24	465	46	1253	2.01	4.53	55.7	580	5.53	*4	21.3	56.49	17.72	7.60	*0.00
PIZZA, VEGGIE WG 14" YCUSD	SLICES	12	462	44	1253	2.41	4.24	55.7	687	13.55	*4	21.8	58.04	16.41	7.33	*0.00
SALAD ADULT, CHEF	SERVINGS	10	455	57	882	6.89	*1.79	106.3	15183	32.81	*3	20.19	42.31	23.62	6.74	*0.00
SALAD ADULT, TACO	1 EACH	10	1009	106	1351	10.91	2.34	108.0	6632	65.17	*1	29.95	61.88	70.11	15.73	*2.39
SALAD ADULT, VEGGIE	SERVING	10	734	74	1014	7.78	1.86	133.4	16084	72.31	*3	20.55	50.04	50.66	16.98	*0.00
SANDWICH, VEGGIE WG	SUB	10	700	80	1213	8.52	2.66	95.8	297	13.53	*6	30.47	63.34	35.02	17.00	*0.00
SANDWICH, TURKEY HAM SLICE WW	SANDWIC	25	535	81	1242	8.64	*2.75	99.2	506	6.58	*8	31.34	62.91	18.48	7.24	*0.00
SANDWICH, TURKEY SLICE WW	SANDWIC	20	537	72	1179	8.64	3.65	114.2	534	11.45	*6	32.52	62.54	17.75	6.88	*0.00
HS-FRESH MEX	SERVINGS	20	554	62	751	11.11	3.39	62.8	2587	17.06	*2	28.93	74.02	16.36	3.94	*0.79
HS-FRESH MEX 2	SERVING	20	600	84	895	11.07	3.23	59.2	2583	16.34	*2	32.22	73.75	18.41	4.85	*1.46
HS-SWEET CHILI PORK S/F YC USD	2OZ. HE AP SPOO	0	123	35	264	0.08	0.45	8.2	28	0.65	*2	11.84	7.37	4.6	1.40	*0.00
HS-SWEET CHILI TOFU S/F YC USD	4OZ. HE AP SPOO	10	92	0	142	0.00	1.61	59.8	24	0.0	*2	8.91	5.75	3.63	0.20	0.00
HS-TERIYAKI TURK S/F YCUSD	2OZ. HE AP SPOO	60	104	27	546	0.07	1.12	1.8	1	0.25	*2	9.13	10.67	2.54	0.56	*0.00
YCHS, STIRFRY NOODLES	2 #8 SCO OP	50	238	0	448	4.08	2.84	21.6	0	0.03	*0	8.4	41.67	5.85	0.41	*0.00
RICE, STEAMED BROWN USDA	#8 2 SCO OPS	20	309	0	14	3.87	1.39	14.2	0	0.0	*0	7.73	63.79	2.9	0.00	0.00
HS-STIR FRY VEGETABLE MIX	#8 SCOOP	70	25	0	30	1.59	0.44	32.3	3971	30.74	*0	1.31	5.47	0.02	0.00	*0.00
POTATO, FRIES KK HOT & SPICY	#8 SCOOP	300	81	0	48	1.07	0.40	100.3	95	6.14	*0	1.03	14.19	2.53	0.00	*0.00
POTATO, FRIES KK GARLIC	#8 SCOOP	150	81	0	57	1.03	0.37	100.3	0	6.06	*0	1.05	14.22	2.5	0.00	*0.00

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

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Yuba City USD

Base Menu Spreadsheet

Portion Values - Detailed

Page 19

May 1, 2022 thru May 31, 2022

HIGH SCHOOL LUNCH YCHS

Generated on: 4/22/2022 10:21:56 AM

	Portion Size	Reimb Qty	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 - 05/12/2022																
POTATO, TATER BARRELS SY SCO	10 BARR ELS	300	170	0	360	1.00	0.36	0.0	0	3.6	0	2.0	19.0	9.0	1.50	0.00
VEG, CARROTS BABY	2.6 OZ.	300	26	0	57	1.47	0.66	22.1	10172	6.19	*N/A*	0.74	5.9	0.0	0.00	*N/A*
KETCHUP, PACKET	PACKET	500	9	0	82	0.03	0.03	1.4	47	0.37	2	0.09	2.47	0.01	0.00	0.00
MAYONNAISE, PACKET	Pkt 7g	500	58	3	48	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.64	6.43	0.96	0.00
MUSTARD, PACKET	Pkt 5g	200	4	0	62	0.18	0.10	4.4	8	0.16	*N/A*	0.22	0.43	0.17	0.01	0.00
SAUCE, BBQ PACKET	PACKET	50	10	0	160	0.00	0.00	0.0	0	0.0	*N/A*	0.0	3.0	0.0	0.00	*N/A*
VEG, LETT SHREDDED	2EA #8 S COOP	30	9	0	7	0.67	0.24	13.3	334	2.0	*N/A*	0.67	2.0	0.0	0.00	*N/A*
VEG, TOMATO FRESH	4 SLICES	30	16	0	4	0.74	0.27	7.4	738	11.51	*N/A*	0.74	3.69	0.0	0.00	*N/A*
VEG, ONION SLICED	2 SLICES	30	36	0	9	1.02	0.29	22.7	1	5.44	*N/A*	0.91	8.56	0.09	0.00	0.00
VEG, JALAPENO PEPPERS	#30 SCOO	10	5	0	290	1.00	0.00	0.0	200	0.0	*N/A*	0.0	1.0	0.0	0.00	0.00
DRESSING, RANCH PACKET 1 2 GRAM	PACKET	40	60	5	100	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	7.0	1.00	0.00
SALSA, COMMODITY	1 OZ	50	35	0	124	3.54	0.00	0.0	0	0.0	*N/A*	0.0	7.09	0.0	0.00	0.00
FRUIT, APPLE FRESH WHOLE	1 EACH	200	100	0	0	4.00	0.36	20.0	100	8.4	19	0.0	25.0	0.0	0.00	0.00
FRUIT, BANANAS FRESH	1 EACH	200	105	0	1	3.07	0.31	5.9	76	10.27	14	1.29	26.95	0.39	0.13	0.00
FRUIT, ORANGES FRESH	EACH (medium)	300	69	0	2	3.39	0.15	59.4	339	82.98	*N/A*	1.7	17.82	0.0	0.00	0.00
HS- VEG SIDE SALAD	1 CUP	600	70	0	142	3.74	0.28	21.1	5767	5.26	*3	2.95	14.06	0.31	0.00	*0.00
MILK, NONFAT CHOCOLATE	CARTON	500	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	CARTON	200	130	15	160	0.00	0.00	400.0	500	1.2	15	10.0	16.0	2.5	1.50	0.00
Weighted Daily Average			864	53	1398	14.55	*4.60	561.4	11389	63.76	*35	37.05	121.34	27.41	6.46	*0.10
% of Calories											*16.0%	17.2%	56.2%	28.6%	6.7%	*0.1%
Nutrient Guideline			750-850		1420										<10.00	

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

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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)
Fri - 05/13/2022																
HIGH SCHOOL LUNCH YC	Total	700														
BURGER, RAW CHEESE	1 EACH	0	414	72	430	3.00	1.44	150.0	0	0.0	*4	26.0	31.0	21.0	8.00	2.00
BURGER, CHEESE	1 EACH	60	349	47	489	4.00	2.44	165.0	0	0.0	4	22.0	32.0	15.0	6.50	0.00
CHICKEN GRILLED PATTY ON BUN	1 EACH	50	260	65	420	3.00	1.44	150.0	0	0.0	4	27.0	30.0	4.5	0.00	0.00
BURRITO, BEAN&CHSEIW WG 5.95OZ	1 EACH	75	312	0	447	7.62	3.06	195.1	811	8.54	*N/A*	15.3	41.28	10.64	4.71	0.00
CHICKEN PATTY ON BUN RC	1 EACH	60	340	20	620	6.00	3.24	150.0	0	0.0	4	19.0	42.0	11.0	2.00	0.00
HS-CHICKEN, NUGGETS 10EA	SERVING	75	360	40	840	6.00	3.60	80.0	0	0.0	0	24.0	24.0	18.0	4.00	0.00
HS-CHICKEN, POPCORN WG	10 EACH SERVING	75	270	30	630	4.50	2.70	60.0	0	0.0	0	18.0	18.0	13.5	3.00	0.00
HS-CORN DOG, MINI CHICK T YSON	(15) SERVING	50	473	73	855	3.64	2.62	36.4	0	0.0	9	21.83	41.83	25.47	5.46	*N/A*
PIZZA, CHEESE WG 14" YCUSD	SLICES	24	444	43	1169	2.01	4.19	55.7	646	5.53	*4	21.41	56.82	15.31	7.03	*0.00
PIZZA, PEPPERONI WG 14" YC USD	SLICES	24	465	46	1253	2.01	4.53	55.7	580	5.53	*4	21.3	56.49	17.72	7.60	*0.00
PIZZA, VEGGIE WG 14" YCUSD	SLICES	12	462	44	1253	2.41	4.24	55.7	687	13.55	*4	21.8	58.04	16.41	7.33	*0.00
SALAD ADULT, CHEF	SERVINGS	10	455	57	882	6.89	*1.79	106.3	15183	32.81	*3	20.19	42.31	23.62	6.74	*0.00
SALAD ADULT, TACO	1 EACH	10	1009	106	1351	10.91	2.34	108.0	6632	65.17	*1	29.95	61.88	70.11	15.73	*2.39
SALAD ADULT, VEGGIE	SERVING	10	734	74	1014	7.78	1.86	133.4	16084	72.31	*3	20.55	50.04	50.66	16.98	*0.00
SANDWICH, VEGGIE WG	SUB	10	700	80	1213	8.52	2.66	95.8	297	13.53	*6	30.47	63.34	35.02	17.00	*0.00
SANDWICH, TURKEY HAM SLICE WW	SANDWIC	25	535	81	1242	8.64	*2.75	99.2	506	6.58	*8	31.34	62.91	18.48	7.24	*0.00
SANDWICH, TURKEY SLICE WW	SANDWIC	20	537	72	1179	8.64	3.65	114.2	534	11.45	*6	32.52	62.54	17.75	6.88	*0.00
HS-FRESH MEX	SERVINGS	20	554	62	751	11.11	3.39	62.8	2587	17.06	*2	28.93	74.02	16.36	3.94	*0.79
HS-FRESH MEX 2	SERVING	20	600	84	895	11.07	3.23	59.2	2583	16.34	*2	32.22	73.75	18.41	4.85	*1.46
HS-HUNAN ORANGE TURK S/F YCUSD	2OZ. HE AP SPOO	1	157	42	839	0.11	1.73	3.1	6	2.23	*2	14.05	15.49	3.91	0.87	*0.00
HS-HUNAN ORANGE TOFU S/F YCUSD	4OZ. HE AP SPOO	10	103	0	133	0.00	1.90	71.2	4	1.4	*1	10.53	5.91	4.03	0.20	0.00
HS-TERIYAKI TURK S/F YCUSD	2OZ. HE AP SPOO	60	104	27	546	0.07	1.12	1.8	1	0.25	*2	9.13	10.67	2.54	0.56	*0.00
YCHS, STIRFRY NOODLES	2 #8 SCO OP	50	238	0	448	4.08	2.84	21.6	0	0.03	*0	8.4	41.67	5.85	0.41	*0.00
RICE, STEAMED BROWN USDA	#8 2 SCO OPS	20	309	0	14	3.87	1.39	14.2	0	0.0	*0	7.73	63.79	2.9	0.00	0.00
HS-STIR FRY VEGETABLE MIX	#8 SCOOP	70	25	0	30	1.59	0.44	32.3	3971	30.74	*0	1.31	5.47	0.02	0.00	*0.00
POTATO, FRIES KK HOT & SPICY	#8 SCOOP	300	81	0	48	1.07	0.40	100.3	95	6.14	*0	1.03	14.19	2.53	0.00	*0.00
POTATO, FRIES KK GARLIC	#8 SCOOP	150	81	0	57	1.03	0.37	100.3	0	6.06	*0	1.05	14.22	2.5	0.00	*0.00

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Yuba City USD

Base Menu Spreadsheet

Portion Values - Detailed

Page 21

May 1, 2022 thru May 31, 2022

HIGH SCHOOL LUNCH YCHS

Generated on: 4/22/2022 10:21:56 AM

	Portion Size	Reimb Qty	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)
Fri - 05/13/2022																
POTATO, TATER BARRELS SY SCO	10 BARR ELS	300	170	0	360	1.00	0.36	0.0	0	3.6	0	2.0	19.0	9.0	1.50	0.00
VEG, CARROTS BABY	2.6 OZ.	300	26	0	57	1.47	0.66	22.1	10172	6.19	*N/A*	0.74	5.9	0.0	0.00	*N/A*
KETCHUP, PACKET	PACKET	500	9	0	82	0.03	0.03	1.4	47	0.37	2	0.09	2.47	0.01	0.00	0.00
MAYONNAISE, PACKET	Pkt 7g	500	58	3	48	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.64	6.43	0.96	0.00
MUSTARD, PACKET	Pkt 5g	200	4	0	62	0.18	0.10	4.4	8	0.16	*N/A*	0.22	0.43	0.17	0.01	0.00
SAUCE, BBQ PACKET	PACKET	50	10	0	160	0.00	0.00	0.0	0	0.0	*N/A*	0.0	3.0	0.0	0.00	*N/A*
VEG, LETT SHREDDED	2EA #8 S COOP	30	9	0	7	0.67	0.24	13.3	334	2.0	*N/A*	0.67	2.0	0.0	0.00	*N/A*
VEG, TOMATO FRESH	4 SLICES	30	16	0	4	0.74	0.27	7.4	738	11.51	*N/A*	0.74	3.69	0.0	0.00	*N/A*
VEG, ONION SLICED	2 SLICES	30	36	0	9	1.02	0.29	22.7	1	5.44	*N/A*	0.91	8.56	0.09	0.00	0.00
VEG, JALAPENO PEPPERS	#30 SCOO	10	5	0	290	1.00	0.00	0.0	200	0.0	*N/A*	0.0	1.0	0.0	0.00	0.00
DRESSING, RANCH PACKET 1 2 GRAM	PACKET	40	60	5	100	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	7.0	1.00	0.00
SALSA, COMMODITY	1 OZ	50	35	0	124	3.54	0.00	0.0	0	0.0	*N/A*	0.0	7.09	0.0	0.00	0.00
FRUIT, APPLE FRESH WHOLE	1 EACH	200	100	0	0	4.00	0.36	20.0	100	8.4	19	0.0	25.0	0.0	0.00	0.00
FRUIT, BANANAS FRESH	1 EACH	200	105	0	1	3.07	0.31	5.9	76	10.27	14	1.29	26.95	0.39	0.13	0.00
FRUIT, ORANGES FRESH	EACH (medium)	300	69	0	2	3.39	0.15	59.4	339	82.98	*N/A*	1.7	17.82	0.0	0.00	0.00
HS- VEG SIDE SALAD	1 CUP	600	70	0	142	3.74	0.28	21.1	5767	5.26	*3	2.95	14.06	0.31	0.00	*0.00
MILK, NONFAT CHOCOLATE	CARTON	500	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	CARTON	200	130	15	160	0.00	0.00	400.0	500	1.2	15	10.0	16.0	2.5	1.50	0.00
Weighted Daily Average			864	53	1399	14.55	*4.61	561.6	11388	63.78	*35	37.10	121.37	27.42	6.46	*0.10
% of Calories											*16.0%	17.2%	56.2%	28.6%	6.7%	*0.1%
Nutrient Guideline			750-850		1420										<10.00	

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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 - 05/16/2022																
HIGH SCHOOL LUNCH YC	Total	700														
BURGER, RAW CHEESE	1 EACH	0	414	72	430	3.00	1.44	150.0	0	0.0	*4	26.0	31.0	21.0	8.00	2.00
BURGER, CHEESE	1 EACH	60	349	47	489	4.00	2.44	165.0	0	0.0	4	22.0	32.0	15.0	6.50	0.00
CHICKEN GRILLED PATTY ON BUN	1 EACH	50	260	65	420	3.00	1.44	150.0	0	0.0	4	27.0	30.0	4.5	0.00	0.00
BURRITO, BEAN&CHSEIW WG 5.95OZ	1 EACH	75	312	0	447	7.62	3.06	195.1	811	8.54	*N/A*	15.3	41.28	10.64	4.71	0.00
CHICKEN PATTY ON BUN RC	1 EACH	60	340	20	620	6.00	3.24	150.0	0	0.0	4	19.0	42.0	11.0	2.00	0.00
HS-CHICKEN, NUGGETS 10EA	SERVING	75	360	40	840	6.00	3.60	80.0	0	0.0	0	24.0	24.0	18.0	4.00	0.00
HS-CHICKEN, POPCORN WG	10 EACH SERVING	75	270	30	630	4.50	2.70	60.0	0	0.0	0	18.0	18.0	13.5	3.00	0.00
HS-CORN DOG, MINI CHICK T YSON	(15) SERVING	50	473	73	855	3.64	2.62	36.4	0	0.0	9	21.83	41.83	25.47	5.46	*N/A*
PIZZA, CHEESE WG 14" YCUSD	SLICES	24	444	43	1169	2.01	4.19	55.7	646	5.53	*4	21.41	56.82	15.31	7.03	*0.00
PIZZA, PEPPERONI WG 14" YC USD	SLICES	24	465	46	1253	2.01	4.53	55.7	580	5.53	*4	21.3	56.49	17.72	7.60	*0.00
PIZZA, VEGGIE WG 14" YCUSD	SLICES	12	462	44	1253	2.41	4.24	55.7	687	13.55	*4	21.8	58.04	16.41	7.33	*0.00
SALAD ADULT, CHEF	SERVINGS	10	455	57	882	6.89	*1.79	106.3	15183	32.81	*3	20.19	42.31	23.62	6.74	*0.00
SALAD ADULT, TACO	1 EACH	10	1009	106	1351	10.91	2.34	108.0	6632	65.17	*1	29.95	61.88	70.11	15.73	*2.39
SALAD ADULT, VEGGIE	SERVING	10	734	74	1014	7.78	1.86	133.4	16084	72.31	*3	20.55	50.04	50.66	16.98	*0.00
SANDWICH, VEGGIE WG	SUB	10	700	80	1213	8.52	2.66	95.8	297	13.53	*6	30.47	63.34	35.02	17.00	*0.00
SANDWICH, TURKEY HAM SLICE WW	SANDWIC	25	535	81	1242	8.64	*2.75	99.2	506	6.58	*8	31.34	62.91	18.48	7.24	*0.00
SANDWICH, TURKEY SLICE WW	SANDWIC	20	537	72	1179	8.64	3.65	114.2	534	11.45	*6	32.52	62.54	17.75	6.88	*0.00
HS-FRESH MEX	SERVINGS	20	554	62	751	11.11	3.39	62.8	2587	17.06	*2	28.93	74.02	16.36	3.94	*0.79
HS-FRESH MEX 2	SERVING	20	600	84	895	11.07	3.23	59.2	2583	16.34	*2	32.22	73.75	18.41	4.85	*1.46
HS-SWEET CHILI PORK S/F YC USD	2OZ. HE AP SPOO	0	123	35	264	0.08	0.45	8.2	28	0.65	*2	11.84	7.37	4.6	1.40	*0.00
HS-SWEET CHILI TOFU S/F YC USD	4OZ. HE AP SPOO	10	92	0	142	0.00	1.61	59.8	24	0.0	*2	8.91	5.75	3.63	0.20	0.00
HS-TERIYAKI TURK S/F YCUSD	2OZ. HE AP SPOO	60	104	27	546	0.07	1.12	1.8	1	0.25	*2	9.13	10.67	2.54	0.56	*0.00
YCHS, STIRFRY NOODLES	2 #8 SCO OP	50	238	0	448	4.08	2.84	21.6	0	0.03	*0	8.4	41.67	5.85	0.41	*0.00
RICE, STEAMED BROWN USDA	#8 2 SCO OPS	20	309	0	14	3.87	1.39	14.2	0	0.0	*0	7.73	63.79	2.9	0.00	0.00
HS-STIR FRY VEGETABLE MIX	#8 SCOOP	70	25	0	30	1.59	0.44	32.3	3971	30.74	*0	1.31	5.47	0.02	0.00	*0.00
POTATO, FRIES KK HOT & SPICY	#8 SCOOP	300	81	0	48	1.07	0.40	100.3	95	6.14	*0	1.03	14.19	2.53	0.00	*0.00
POTATO, FRIES KK GARLIC	#8 SCOOP	150	81	0	57	1.03	0.37	100.3	0	6.06	*0	1.05	14.22	2.5	0.00	*0.00

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Yuba City USD

Base Menu Spreadsheet

Portion Values - Detailed

Page 23

May 1, 2022 thru May 31, 2022

HIGH SCHOOL LUNCH YCHS

Generated on: 4/22/2022 10:21:56 AM

	Portion Size	Reimb Qty	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)
Mon - 05/16/2022																
POTATO, TATER BARRELS SY SCO	10 BARR ELS	300	170	0	360	1.00	0.36	0.0	0	3.6	0	2.0	19.0	9.0	1.50	0.00
VEG, CARROTS BABY	2.6 OZ.	300	26	0	57	1.47	0.66	22.1	10172	6.19	*N/A*	0.74	5.9	0.0	0.00	*N/A*
KETCHUP, PACKET	PACKET	500	9	0	82	0.03	0.03	1.4	47	0.37	2	0.09	2.47	0.01	0.00	0.00
MAYONNAISE, PACKET	Pkt 7g	500	58	3	48	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.64	6.43	0.96	0.00
MUSTARD, PACKET	Pkt 5g	200	4	0	62	0.18	0.10	4.4	8	0.16	*N/A*	0.22	0.43	0.17	0.01	0.00
SAUCE, BBQ PACKET	PACKET	50	10	0	160	0.00	0.00	0.0	0	0.0	*N/A*	0.0	3.0	0.0	0.00	*N/A*
VEG, LETT SHREDDED	2EA #8 S COOP	30	9	0	7	0.67	0.24	13.3	334	2.0	*N/A*	0.67	2.0	0.0	0.00	*N/A*
VEG, TOMATO FRESH	4 SLICES	30	16	0	4	0.74	0.27	7.4	738	11.51	*N/A*	0.74	3.69	0.0	0.00	*N/A*
VEG, ONION SLICED	2 SLICES	30	36	0	9	1.02	0.29	22.7	1	5.44	*N/A*	0.91	8.56	0.09	0.00	0.00
VEG, JALAPENO PEPPERS	#30 SCOO	10	5	0	290	1.00	0.00	0.0	200	0.0	*N/A*	0.0	1.0	0.0	0.00	0.00
DRESSING, RANCH PACKET 1 2 GRAM	PACKET	40	60	5	100	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	7.0	1.00	0.00
SALSA, COMMODITY	1 OZ	50	35	0	124	3.54	0.00	0.0	0	0.0	*N/A*	0.0	7.09	0.0	0.00	0.00
FRUIT, APPLE FRESH WHOLE	1 EACH	200	100	0	0	4.00	0.36	20.0	100	8.4	19	0.0	25.0	0.0	0.00	0.00
FRUIT, BANANAS FRESH	1 EACH	200	105	0	1	3.07	0.31	5.9	76	10.27	14	1.29	26.95	0.39	0.13	0.00
FRUIT, ORANGES FRESH	EACH (medium)	300	69	0	2	3.39	0.15	59.4	339	82.98	*N/A*	1.7	17.82	0.0	0.00	0.00
HS- VEG SIDE SALAD	1 CUP	600	70	0	142	3.74	0.28	21.1	5767	5.26	*3	2.95	14.06	0.31	0.00	*0.00
MILK, NONFAT CHOCOLATE	CARTON	500	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	CARTON	200	130	15	160	0.00	0.00	400.0	500	1.2	15	10.0	16.0	2.5	1.50	0.00
Weighted Daily Average			864	53	1398	14.55	*4.60	561.4	11389	63.76	*35	37.05	121.34	27.41	6.46	*0.10
% of Calories											*16.0%	17.2%	56.2%	28.6%	6.7%	*0.1%
Nutrient Guideline			750-850		1420										<10.00	

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

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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)
Tue - 05/17/2022																
HIGH SCHOOL LUNCH YC	Total	700														
BURGER, RAW CHEESE	1 EACH	0	414	72	430	3.00	1.44	150.0	0	0.0	*4	26.0	31.0	21.0	8.00	2.00
BURGER, CHEESE	1 EACH	60	349	47	489	4.00	2.44	165.0	0	0.0	4	22.0	32.0	15.0	6.50	0.00
CHICKEN GRILLED PATTY ON BUN	1 EACH	50	260	65	420	3.00	1.44	150.0	0	0.0	4	27.0	30.0	4.5	0.00	0.00
BURRITO, BEAN&CHSEIW WG 5.95OZ	1 EACH	75	312	0	447	7.62	3.06	195.1	811	8.54	*N/A*	15.3	41.28	10.64	4.71	0.00
CHICKEN PATTY ON BUN RC	1 EACH	60	340	20	620	6.00	3.24	150.0	0	0.0	4	19.0	42.0	11.0	2.00	0.00
HS-CHICKEN, NUGGETS 10EA	SERVING	75	360	40	840	6.00	3.60	80.0	0	0.0	0	24.0	24.0	18.0	4.00	0.00
HS-CHICKEN, POPCORN WG	10 EACH SERVING	75	270	30	630	4.50	2.70	60.0	0	0.0	0	18.0	18.0	13.5	3.00	0.00
HS-CORN DOG, MINI CHICK T YSON	(15) SERVING	50	473	73	855	3.64	2.62	36.4	0	0.0	9	21.83	41.83	25.47	5.46	*N/A*
PIZZA, CHEESE WG 14" YCUSD	SLICES	24	444	43	1169	2.01	4.19	55.7	646	5.53	*4	21.41	56.82	15.31	7.03	*0.00
PIZZA, PEPPERONI WG 14" YC USD	SLICES	24	465	46	1253	2.01	4.53	55.7	580	5.53	*4	21.3	56.49	17.72	7.60	*0.00
PIZZA, VEGGIE WG 14" YCUSD	SLICES	12	462	44	1253	2.41	4.24	55.7	687	13.55	*4	21.8	58.04	16.41	7.33	*0.00
SALAD ADULT, CHEF	SERVINGS	10	455	57	882	6.89	*1.79	106.3	15183	32.81	*3	20.19	42.31	23.62	6.74	*0.00
SALAD ADULT, TACO	1 EACH	10	1009	106	1351	10.91	2.34	108.0	6632	65.17	*1	29.95	61.88	70.11	15.73	*2.39
SALAD ADULT, VEGGIE	SERVING	10	734	74	1014	7.78	1.86	133.4	16084	72.31	*3	20.55	50.04	50.66	16.98	*0.00
SANDWICH, VEGGIE WG	SUB	10	700	80	1213	8.52	2.66	95.8	297	13.53	*6	30.47	63.34	35.02	17.00	*0.00
SANDWICH, TURKEY HAM SLICE WW	SANDWIC	25	535	81	1242	8.64	*2.75	99.2	506	6.58	*8	31.34	62.91	18.48	7.24	*0.00
SANDWICH, TURKEY SLICE WW	SANDWIC	20	537	72	1179	8.64	3.65	114.2	534	11.45	*6	32.52	62.54	17.75	6.88	*0.00
HS-FRESH MEX	SERVINGS	20	554	62	751	11.11	3.39	62.8	2587	17.06	*2	28.93	74.02	16.36	3.94	*0.79
HS-FRESH MEX 2	SERVING	20	600	84	895	11.07	3.23	59.2	2583	16.34	*2	32.22	73.75	18.41	4.85	*1.46
HS-GEN TSO'S TOFU S/F YCUSD	4OZ. HE	1	95	0	119	0.00	1.61	60.0	16	0.0	*3	8.91	6.35	3.83	0.22	0.00
HS-GEN TSO'S BEEF S/F YCUSD	AP SPOO															
HS-GEN TSO'S BEEF S/F YCUSD	2OZ. HE	10	265	57	625	0.08	2.38	2.6	16	0.0	*13	19.23	14.17	14.56	5.08	*0.00
HS-GEN TSO'S BEEF S/F YCUSD	AP SPOO															
HS-TERIYAKI TURK S/F YCUSD	2OZ. HE	60	104	27	546	0.07	1.12	1.8	1	0.25	*2	9.13	10.67	2.54	0.56	*0.00
HS-TERIYAKI TURK S/F YCUSD	AP SPOO															
YCHS, STIRFRY NOODLES	2 #8 SCO	50	238	0	448	4.08	2.84	21.6	0	0.03	*0	8.4	41.67	5.85	0.41	*0.00
YCHS, STIRFRY NOODLES	OP															
RICE, STEAMED BROWN USDA	#8 2 SCO	20	309	0	14	3.87	1.39	14.2	0	0.0	*0	7.73	63.79	2.9	0.00	0.00
RICE, STEAMED BROWN USDA	OPS															
HS-STIR FRY VEGETABLE MIX	#8 SCOOP	70	25	0	30	1.59	0.44	32.3	3971	30.74	*0	1.31	5.47	0.02	0.00	*0.00
POTATO, FRIES KK HOT & SPICY	#8 SCOOP	300	81	0	48	1.07	0.40	100.3	95	6.14	*0	1.03	14.19	2.53	0.00	*0.00
POTATO, FRIES KK GARLIC	#8 SCOOP	150	81	0	57	1.03	0.37	100.3	0	6.06	*0	1.05	14.22	2.5	0.00	*0.00

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Yuba City USD

Base Menu Spreadsheet

Portion Values - Detailed

Page 25

May 1, 2022 thru May 31, 2022

HIGH SCHOOL LUNCH YCHS

Generated on: 4/22/2022 10:21:56 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 05/17/2022																
POTATO, TATER BARRELS SY SCO	10 BARR ELS	300	170	0	360	1.00	0.36	0.0	0	3.6	0	2.0	19.0	9.0	1.50	0.00
VEG, CARROTS BABY	2.6 OZ.	300	26	0	57	1.47	0.66	22.1	10172	6.19	*N/A*	0.74	5.9	0.0	0.00	*N/A*
KETCHUP, PACKET	PACKET	500	9	0	82	0.03	0.03	1.4	47	0.37	2	0.09	2.47	0.01	0.00	0.00
MAYONNAISE, PACKET	Pkt 7g	500	58	3	48	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.64	6.43	0.96	0.00
MUSTARD, PACKET	Pkt 5g	200	4	0	62	0.18	0.10	4.4	8	0.16	*N/A*	0.22	0.43	0.17	0.01	0.00
SAUCE, BBQ PACKET	PACKET	50	10	0	160	0.00	0.00	0.0	0	0.0	*N/A*	0.0	3.0	0.0	0.00	*N/A*
VEG, LETT SHREDDED	2EA #8 S COOP	30	9	0	7	0.67	0.24	13.3	334	2.0	*N/A*	0.67	2.0	0.0	0.00	*N/A*
VEG, TOMATO FRESH	4 SLICES	30	16	0	4	0.74	0.27	7.4	738	11.51	*N/A*	0.74	3.69	0.0	0.00	*N/A*
VEG, ONION SLICED	2 SLICES	30	36	0	9	1.02	0.29	22.7	1	5.44	*N/A*	0.91	8.56	0.09	0.00	0.00
VEG, JALAPENO PEPPERS	#30 SCOO	10	5	0	290	1.00	0.00	0.0	200	0.0	*N/A*	0.0	1.0	0.0	0.00	0.00
DRESSING, RANCH PACKET 1 2 GRAM	PACKET	40	60	5	100	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	7.0	1.00	0.00
SALSA, COMMODITY	1 OZ	50	35	0	124	3.54	0.00	0.0	0	0.0	*N/A*	0.0	7.09	0.0	0.00	0.00
FRUIT, APPLE FRESH WHOLE	1 EACH	200	100	0	0	4.00	0.36	20.0	100	8.4	19	0.0	25.0	0.0	0.00	0.00
FRUIT, BANANAS FRESH	1 EACH	200	105	0	1	3.07	0.31	5.9	76	10.27	14	1.29	26.95	0.39	0.13	0.00
FRUIT, ORANGES FRESH	EACH (medium)	300	69	0	2	3.39	0.15	59.4	339	82.98	*N/A*	1.7	17.82	0.0	0.00	0.00
HS- VEG SIDE SALAD	1 CUP	600	70	0	142	3.74	0.28	21.1	5767	5.26	*3	2.95	14.06	0.31	0.00	*0.00
MILK, NONFAT CHOCOLATE	CARTON	500	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	CARTON	200	130	15	160	0.00	0.00	400.0	500	1.2	15	10.0	16.0	2.5	1.50	0.00
Weighted Daily Average			867	54	1405	14.56	*4.61	560.7	11389	63.76	*35	37.21	121.47	27.57	6.53	*0.10
% of Calories											*16.0%	17.2%	56.1%	28.6%	6.8%	*0.1%
Nutrient Guideline			750-850		1420										<10.00	

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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 - 05/18/2022																
HIGH SCHOOL LUNCH YC	Total	700														
BURGER, RAW CHEESE	1 EACH	0	414	72	430	3.00	1.44	150.0	0	0.0	*4	26.0	31.0	21.0	8.00	2.00
BURGER, CHEESE	1 EACH	60	349	47	489	4.00	2.44	165.0	0	0.0	4	22.0	32.0	15.0	6.50	0.00
CHICKEN GRILLED PATTY ON BUN	1 EACH	50	260	65	420	3.00	1.44	150.0	0	0.0	4	27.0	30.0	4.5	0.00	0.00
BURRITO, BEAN&CHSEIW WG 5.95OZ	1 EACH	75	312	0	447	7.62	3.06	195.1	811	8.54	*N/A*	15.3	41.28	10.64	4.71	0.00
CHICKEN PATTY ON BUN RC	1 EACH	60	340	20	620	6.00	3.24	150.0	0	0.0	4	19.0	42.0	11.0	2.00	0.00
HS-CHICKEN, NUGGETS 10EA	SERVING	75	360	40	840	6.00	3.60	80.0	0	0.0	0	24.0	24.0	18.0	4.00	0.00
HS-CHICKEN, POPCORN WG	10 EACH	75	270	30	630	4.50	2.70	60.0	0	0.0	0	18.0	18.0	13.5	3.00	0.00
HS-CORN DOG, MINI CHICK T YSON	SERVING (15)	50	473	73	855	3.64	2.62	36.4	0	0.0	9	21.83	41.83	25.47	5.46	*N/A*
PIZZA, CHEESE WG 14" YCUSD	SERVING (9)	24	444	43	1169	2.01	4.19	55.7	646	5.53	*4	21.41	56.82	15.31	7.03	*0.00
PIZZA, PEPPERONI WG 14" YC USD	SLICES	24	465	46	1253	2.01	4.53	55.7	580	5.53	*4	21.3	56.49	17.72	7.60	*0.00
PIZZA, VEGGIE WG 14" YCUSD	SLICES	12	462	44	1253	2.41	4.24	55.7	687	13.55	*4	21.8	58.04	16.41	7.33	*0.00
SALAD ADULT, CHEF	SERVINGS	10	455	57	882	6.89	*1.79	106.3	15183	32.81	*3	20.19	42.31	23.62	6.74	*0.00
SALAD ADULT, TACO	1 EACH	10	1009	106	1351	10.91	2.34	108.0	6632	65.17	*1	29.95	61.88	70.11	15.73	*2.39
SALAD ADULT, VEGGIE	SERVING	10	734	74	1014	7.78	1.86	133.4	16084	72.31	*3	20.55	50.04	50.66	16.98	*0.00
SANDWICH, VEGGIE WG	SUB	10	700	80	1213	8.52	2.66	95.8	297	13.53	*6	30.47	63.34	35.02	17.00	*0.00
SANDWICH, TURKEY HAM SLICE WW	SANDWIC	25	535	81	1242	8.64	*2.75	99.2	506	6.58	*8	31.34	62.91	18.48	7.24	*0.00
SANDWICH, TURKEY SLICE WW	SANDWIC	20	537	72	1179	8.64	3.65	114.2	534	11.45	*6	32.52	62.54	17.75	6.88	*0.00
HS-FRESH MEX	SERVINGS	20	554	62	751	11.11	3.39	62.8	2587	17.06	*2	28.93	74.02	16.36	3.94	*0.79
HS-FRESH MEX 2	SERVING	20	600	84	895	11.07	3.23	59.2	2583	16.34	*2	32.22	73.75	18.41	4.85	*1.46
HS-ASIAN BEEF S/F YCUSD	2OZ. HE	1	260	57	630	0.08	2.38	2.6	1	0.2	*11	19.23	13.19	14.36	5.06	*0.00
HS-ASIAN TOFU S/F YCUSD	AP SPOO	10	90	0	124	0.00	1.61	60.0	1	0.2	*1	8.91	5.37	3.63	0.20	0.00
HS-TERIYAKI TURK S/F YCUSD	4OZ. HE	60	104	27	546	0.07	1.12	1.8	1	0.25	*2	9.13	10.67	2.54	0.56	*0.00
YCHS, STIRFRY NOODLES	AP SPOO	50	238	0	448	4.08	2.84	21.6	0	0.03	*0	8.4	41.67	5.85	0.41	*0.00
RICE, STEAMED BROWN USDA	2 #8 SCO OP	20	309	0	14	3.87	1.39	14.2	0	0.0	*0	7.73	63.79	2.9	0.00	0.00
HS-STIR FRY VEGETABLE MIX	#8 2 SCO OPS	70	25	0	30	1.59	0.44	32.3	3971	30.74	*0	1.31	5.47	0.02	0.00	*0.00
POTATO, FRIES KK HOT & SPICY	#8 SCOOP	300	81	0	48	1.07	0.40	100.3	95	6.14	*0	1.03	14.19	2.53	0.00	*0.00
POTATO, FRIES KK GARLIC	#8 SCOOP	150	81	0	57	1.03	0.37	100.3	0	6.06	*0	1.05	14.22	2.5	0.00	*0.00

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Yuba City USD

Base Menu Spreadsheet

Portion Values - Detailed

Page 27

May 1, 2022 thru May 31, 2022

HIGH SCHOOL LUNCH YCHS

Generated on: 4/22/2022 10:21:56 AM

	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 - 05/18/2022																
POTATO, TATER BARRELS SY SCO	10 BARR ELS	300	170	0	360	1.00	0.36	0.0	0	3.6	0	2.0	19.0	9.0	1.50	0.00
VEG, CARROTS BABY	2.6 OZ.	300	26	0	57	1.47	0.66	22.1	10172	6.19	*N/A*	0.74	5.9	0.0	0.00	*N/A*
KETCHUP, PACKET	PACKET	500	9	0	82	0.03	0.03	1.4	47	0.37	2	0.09	2.47	0.01	0.00	0.00
MAYONNAISE, PACKET	Pkt 7g	500	58	3	48	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.64	6.43	0.96	0.00
MUSTARD, PACKET	Pkt 5g	200	4	0	62	0.18	0.10	4.4	8	0.16	*N/A*	0.22	0.43	0.17	0.01	0.00
SAUCE, BBQ PACKET	PACKET	50	10	0	160	0.00	0.00	0.0	0	0.0	*N/A*	0.0	3.0	0.0	0.00	*N/A*
VEG, LETT SHREDDED	2EA #8 S COOP	30	9	0	7	0.67	0.24	13.3	334	2.0	*N/A*	0.67	2.0	0.0	0.00	*N/A*
VEG, TOMATO FRESH	4 SLICES	30	16	0	4	0.74	0.27	7.4	738	11.51	*N/A*	0.74	3.69	0.0	0.00	*N/A*
VEG, ONION SLICED	2 SLICES	30	36	0	9	1.02	0.29	22.7	1	5.44	*N/A*	0.91	8.56	0.09	0.00	0.00
VEG, JALAPENO PEPPERS	#30 SCOO	10	5	0	290	1.00	0.00	0.0	200	0.0	*N/A*	0.0	1.0	0.0	0.00	0.00
DRESSING, RANCH PACKET 1 2 GRAM	PACKET	40	60	5	100	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	7.0	1.00	0.00
SALSA, COMMODITY	1 OZ	50	35	0	124	3.54	0.00	0.0	0	0.0	*N/A*	0.0	7.09	0.0	0.00	0.00
FRUIT, APPLE FRESH WHOLE	1 EACH	200	100	0	0	4.00	0.36	20.0	100	8.4	19	0.0	25.0	0.0	0.00	0.00
FRUIT, BANANAS FRESH	1 EACH	200	105	0	1	3.07	0.31	5.9	76	10.27	14	1.29	26.95	0.39	0.13	0.00
FRUIT, ORANGES FRESH	EACH (m edium)	300	69	0	2	3.39	0.15	59.4	339	82.98	*N/A*	1.7	17.82	0.0	0.00	0.00
HS- VEG SIDE SALAD	1 CUP	600	70	0	142	3.74	0.28	21.1	5767	5.26	*3	2.95	14.06	0.31	0.00	*0.00
MILK, NONFAT CHOCOLATE	CARTON	500	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	CARTON	200	130	15	160	0.00	0.00	400.0	500	1.2	15	10.0	16.0	2.5	1.50	0.00
Weighted Daily Average			864	53	1399	14.55	*4.60	561.4	11388	63.76	*35	37.08	121.35	27.43	6.46	*0.10
% of Calories											*16.0%	17.2%	56.2%	28.6%	6.7%	*0.1%
Nutrient Guideline			750-850		1420										<10.00	

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

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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)
Thu - 05/19/2022																
HIGH SCHOOL LUNCH YC	Total	700														
BURGER, RAW CHEESE	1 EACH	0	414	72	430	3.00	1.44	150.0	0	0.0	*4	26.0	31.0	21.0	8.00	2.00
BURGER, CHEESE	1 EACH	60	349	47	489	4.00	2.44	165.0	0	0.0	4	22.0	32.0	15.0	6.50	0.00
CHICKEN GRILLED PATTY ON BUN	1 EACH	50	260	65	420	3.00	1.44	150.0	0	0.0	4	27.0	30.0	4.5	0.00	0.00
BURRITO, BEAN&CHSEIW WG 5.95OZ	1 EACH	75	312	0	447	7.62	3.06	195.1	811	8.54	*N/A*	15.3	41.28	10.64	4.71	0.00
CHICKEN PATTY ON BUN RC	1 EACH	60	340	20	620	6.00	3.24	150.0	0	0.0	4	19.0	42.0	11.0	2.00	0.00
HS-CHICKEN, NUGGETS 10EA	SERVING	75	360	40	840	6.00	3.60	80.0	0	0.0	0	24.0	24.0	18.0	4.00	0.00
HS-CHICKEN, POPCORN WG	10 EACH SERVING	75	270	30	630	4.50	2.70	60.0	0	0.0	0	18.0	18.0	13.5	3.00	0.00
HS-CORN DOG, MINI CHICK T YSON	(15) SERVING	50	473	73	855	3.64	2.62	36.4	0	0.0	9	21.83	41.83	25.47	5.46	*N/A*
PIZZA, CHEESE WG 14" YCUSD	SLICES	24	444	43	1169	2.01	4.19	55.7	646	5.53	*4	21.41	56.82	15.31	7.03	*0.00
PIZZA, PEPPERONI WG 14" YC USD	SLICES	24	465	46	1253	2.01	4.53	55.7	580	5.53	*4	21.3	56.49	17.72	7.60	*0.00
PIZZA, VEGGIE WG 14" YCUSD	SLICES	12	462	44	1253	2.41	4.24	55.7	687	13.55	*4	21.8	58.04	16.41	7.33	*0.00
SALAD ADULT, CHEF	SERVINGS	10	455	57	882	6.89	*1.79	106.3	15183	32.81	*3	20.19	42.31	23.62	6.74	*0.00
SALAD ADULT, TACO	1 EACH	10	1009	106	1351	10.91	2.34	108.0	6632	65.17	*1	29.95	61.88	70.11	15.73	*2.39
SALAD ADULT, VEGGIE	SERVING	10	734	74	1014	7.78	1.86	133.4	16084	72.31	*3	20.55	50.04	50.66	16.98	*0.00
SANDWICH, VEGGIE WG	SUB	10	700	80	1213	8.52	2.66	95.8	297	13.53	*6	30.47	63.34	35.02	17.00	*0.00
SANDWICH, TURKEY HAM SLICE WW	SANDWIC	25	535	81	1242	8.64	*2.75	99.2	506	6.58	*8	31.34	62.91	18.48	7.24	*0.00
SANDWICH, TURKEY SLICE WW	SANDWIC	20	537	72	1179	8.64	3.65	114.2	534	11.45	*6	32.52	62.54	17.75	6.88	*0.00
HS-FRESH MEX	SERVINGS	20	554	62	751	11.11	3.39	62.8	2587	17.06	*2	28.93	74.02	16.36	3.94	*0.79
HS-FRESH MEX 2	SERVING	20	600	84	895	11.07	3.23	59.2	2583	16.34	*2	32.22	73.75	18.41	4.85	*1.46
HS-SWEET CHILI PORK S/F YC USD	2OZ. HE AP SPOO	0	123	35	264	0.08	0.45	8.2	28	0.65	*2	11.84	7.37	4.6	1.40	*0.00
HS-SWEET CHILI TOFU S/F YC USD	4OZ. HE AP SPOO	10	92	0	142	0.00	1.61	59.8	24	0.0	*2	8.91	5.75	3.63	0.20	0.00
HS-TERIYAKI TURK S/F YCUSD	2OZ. HE AP SPOO	60	104	27	546	0.07	1.12	1.8	1	0.25	*2	9.13	10.67	2.54	0.56	*0.00
YCHS, STIRFRY NOODLES	2 #8 SCO OP	50	238	0	448	4.08	2.84	21.6	0	0.03	*0	8.4	41.67	5.85	0.41	*0.00
RICE, STEAMED BROWN USDA	#8 2 SCO OPS	20	309	0	14	3.87	1.39	14.2	0	0.0	*0	7.73	63.79	2.9	0.00	0.00
HS-STIR FRY VEGETABLE MIX	#8 SCOOP	70	25	0	30	1.59	0.44	32.3	3971	30.74	*0	1.31	5.47	0.02	0.00	*0.00
POTATO, FRIES KK HOT & SPICY	#8 SCOOP	300	81	0	48	1.07	0.40	100.3	95	6.14	*0	1.03	14.19	2.53	0.00	*0.00
POTATO, FRIES KK GARLIC	#8 SCOOP	150	81	0	57	1.03	0.37	100.3	0	6.06	*0	1.05	14.22	2.5	0.00	*0.00

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Yuba City USD

Base Menu Spreadsheet

Portion Values - Detailed

Page 29

May 1, 2022 thru May 31, 2022

HIGH SCHOOL LUNCH YCHS

Generated on: 4/22/2022 10:21:56 AM

	Portion Size	Reimb Qty	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 - 05/19/2022																
POTATO, TATER BARRELS SY SCO	10 BARR ELS	300	170	0	360	1.00	0.36	0.0	0	3.6	0	2.0	19.0	9.0	1.50	0.00
VEG, CARROTS BABY	2.6 OZ.	300	26	0	57	1.47	0.66	22.1	10172	6.19	*N/A*	0.74	5.9	0.0	0.00	*N/A*
KETCHUP, PACKET	PACKET	500	9	0	82	0.03	0.03	1.4	47	0.37	2	0.09	2.47	0.01	0.00	0.00
MAYONNAISE, PACKET	Pkt 7g	500	58	3	48	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.64	6.43	0.96	0.00
MUSTARD, PACKET	Pkt 5g	200	4	0	62	0.18	0.10	4.4	8	0.16	*N/A*	0.22	0.43	0.17	0.01	0.00
SAUCE, BBQ PACKET	PACKET	50	10	0	160	0.00	0.00	0.0	0	0.0	*N/A*	0.0	3.0	0.0	0.00	*N/A*
VEG, LETT SHREDDED	2EA #8 S COOP	30	9	0	7	0.67	0.24	13.3	334	2.0	*N/A*	0.67	2.0	0.0	0.00	*N/A*
VEG, TOMATO FRESH	4 SLICES	30	16	0	4	0.74	0.27	7.4	738	11.51	*N/A*	0.74	3.69	0.0	0.00	*N/A*
VEG, ONION SLICED	2 SLICES	30	36	0	9	1.02	0.29	22.7	1	5.44	*N/A*	0.91	8.56	0.09	0.00	0.00
VEG, JALAPENO PEPPERS	#30 SCOO	10	5	0	290	1.00	0.00	0.0	200	0.0	*N/A*	0.0	1.0	0.0	0.00	0.00
DRESSING, RANCH PACKET 1 2 GRAM	PACKET	40	60	5	100	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	7.0	1.00	0.00
SALSA, COMMODITY	1 OZ	50	35	0	124	3.54	0.00	0.0	0	0.0	*N/A*	0.0	7.09	0.0	0.00	0.00
FRUIT, APPLE FRESH WHOLE	1 EACH	200	100	0	0	4.00	0.36	20.0	100	8.4	19	0.0	25.0	0.0	0.00	0.00
FRUIT, BANANAS FRESH	1 EACH	200	105	0	1	3.07	0.31	5.9	76	10.27	14	1.29	26.95	0.39	0.13	0.00
FRUIT, ORANGES FRESH	EACH (m edium)	300	69	0	2	3.39	0.15	59.4	339	82.98	*N/A*	1.7	17.82	0.0	0.00	0.00
HS- VEG SIDE SALAD	1 CUP	600	70	0	142	3.74	0.28	21.1	5767	5.26	*3	2.95	14.06	0.31	0.00	*0.00
MILK, NONFAT CHOCOLATE	CARTON	500	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	CARTON	200	130	15	160	0.00	0.00	400.0	500	1.2	15	10.0	16.0	2.5	1.50	0.00
Weighted Daily Average			864	53	1398	14.55	*4.60	561.4	11389	63.76	*35	37.05	121.34	27.41	6.46	*0.10
% of Calories											*16.0%	17.2%	56.2%	28.6%	6.7%	*0.1%
Nutrient Guideline			750-850		1420										<10.00	

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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)
Fri - 05/20/2022																
HIGH SCHOOL LUNCH YC	Total	700														
BURGER, RAW CHEESE	1 EACH	0	414	72	430	3.00	1.44	150.0	0	0.0	*4	26.0	31.0	21.0	8.00	2.00
BURGER, CHEESE	1 EACH	60	349	47	489	4.00	2.44	165.0	0	0.0	4	22.0	32.0	15.0	6.50	0.00
CHICKEN GRILLED PATTY ON BUN	1 EACH	50	260	65	420	3.00	1.44	150.0	0	0.0	4	27.0	30.0	4.5	0.00	0.00
BURRITO, BEAN&CHSEIW WG 5.95OZ	1 EACH	75	312	0	447	7.62	3.06	195.1	811	8.54	*N/A*	15.3	41.28	10.64	4.71	0.00
CHICKEN PATTY ON BUN RC	1 EACH	60	340	20	620	6.00	3.24	150.0	0	0.0	4	19.0	42.0	11.0	2.00	0.00
HS-CHICKEN, NUGGETS 10EA	SERVING	75	360	40	840	6.00	3.60	80.0	0	0.0	0	24.0	24.0	18.0	4.00	0.00
HS-CHICKEN, POPCORN WG	10 EACH SERVING	75	270	30	630	4.50	2.70	60.0	0	0.0	0	18.0	18.0	13.5	3.00	0.00
HS-CORN DOG, MINI CHICK T YSON	(15) SERVING	50	473	73	855	3.64	2.62	36.4	0	0.0	9	21.83	41.83	25.47	5.46	*N/A*
PIZZA, CHEESE WG 14" YCUSD	SLICES	24	444	43	1169	2.01	4.19	55.7	646	5.53	*4	21.41	56.82	15.31	7.03	*0.00
PIZZA, PEPPERONI WG 14" YC USD	SLICES	24	465	46	1253	2.01	4.53	55.7	580	5.53	*4	21.3	56.49	17.72	7.60	*0.00
PIZZA, VEGGIE WG 14" YCUSD	SLICES	12	462	44	1253	2.41	4.24	55.7	687	13.55	*4	21.8	58.04	16.41	7.33	*0.00
SALAD ADULT, CHEF	SERVINGS	10	455	57	882	6.89	*1.79	106.3	15183	32.81	*3	20.19	42.31	23.62	6.74	*0.00
SALAD ADULT, TACO	1 EACH	10	1009	106	1351	10.91	2.34	108.0	6632	65.17	*1	29.95	61.88	70.11	15.73	*2.39
SALAD ADULT, VEGGIE	SERVING	10	734	74	1014	7.78	1.86	133.4	16084	72.31	*3	20.55	50.04	50.66	16.98	*0.00
SANDWICH, VEGGIE WG	SUB	10	700	80	1213	8.52	2.66	95.8	297	13.53	*6	30.47	63.34	35.02	17.00	*0.00
SANDWICH, TURKEY HAM SLICE WW	SANDWIC	25	535	81	1242	8.64	*2.75	99.2	506	6.58	*8	31.34	62.91	18.48	7.24	*0.00
SANDWICH, TURKEY SLICE WW	SANDWIC	20	537	72	1179	8.64	3.65	114.2	534	11.45	*6	32.52	62.54	17.75	6.88	*0.00
HS-FRESH MEX	SERVINGS	20	554	62	751	11.11	3.39	62.8	2587	17.06	*2	28.93	74.02	16.36	3.94	*0.79
HS-FRESH MEX 2	SERVING	20	600	84	895	11.07	3.23	59.2	2583	16.34	*2	32.22	73.75	18.41	4.85	*1.46
HS-HUNAN ORANGE TURK S/F YCUSD	2OZ. HE AP SPOO	1	157	42	839	0.11	1.73	3.1	6	2.23	*2	14.05	15.49	3.91	0.87	*0.00
HS-HUNAN ORANGE TOFU S/F YCUSD	4OZ. HE AP SPOO	10	103	0	133	0.00	1.90	71.2	4	1.4	*1	10.53	5.91	4.03	0.20	0.00
HS-TERIYAKI TURK S/F YCUSD	2OZ. HE AP SPOO	60	104	27	546	0.07	1.12	1.8	1	0.25	*2	9.13	10.67	2.54	0.56	*0.00
YCHS, STIRFRY NOODLES	2 #8 SCO OP	50	238	0	448	4.08	2.84	21.6	0	0.03	*0	8.4	41.67	5.85	0.41	*0.00
RICE, STEAMED BROWN USDA	#8 2 SCO OPS	20	309	0	14	3.87	1.39	14.2	0	0.0	*0	7.73	63.79	2.9	0.00	0.00
HS-STIR FRY VEGETABLE MIX	#8 SCOOP	70	25	0	30	1.59	0.44	32.3	3971	30.74	*0	1.31	5.47	0.02	0.00	*0.00
POTATO, FRIES KK HOT & SPICY	#8 SCOOP	300	81	0	48	1.07	0.40	100.3	95	6.14	*0	1.03	14.19	2.53	0.00	*0.00
POTATO, FRIES KK GARLIC	#8 SCOOP	150	81	0	57	1.03	0.37	100.3	0	6.06	*0	1.05	14.22	2.5	0.00	*0.00

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Yuba City USD

Base Menu Spreadsheet

Portion Values - Detailed

May 1, 2022 thru May 31, 2022

HIGH SCHOOL LUNCH YCHS

Generated on: 4/22/2022 10:21:56 AM

	Portion Size	Reimb Qty	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)
Fri - 05/20/2022																
POTATO, TATER BARRELS SY SCO	10 BARR ELS	300	170	0	360	1.00	0.36	0.0	0	3.6	0	2.0	19.0	9.0	1.50	0.00
VEG, CARROTS BABY	2.6 OZ.	300	26	0	57	1.47	0.66	22.1	10172	6.19	*N/A*	0.74	5.9	0.0	0.00	*N/A*
KETCHUP, PACKET	PACKET	500	9	0	82	0.03	0.03	1.4	47	0.37	2	0.09	2.47	0.01	0.00	0.00
MAYONNAISE, PACKET	Pkt 7g	500	58	3	48	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.64	6.43	0.96	0.00
MUSTARD, PACKET	Pkt 5g	200	4	0	62	0.18	0.10	4.4	8	0.16	*N/A*	0.22	0.43	0.17	0.01	0.00
SAUCE, BBQ PACKET	PACKET	50	10	0	160	0.00	0.00	0.0	0	0.0	*N/A*	0.0	3.0	0.0	0.00	*N/A*
VEG, LETT SHREDDED	2EA #8 S COOP	30	9	0	7	0.67	0.24	13.3	334	2.0	*N/A*	0.67	2.0	0.0	0.00	*N/A*
VEG, TOMATO FRESH	4 SLICES	30	16	0	4	0.74	0.27	7.4	738	11.51	*N/A*	0.74	3.69	0.0	0.00	*N/A*
VEG, ONION SLICED	2 SLICES	30	36	0	9	1.02	0.29	22.7	1	5.44	*N/A*	0.91	8.56	0.09	0.00	0.00
VEG, JALAPENO PEPPERS	#30 SCOO	10	5	0	290	1.00	0.00	0.0	200	0.0	*N/A*	0.0	1.0	0.0	0.00	0.00
DRESSING, RANCH PACKET 1 2 GRAM	PACKET	40	60	5	100	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	7.0	1.00	0.00
SALSA, COMMODITY	1 OZ	50	35	0	124	3.54	0.00	0.0	0	0.0	*N/A*	0.0	7.09	0.0	0.00	0.00
FRUIT, APPLE FRESH WHOLE	1 EACH	200	100	0	0	4.00	0.36	20.0	100	8.4	19	0.0	25.0	0.0	0.00	0.00
FRUIT, BANANAS FRESH	1 EACH	200	105	0	1	3.07	0.31	5.9	76	10.27	14	1.29	26.95	0.39	0.13	0.00
FRUIT, ORANGES FRESH	EACH (m edium)	300	69	0	2	3.39	0.15	59.4	339	82.98	*N/A*	1.7	17.82	0.0	0.00	0.00
HS- VEG SIDE SALAD	1 CUP	600	70	0	142	3.74	0.28	21.1	5767	5.26	*3	2.95	14.06	0.31	0.00	*0.00
MILK, NONFAT CHOCOLATE	CARTON	500	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	CARTON	200	130	15	160	0.00	0.00	400.0	500	1.2	15	10.0	16.0	2.5	1.50	0.00
Weighted Daily Average			864	53	1399	14.55	*4.61	561.6	11388	63.78	*35	37.10	121.37	27.42	6.46	*0.10
% of Calories											*16.0%	17.2%	56.2%	28.6%	6.7%	*0.1%
Nutrient Guideline			750-850		1420										<10.00	

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

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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 - 05/23/2022																
HIGH SCHOOL LUNCH YC	Total	700														
BURGER, RAW CHEESE	1 EACH	0	414	72	430	3.00	1.44	150.0	0	0.0	*4	26.0	31.0	21.0	8.00	2.00
BURGER, CHEESE	1 EACH	60	349	47	489	4.00	2.44	165.0	0	0.0	4	22.0	32.0	15.0	6.50	0.00
CHICKEN GRILLED PATTY ON BUN	1 EACH	50	260	65	420	3.00	1.44	150.0	0	0.0	4	27.0	30.0	4.5	0.00	0.00
BURRITO, BEAN&CHSEIW WG 5.95OZ	1 EACH	75	312	0	447	7.62	3.06	195.1	811	8.54	*N/A*	15.3	41.28	10.64	4.71	0.00
CHICKEN PATTY ON BUN RC	1 EACH	60	340	20	620	6.00	3.24	150.0	0	0.0	4	19.0	42.0	11.0	2.00	0.00
HS-CHICKEN, NUGGETS 10EA	SERVING	75	360	40	840	6.00	3.60	80.0	0	0.0	0	24.0	24.0	18.0	4.00	0.00
HS-CHICKEN, POPCORN WG	10 EACH SERVING	75	270	30	630	4.50	2.70	60.0	0	0.0	0	18.0	18.0	13.5	3.00	0.00
HS-CORN DOG, MINI CHICK T YSON	(15) SERVING	50	473	73	855	3.64	2.62	36.4	0	0.0	9	21.83	41.83	25.47	5.46	*N/A*
PIZZA, CHEESE WG 14" YCUSD	SLICES	24	444	43	1169	2.01	4.19	55.7	646	5.53	*4	21.41	56.82	15.31	7.03	*0.00
PIZZA, PEPPERONI WG 14" YC USD	SLICES	24	465	46	1253	2.01	4.53	55.7	580	5.53	*4	21.3	56.49	17.72	7.60	*0.00
PIZZA, VEGGIE WG 14" YCUSD	SLICES	12	462	44	1253	2.41	4.24	55.7	687	13.55	*4	21.8	58.04	16.41	7.33	*0.00
SALAD ADULT, CHEF	SERVINGS	10	455	57	882	6.89	*1.79	106.3	15183	32.81	*3	20.19	42.31	23.62	6.74	*0.00
SALAD ADULT, TACO	1 EACH	10	1009	106	1351	10.91	2.34	108.0	6632	65.17	*1	29.95	61.88	70.11	15.73	*2.39
SALAD ADULT, VEGGIE	SERVING	10	734	74	1014	7.78	1.86	133.4	16084	72.31	*3	20.55	50.04	50.66	16.98	*0.00
SANDWICH, VEGGIE WG	SUB	10	700	80	1213	8.52	2.66	95.8	297	13.53	*6	30.47	63.34	35.02	17.00	*0.00
SANDWICH, TURKEY HAM SLICE WW	SANDWIC	25	535	81	1242	8.64	*2.75	99.2	506	6.58	*8	31.34	62.91	18.48	7.24	*0.00
SANDWICH, TURKEY SLICE WW	SANDWIC	20	537	72	1179	8.64	3.65	114.2	534	11.45	*6	32.52	62.54	17.75	6.88	*0.00
HS-FRESH MEX	SERVINGS	20	554	62	751	11.11	3.39	62.8	2587	17.06	*2	28.93	74.02	16.36	3.94	*0.79
HS-FRESH MEX 2	SERVING	20	600	84	895	11.07	3.23	59.2	2583	16.34	*2	32.22	73.75	18.41	4.85	*1.46
HS-SWEET CHILI PORK S/F YC USD	2OZ. HE AP SPOO	0	123	35	264	0.08	0.45	8.2	28	0.65	*2	11.84	7.37	4.6	1.40	*0.00
HS-SWEET CHILI TOFU S/F YC USD	4OZ. HE AP SPOO	10	92	0	142	0.00	1.61	59.8	24	0.0	*2	8.91	5.75	3.63	0.20	0.00
HS-TERIYAKI TURK S/F YCUSD	2OZ. HE AP SPOO	60	104	27	546	0.07	1.12	1.8	1	0.25	*2	9.13	10.67	2.54	0.56	*0.00
YCHS, STIRFRY NOODLES	2 #8 SCO OP	50	238	0	448	4.08	2.84	21.6	0	0.03	*0	8.4	41.67	5.85	0.41	*0.00
RICE, STEAMED BROWN USDA	#8 2 SCO OPS	20	309	0	14	3.87	1.39	14.2	0	0.0	*0	7.73	63.79	2.9	0.00	0.00
HS-STIR FRY VEGETABLE MIX	#8 SCOOP	70	25	0	30	1.59	0.44	32.3	3971	30.74	*0	1.31	5.47	0.02	0.00	*0.00
POTATO, FRIES KK HOT & SPICY	#8 SCOOP	300	81	0	48	1.07	0.40	100.3	95	6.14	*0	1.03	14.19	2.53	0.00	*0.00
POTATO, FRIES KK GARLIC	#8 SCOOP	150	81	0	57	1.03	0.37	100.3	0	6.06	*0	1.05	14.22	2.5	0.00	*0.00

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Yuba City USD

Base Menu Spreadsheet

Portion Values - Detailed

Page 33

May 1, 2022 thru May 31, 2022

HIGH SCHOOL LUNCH YCHS

Generated on: 4/22/2022 10:21:56 AM

	Portion Size	Reimb Qty	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)
Mon - 05/23/2022																
POTATO, TATER BARRELS SY SCO	10 BARR ELS	300	170	0	360	1.00	0.36	0.0	0	3.6	0	2.0	19.0	9.0	1.50	0.00
VEG, CARROTS BABY	2.6 OZ.	300	26	0	57	1.47	0.66	22.1	10172	6.19	*N/A*	0.74	5.9	0.0	0.00	*N/A*
KETCHUP, PACKET	PACKET	500	9	0	82	0.03	0.03	1.4	47	0.37	2	0.09	2.47	0.01	0.00	0.00
MAYONNAISE, PACKET	Pkt 7g	500	58	3	48	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.64	6.43	0.96	0.00
MUSTARD, PACKET	Pkt 5g	200	4	0	62	0.18	0.10	4.4	8	0.16	*N/A*	0.22	0.43	0.17	0.01	0.00
SAUCE, BBQ PACKET	PACKET	50	10	0	160	0.00	0.00	0.0	0	0.0	*N/A*	0.0	3.0	0.0	0.00	*N/A*
VEG, LETT SHREDDED	2EA #8 S COOP	30	9	0	7	0.67	0.24	13.3	334	2.0	*N/A*	0.67	2.0	0.0	0.00	*N/A*
VEG, TOMATO FRESH	4 SLICES	30	16	0	4	0.74	0.27	7.4	738	11.51	*N/A*	0.74	3.69	0.0	0.00	*N/A*
VEG, ONION SLICED	2 SLICES	30	36	0	9	1.02	0.29	22.7	1	5.44	*N/A*	0.91	8.56	0.09	0.00	0.00
VEG, JALAPENO PEPPERS	#30 SCOO	10	5	0	290	1.00	0.00	0.0	200	0.0	*N/A*	0.0	1.0	0.0	0.00	0.00
DRESSING, RANCH PACKET 1 2 GRAM	PACKET	40	60	5	100	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	7.0	1.00	0.00
SALSA, COMMODITY	1 OZ	50	35	0	124	3.54	0.00	0.0	0	0.0	*N/A*	0.0	7.09	0.0	0.00	0.00
FRUIT, APPLE FRESH WHOLE	1 EACH	200	100	0	0	4.00	0.36	20.0	100	8.4	19	0.0	25.0	0.0	0.00	0.00
FRUIT, BANANAS FRESH	1 EACH	200	105	0	1	3.07	0.31	5.9	76	10.27	14	1.29	26.95	0.39	0.13	0.00
FRUIT, ORANGES FRESH	EACH (medium)	300	69	0	2	3.39	0.15	59.4	339	82.98	*N/A*	1.7	17.82	0.0	0.00	0.00
HS- VEG SIDE SALAD	1 CUP	600	70	0	142	3.74	0.28	21.1	5767	5.26	*3	2.95	14.06	0.31	0.00	*0.00
MILK, NONFAT CHOCOLATE	CARTON	500	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	CARTON	200	130	15	160	0.00	0.00	400.0	500	1.2	15	10.0	16.0	2.5	1.50	0.00
Weighted Daily Average			864	53	1398	14.55	*4.60	561.4	11389	63.76	*35	37.05	121.34	27.41	6.46	*0.10
% of Calories											*16.0%	17.2%	56.2%	28.6%	6.7%	*0.1%
Nutrient Guideline			750-850		1420										<10.00	

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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)
Tue - 05/24/2022																
HIGH SCHOOL LUNCH YC	Total	700														
BURGER, RAW CHEESE	1 EACH	0	414	72	430	3.00	1.44	150.0	0	0.0	*4	26.0	31.0	21.0	8.00	2.00
BURGER, CHEESE	1 EACH	60	349	47	489	4.00	2.44	165.0	0	0.0	4	22.0	32.0	15.0	6.50	0.00
CHICKEN GRILLED PATTY ON BUN	1 EACH	50	260	65	420	3.00	1.44	150.0	0	0.0	4	27.0	30.0	4.5	0.00	0.00
BURRITO, BEAN&CHSEIW WG 5.95OZ	1 EACH	75	312	0	447	7.62	3.06	195.1	811	8.54	*N/A*	15.3	41.28	10.64	4.71	0.00
CHICKEN PATTY ON BUN RC	1 EACH	60	340	20	620	6.00	3.24	150.0	0	0.0	4	19.0	42.0	11.0	2.00	0.00
HS-CHICKEN, NUGGETS 10EA	SERVING	75	360	40	840	6.00	3.60	80.0	0	0.0	0	24.0	24.0	18.0	4.00	0.00
HS-CHICKEN, POPCORN WG	10 EACH															
HS-CHICKEN, POPCORN WG	SERVING (15)	75	270	30	630	4.50	2.70	60.0	0	0.0	0	18.0	18.0	13.5	3.00	0.00
HS-CORN DOG, MINI CHICK T YSON	SERVING (9)	50	473	73	855	3.64	2.62	36.4	0	0.0	9	21.83	41.83	25.47	5.46	*N/A*
PIZZA, CHEESE WG 14" YCUSD	SLICES	24	444	43	1169	2.01	4.19	55.7	646	5.53	*4	21.41	56.82	15.31	7.03	*0.00
PIZZA, PEPPERONI WG 14" YC USD	SLICES	24	465	46	1253	2.01	4.53	55.7	580	5.53	*4	21.3	56.49	17.72	7.60	*0.00
PIZZA, VEGGIE WG 14" YCUSD	SLICES	12	462	44	1253	2.41	4.24	55.7	687	13.55	*4	21.8	58.04	16.41	7.33	*0.00
SALAD ADULT, CHEF	SERVINGS	10	455	57	882	6.89	*1.79	106.3	15183	32.81	*3	20.19	42.31	23.62	6.74	*0.00
SALAD ADULT, TACO	1 EACH	10	1009	106	1351	10.91	2.34	108.0	6632	65.17	*1	29.95	61.88	70.11	15.73	*2.39
SALAD ADULT, VEGGIE	SERVING	10	734	74	1014	7.78	1.86	133.4	16084	72.31	*3	20.55	50.04	50.66	16.98	*0.00
SANDWICH, VEGGIE WG	SUB	10	700	80	1213	8.52	2.66	95.8	297	13.53	*6	30.47	63.34	35.02	17.00	*0.00
SANDWICH, TURKEY HAM SLICE WW	SANDWIC	25	535	81	1242	8.64	*2.75	99.2	506	6.58	*8	31.34	62.91	18.48	7.24	*0.00
SANDWICH, TURKEY SLICE WW	SANDWIC	20	537	72	1179	8.64	3.65	114.2	534	11.45	*6	32.52	62.54	17.75	6.88	*0.00
HS-FRESH MEX	SERVINGS	20	554	62	751	11.11	3.39	62.8	2587	17.06	*2	28.93	74.02	16.36	3.94	*0.79
HS-FRESH MEX 2	SERVING	20	600	84	895	11.07	3.23	59.2	2583	16.34	*2	32.22	73.75	18.41	4.85	*1.46
HS-GEN TSO'S TOFU S/F YCUSD	4OZ. HE	1	95	0	119	0.00	1.61	60.0	16	0.0	*3	8.91	6.35	3.83	0.22	0.00
HS-GEN TSO'S BEEF S/F YCUSD	AP SPOO															
HS-GEN TSO'S BEEF S/F YCUSD	2OZ. HE	10	265	57	625	0.08	2.38	2.6	16	0.0	*13	19.23	14.17	14.56	5.08	*0.00
HS-GEN TSO'S BEEF S/F YCUSD	AP SPOO															
HS-TERIYAKI TURK S/F YCUSD	2OZ. HE	60	104	27	546	0.07	1.12	1.8	1	0.25	*2	9.13	10.67	2.54	0.56	*0.00
HS-TERIYAKI TURK S/F YCUSD	AP SPOO															
YCHS, STIRFRY NOODLES	2 #8 SCO OP	50	238	0	448	4.08	2.84	21.6	0	0.03	*0	8.4	41.67	5.85	0.41	*0.00
RICE, STEAMED BROWN USDA	#8 2 SCO OPS	20	309	0	14	3.87	1.39	14.2	0	0.0	*0	7.73	63.79	2.9	0.00	0.00
HS-STIR FRY VEGETABLE MIX	#8 SCOOP	70	25	0	30	1.59	0.44	32.3	3971	30.74	*0	1.31	5.47	0.02	0.00	*0.00
POTATO, FRIES KK HOT & SPICY	#8 SCOOP	300	81	0	48	1.07	0.40	100.3	95	6.14	*0	1.03	14.19	2.53	0.00	*0.00
POTATO, FRIES KK GARLIC	#8 SCOOP	150	81	0	57	1.03	0.37	100.3	0	6.06	*0	1.05	14.22	2.5	0.00	*0.00

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Yuba City USD

Base Menu Spreadsheet

Portion Values - Detailed

Page 35

May 1, 2022 thru May 31, 2022

HIGH SCHOOL LUNCH YCHS

Generated on: 4/22/2022 10:21:57 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 05/24/2022																
POTATO, TATER BARRELS SY SCO	10 BARR ELS	300	170	0	360	1.00	0.36	0.0	0	3.6	0	2.0	19.0	9.0	1.50	0.00
VEG, CARROTS BABY	2.6 OZ.	300	26	0	57	1.47	0.66	22.1	10172	6.19	*N/A*	0.74	5.9	0.0	0.00	*N/A*
KETCHUP, PACKET	PACKET	500	9	0	82	0.03	0.03	1.4	47	0.37	2	0.09	2.47	0.01	0.00	0.00
MAYONNAISE, PACKET	Pkt 7g	500	58	3	48	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.64	6.43	0.96	0.00
MUSTARD, PACKET	Pkt 5g	200	4	0	62	0.18	0.10	4.4	8	0.16	*N/A*	0.22	0.43	0.17	0.01	0.00
SAUCE, BBQ PACKET	PACKET	50	10	0	160	0.00	0.00	0.0	0	0.0	*N/A*	0.0	3.0	0.0	0.00	*N/A*
VEG, LETT SHREDDED	2EA #8 S COOP	30	9	0	7	0.67	0.24	13.3	334	2.0	*N/A*	0.67	2.0	0.0	0.00	*N/A*
VEG, TOMATO FRESH	4 SLICES	30	16	0	4	0.74	0.27	7.4	738	11.51	*N/A*	0.74	3.69	0.0	0.00	*N/A*
VEG, ONION SLICED	2 SLICES	30	36	0	9	1.02	0.29	22.7	1	5.44	*N/A*	0.91	8.56	0.09	0.00	0.00
VEG, JALAPENO PEPPERS	#30 SCOO	10	5	0	290	1.00	0.00	0.0	200	0.0	*N/A*	0.0	1.0	0.0	0.00	0.00
DRESSING, RANCH PACKET 1 2 GRAM	PACKET	40	60	5	100	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	7.0	1.00	0.00
SALSA, COMMODITY	1 OZ	50	35	0	124	3.54	0.00	0.0	0	0.0	*N/A*	0.0	7.09	0.0	0.00	0.00
FRUIT, APPLE FRESH WHOLE	1 EACH	200	100	0	0	4.00	0.36	20.0	100	8.4	19	0.0	25.0	0.0	0.00	0.00
FRUIT, BANANAS FRESH	1 EACH	200	105	0	1	3.07	0.31	5.9	76	10.27	14	1.29	26.95	0.39	0.13	0.00
FRUIT, ORANGES FRESH	EACH (medium)	300	69	0	2	3.39	0.15	59.4	339	82.98	*N/A*	1.7	17.82	0.0	0.00	0.00
HS- VEG SIDE SALAD	1 CUP	600	70	0	142	3.74	0.28	21.1	5767	5.26	*3	2.95	14.06	0.31	0.00	*0.00
MILK, NONFAT CHOCOLATE	CARTON	500	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	CARTON	200	130	15	160	0.00	0.00	400.0	500	1.2	15	10.0	16.0	2.5	1.50	0.00
Weighted Daily Average			867	54	1405	14.56	*4.61	560.7	11389	63.76	*35	37.21	121.47	27.57	6.53	*0.10
% of Calories											*16.0%	17.2%	56.1%	28.6%	6.8%	*0.1%
Nutrient Guideline			750-850		1420										<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	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 - 05/25/2022																
HIGH SCHOOL LUNCH YC	Total	700														
BURGER, RAW CHEESE	1 EACH	0	414	72	430	3.00	1.44	150.0	0	0.0	*4	26.0	31.0	21.0	8.00	2.00
BURGER, CHEESE	1 EACH	60	349	47	489	4.00	2.44	165.0	0	0.0	4	22.0	32.0	15.0	6.50	0.00
CHICKEN GRILLED PATTY ON BUN	1 EACH	50	260	65	420	3.00	1.44	150.0	0	0.0	4	27.0	30.0	4.5	0.00	0.00
BURRITO, BEAN&CHSEIW WG 5.95OZ	1 EACH	75	312	0	447	7.62	3.06	195.1	811	8.54	*N/A*	15.3	41.28	10.64	4.71	0.00
CHICKEN PATTY ON BUN RC	1 EACH	60	340	20	620	6.00	3.24	150.0	0	0.0	4	19.0	42.0	11.0	2.00	0.00
HS-CHICKEN, NUGGETS 10EA	SERVING	75	360	40	840	6.00	3.60	80.0	0	0.0	0	24.0	24.0	18.0	4.00	0.00
HS-CHICKEN, POPCORN WG	10 EACH SERVING	75	270	30	630	4.50	2.70	60.0	0	0.0	0	18.0	18.0	13.5	3.00	0.00
HS-CORN DOG, MINI CHICK T YSON	(15) SERVING	50	473	73	855	3.64	2.62	36.4	0	0.0	9	21.83	41.83	25.47	5.46	*N/A*
PIZZA, CHEESE WG 14" YCUSD	SLICES	24	444	43	1169	2.01	4.19	55.7	646	5.53	*4	21.41	56.82	15.31	7.03	*0.00
PIZZA, PEPPERONI WG 14" YC USD	SLICES	24	465	46	1253	2.01	4.53	55.7	580	5.53	*4	21.3	56.49	17.72	7.60	*0.00
PIZZA, VEGGIE WG 14" YCUSD	SLICES	12	462	44	1253	2.41	4.24	55.7	687	13.55	*4	21.8	58.04	16.41	7.33	*0.00
SALAD ADULT, CHEF	SERVINGS	10	455	57	882	6.89	*1.79	106.3	15183	32.81	*3	20.19	42.31	23.62	6.74	*0.00
SALAD ADULT, TACO	1 EACH	10	1009	106	1351	10.91	2.34	108.0	6632	65.17	*1	29.95	61.88	70.11	15.73	*2.39
SALAD ADULT, VEGGIE	SERVING	10	734	74	1014	7.78	1.86	133.4	16084	72.31	*3	20.55	50.04	50.66	16.98	*0.00
SANDWICH, VEGGIE WG	SUB	10	700	80	1213	8.52	2.66	95.8	297	13.53	*6	30.47	63.34	35.02	17.00	*0.00
SANDWICH, TURKEY HAM SLICE WW	SANDWIC	25	535	81	1242	8.64	*2.75	99.2	506	6.58	*8	31.34	62.91	18.48	7.24	*0.00
SANDWICH, TURKEY SLICE WW	SANDWIC	20	537	72	1179	8.64	3.65	114.2	534	11.45	*6	32.52	62.54	17.75	6.88	*0.00
HS-FRESH MEX	SERVINGS	20	554	62	751	11.11	3.39	62.8	2587	17.06	*2	28.93	74.02	16.36	3.94	*0.79
HS-FRESH MEX 2	SERVING	20	600	84	895	11.07	3.23	59.2	2583	16.34	*2	32.22	73.75	18.41	4.85	*1.46
HS-ASIAN BEEF S/F YCUSD	2OZ. HE	1	260	57	630	0.08	2.38	2.6	1	0.2	*11	19.23	13.19	14.36	5.06	*0.00
HS-ASIAN TOFU S/F YCUSD	AP SPOO															
HS-ASIAN TOFU S/F YCUSD	4OZ. HE	10	90	0	124	0.00	1.61	60.0	1	0.2	*1	8.91	5.37	3.63	0.20	0.00
HS-ASIAN TOFU S/F YCUSD	AP SPOO															
HS-TERIYAKI TURK S/F YCUSD	2OZ. HE	60	104	27	546	0.07	1.12	1.8	1	0.25	*2	9.13	10.67	2.54	0.56	*0.00
HS-TERIYAKI TURK S/F YCUSD	AP SPOO															
YCHS, STIRFRY NOODLES	2 #8 SCO	50	238	0	448	4.08	2.84	21.6	0	0.03	*0	8.4	41.67	5.85	0.41	*0.00
YCHS, STIRFRY NOODLES	OP															
RICE, STEAMED BROWN USDA	#8 2 SCO	20	309	0	14	3.87	1.39	14.2	0	0.0	*0	7.73	63.79	2.9	0.00	0.00
RICE, STEAMED BROWN USDA	OPS															
HS-STIR FRY VEGETABLE MIX	#8 SCOOP	70	25	0	30	1.59	0.44	32.3	3971	30.74	*0	1.31	5.47	0.02	0.00	*0.00
POTATO, FRIES KK HOT & SPICY	#8 SCOOP	300	81	0	48	1.07	0.40	100.3	95	6.14	*0	1.03	14.19	2.53	0.00	*0.00
POTATO, FRIES KK GARLIC	#8 SCOOP	150	81	0	57	1.03	0.37	100.3	0	6.06	*0	1.05	14.22	2.5	0.00	*0.00

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Yuba City USD

Base Menu Spreadsheet

Portion Values - Detailed

Page 37

May 1, 2022 thru May 31, 2022

HIGH SCHOOL LUNCH YCHS

Generated on: 4/22/2022 10:21:57 AM

	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 - 05/25/2022																
POTATO, TATER BARRELS SY SCO	10 BARR ELS	300	170	0	360	1.00	0.36	0.0	0	3.6	0	2.0	19.0	9.0	1.50	0.00
VEG, CARROTS BABY	2.6 OZ.	300	26	0	57	1.47	0.66	22.1	10172	6.19	*N/A*	0.74	5.9	0.0	0.00	*N/A*
KETCHUP, PACKET	PACKET	500	9	0	82	0.03	0.03	1.4	47	0.37	2	0.09	2.47	0.01	0.00	0.00
MAYONNAISE, PACKET	Pkt 7g	500	58	3	48	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.64	6.43	0.96	0.00
MUSTARD, PACKET	Pkt 5g	200	4	0	62	0.18	0.10	4.4	8	0.16	*N/A*	0.22	0.43	0.17	0.01	0.00
SAUCE, BBQ PACKET	PACKET	50	10	0	160	0.00	0.00	0.0	0	0.0	*N/A*	0.0	3.0	0.0	0.00	*N/A*
VEG, LETT SHREDDED	2EA #8 S COOP	30	9	0	7	0.67	0.24	13.3	334	2.0	*N/A*	0.67	2.0	0.0	0.00	*N/A*
VEG, TOMATO FRESH	4 SLICES	30	16	0	4	0.74	0.27	7.4	738	11.51	*N/A*	0.74	3.69	0.0	0.00	*N/A*
VEG, ONION SLICED	2 SLICES	30	36	0	9	1.02	0.29	22.7	1	5.44	*N/A*	0.91	8.56	0.09	0.00	0.00
VEG, JALAPENO PEPPERS	#30 SCOO	10	5	0	290	1.00	0.00	0.0	200	0.0	*N/A*	0.0	1.0	0.0	0.00	0.00
DRESSING, RANCH PACKET 1 2 GRAM	PACKET	40	60	5	100	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	7.0	1.00	0.00
SALSA, COMMODITY	1 OZ	50	35	0	124	3.54	0.00	0.0	0	0.0	*N/A*	0.0	7.09	0.0	0.00	0.00
FRUIT, APPLE FRESH WHOLE	1 EACH	200	100	0	0	4.00	0.36	20.0	100	8.4	19	0.0	25.0	0.0	0.00	0.00
FRUIT, BANANAS FRESH	1 EACH	200	105	0	1	3.07	0.31	5.9	76	10.27	14	1.29	26.95	0.39	0.13	0.00
FRUIT, ORANGES FRESH	EACH (m edium)	300	69	0	2	3.39	0.15	59.4	339	82.98	*N/A*	1.7	17.82	0.0	0.00	0.00
HS- VEG SIDE SALAD	1 CUP	600	70	0	142	3.74	0.28	21.1	5767	5.26	*3	2.95	14.06	0.31	0.00	*0.00
MILK, NONFAT CHOCOLATE	CARTON	500	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	CARTON	200	130	15	160	0.00	0.00	400.0	500	1.2	15	10.0	16.0	2.5	1.50	0.00
Weighted Daily Average			864	53	1399	14.55	*4.60	561.4	11388	63.76	*35	37.08	121.35	27.43	6.46	*0.10
% of Calories											*16.0%	17.2%	56.2%	28.6%	6.7%	*0.1%
Nutrient Guideline			750-850		1420										<10.00	

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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)
Thu - 05/26/2022																
HIGH SCHOOL LUNCH YC	Total	700														
BURGER, RAW CHEESE	1 EACH	0	414	72	430	3.00	1.44	150.0	0	0.0	*4	26.0	31.0	21.0	8.00	2.00
BURGER, CHEESE	1 EACH	60	349	47	489	4.00	2.44	165.0	0	0.0	4	22.0	32.0	15.0	6.50	0.00
CHICKEN GRILLED PATTY ON BUN	1 EACH	50	260	65	420	3.00	1.44	150.0	0	0.0	4	27.0	30.0	4.5	0.00	0.00
BURRITO, BEAN&CHSEIW WG 5.95OZ	1 EACH	75	312	0	447	7.62	3.06	195.1	811	8.54	*N/A*	15.3	41.28	10.64	4.71	0.00
CHICKEN PATTY ON BUN RC	1 EACH	60	340	20	620	6.00	3.24	150.0	0	0.0	4	19.0	42.0	11.0	2.00	0.00
HS-CHICKEN, NUGGETS 10EA	SERVING	75	360	40	840	6.00	3.60	80.0	0	0.0	0	24.0	24.0	18.0	4.00	0.00
HS-CHICKEN, POPCORN WG	10 EACH SERVING	75	270	30	630	4.50	2.70	60.0	0	0.0	0	18.0	18.0	13.5	3.00	0.00
HS-CORN DOG, MINI CHICK T YSON	(15) SERVING	50	473	73	855	3.64	2.62	36.4	0	0.0	9	21.83	41.83	25.47	5.46	*N/A*
PIZZA, CHEESE WG 14" YCUSD	SLICES	24	444	43	1169	2.01	4.19	55.7	646	5.53	*4	21.41	56.82	15.31	7.03	*0.00
PIZZA, PEPPERONI WG 14" YC USD	SLICES	24	465	46	1253	2.01	4.53	55.7	580	5.53	*4	21.3	56.49	17.72	7.60	*0.00
PIZZA, VEGGIE WG 14" YCUSD	SLICES	12	462	44	1253	2.41	4.24	55.7	687	13.55	*4	21.8	58.04	16.41	7.33	*0.00
SALAD ADULT, CHEF	SERVINGS	10	455	57	882	6.89	*1.79	106.3	15183	32.81	*3	20.19	42.31	23.62	6.74	*0.00
SALAD ADULT, TACO	1 EACH	10	1009	106	1351	10.91	2.34	108.0	6632	65.17	*1	29.95	61.88	70.11	15.73	*2.39
SALAD ADULT, VEGGIE	SERVING	10	734	74	1014	7.78	1.86	133.4	16084	72.31	*3	20.55	50.04	50.66	16.98	*0.00
SANDWICH, VEGGIE WG	SUB	10	700	80	1213	8.52	2.66	95.8	297	13.53	*6	30.47	63.34	35.02	17.00	*0.00
SANDWICH, TURKEY HAM SLICE WW	SANDWIC	25	535	81	1242	8.64	*2.75	99.2	506	6.58	*8	31.34	62.91	18.48	7.24	*0.00
SANDWICH, TURKEY SLICE WW	SANDWIC	20	537	72	1179	8.64	3.65	114.2	534	11.45	*6	32.52	62.54	17.75	6.88	*0.00
HS-FRESH MEX	SERVINGS	20	554	62	751	11.11	3.39	62.8	2587	17.06	*2	28.93	74.02	16.36	3.94	*0.79
HS-FRESH MEX 2	SERVING	20	600	84	895	11.07	3.23	59.2	2583	16.34	*2	32.22	73.75	18.41	4.85	*1.46
HS-SWEET CHILI PORK S/F YC USD	2OZ. HE AP SPOO	0	123	35	264	0.08	0.45	8.2	28	0.65	*2	11.84	7.37	4.6	1.40	*0.00
HS-SWEET CHILI TOFU S/F YC USD	4OZ. HE AP SPOO	10	92	0	142	0.00	1.61	59.8	24	0.0	*2	8.91	5.75	3.63	0.20	0.00
HS-TERIYAKI TURK S/F YCUSD	2OZ. HE AP SPOO	60	104	27	546	0.07	1.12	1.8	1	0.25	*2	9.13	10.67	2.54	0.56	*0.00
YCHS, STIRFRY NOODLES	2 #8 SCO OP	50	238	0	448	4.08	2.84	21.6	0	0.03	*0	8.4	41.67	5.85	0.41	*0.00
RICE, STEAMED BROWN USDA	#8 2 SCO OPS	20	309	0	14	3.87	1.39	14.2	0	0.0	*0	7.73	63.79	2.9	0.00	0.00
HS-STIR FRY VEGETABLE MIX	#8 SCOOP	70	25	0	30	1.59	0.44	32.3	3971	30.74	*0	1.31	5.47	0.02	0.00	*0.00
POTATO, FRIES KK HOT & SPICY	#8 SCOOP	300	81	0	48	1.07	0.40	100.3	95	6.14	*0	1.03	14.19	2.53	0.00	*0.00
POTATO, FRIES KK GARLIC	#8 SCOOP	150	81	0	57	1.03	0.37	100.3	0	6.06	*0	1.05	14.22	2.5	0.00	*0.00

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Yuba City USD

Base Menu Spreadsheet

Portion Values - Detailed

Page 39

May 1, 2022 thru May 31, 2022

HIGH SCHOOL LUNCH YCHS

Generated on: 4/22/2022 10:21:57 AM

	Portion Size	Reimb Qty	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 - 05/26/2022																
POTATO, TATER BARRELS SY SCO	10 BARR ELS	300	170	0	360	1.00	0.36	0.0	0	3.6	0	2.0	19.0	9.0	1.50	0.00
VEG, CARROTS BABY	2.6 OZ.	300	26	0	57	1.47	0.66	22.1	10172	6.19	*N/A*	0.74	5.9	0.0	0.00	*N/A*
KETCHUP, PACKET	PACKET	500	9	0	82	0.03	0.03	1.4	47	0.37	2	0.09	2.47	0.01	0.00	0.00
MAYONNAISE, PACKET	Pkt 7g	500	58	3	48	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.64	6.43	0.96	0.00
MUSTARD, PACKET	Pkt 5g	200	4	0	62	0.18	0.10	4.4	8	0.16	*N/A*	0.22	0.43	0.17	0.01	0.00
SAUCE, BBQ PACKET	PACKET	50	10	0	160	0.00	0.00	0.0	0	0.0	*N/A*	0.0	3.0	0.0	0.00	*N/A*
VEG, LETT SHREDDED	2EA #8 S COOP	30	9	0	7	0.67	0.24	13.3	334	2.0	*N/A*	0.67	2.0	0.0	0.00	*N/A*
VEG, TOMATO FRESH	4 SLICES	30	16	0	4	0.74	0.27	7.4	738	11.51	*N/A*	0.74	3.69	0.0	0.00	*N/A*
VEG, ONION SLICED	2 SLICES	30	36	0	9	1.02	0.29	22.7	1	5.44	*N/A*	0.91	8.56	0.09	0.00	0.00
VEG, JALAPENO PEPPERS	#30 SCOO	10	5	0	290	1.00	0.00	0.0	200	0.0	*N/A*	0.0	1.0	0.0	0.00	0.00
DRESSING, RANCH PACKET 1 2 GRAM	PACKET	40	60	5	100	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	7.0	1.00	0.00
SALSA, COMMODITY	1 OZ	50	35	0	124	3.54	0.00	0.0	0	0.0	*N/A*	0.0	7.09	0.0	0.00	0.00
FRUIT, APPLE FRESH WHOLE	1 EACH	200	100	0	0	4.00	0.36	20.0	100	8.4	19	0.0	25.0	0.0	0.00	0.00
FRUIT, BANANAS FRESH	1 EACH	200	105	0	1	3.07	0.31	5.9	76	10.27	14	1.29	26.95	0.39	0.13	0.00
FRUIT, ORANGES FRESH	EACH (medium)	300	69	0	2	3.39	0.15	59.4	339	82.98	*N/A*	1.7	17.82	0.0	0.00	0.00
HS- VEG SIDE SALAD	1 CUP	600	70	0	142	3.74	0.28	21.1	5767	5.26	*3	2.95	14.06	0.31	0.00	*0.00
MILK, NONFAT CHOCOLATE	CARTON	500	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	CARTON	200	130	15	160	0.00	0.00	400.0	500	1.2	15	10.0	16.0	2.5	1.50	0.00
Weighted Daily Average			864	53	1398	14.55	*4.60	561.4	11389	63.76	*35	37.05	121.34	27.41	6.46	*0.10
% of Calories											*16.0%	17.2%	56.2%	28.6%	6.7%	*0.1%
Nutrient Guideline			750-850		1420										<10.00	

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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)
Fri - 05/27/2022																
HIGH SCHOOL LUNCH YC	Total	700														
BURGER, RAW CHEESE	1 EACH	0	414	72	430	3.00	1.44	150.0	0	0.0	*4	26.0	31.0	21.0	8.00	2.00
BURGER, CHEESE	1 EACH	60	349	47	489	4.00	2.44	165.0	0	0.0	4	22.0	32.0	15.0	6.50	0.00
CHICKEN GRILLED PATTY ON BUN	1 EACH	50	260	65	420	3.00	1.44	150.0	0	0.0	4	27.0	30.0	4.5	0.00	0.00
BURRITO, BEAN&CHSEIW WG 5.95OZ	1 EACH	75	312	0	447	7.62	3.06	195.1	811	8.54	*N/A*	15.3	41.28	10.64	4.71	0.00
CHICKEN PATTY ON BUN RC	1 EACH	60	340	20	620	6.00	3.24	150.0	0	0.0	4	19.0	42.0	11.0	2.00	0.00
HS-CHICKEN, NUGGETS 10EA	SERVING	75	360	40	840	6.00	3.60	80.0	0	0.0	0	24.0	24.0	18.0	4.00	0.00
HS-CHICKEN, POPCORN WG	10 EACH SERVING	75	270	30	630	4.50	2.70	60.0	0	0.0	0	18.0	18.0	13.5	3.00	0.00
HS-CORN DOG, MINI CHICK T YSON	(15) SERVING	50	473	73	855	3.64	2.62	36.4	0	0.0	9	21.83	41.83	25.47	5.46	*N/A*
PIZZA, CHEESE WG 14" YCUSD	SLICES	24	444	43	1169	2.01	4.19	55.7	646	5.53	*4	21.41	56.82	15.31	7.03	*0.00
PIZZA, PEPPERONI WG 14" YC USD	SLICES	24	465	46	1253	2.01	4.53	55.7	580	5.53	*4	21.3	56.49	17.72	7.60	*0.00
PIZZA, VEGGIE WG 14" YCUSD	SLICES	12	462	44	1253	2.41	4.24	55.7	687	13.55	*4	21.8	58.04	16.41	7.33	*0.00
SALAD ADULT, CHEF	SERVINGS	10	455	57	882	6.89	*1.79	106.3	15183	32.81	*3	20.19	42.31	23.62	6.74	*0.00
SALAD ADULT, TACO	1 EACH	10	1009	106	1351	10.91	2.34	108.0	6632	65.17	*1	29.95	61.88	70.11	15.73	*2.39
SALAD ADULT, VEGGIE	SERVING	10	734	74	1014	7.78	1.86	133.4	16084	72.31	*3	20.55	50.04	50.66	16.98	*0.00
SANDWICH, VEGGIE WG	SUB	10	700	80	1213	8.52	2.66	95.8	297	13.53	*6	30.47	63.34	35.02	17.00	*0.00
SANDWICH, TURKEY HAM SLICE WW	SANDWIC	25	535	81	1242	8.64	*2.75	99.2	506	6.58	*8	31.34	62.91	18.48	7.24	*0.00
SANDWICH, TURKEY SLICE WW	SANDWIC	20	537	72	1179	8.64	3.65	114.2	534	11.45	*6	32.52	62.54	17.75	6.88	*0.00
HS-FRESH MEX	SERVINGS	20	554	62	751	11.11	3.39	62.8	2587	17.06	*2	28.93	74.02	16.36	3.94	*0.79
HS-FRESH MEX 2	SERVING	20	600	84	895	11.07	3.23	59.2	2583	16.34	*2	32.22	73.75	18.41	4.85	*1.46
HS-HUNAN ORANGE TURK S/F YCUSD	2OZ. HE AP SPOO	1	157	42	839	0.11	1.73	3.1	6	2.23	*2	14.05	15.49	3.91	0.87	*0.00
HS-HUNAN ORANGE TOFU S/F YCUSD	4OZ. HE AP SPOO	10	103	0	133	0.00	1.90	71.2	4	1.4	*1	10.53	5.91	4.03	0.20	0.00
HS-TERIYAKI TURK S/F YCUSD	2OZ. HE AP SPOO	60	104	27	546	0.07	1.12	1.8	1	0.25	*2	9.13	10.67	2.54	0.56	*0.00
YCHS, STIRFRY NOODLES	2 #8 SCO OP	50	238	0	448	4.08	2.84	21.6	0	0.03	*0	8.4	41.67	5.85	0.41	*0.00
RICE, STEAMED BROWN USDA	#8 2 SCO OPS	20	309	0	14	3.87	1.39	14.2	0	0.0	*0	7.73	63.79	2.9	0.00	0.00
HS-STIR FRY VEGETABLE MIX	#8 SCOOP	70	25	0	30	1.59	0.44	32.3	3971	30.74	*0	1.31	5.47	0.02	0.00	*0.00
POTATO, FRIES KK HOT & SPICY	#8 SCOOP	300	81	0	48	1.07	0.40	100.3	95	6.14	*0	1.03	14.19	2.53	0.00	*0.00
POTATO, FRIES KK GARLIC	#8 SCOOP	150	81	0	57	1.03	0.37	100.3	0	6.06	*0	1.05	14.22	2.5	0.00	*0.00

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Yuba City USD

Base Menu Spreadsheet

Portion Values - Detailed

May 1, 2022 thru May 31, 2022

HIGH SCHOOL LUNCH YCHS

Generated on: 4/22/2022 10:23:13 AM

	Portion Size	Reimb Qty	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)
Fri - 05/27/2022																
POTATO, TATER BARRELS SY SCO	10 BARR ELS	300	170	0	360	1.00	0.36	0.0	0	3.6	0	2.0	19.0	9.0	1.50	0.00
VEG, CARROTS BABY	2.6 OZ.	300	26	0	57	1.47	0.66	22.1	10172	6.19	*N/A*	0.74	5.9	0.0	0.00	*N/A*
KETCHUP, PACKET	PACKET	500	9	0	82	0.03	0.03	1.4	47	0.37	2	0.09	2.47	0.01	0.00	0.00
MAYONNAISE, PACKET	Pkt 7g	500	58	3	48	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.64	6.43	0.96	0.00
MUSTARD, PACKET	Pkt 5g	200	4	0	62	0.18	0.10	4.4	8	0.16	*N/A*	0.22	0.43	0.17	0.01	0.00
SAUCE, BBQ PACKET	PACKET	50	10	0	160	0.00	0.00	0.0	0	0.0	*N/A*	0.0	3.0	0.0	0.00	*N/A*
VEG, LETT SHREDDED	2EA #8 S COOP	30	9	0	7	0.67	0.24	13.3	334	2.0	*N/A*	0.67	2.0	0.0	0.00	*N/A*
VEG, TOMATO FRESH	4 SLICES	30	16	0	4	0.74	0.27	7.4	738	11.51	*N/A*	0.74	3.69	0.0	0.00	*N/A*
VEG, ONION SLICED	2 SLICES	30	36	0	9	1.02	0.29	22.7	1	5.44	*N/A*	0.91	8.56	0.09	0.00	0.00
VEG, JALAPENO PEPPERS	#30 SCOO	10	5	0	290	1.00	0.00	0.0	200	0.0	*N/A*	0.0	1.0	0.0	0.00	0.00
DRESSING, RANCH PACKET 1 2 GRAM	PACKET	40	60	5	100	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	7.0	1.00	0.00
SALSA, COMMODITY	1 OZ	50	35	0	124	3.54	0.00	0.0	0	0.0	*N/A*	0.0	7.09	0.0	0.00	0.00
FRUIT, APPLE FRESH WHOLE	1 EACH	200	100	0	0	4.00	0.36	20.0	100	8.4	19	0.0	25.0	0.0	0.00	0.00
FRUIT, BANANAS FRESH	1 EACH	200	105	0	1	3.07	0.31	5.9	76	10.27	14	1.29	26.95	0.39	0.13	0.00
FRUIT, ORANGES FRESH	EACH (m edium)	300	69	0	2	3.39	0.15	59.4	339	82.98	*N/A*	1.7	17.82	0.0	0.00	0.00
HS- VEG SIDE SALAD	1 CUP	600	70	0	142	3.74	0.28	21.1	5767	5.26	*3	2.95	14.06	0.31	0.00	*0.00
MILK, NONFAT CHOCOLATE	CARTON	500	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	CARTON	200	130	15	160	0.00	0.00	400.0	500	1.2	15	10.0	16.0	2.5	1.50	0.00
Weighted Daily Average			864	53	1399	14.55	*4.61	561.6	11388	63.78	*35	37.10	121.37	27.42	6.46	*0.10
% of Calories											*16.0%	17.2%	56.2%	28.6%	6.7%	*0.1%
Nutrient Guideline			750-850		1420										<10.00	

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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)
Tue - 05/31/2022																
HIGH SCHOOL LUNCH YC	Total	700														
BURGER, RAW CHEESE	1 EACH	0	414	72	430	3.00	1.44	150.0	0	0.0	*4	26.0	31.0	21.0	8.00	2.00
BURGER, CHEESE	1 EACH	60	349	47	489	4.00	2.44	165.0	0	0.0	4	22.0	32.0	15.0	6.50	0.00
CHICKEN GRILLED PATTY ON BUN	1 EACH	50	260	65	420	3.00	1.44	150.0	0	0.0	4	27.0	30.0	4.5	0.00	0.00
BURRITO, BEAN&CHSEIW WG 5.95OZ	1 EACH	75	312	0	447	7.62	3.06	195.1	811	8.54	*N/A*	15.3	41.28	10.64	4.71	0.00
CHICKEN PATTY ON BUN RC	1 EACH	60	340	20	620	6.00	3.24	150.0	0	0.0	4	19.0	42.0	11.0	2.00	0.00
HS-CHICKEN, NUGGETS 10EA	SERVING	75	360	40	840	6.00	3.60	80.0	0	0.0	0	24.0	24.0	18.0	4.00	0.00
HS-CHICKEN, POPCORN WG	10 EACH SERVING	75	270	30	630	4.50	2.70	60.0	0	0.0	0	18.0	18.0	13.5	3.00	0.00
HS-CORN DOG, MINI CHICK T YSON	(15) SERVING	50	473	73	855	3.64	2.62	36.4	0	0.0	9	21.83	41.83	25.47	5.46	*N/A*
PIZZA, CHEESE WG 14" YCUSD	SLICES	24	444	43	1169	2.01	4.19	55.7	646	5.53	*4	21.41	56.82	15.31	7.03	*0.00
PIZZA, PEPPERONI WG 14" YC USD	SLICES	24	465	46	1253	2.01	4.53	55.7	580	5.53	*4	21.3	56.49	17.72	7.60	*0.00
PIZZA, VEGGIE WG 14" YCUSD	SLICES	12	462	44	1253	2.41	4.24	55.7	687	13.55	*4	21.8	58.04	16.41	7.33	*0.00
SALAD ADULT, CHEF	SERVINGS	10	455	57	882	6.89	*1.79	106.3	15183	32.81	*3	20.19	42.31	23.62	6.74	*0.00
SALAD ADULT, TACO	1 EACH	10	1009	106	1351	10.91	2.34	108.0	6632	65.17	*1	29.95	61.88	70.11	15.73	*2.39
SALAD ADULT, VEGGIE	SERVING	10	734	74	1014	7.78	1.86	133.4	16084	72.31	*3	20.55	50.04	50.66	16.98	*0.00
SANDWICH, VEGGIE WG	SUB	10	700	80	1213	8.52	2.66	95.8	297	13.53	*6	30.47	63.34	35.02	17.00	*0.00
SANDWICH, TURKEY HAM SLICE WW	SANDWIC	25	535	81	1242	8.64	*2.75	99.2	506	6.58	*8	31.34	62.91	18.48	7.24	*0.00
SANDWICH, TURKEY SLICE WW	SANDWIC	20	537	72	1179	8.64	3.65	114.2	534	11.45	*6	32.52	62.54	17.75	6.88	*0.00
HS-FRESH MEX	SERVINGS	20	554	62	751	11.11	3.39	62.8	2587	17.06	*2	28.93	74.02	16.36	3.94	*0.79
HS-FRESH MEX 2	SERVING	20	600	84	895	11.07	3.23	59.2	2583	16.34	*2	32.22	73.75	18.41	4.85	*1.46
HS-GEN TSO'S TOFU S/F YCUSD	4OZ. HE	1	95	0	119	0.00	1.61	60.0	16	0.0	*3	8.91	6.35	3.83	0.22	0.00
HS-GEN TSO'S BEEF S/F YCUSD	AP SPOO															
	2OZ. HE	10	265	57	625	0.08	2.38	2.6	16	0.0	*13	19.23	14.17	14.56	5.08	*0.00
	AP SPOO															
HS-TERIYAKI TURK S/F YCUSD	2OZ. HE	60	104	27	546	0.07	1.12	1.8	1	0.25	*2	9.13	10.67	2.54	0.56	*0.00
	AP SPOO															
YCHS, STIRFRY NOODLES	2 #8 SCO	50	238	0	448	4.08	2.84	21.6	0	0.03	*0	8.4	41.67	5.85	0.41	*0.00
	OP															
RICE, STEAMED BROWN USDA	#8 2 SCO	20	309	0	14	3.87	1.39	14.2	0	0.0	*0	7.73	63.79	2.9	0.00	0.00
	OPS															
HS-STIR FRY VEGETABLE MIX	#8 SCOOP	70	25	0	30	1.59	0.44	32.3	3971	30.74	*0	1.31	5.47	0.02	0.00	*0.00
POTATO, FRIES KK HOT & SPICY	#8 SCOOP	300	81	0	48	1.07	0.40	100.3	95	6.14	*0	1.03	14.19	2.53	0.00	*0.00
POTATO, FRIES KK GARLIC	#8 SCOOP	150	81	0	57	1.03	0.37	100.3	0	6.06	*0	1.05	14.22	2.5	0.00	*0.00

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Yuba City USD

Base Menu Spreadsheet

Portion Values - Detailed

May 1, 2022 thru May 31, 2022

HIGH SCHOOL LUNCH YCHS

Generated on: 4/22/2022 10:23:13 AM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 05/31/2022																
POTATO, TATER BARRELS SY SCO	10 BARR ELS	300	170	0	360	1.00	0.36	0.0	0	3.6	0	2.0	19.0	9.0	1.50	0.00
VEG, CARROTS BABY	2.6 OZ.	300	26	0	57	1.47	0.66	22.1	10172	6.19	*N/A*	0.74	5.9	0.0	0.00	*N/A*
KETCHUP, PACKET	PACKET	500	9	0	82	0.03	0.03	1.4	47	0.37	2	0.09	2.47	0.01	0.00	0.00
MAYONNAISE, PACKET	Pkt 7g	500	58	3	48	0.00	0.00	0.0	0	0.0	*N/A*	0.0	0.64	6.43	0.96	0.00
MUSTARD, PACKET	Pkt 5g	200	4	0	62	0.18	0.10	4.4	8	0.16	*N/A*	0.22	0.43	0.17	0.01	0.00
SAUCE, BBQ PACKET	PACKET	50	10	0	160	0.00	0.00	0.0	0	0.0	*N/A*	0.0	3.0	0.0	0.00	*N/A*
VEG, LETT SHREDDED	2EA #8 S COOP	30	9	0	7	0.67	0.24	13.3	334	2.0	*N/A*	0.67	2.0	0.0	0.00	*N/A*
VEG, TOMATO FRESH	4 SLICES	30	16	0	4	0.74	0.27	7.4	738	11.51	*N/A*	0.74	3.69	0.0	0.00	*N/A*
VEG, ONION SLICED	2 SLICES	30	36	0	9	1.02	0.29	22.7	1	5.44	*N/A*	0.91	8.56	0.09	0.00	0.00
VEG, JALAPENO PEPPERS	#30 SCOO	10	5	0	290	1.00	0.00	0.0	200	0.0	*N/A*	0.0	1.0	0.0	0.00	0.00
DRESSING, RANCH PACKET 1 2 GRAM	PACKET	40	60	5	100	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	7.0	1.00	0.00
SALSA, COMMODITY	1 OZ	50	35	0	124	3.54	0.00	0.0	0	0.0	*N/A*	0.0	7.09	0.0	0.00	0.00
FRUIT, APPLE FRESH WHOLE	1 EACH	200	100	0	0	4.00	0.36	20.0	100	8.4	19	0.0	25.0	0.0	0.00	0.00
FRUIT, BANANAS FRESH	1 EACH	200	105	0	1	3.07	0.31	5.9	76	10.27	14	1.29	26.95	0.39	0.13	0.00
FRUIT, ORANGES FRESH	EACH (medium)	300	69	0	2	3.39	0.15	59.4	339	82.98	*N/A*	1.7	17.82	0.0	0.00	0.00
HS- VEG SIDE SALAD	1 CUP	600	70	0	142	3.74	0.28	21.1	5767	5.26	*3	2.95	14.06	0.31	0.00	*0.00
MILK, NONFAT CHOCOLATE	CARTON	500	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	CARTON	200	130	15	160	0.00	0.00	400.0	500	1.2	15	10.0	16.0	2.5	1.50	0.00
Weighted Daily Average			867	54	1405	14.56	*4.61	560.7	11389	63.76	*35	37.21	121.47	27.57	6.53	*0.10
% of Calories											*16.0%	17.2%	56.1%	28.6%	6.8%	*0.1%
Nutrient Guideline			750-850		1420										<10.00	

Weighted Average			865	53	1400	14.56	*4.60	561.3	11388	63.76	*35	37.11	121.38	27.45	6.48	*0.10
											*36.0%	17.2%	56.1%	28.6%	6.7%	*0.1%

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Yuba City USD

Base Menu Spreadsheet

Portion Values - Detailed

Page 44

May 1, 2022 thru May 31, 2022

HIGH SCHOOL LUNCH YCHS

Generated on: 4/22/2022 10:23:13 AM

Nutrient	Menu AVG	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)
		% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)									
Calories	865		750 - 850	102%					15	Correction Required - Calories too High							
Cholesterol (mg)	53																
Sodium 1 (mg)	1400		1420														
Sodium 2 (mg)	1400		1080						320	Correction Required - Sodium too High							
Fiber (g)	14.56																
Iron (mg)	4.60				Missing												
Calcium (mg)	561.3																
Vitamin A (IU)	11388																
Sugars (g)	35	15.99%			Missing												
Vitamin C (mg)	63.76																
Protein (g)	37.11	17.16%															
Carbohydrate (g)	121.38	56.15%															
Total Fat (g)	27.45	28.57%															
Saturated Fat (g)	6.48	6.74%	<10.00%														
Trans Fat ¹ (g)	0.10	0.10%			Missing												

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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.