

# Yuba City USD

## Base Menu Spreadsheet

### Portion Values - Detailed

May 1, 2022 thru May 31, 2022

MIDDLE SCHOOL LUNCH

Generated on: 4/29/2022 10:53:48 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 <sup>1</sup> (g)
Mon - 05/02/2022																
MIDDLE SCHOOL LUNCH	Total	600														
PIZZA, CHEESE WG 14" YCUSD	SLICE	50	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	SLICE	50	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	SLICE	25	462	44	1253	2.41	4.24	55.7	687	13.55	*4	21.8	58.04	16.41	7.33	*0.00
POCKET, TACO 4.5 OZ	POCKET	50	260	35	390	4.00	2.70	80.0	200	1.2	1	17.0	31.0	8.0	2.50	0.00
POCKET, PIZZA 4.5 OZ	1 EACH	50	250	30	410	4.00	2.70	60.0	100	2.4	2	14.0	32.0	8.0	2.00	0.00
CHICKEN ORANGE RICE BOWL	SERVINGS	150	367	46	363	3.22	1.16	5.8	4	1.4	*1	18.43	61.91	5.61	2.00	0.00
TURKEY, HOT DOG ON A BUN	1 EACH	50	300	50	680	3.00	2.16	230.0	0	0.0	4	14.0	31.0	14.0	4.00	0.00
HS SAND, TURK HAM CHEE W /CHIP	SANDWIC	10	441	61	1061	8.46	*2.69	97.3	322	3.7	*8	26.15	60.99	11.48	3.24	*0.00
HS SAND, TURK SLICE WG W/ CHIP	SANDWIC	15	537	72	1179	8.64	3.65	114.2	534	11.45	*6	32.52	62.54	17.75	6.88	*0.00
SALAD, TACO	1 EACH	13	489	72	351	5.27	1.66	56.0	4623	16.21	*1	27.9	35.38	25.32	8.37	*2.39
SALAD, CHEF W/HAM ELEM	1 EACH	12	513	52	853	2.56	1.41	48.0	3929	16.87	*3	15.58	24.59	40.45	9.35	*0.00
SALAD, CHEF W/CHICK FAJITA	1 EACH	13	377	110	957	0.61	1.32	92.9	1472	22.11	*0	28.11	5.13	28.06	8.26	*0.00
SALAD, CHEF W/OUT MEAT (7-12)	SERVING	12	325	47	587	1.12	0.30	26.0	3231	6.88	*0	15.25	5.86	28.02	10.51	*0.00
POTATO, FRIES KK HOT & SPICY	#8 SCOOP	125	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	175	81	0	57	1.03	0.37	100.3	0	6.06	*0	1.05	14.22	2.5	0.00	*0.00
POTATO, TATER BARRELS SY SCO	10 BARR ELS	150	170	0	360	1.00	0.36	0.0	0	3.6	0	2.0	19.0	9.0	1.50	0.00
MUSTARD, POUCH	1/2 OZ	100	1	0	17	0.05	0.03	1.2	2	0.04	*N/A*	0.06	0.12	0.05	0.00	0.00
KETCHUP, POUCH	1 OZ	100	24	0	217	0.07	0.08	3.6	126	0.98	5	0.25	6.54	0.02	0.00	0.00
DRESSING, RANCH PACKET 1 2GRAMS	PACKET	10	60	5	100	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	7.0	1.00	0.00
MILK, NONFAT CHOCOLATE	SERVING	400	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	SERVING	200	130	15	160	0.00	0.00	400.0	500	1.2	15	10.0	16.0	2.5	1.50	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
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	1 EACH	200	69	0	2	3.39	0.15	59.4	339	82.98	*N/A*	1.7	17.82	0.0	0.00	0.00
Weighted Daily Average			683	48	1026	10.73	*3.15	486.9	6930	47.44	*35	30.25	109.53	15.40	4.66	*0.05
% of Calories											*20.4%	17.7%	64.1%	20.3%	6.1%	*0.1%
Nutrient Guideline			600-700		1360										<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

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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# Yuba City USD

## Base Menu Spreadsheet

### Portion Values - Detailed

May 1, 2022 thru May 31, 2022

MIDDLE SCHOOL LUNCH

Generated on: 4/29/2022 10:53:48 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 <sup>1</sup> (g)
Tue - 05/03/2022																
MIDDLE SCHOOL LUNCH	Total	600														
CHICKEN, H&S WG SANDWICH	SERVING	125	414	47	611	7.00	3.06	190.0	50	0.0	4	28.0	45.0	14.0	2.70	0.00
MAC & CHEESE, WG JTM	#6 SCOOP	150	286	37	441	2.00	0.00	365.0	493	1.0	8	15.0	31.0	12.0	6.50	0.00
BREAD, ROLL WHEAT DINNER	EACH	150	80	0	130	1.00	0.72	0.0	0	0.0	2	2.0	15.0	1.0	0.00	0.00
1 OZ CHICKEN, NUGGETS 10EA RC	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 SANDWICH, PB & STRAWWG	2 EACH	50	640	0	640	8.00	2.88	40.0	0	0.0	26	20.0	64.0	34.0	7.00	0.00
2.6OZ SANDWICH, PB & GRAPE WG	2 EACH	50	600	0	560	8.00	2.88	40.0	0	0.0	28	16.0	64.0	34.0	6.00	0.00
2.6OZ HS SAND, TURK HAM CHEE W	SANDWIC	25	441	61	1061	8.46	*2.69	97.3	322	3.7	*8	26.15	60.99	11.48	3.24	*0.00
/CHIP HS SAND, TURK SLICE WG W/	SANDWIC	25	537	72	1179	8.64	3.65	114.2	534	11.45	*6	32.52	62.54	17.75	6.88	*0.00
CHIP SALAD, TACO	1 EACH	25	489	72	351	5.27	1.66	56.0	4623	16.21	*1	27.9	35.38	25.32	8.37	*2.39
SALAD, CHEF W/HAM ELEM	1 EACH	25	513	52	853	2.56	1.41	48.0	3929	16.87	*3	15.58	24.59	40.45	9.35	*0.00
SALAD, CHEF W/CHICK FAJITA	1 EACH	25	377	110	957	0.61	1.32	92.9	1472	22.11	*0	28.11	5.13	28.06	8.26	*0.00
SALAD, CHEF W/OUT MEAT (7-12)	SERVING	25	325	47	587	1.12	0.30	26.0	3231	6.88	*0	15.25	5.86	28.02	10.51	*0.00
POTATO, FRIES KK HOT & SPICY	#8 SCOOP	150	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
POTATO, SMILES	SERVING	150	160	0	390	2.00	0.00	0.0	0	3.6	*N/A*	2.0	24.0	6.0	1.00	0.00
S (6) MUSTARD, POUCH	1/2 OZ	100	1	0	17	0.05	0.03	1.2	2	0.04	*N/A*	0.06	0.12	0.05	0.00	0.00
KETCHUP, POUCH	1 OZ	100	24	0	217	0.07	0.08	3.6	126	0.98	5	0.25	6.54	0.02	0.00	0.00
DRESSING, RANCH PACKET 1	PACKET	10	60	5	100	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	7.0	1.00	0.00
2GRAMS MILK, NONFAT CHOCOLATE	SERVING	400	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	SERVING	200	130	15	160	0.00	0.00	400.0	500	1.2	15	10.0	16.0	2.5	1.50	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
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	1 EACH	200	69	0	2	3.39	0.15	59.4	339	82.98	*N/A*	1.7	17.82	0.0	0.00	0.00
Weighted Daily Average			808	50	1144	13.67	*3.21	599.5	7205	47.13	*41	36.49	114.19	24.53	6.53	*0.10
% of Calories											*20.5%	18.1%	56.5%	27.3%	7.3%	*0.1%
Nutrient Guideline			600-700		1360										<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  
<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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May 1, 2022 thru May 31, 2022

Base Menu Spreadsheet

MIDDLE SCHOOL LUNCH

Portion Values - Detailed

Page 3

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	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 <sup>1</sup> (g)
Wed - 05/04/2022																
MIDDLE SCHOOL LUNCH	Total	600														
PIZZA, CHEESE WG 14" YCUSD	SLICES	75	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	75	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	SLICE	25	462	44	1253	2.41	4.24	55.7	687	13.55	*4	21.8	58.04	16.41	7.33	*0.00
CHICKEN TERIYAKI BOWL RICE	SERVING S H #16	100	248	46	700	1.68	0.74	4.1	0	0.01	*6	15.72	36.36	4.81	2.00	*0.00
CHICKEN, POPCORN WG 10 E ACH	SERVING (10)	100	293	81	487	3.00	2.00	18.0	167	0.0	0	18.0	17.0	17.0	3.00	0.00
BREADSTICK, CHEESE 4 BITES	4 EACH	100	280	20	540	4.00	1.44	240.0	400	0.0	0	16.0	28.0	12.0	4.00	0.00
HS SAND, TURK HAM CHEE W /CHIP	SANDWIC	25	441	61	1061	8.46	*2.69	97.3	322	3.7	*8	26.15	60.99	11.48	3.24	*0.00
HS SAND, TURK SLICE WG W/ CHIP	SANDWIC	25	537	72	1179	8.64	3.65	114.2	534	11.45	*6	32.52	62.54	17.75	6.88	*0.00
SALAD, TACO	1 EACH	19	489	72	351	5.27	1.66	56.0	4623	16.21	*1	27.9	35.38	25.32	8.37	*2.39
SALAD, CHEF W/HAM ELEM	1 EACH	18	513	52	853	2.56	1.41	48.0	3929	16.87	*3	15.58	24.59	40.45	9.35	*0.00
SALAD, CHEF W/CHICK FAJITA	1 EACH	19	377	110	957	0.61	1.32	92.9	1472	22.11	*0	28.11	5.13	28.06	8.26	*0.00
SALAD, CHEF W/OUT MEAT (7-12)	SERVING	19	325	47	587	1.12	0.30	26.0	3231	6.88	*0	15.25	5.86	28.02	10.51	*0.00
POTATO, FRIES KK HOT & SPICY	#8 SCOOP	125	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
POTATO, TATER BARRELS SY SCO	10 BARR ELS	150	170	0	360	1.00	0.36	0.0	0	3.6	0	2.0	19.0	9.0	1.50	0.00
MUSTARD, POUCH	1/2 OZ	100	1	0	17	0.05	0.03	1.2	2	0.04	*N/A*	0.06	0.12	0.05	0.00	0.00
KETCHUP, POUCH	1 OZ	100	24	0	217	0.07	0.08	3.6	126	0.98	5	0.25	6.54	0.02	0.00	0.00
DRESSING, RANCH PACKET 1 2GRAMS	PACKET	10	60	5	100	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	7.0	1.00	0.00
MILK, NONFAT CHOCOLATE	SERVING	400	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	SERVING	200	130	15	160	0.00	0.00	400.0	500	1.2	15	10.0	16.0	2.5	1.50	0.00
HS- VEG SIDE SALAD	1 CUP	300	70	0	142	3.74	0.28	21.1	5767	5.26	*3	2.95	14.06	0.31	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	1 EACH	200	69	0	2	3.39	0.15	59.4	339	82.98	*N/A*	1.7	17.82	0.0	0.00	0.00
Weighted Daily Average			698	60	1202	9.17	*3.31	494.8	4322	45.29	*34	32.53	100.17	20.10	6.13	*0.08
% of Calories											*19.5%	18.6%	57.4%	25.9%	7.9%	*0.1%
Nutrient Guideline			600-700		1360										<10.00	

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May 1, 2022 thru May 31, 2022

Base Menu Spreadsheet

MIDDLE SCHOOL LUNCH

Portion Values - Detailed

Page 4

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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 <sup>1</sup> (g)
Thu - 05/05/2022																
MIDDLE SCHOOL LUNCH	Total	600														
NACHOS, BEEF&CHEESE (K-8)	SERVING	100	480	77	780	6.01	1.29	250.6	871	4.07	*2	24.27	38.61	24.86	10.59	*0.00
CORN DOG, MINI CHICK TYSON	SERVING	50	315	49	570	2.43	1.75	24.3	0	0.0	6	14.55	27.89	16.98	3.64	*N/A*
	(6)															
PRETZEL, NUGGETS W/CHEESE	SERVING	100	336	56	910	4.00	1.44	406.0	778	0.0	2	18.0	32.0	16.0	9.20	0.00
BURGER, CHEESE	EACH	50	349	47	489	4.00	2.44	165.0	0	0.0	4	22.0	32.0	15.0	6.50	0.00
BURRITO, BEAN&CHSEIWSW	1 EACH	50	323	18	458	7.71	3.00	192.9	681	11.86	2	15.13	42.18	11.65	4.27	0.00
G6.05OZ																
HS SAND, TURK HAM CHEE W /CHIP	SANDWIC	75	441	61	1061	8.46	*2.69	97.3	322	3.7	*8	26.15	60.99	11.48	3.24	*0.00
HS SAND, TURK SLICE WG W/ CHIP	SANDWIC	75	537	72	1179	8.64	3.65	114.2	534	11.45	*6	32.52	62.54	17.75	6.88	*0.00
SALAD, TACO	1 EACH	20	489	72	351	5.27	1.66	56.0	4623	16.21	*1	27.9	35.38	25.32	8.37	*2.39
SALAD, CHEF W/HAM ELEM	1 EACH	20	513	52	853	2.56	1.41	48.0	3929	16.87	*3	15.58	24.59	40.45	9.35	*0.00
SALAD, CHEF W/CHICK FAJITA	1 EACH	20	377	110	957	0.61	1.32	92.9	1472	22.11	*0	28.11	5.13	28.06	8.26	*0.00
SALAD, CHEF W/OUT MEAT (7-12)	SERVING	20	325	47	587	1.12	0.30	26.0	3231	6.88	*0	15.25	5.86	28.02	10.51	*0.00
POTATO, FRIES KK HOT & SPICY	#8 SCOOP	150	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
POTATO, TATER BARRELS SY	10 BARR	300	170	0	360	1.00	0.36	0.0	0	3.6	0	2.0	19.0	9.0	1.50	0.00
SCO	ELS															
MUSTARD, POUCH	1/2 OZ	100	1	0	17	0.05	0.03	1.2	2	0.04	*N/A*	0.06	0.12	0.05	0.00	0.00
KETCHUP, POUCH	1 OZ	100	24	0	217	0.07	0.08	3.6	126	0.98	5	0.25	6.54	0.02	0.00	0.00
DRESSING, RANCH PACKET 1	PACKET	100	60	5	100	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	7.0	1.00	0.00
2GRAMS																
MILK, NONFAT CHOCOLATE	SERVING	400	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	SERVING	200	130	15	160	0.00	0.00	400.0	500	1.2	15	10.0	16.0	2.5	1.50	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
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	1 EACH	200	69	0	2	3.39	0.15	59.4	339	82.98	*N/A*	1.7	17.82	0.0	0.00	0.00
Weighted Daily Average			822	67	1338	13.57	*3.18	609.0	7364	50.19	*36	36.42	113.27	26.37	8.45	*0.08
% of Calories											*17.7%	17.7%	55.1%	28.9%	9.3%	*0.1%
Nutrient Guideline			600-700		1360										<10.00	

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# Yuba City USD

## Base Menu Spreadsheet

### Portion Values - Detailed

May 1, 2022 thru May 31, 2022

MIDDLE SCHOOL LUNCH

Generated on: 4/29/2022 10:53:48 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 <sup>1</sup> (g)
Fri - 05/06/2022																
MIDDLE SCHOOL LUNCH	Total	600														
PIZZA, CHEESE WG 14" YCUSD	SLICES	75	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	75	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	SLICE	50	462	44	1253	2.41	4.24	55.7	687	13.55	*4	21.8	58.04	16.41	7.33	*0.00
SANDWICH, GRILLED CHEESE	1 EACH	50	447	60	858	4.00	1.80	70.0	83	0.0	*4	23.0	35.0	24.83	12.33	*0.00
CHICKEN, NUGGETS 10EA RC	SERVING	110	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															
CHICKEN TERIYAKI BOWL NO ODLE	SERVING	110	310	46	834	3.49	2.49	19.5	0	0.08	*6	19.43	41.38	8.85	2.33	*0.00
	S H #16															
HS SAND, TURK HAM CHEE W /CHIP	SANDWIC	25	441	61	1061	8.46	*2.69	97.3	322	3.7	*8	26.15	60.99	11.48	3.24	*0.00
HS SAND, TURK SLICE WG W/ CHIP	SANDWIC	25	537	72	1179	8.64	3.65	114.2	534	11.45	*6	32.52	62.54	17.75	6.88	*0.00
SALAD, TACO	1 EACH	20	489	72	351	5.27	1.66	56.0	4623	16.21	*1	27.9	35.38	25.32	8.37	*2.39
SALAD, CHEF W/HAM ELEM	1 EACH	20	513	52	853	2.56	1.41	48.0	3929	16.87	*3	15.58	24.59	40.45	9.35	*0.00
SALAD, CHEF W/CHICK FAJITA	1 EACH	20	377	110	957	0.61	1.32	92.9	1472	22.11	*0	28.11	5.13	28.06	8.26	*0.00
SALAD, CHEF W/OUT MEAT (7-12)	SERVING	20	325	47	587	1.12	0.30	26.0	3231	6.88	*0	15.25	5.86	28.02	10.51	*0.00
POTATO, FRIES KK HOT & SPICY	#8 SCOOP	75	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	125	81	0	57	1.03	0.37	100.3	0	6.06	*0	1.05	14.22	2.5	0.00	*0.00
POTATO, SMILES	SERVING	75	160	0	390	2.00	0.00	0.0	0	3.6	*N/A*	2.0	24.0	6.0	1.00	0.00
	S (6)															
KETCHUP, POUCH	1 OZ	100	24	0	217	0.07	0.08	3.6	126	0.98	5	0.25	6.54	0.02	0.00	0.00
DRESSING, RANCH PACKET 1 2GRAMS	PACKET	10	60	5	100	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	7.0	1.00	0.00
MILK, NONFAT CHOCOLATE	SERVING	400	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	SERVING	200	130	15	160	0.00	0.00	400.0	500	1.2	15	10.0	16.0	2.5	1.50	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
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	1 EACH	200	69	0	2	3.39	0.15	59.4	339	82.98	*N/A*	1.7	17.82	0.0	0.00	0.00
Weighted Daily Average			746	59	1371	11.65	*4.06	475.8	7167	47.41	*36	36.29	107.57	20.74	6.96	*0.08
% of Calories											*19.4%	19.4%	57.7%	25.0%	8.4%	*0.1%
Nutrient Guideline			600-700		1360										<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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# Yuba City USD

## Base Menu Spreadsheet

### Portion Values - Detailed

May 1, 2022 thru May 31, 2022

MIDDLE SCHOOL LUNCH

Generated on: 4/29/2022 10:53:48 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 <sup>1</sup> (g)
Mon - 05/09/2022																
MIDDLE SCHOOL LUNCH	Total	600														
PIZZA, CHEESE WG 14" YCUSD	SLICE	50	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	SLICE	50	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	SLICE	25	462	44	1253	2.41	4.24	55.7	687	13.55	*4	21.8	58.04	16.41	7.33	*0.00
POCKET, TACO 4.5 OZ	POCKET	50	260	35	390	4.00	2.70	80.0	200	1.2	1	17.0	31.0	8.0	2.50	0.00
POCKET, PIZZA 4.5 OZ	1 EACH	50	250	30	410	4.00	2.70	60.0	100	2.4	2	14.0	32.0	8.0	2.00	0.00
CHICKEN ORANGE RICE BOWL	SERVINGS	150	367	46	363	3.22	1.16	5.8	4	1.4	*1	18.43	61.91	5.61	2.00	0.00
TURKEY, HOT DOG ON A BUN	1 EACH	50	300	50	680	3.00	2.16	230.0	0	0.0	4	14.0	31.0	14.0	4.00	0.00
HS SAND, TURK HAM CHEE W /CHIP	SANDWIC	10	441	61	1061	8.46	*2.69	97.3	322	3.7	*8	26.15	60.99	11.48	3.24	*0.00
HS SAND, TURK SLICE WG W/ CHIP	SANDWIC	15	537	72	1179	8.64	3.65	114.2	534	11.45	*6	32.52	62.54	17.75	6.88	*0.00
SALAD, TACO	1 EACH	13	489	72	351	5.27	1.66	56.0	4623	16.21	*1	27.9	35.38	25.32	8.37	*2.39
SALAD, CHEF W/HAM ELEM	1 EACH	12	513	52	853	2.56	1.41	48.0	3929	16.87	*3	15.58	24.59	40.45	9.35	*0.00
SALAD, CHEF W/CHICK FAJITA	1 EACH	13	377	110	957	0.61	1.32	92.9	1472	22.11	*0	28.11	5.13	28.06	8.26	*0.00
SALAD, CHEF W/OUT MEAT (7-12)	SERVING	12	325	47	587	1.12	0.30	26.0	3231	6.88	*0	15.25	5.86	28.02	10.51	*0.00
POTATO, FRIES KK HOT & SPICY	#8 SCOOP	125	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	175	81	0	57	1.03	0.37	100.3	0	6.06	*0	1.05	14.22	2.5	0.00	*0.00
POTATO, TATER BARRELS SY SCO	10 BARR ELS	150	170	0	360	1.00	0.36	0.0	0	3.6	0	2.0	19.0	9.0	1.50	0.00
MUSTARD, POUCH	1/2 OZ	100	1	0	17	0.05	0.03	1.2	2	0.04	*N/A*	0.06	0.12	0.05	0.00	0.00
KETCHUP, POUCH	1 OZ	100	24	0	217	0.07	0.08	3.6	126	0.98	5	0.25	6.54	0.02	0.00	0.00
DRESSING, RANCH PACKET 1 2GRAMS	PACKET	10	60	5	100	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	7.0	1.00	0.00
MILK, NONFAT CHOCOLATE	SERVING	400	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	SERVING	200	130	15	160	0.00	0.00	400.0	500	1.2	15	10.0	16.0	2.5	1.50	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
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	1 EACH	200	69	0	2	3.39	0.15	59.4	339	82.98	*N/A*	1.7	17.82	0.0	0.00	0.00
Weighted Daily Average % of Calories			683	48	1026	10.73	*3.15	486.9	6930	47.44	*35 *20.4%	30.25 17.7%	109.53 64.1%	15.40 20.3%	4.66 6.1%	*0.05 *0.1%
Nutrient Guideline			600-700		1360										<10.00	

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# Yuba City USD

May 1, 2022 thru May 31, 2022

Base Menu Spreadsheet

MIDDLE SCHOOL LUNCH

Portion Values - Detailed

Page 7

Generated on: 4/29/2022 10:53:48 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 <sup>1</sup> (g)
Tue - 05/10/2022																
MIDDLE SCHOOL LUNCH	Total	600														
CHICKEN, H&S WG SANDWICH	SERVING	125	414	47	611	7.00	3.06	190.0	50	0.0	4	28.0	45.0	14.0	2.70	0.00
MAC & CHEESE, WG JTM	#6 SCOOP	150	286	37	441	2.00	0.00	365.0	493	1.0	8	15.0	31.0	12.0	6.50	0.00
BREAD, ROLL WHEAT DINNER	EACH	150	80	0	130	1.00	0.72	0.0	0	0.0	2	2.0	15.0	1.0	0.00	0.00
1 OZ																
CHICKEN, NUGGETS 10EA RC	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																
SANDWICH, PB & STRAWWG	2 EACH	50	640	0	640	8.00	2.88	40.0	0	0.0	26	20.0	64.0	34.0	7.00	0.00
2.6OZ																
SANDWICH, PB & GRAPE WG	2 EACH	50	600	0	560	8.00	2.88	40.0	0	0.0	28	16.0	64.0	34.0	6.00	0.00
2.6OZ																
HS SAND, TURK HAM CHEE W /CHIP	SANDWIC	25	441	61	1061	8.46	*2.69	97.3	322	3.7	*8	26.15	60.99	11.48	3.24	*0.00
HS SAND, TURK SLICE WG W/ CHIP	SANDWIC	25	537	72	1179	8.64	3.65	114.2	534	11.45	*6	32.52	62.54	17.75	6.88	*0.00
SALAD, TACO	1 EACH	25	489	72	351	5.27	1.66	56.0	4623	16.21	*1	27.9	35.38	25.32	8.37	*2.39
SALAD, CHEF W/HAM ELEM	1 EACH	25	513	52	853	2.56	1.41	48.0	3929	16.87	*3	15.58	24.59	40.45	9.35	*0.00
SALAD, CHEF W/CHICK FAJITA	1 EACH	25	377	110	957	0.61	1.32	92.9	1472	22.11	*0	28.11	5.13	28.06	8.26	*0.00
SALAD, CHEF W/OUT MEAT (7-12)	SERVING	25	325	47	587	1.12	0.30	26.0	3231	6.88	*0	15.25	5.86	28.02	10.51	*0.00
POTATO, FRIES KK HOT & SPICY	#8 SCOOP	150	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
POTATO, SMILES	SERVING	150	160	0	390	2.00	0.00	0.0	0	3.6	*N/A*	2.0	24.0	6.0	1.00	0.00
S (6)																
MUSTARD, POUCH	1/2 OZ	100	1	0	17	0.05	0.03	1.2	2	0.04	*N/A*	0.06	0.12	0.05	0.00	0.00
KETCHUP, POUCH	1 OZ	100	24	0	217	0.07	0.08	3.6	126	0.98	5	0.25	6.54	0.02	0.00	0.00
DRESSING, RANCH PACKET 1	PACKET	10	60	5	100	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	7.0	1.00	0.00
2GRAMS																
MILK, NONFAT CHOCOLATE	SERVING	400	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	SERVING	200	130	15	160	0.00	0.00	400.0	500	1.2	15	10.0	16.0	2.5	1.50	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
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	1 EACH	200	69	0	2	3.39	0.15	59.4	339	82.98	*N/A*	1.7	17.82	0.0	0.00	0.00
Weighted Daily Average			808	50	1144	13.67	*3.21	599.5	7205	47.13	*41	36.49	114.19	24.53	6.53	*0.10
% of Calories											*20.5%	18.1%	56.5%	27.3%	7.3%	*0.1%
Nutrient Guideline			600-700		1360										<10.00	

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# Yuba City USD

## Base Menu Spreadsheet

### Portion Values - Detailed

May 1, 2022 thru May 31, 2022

MIDDLE SCHOOL LUNCH

Generated on: 4/29/2022 10:53:48 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 <sup>1</sup> (g)
Wed - 05/11/2022																
MIDDLE SCHOOL LUNCH	Total	600														
PIZZA, CHEESE WG 14" YCUSD	SLICES	75	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	75	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	SLICE	25	462	44	1253	2.41	4.24	55.7	687	13.55	*4	21.8	58.04	16.41	7.33	*0.00
CHICKEN TERIYAKI BOWL RICE	SERVING S H #16	100	248	46	700	1.68	0.74	4.1	0	0.01	*6	15.72	36.36	4.81	2.00	*0.00
CHICKEN, POPCORN WG 10 E ACH	SERVING (10)	100	293	81	487	3.00	2.00	18.0	167	0.0	0	18.0	17.0	17.0	3.00	0.00
BREADSTICK, CHEESE 4 BITES	4 EACH	100	280	20	540	4.00	1.44	240.0	400	0.0	0	16.0	28.0	12.0	4.00	0.00
HS SAND, TURK HAM CHEE W /CHIP	SANDWIC	25	441	61	1061	8.46	*2.69	97.3	322	3.7	*8	26.15	60.99	11.48	3.24	*0.00
HS SAND, TURK SLICE WG W/ CHIP	SANDWIC	25	537	72	1179	8.64	3.65	114.2	534	11.45	*6	32.52	62.54	17.75	6.88	*0.00
SALAD, TACO	1 EACH	19	489	72	351	5.27	1.66	56.0	4623	16.21	*1	27.9	35.38	25.32	8.37	*2.39
SALAD, CHEF W/HAM ELEM	1 EACH	18	513	52	853	2.56	1.41	48.0	3929	16.87	*3	15.58	24.59	40.45	9.35	*0.00
SALAD, CHEF W/CHICK FAJITA	1 EACH	19	377	110	957	0.61	1.32	92.9	1472	22.11	*0	28.11	5.13	28.06	8.26	*0.00
SALAD, CHEF W/OUT MEAT (7-12)	SERVING	19	325	47	587	1.12	0.30	26.0	3231	6.88	*0	15.25	5.86	28.02	10.51	*0.00
POTATO, FRIES KK HOT & SPICY	#8 SCOOP	125	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
POTATO, TATER BARRELS SY SCO	10 BARR ELS	150	170	0	360	1.00	0.36	0.0	0	3.6	0	2.0	19.0	9.0	1.50	0.00
MUSTARD, POUCH	1/2 OZ	100	1	0	17	0.05	0.03	1.2	2	0.04	*N/A*	0.06	0.12	0.05	0.00	0.00
KETCHUP, POUCH	1 OZ	100	24	0	217	0.07	0.08	3.6	126	0.98	5	0.25	6.54	0.02	0.00	0.00
DRESSING, RANCH PACKET 1 2GRAMS	PACKET	10	60	5	100	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	7.0	1.00	0.00
MILK, NONFAT CHOCOLATE	SERVING	400	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	SERVING	200	130	15	160	0.00	0.00	400.0	500	1.2	15	10.0	16.0	2.5	1.50	0.00
HS- VEG SIDE SALAD	1 CUP	300	70	0	142	3.74	0.28	21.1	5767	5.26	*3	2.95	14.06	0.31	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	1 EACH	200	69	0	2	3.39	0.15	59.4	339	82.98	*N/A*	1.7	17.82	0.0	0.00	0.00
Weighted Daily Average			698	60	1202	9.17	*3.31	494.8	4322	45.29	*34	32.53	100.17	20.10	6.13	*0.08
% of Calories											*19.5%	18.6%	57.4%	25.9%	7.9%	*0.1%
Nutrient Guideline			600-700		1360										<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 <sup>1</sup> (g)
Thu - 05/12/2022																
MIDDLE SCHOOL LUNCH	Total	600														
NACHOS, BEEF&CHEESE (K-8)	SERVING	100	480	77	780	6.01	1.29	250.6	871	4.07	*2	24.27	38.61	24.86	10.59	*0.00
CORN DOG, MINI CHICK TYSON	SERVING	50	315	49	570	2.43	1.75	24.3	0	0.0	6	14.55	27.89	16.98	3.64	*N/A*
	(6)															
PRETZEL, NUGGETS W/CHEESE	SERVING	100	336	56	910	4.00	1.44	406.0	778	0.0	2	18.0	32.0	16.0	9.20	0.00
BURGER, CHEESE	EACH	50	349	47	489	4.00	2.44	165.0	0	0.0	4	22.0	32.0	15.0	6.50	0.00
BURRITO, BEAN&CHSEIWSW	1 EACH	50	323	18	458	7.71	3.00	192.9	681	11.86	2	15.13	42.18	11.65	4.27	0.00
G6.05OZ																
HS SAND, TURK HAM CHEE W /CHIP	SANDWIC	75	441	61	1061	8.46	*2.69	97.3	322	3.7	*8	26.15	60.99	11.48	3.24	*0.00
HS SAND, TURK SLICE WG W/ CHIP	SANDWIC	75	537	72	1179	8.64	3.65	114.2	534	11.45	*6	32.52	62.54	17.75	6.88	*0.00
SALAD, TACO	1 EACH	20	489	72	351	5.27	1.66	56.0	4623	16.21	*1	27.9	35.38	25.32	8.37	*2.39
SALAD, CHEF W/HAM ELEM	1 EACH	20	513	52	853	2.56	1.41	48.0	3929	16.87	*3	15.58	24.59	40.45	9.35	*0.00
SALAD, CHEF W/CHICK FAJITA	1 EACH	20	377	110	957	0.61	1.32	92.9	1472	22.11	*0	28.11	5.13	28.06	8.26	*0.00
SALAD, CHEF W/OUT MEAT (7-12)	SERVING	20	325	47	587	1.12	0.30	26.0	3231	6.88	*0	15.25	5.86	28.02	10.51	*0.00
POTATO, FRIES KK HOT & SPICY	#8 SCOOP	150	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
POTATO, TATER BARRELS SY	10 BARR	300	170	0	360	1.00	0.36	0.0	0	3.6	0	2.0	19.0	9.0	1.50	0.00
SCO	ELS															
MUSTARD, POUCH	1/2 OZ	100	1	0	17	0.05	0.03	1.2	2	0.04	*N/A*	0.06	0.12	0.05	0.00	0.00
KETCHUP, POUCH	1 OZ	100	24	0	217	0.07	0.08	3.6	126	0.98	5	0.25	6.54	0.02	0.00	0.00
DRESSING, RANCH PACKET 1	PACKET	100	60	5	100	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	7.0	1.00	0.00
2GRAMS																
MILK, NONFAT CHOCOLATE	SERVING	400	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	SERVING	200	130	15	160	0.00	0.00	400.0	500	1.2	15	10.0	16.0	2.5	1.50	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
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	1 EACH	200	69	0	2	3.39	0.15	59.4	339	82.98	*N/A*	1.7	17.82	0.0	0.00	0.00
Weighted Daily Average			822	67	1338	13.57	*3.18	609.0	7364	50.19	*36	36.42	113.27	26.37	8.45	*0.08
% of Calories											*17.7%	17.7%	55.1%	28.9%	9.3%	*0.1%
Nutrient Guideline			600-700		1360										<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 <sup>1</sup> (g)
Fri - 05/13/2022																
MIDDLE SCHOOL LUNCH	Total	600														
PIZZA, CHEESE WG 14" YCUSD	SLICES	75	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	75	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	SLICE	50	462	44	1253	2.41	4.24	55.7	687	13.55	*4	21.8	58.04	16.41	7.33	*0.00
SANDWICH, GRILLED CHEESE	1 EACH	50	447	60	858	4.00	1.80	70.0	83	0.0	*4	23.0	35.0	24.83	12.33	*0.00
CHICKEN, NUGGETS 10EA RC	SERVING	110	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															
CHICKEN TERIYAKI BOWL NO ODLE	SERVING	110	310	46	834	3.49	2.49	19.5	0	0.08	*6	19.43	41.38	8.85	2.33	*0.00
	S H #16															
HS SAND, TURK HAM CHEE W /CHIP	SANDWIC	25	441	61	1061	8.46	*2.69	97.3	322	3.7	*8	26.15	60.99	11.48	3.24	*0.00
HS SAND, TURK SLICE WG W/ CHIP	SANDWIC	25	537	72	1179	8.64	3.65	114.2	534	11.45	*6	32.52	62.54	17.75	6.88	*0.00
SALAD, TACO	1 EACH	20	489	72	351	5.27	1.66	56.0	4623	16.21	*1	27.9	35.38	25.32	8.37	*2.39
SALAD, CHEF W/HAM ELEM	1 EACH	20	513	52	853	2.56	1.41	48.0	3929	16.87	*3	15.58	24.59	40.45	9.35	*0.00
SALAD, CHEF W/CHICK FAJITA	1 EACH	20	377	110	957	0.61	1.32	92.9	1472	22.11	*0	28.11	5.13	28.06	8.26	*0.00
SALAD, CHEF W/OUT MEAT (7-12)	SERVING	20	325	47	587	1.12	0.30	26.0	3231	6.88	*0	15.25	5.86	28.02	10.51	*0.00
POTATO, FRIES KK HOT & SPICY	#8 SCOOP	75	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	125	81	0	57	1.03	0.37	100.3	0	6.06	*0	1.05	14.22	2.5	0.00	*0.00
POTATO, SMILES	SERVING	75	160	0	390	2.00	0.00	0.0	0	3.6	*N/A*	2.0	24.0	6.0	1.00	0.00
	S (6)															
KETCHUP, POUCH	1 OZ	100	24	0	217	0.07	0.08	3.6	126	0.98	5	0.25	6.54	0.02	0.00	0.00
DRESSING, RANCH PACKET 1 2GRAMS	PACKET	10	60	5	100	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	7.0	1.00	0.00
MILK, NONFAT CHOCOLATE	SERVING	400	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	SERVING	200	130	15	160	0.00	0.00	400.0	500	1.2	15	10.0	16.0	2.5	1.50	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
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	1 EACH	200	69	0	2	3.39	0.15	59.4	339	82.98	*N/A*	1.7	17.82	0.0	0.00	0.00
Weighted Daily Average			746	59	1371	11.65	*4.06	475.8	7167	47.41	*36	36.29	107.57	20.74	6.96	*0.08
% of Calories											*19.4%	19.4%	57.7%	25.0%	8.4%	*0.1%
Nutrient Guideline			600-700		1360										<10.00	

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# Yuba City USD

## Base Menu Spreadsheet

### Portion Values - Detailed

May 1, 2022 thru May 31, 2022

MIDDLE SCHOOL LUNCH

Generated on: 4/29/2022 10:53:48 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 <sup>1</sup> (g)
Mon - 05/16/2022																
MIDDLE SCHOOL LUNCH	Total	600														
PIZZA, CHEESE WG 14" YCUSD	SLICE	50	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	SLICE	50	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	SLICE	25	462	44	1253	2.41	4.24	55.7	687	13.55	*4	21.8	58.04	16.41	7.33	*0.00
POCKET, TACO 4.5 OZ	POCKET	50	260	35	390	4.00	2.70	80.0	200	1.2	1	17.0	31.0	8.0	2.50	0.00
POCKET, PIZZA 4.5 OZ	1 EACH	50	250	30	410	4.00	2.70	60.0	100	2.4	2	14.0	32.0	8.0	2.00	0.00
CHICKEN ORANGE RICE BOWL	SERVINGS	150	367	46	363	3.22	1.16	5.8	4	1.4	*1	18.43	61.91	5.61	2.00	0.00
TURKEY, HOT DOG ON A BUN	1 EACH	50	300	50	680	3.00	2.16	230.0	0	0.0	4	14.0	31.0	14.0	4.00	0.00
HS SAND, TURK HAM CHEE W /CHIP	SANDWIC	10	441	61	1061	8.46	*2.69	97.3	322	3.7	*8	26.15	60.99	11.48	3.24	*0.00
HS SAND, TURK SLICE WG W/ CHIP	SANDWIC	15	537	72	1179	8.64	3.65	114.2	534	11.45	*6	32.52	62.54	17.75	6.88	*0.00
SALAD, TACO	1 EACH	13	489	72	351	5.27	1.66	56.0	4623	16.21	*1	27.9	35.38	25.32	8.37	*2.39
SALAD, CHEF W/HAM ELEM	1 EACH	12	513	52	853	2.56	1.41	48.0	3929	16.87	*3	15.58	24.59	40.45	9.35	*0.00
SALAD, CHEF W/CHICK FAJITA	1 EACH	13	377	110	957	0.61	1.32	92.9	1472	22.11	*0	28.11	5.13	28.06	8.26	*0.00
SALAD, CHEF W/OUT MEAT (7-12)	SERVING	12	325	47	587	1.12	0.30	26.0	3231	6.88	*0	15.25	5.86	28.02	10.51	*0.00
POTATO, FRIES KK HOT & SPICY	#8 SCOOP	125	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	175	81	0	57	1.03	0.37	100.3	0	6.06	*0	1.05	14.22	2.5	0.00	*0.00
POTATO, TATER BARRELS SY SCO	10 BARR ELS	150	170	0	360	1.00	0.36	0.0	0	3.6	0	2.0	19.0	9.0	1.50	0.00
MUSTARD, POUCH	1/2 OZ	100	1	0	17	0.05	0.03	1.2	2	0.04	*N/A*	0.06	0.12	0.05	0.00	0.00
KETCHUP, POUCH	1 OZ	100	24	0	217	0.07	0.08	3.6	126	0.98	5	0.25	6.54	0.02	0.00	0.00
DRESSING, RANCH PACKET 1 2GRAMS	PACKET	10	60	5	100	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	7.0	1.00	0.00
MILK, NONFAT CHOCOLATE	SERVING	400	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	SERVING	200	130	15	160	0.00	0.00	400.0	500	1.2	15	10.0	16.0	2.5	1.50	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
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	1 EACH	200	69	0	2	3.39	0.15	59.4	339	82.98	*N/A*	1.7	17.82	0.0	0.00	0.00
Weighted Daily Average			683	48	1026	10.73	*3.15	486.9	6930	47.44	*35	30.25	109.53	15.40	4.66	*0.05
% of Calories											*20.4%	17.7%	64.1%	20.3%	6.1%	*0.1%
Nutrient Guideline			600-700		1360										<10.00	

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# Yuba City USD

## Base Menu Spreadsheet

### Portion Values - Detailed

May 1, 2022 thru May 31, 2022

MIDDLE SCHOOL LUNCH

Generated on: 4/29/2022 10:53:48 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 <sup>1</sup> (g)
<b>Tue - 05/17/2022</b>																
MIDDLE SCHOOL LUNCH	Total	600														
CHICKEN, H&S WG SANDWICH	SERVING	125	414	47	611	7.00	3.06	190.0	50	0.0	4	28.0	45.0	14.0	2.70	0.00
MAC & CHEESE, WG JTM	#6 SCOOP	150	286	37	441	2.00	0.00	365.0	493	1.0	8	15.0	31.0	12.0	6.50	0.00
BREAD, ROLL WHEAT DINNER	EACH	150	80	0	130	1.00	0.72	0.0	0	0.0	2	2.0	15.0	1.0	0.00	0.00
1 OZ CHICKEN, NUGGETS 10EA RC	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															
SANDWICH, PB & STRAWWG	2 EACH	50	640	0	640	8.00	2.88	40.0	0	0.0	26	20.0	64.0	34.0	7.00	0.00
2.6OZ SANDWICH, PB & GRAPE WG	2 EACH	50	600	0	560	8.00	2.88	40.0	0	0.0	28	16.0	64.0	34.0	6.00	0.00
2.6OZ HS SAND, TURK HAM CHEE W /CHIP	SANDWIC	25	441	61	1061	8.46	*2.69	97.3	322	3.7	*8	26.15	60.99	11.48	3.24	*0.00
HS SAND, TURK SLICE WG W/ CHIP	SANDWIC	25	537	72	1179	8.64	3.65	114.2	534	11.45	*6	32.52	62.54	17.75	6.88	*0.00
SALAD, TACO	1 EACH	25	489	72	351	5.27	1.66	56.0	4623	16.21	*1	27.9	35.38	25.32	8.37	*2.39
SALAD, CHEF W/HAM ELEM	1 EACH	25	513	52	853	2.56	1.41	48.0	3929	16.87	*3	15.58	24.59	40.45	9.35	*0.00
SALAD, CHEF W/CHICK FAJITA	1 EACH	25	377	110	957	0.61	1.32	92.9	1472	22.11	*0	28.11	5.13	28.06	8.26	*0.00
SALAD, CHEF W/OUT MEAT (7-12)	SERVING	25	325	47	587	1.12	0.30	26.0	3231	6.88	*0	15.25	5.86	28.02	10.51	*0.00
POTATO, FRIES KK HOT & SPICY	#8 SCOOP	150	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
POTATO, SMILES	SERVING	150	160	0	390	2.00	0.00	0.0	0	3.6	*N/A*	2.0	24.0	6.0	1.00	0.00
	S (6)															
MUSTARD, POUCH	1/2 OZ	100	1	0	17	0.05	0.03	1.2	2	0.04	*N/A*	0.06	0.12	0.05	0.00	0.00
KETCHUP, POUCH	1 OZ	100	24	0	217	0.07	0.08	3.6	126	0.98	5	0.25	6.54	0.02	0.00	0.00
DRESSING, RANCH PACKET 1	PACKET	10	60	5	100	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	7.0	1.00	0.00
2GRAMS MILK, NONFAT CHOCOLATE	SERVING	400	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	SERVING	200	130	15	160	0.00	0.00	400.0	500	1.2	15	10.0	16.0	2.5	1.50	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
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	1 EACH	200	69	0	2	3.39	0.15	59.4	339	82.98	*N/A*	1.7	17.82	0.0	0.00	0.00
Weighted Daily Average			808	50	1144	13.67	*3.21	599.5	7205	47.13	*41	36.49	114.19	24.53	6.53	*0.10
% of Calories											*20.5%	18.1%	56.5%	27.3%	7.3%	*0.1%
Nutrient Guideline			600-700		1360										<10.00	

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# Yuba City USD

## Base Menu Spreadsheet

### Portion Values - Detailed

May 1, 2022 thru May 31, 2022

MIDDLE SCHOOL LUNCH

Generated on: 4/29/2022 10:53:48 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 <sup>1</sup> (g)
Wed - 05/18/2022																
MIDDLE SCHOOL LUNCH	Total	600														
PIZZA, CHEESE WG 14" YCUSD	SLICES	75	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	75	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	SLICE	25	462	44	1253	2.41	4.24	55.7	687	13.55	*4	21.8	58.04	16.41	7.33	*0.00
CHICKEN TERIYAKI BOWL RICE	SERVING S H #16	100	248	46	700	1.68	0.74	4.1	0	0.01	*6	15.72	36.36	4.81	2.00	*0.00
CHICKEN, POPCORN WG 10 E ACH	SERVING (10)	100	293	81	487	3.00	2.00	18.0	167	0.0	0	18.0	17.0	17.0	3.00	0.00
BREADSTICK, CHEESE 4 BITES	4 EACH	100	280	20	540	4.00	1.44	240.0	400	0.0	0	16.0	28.0	12.0	4.00	0.00
HS SAND, TURK HAM CHEE W /CHIP	SANDWIC	25	441	61	1061	8.46	*2.69	97.3	322	3.7	*8	26.15	60.99	11.48	3.24	*0.00
HS SAND, TURK SLICE WG W/ CHIP	SANDWIC	25	537	72	1179	8.64	3.65	114.2	534	11.45	*6	32.52	62.54	17.75	6.88	*0.00
SALAD, TACO	1 EACH	19	489	72	351	5.27	1.66	56.0	4623	16.21	*1	27.9	35.38	25.32	8.37	*2.39
SALAD, CHEF W/HAM ELEM	1 EACH	18	513	52	853	2.56	1.41	48.0	3929	16.87	*3	15.58	24.59	40.45	9.35	*0.00
SALAD, CHEF W/CHICK FAJITA	1 EACH	19	377	110	957	0.61	1.32	92.9	1472	22.11	*0	28.11	5.13	28.06	8.26	*0.00
SALAD, CHEF W/OUT MEAT (7-12)	SERVING	19	325	47	587	1.12	0.30	26.0	3231	6.88	*0	15.25	5.86	28.02	10.51	*0.00
POTATO, FRIES KK HOT & SPICY	#8 SCOOP	125	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
POTATO, TATER BARRELS SY SCO	10 BARR ELS	150	170	0	360	1.00	0.36	0.0	0	3.6	0	2.0	19.0	9.0	1.50	0.00
MUSTARD, POUCH	1/2 OZ	100	1	0	17	0.05	0.03	1.2	2	0.04	*N/A*	0.06	0.12	0.05	0.00	0.00
KETCHUP, POUCH	1 OZ	100	24	0	217	0.07	0.08	3.6	126	0.98	5	0.25	6.54	0.02	0.00	0.00
DRESSING, RANCH PACKET 1 2GRAMS	PACKET	10	60	5	100	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	7.0	1.00	0.00
MILK, NONFAT CHOCOLATE	SERVING	400	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	SERVING	200	130	15	160	0.00	0.00	400.0	500	1.2	15	10.0	16.0	2.5	1.50	0.00
HS- VEG SIDE SALAD	1 CUP	300	70	0	142	3.74	0.28	21.1	5767	5.26	*3	2.95	14.06	0.31	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	1 EACH	200	69	0	2	3.39	0.15	59.4	339	82.98	*N/A*	1.7	17.82	0.0	0.00	0.00
Weighted Daily Average			698	60	1202	9.17	*3.31	494.8	4322	45.29	*34	32.53	100.17	20.10	6.13	*0.08
% of Calories											*19.5%	18.6%	57.4%	25.9%	7.9%	*0.1%
Nutrient Guideline			600-700		1360										<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 <sup>1</sup> (g)
Thu - 05/19/2022																
MIDDLE SCHOOL LUNCH	Total	600														
NACHOS, BEEF&CHEESE (K-8)	SERVING	100	480	77	780	6.01	1.29	250.6	871	4.07	*2	24.27	38.61	24.86	10.59	*0.00
CORN DOG, MINI CHICK TYSON	SERVING	50	315	49	570	2.43	1.75	24.3	0	0.0	6	14.55	27.89	16.98	3.64	*N/A*
	(6)															
PRETZEL, NUGGETS W/CHEESE	SERVING	100	336	56	910	4.00	1.44	406.0	778	0.0	2	18.0	32.0	16.0	9.20	0.00
BURGER, CHEESE	EACH	50	349	47	489	4.00	2.44	165.0	0	0.0	4	22.0	32.0	15.0	6.50	0.00
BURRITO, BEAN&CHSEIWSW	1 EACH	50	323	18	458	7.71	3.00	192.9	681	11.86	2	15.13	42.18	11.65	4.27	0.00
G6.05OZ																
HS SAND, TURK HAM CHEE W /CHIP	SANDWIC	75	441	61	1061	8.46	*2.69	97.3	322	3.7	*8	26.15	60.99	11.48	3.24	*0.00
HS SAND, TURK SLICE WG W/ CHIP	SANDWIC	75	537	72	1179	8.64	3.65	114.2	534	11.45	*6	32.52	62.54	17.75	6.88	*0.00
SALAD, TACO	1 EACH	20	489	72	351	5.27	1.66	56.0	4623	16.21	*1	27.9	35.38	25.32	8.37	*2.39
SALAD, CHEF W/HAM ELEM	1 EACH	20	513	52	853	2.56	1.41	48.0	3929	16.87	*3	15.58	24.59	40.45	9.35	*0.00
SALAD, CHEF W/CHICK FAJITA	1 EACH	20	377	110	957	0.61	1.32	92.9	1472	22.11	*0	28.11	5.13	28.06	8.26	*0.00
SALAD, CHEF W/OUT MEAT (7-12)	SERVING	20	325	47	587	1.12	0.30	26.0	3231	6.88	*0	15.25	5.86	28.02	10.51	*0.00
POTATO, FRIES KK HOT & SPICY	#8 SCOOP	150	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
POTATO, TATER BARRELS SY	10 BARR	300	170	0	360	1.00	0.36	0.0	0	3.6	0	2.0	19.0	9.0	1.50	0.00
SCO	ELS															
MUSTARD, POUCH	1/2 OZ	100	1	0	17	0.05	0.03	1.2	2	0.04	*N/A*	0.06	0.12	0.05	0.00	0.00
KETCHUP, POUCH	1 OZ	100	24	0	217	0.07	0.08	3.6	126	0.98	5	0.25	6.54	0.02	0.00	0.00
DRESSING, RANCH PACKET 1	PACKET	100	60	5	100	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	7.0	1.00	0.00
2GRAMS																
MILK, NONFAT CHOCOLATE	SERVING	400	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	SERVING	200	130	15	160	0.00	0.00	400.0	500	1.2	15	10.0	16.0	2.5	1.50	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
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	1 EACH	200	69	0	2	3.39	0.15	59.4	339	82.98	*N/A*	1.7	17.82	0.0	0.00	0.00
Weighted Daily Average			822	67	1338	13.57	*3.18	609.0	7364	50.19	*36	36.42	113.27	26.37	8.45	*0.08
% of Calories											*17.7%	17.7%	55.1%	28.9%	9.3%	*0.1%
Nutrient Guideline			600-700		1360										<10.00	

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# Yuba City USD

## Base Menu Spreadsheet

### Portion Values - Detailed

May 1, 2022 thru May 31, 2022

MIDDLE SCHOOL LUNCH

Generated on: 4/29/2022 10:53:48 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 <sup>1</sup> (g)
Fri - 05/20/2022																
MIDDLE SCHOOL LUNCH	Total	600														
PIZZA, CHEESE WG 14" YCUSD	SLICES	75	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	75	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	SLICE	50	462	44	1253	2.41	4.24	55.7	687	13.55	*4	21.8	58.04	16.41	7.33	*0.00
SANDWICH, GRILLED CHEESE	1 EACH	50	447	60	858	4.00	1.80	70.0	83	0.0	*4	23.0	35.0	24.83	12.33	*0.00
CHICKEN, NUGGETS 10EA RC	SERVING	110	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															
CHICKEN TERIYAKI BOWL NO ODLE	SERVING	110	310	46	834	3.49	2.49	19.5	0	0.08	*6	19.43	41.38	8.85	2.33	*0.00
	S H #16															
HS SAND, TURK HAM CHEE W /CHIP	SANDWIC	25	441	61	1061	8.46	*2.69	97.3	322	3.7	*8	26.15	60.99	11.48	3.24	*0.00
HS SAND, TURK SLICE WG W/ CHIP	SANDWIC	25	537	72	1179	8.64	3.65	114.2	534	11.45	*6	32.52	62.54	17.75	6.88	*0.00
SALAD, TACO	1 EACH	20	489	72	351	5.27	1.66	56.0	4623	16.21	*1	27.9	35.38	25.32	8.37	*2.39
SALAD, CHEF W/HAM ELEM	1 EACH	20	513	52	853	2.56	1.41	48.0	3929	16.87	*3	15.58	24.59	40.45	9.35	*0.00
SALAD, CHEF W/CHICK FAJITA	1 EACH	20	377	110	957	0.61	1.32	92.9	1472	22.11	*0	28.11	5.13	28.06	8.26	*0.00
SALAD, CHEF W/OUT MEAT (7-12)	SERVING	20	325	47	587	1.12	0.30	26.0	3231	6.88	*0	15.25	5.86	28.02	10.51	*0.00
POTATO, FRIES KK HOT & SPICY	#8 SCOOP	75	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	125	81	0	57	1.03	0.37	100.3	0	6.06	*0	1.05	14.22	2.5	0.00	*0.00
POTATO, SMILES	SERVING	75	160	0	390	2.00	0.00	0.0	0	3.6	*N/A*	2.0	24.0	6.0	1.00	0.00
	S (6)															
KETCHUP, POUCH	1 OZ	100	24	0	217	0.07	0.08	3.6	126	0.98	5	0.25	6.54	0.02	0.00	0.00
DRESSING, RANCH PACKET 1 2GRAMS	PACKET	10	60	5	100	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	7.0	1.00	0.00
MILK, NONFAT CHOCOLATE	SERVING	400	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	SERVING	200	130	15	160	0.00	0.00	400.0	500	1.2	15	10.0	16.0	2.5	1.50	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
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	1 EACH	200	69	0	2	3.39	0.15	59.4	339	82.98	*N/A*	1.7	17.82	0.0	0.00	0.00
Weighted Daily Average			746	59	1371	11.65	*4.06	475.8	7167	47.41	*36	36.29	107.57	20.74	6.96	*0.08
% of Calories											*19.4%	19.4%	57.7%	25.0%	8.4%	*0.1%
Nutrient Guideline			600-700		1360										<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 <sup>1</sup> (g)
Mon - 05/23/2022																
MIDDLE SCHOOL LUNCH	Total	600														
PIZZA, CHEESE WG 14" YCUSD	SLICE	50	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	SLICE	50	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	SLICE	25	462	44	1253	2.41	4.24	55.7	687	13.55	*4	21.8	58.04	16.41	7.33	*0.00
POCKET, TACO 4.5 OZ	POCKET	50	260	35	390	4.00	2.70	80.0	200	1.2	1	17.0	31.0	8.0	2.50	0.00
POCKET, PIZZA 4.5 OZ	1 EACH	50	250	30	410	4.00	2.70	60.0	100	2.4	2	14.0	32.0	8.0	2.00	0.00
CHICKEN ORANGE RICE BOWL	SERVINGS	150	367	46	363	3.22	1.16	5.8	4	1.4	*1	18.43	61.91	5.61	2.00	0.00
TURKEY, HOT DOG ON A BUN	1 EACH	50	300	50	680	3.00	2.16	230.0	0	0.0	4	14.0	31.0	14.0	4.00	0.00
HS SAND, TURK HAM CHEE W /CHIP	SANDWIC	10	441	61	1061	8.46	*2.69	97.3	322	3.7	*8	26.15	60.99	11.48	3.24	*0.00
HS SAND, TURK SLICE WG W/ CHIP	SANDWIC	15	537	72	1179	8.64	3.65	114.2	534	11.45	*6	32.52	62.54	17.75	6.88	*0.00
SALAD, TACO	1 EACH	13	489	72	351	5.27	1.66	56.0	4623	16.21	*1	27.9	35.38	25.32	8.37	*2.39
SALAD, CHEF W/HAM ELEM	1 EACH	12	513	52	853	2.56	1.41	48.0	3929	16.87	*3	15.58	24.59	40.45	9.35	*0.00
SALAD, CHEF W/CHICK FAJITA	1 EACH	13	377	110	957	0.61	1.32	92.9	1472	22.11	*0	28.11	5.13	28.06	8.26	*0.00
SALAD, CHEF W/OUT MEAT (7-12)	SERVING	12	325	47	587	1.12	0.30	26.0	3231	6.88	*0	15.25	5.86	28.02	10.51	*0.00
POTATO, FRIES KK HOT & SPICY	#8 SCOOP	125	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	175	81	0	57	1.03	0.37	100.3	0	6.06	*0	1.05	14.22	2.5	0.00	*0.00
POTATO, TATER BARRELS SY SCO	10 BARR ELS	150	170	0	360	1.00	0.36	0.0	0	3.6	0	2.0	19.0	9.0	1.50	0.00
MUSTARD, POUCH	1/2 OZ	100	1	0	17	0.05	0.03	1.2	2	0.04	*N/A*	0.06	0.12	0.05	0.00	0.00
KETCHUP, POUCH	1 OZ	100	24	0	217	0.07	0.08	3.6	126	0.98	5	0.25	6.54	0.02	0.00	0.00
DRESSING, RANCH PACKET 1 2GRAMS	PACKET	10	60	5	100	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	7.0	1.00	0.00
MILK, NONFAT CHOCOLATE	SERVING	400	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	SERVING	200	130	15	160	0.00	0.00	400.0	500	1.2	15	10.0	16.0	2.5	1.50	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
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	1 EACH	200	69	0	2	3.39	0.15	59.4	339	82.98	*N/A*	1.7	17.82	0.0	0.00	0.00
Weighted Daily Average			683	48	1026	10.73	*3.15	486.9	6930	47.44	*35	30.25	109.53	15.40	4.66	*0.05
% of Calories											*20.4%	17.7%	64.1%	20.3%	6.1%	*0.1%
Nutrient Guideline			600-700		1360										<10.00	

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 \* - denotes combined nutrient totals with either missing or incomplete nutrient data  
<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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# Yuba City USD

May 1, 2022 thru May 31, 2022

Base Menu Spreadsheet

MIDDLE SCHOOL LUNCH

Portion Values - Detailed

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	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 <sup>1</sup> (g)
Tue - 05/24/2022																
MIDDLE SCHOOL LUNCH	Total	600														
CHICKEN, H&S WG SANDWICH	SERVING	125	414	47	611	7.00	3.06	190.0	50	0.0	4	28.0	45.0	14.0	2.70	0.00
MAC & CHEESE, WG JTM	#6 SCOOP	150	286	37	441	2.00	0.00	365.0	493	1.0	8	15.0	31.0	12.0	6.50	0.00
BREAD, ROLL WHEAT DINNER	EACH	150	80	0	130	1.00	0.72	0.0	0	0.0	2	2.0	15.0	1.0	0.00	0.00
1 OZ																
CHICKEN, NUGGETS 10EA RC	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																
SANDWICH, PB & STRAWWG	2 EACH	50	640	0	640	8.00	2.88	40.0	0	0.0	26	20.0	64.0	34.0	7.00	0.00
2.6OZ																
SANDWICH, PB & GRAPE WG	2 EACH	50	600	0	560	8.00	2.88	40.0	0	0.0	28	16.0	64.0	34.0	6.00	0.00
2.6OZ																
HS SAND, TURK HAM CHEE W /CHIP	SANDWIC	25	441	61	1061	8.46	*2.69	97.3	322	3.7	*8	26.15	60.99	11.48	3.24	*0.00
HS SAND, TURK SLICE WG W/ CHIP	SANDWIC	25	537	72	1179	8.64	3.65	114.2	534	11.45	*6	32.52	62.54	17.75	6.88	*0.00
SALAD, TACO	1 EACH	25	489	72	351	5.27	1.66	56.0	4623	16.21	*1	27.9	35.38	25.32	8.37	*2.39
SALAD, CHEF W/HAM ELEM	1 EACH	25	513	52	853	2.56	1.41	48.0	3929	16.87	*3	15.58	24.59	40.45	9.35	*0.00
SALAD, CHEF W/CHICK FAJITA	1 EACH	25	377	110	957	0.61	1.32	92.9	1472	22.11	*0	28.11	5.13	28.06	8.26	*0.00
SALAD, CHEF W/OUT MEAT (7-12)	SERVING	25	325	47	587	1.12	0.30	26.0	3231	6.88	*0	15.25	5.86	28.02	10.51	*0.00
POTATO, FRIES KK HOT & SPICY	#8 SCOOP	150	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
POTATO, SMILES	SERVING	150	160	0	390	2.00	0.00	0.0	0	3.6	*N/A*	2.0	24.0	6.0	1.00	0.00
S (6)																
MUSTARD, POUCH	1/2 OZ	100	1	0	17	0.05	0.03	1.2	2	0.04	*N/A*	0.06	0.12	0.05	0.00	0.00
KETCHUP, POUCH	1 OZ	100	24	0	217	0.07	0.08	3.6	126	0.98	5	0.25	6.54	0.02	0.00	0.00
DRESSING, RANCH PACKET 1	PACKET	10	60	5	100	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	7.0	1.00	0.00
2GRAMS																
MILK, NONFAT CHOCOLATE	SERVING	400	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	SERVING	200	130	15	160	0.00	0.00	400.0	500	1.2	15	10.0	16.0	2.5	1.50	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
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	1 EACH	200	69	0	2	3.39	0.15	59.4	339	82.98	*N/A*	1.7	17.82	0.0	0.00	0.00
Weighted Daily Average			808	50	1144	13.67	*3.21	599.5	7205	47.13	*41	36.49	114.19	24.53	6.53	*0.10
% of Calories											*20.5%	18.1%	56.5%	27.3%	7.3%	*0.1%
Nutrient Guideline			600-700		1360										<10.00	

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

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<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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# Yuba City USD

## Base Menu Spreadsheet

### Portion Values - Detailed

May 1, 2022 thru May 31, 2022

MIDDLE SCHOOL LUNCH

Generated on: 4/29/2022 10:53:49 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 <sup>1</sup> (g)
<b>Wed - 05/25/2022</b>																
MIDDLE SCHOOL LUNCH	Total	600														
PIZZA, CHEESE WG 14" YCUSD	SLICES	75	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	75	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	SLICE	25	462	44	1253	2.41	4.24	55.7	687	13.55	*4	21.8	58.04	16.41	7.33	*0.00
CHICKEN TERIYAKI BOWL RICE	SERVING S H #16	100	248	46	700	1.68	0.74	4.1	0	0.01	*6	15.72	36.36	4.81	2.00	*0.00
CHICKEN, POPCORN WG 10 E ACH	SERVING (10)	100	293	81	487	3.00	2.00	18.0	167	0.0	0	18.0	17.0	17.0	3.00	0.00
BREADSTICK, CHEESE 4 BITES	4 EACH	100	280	20	540	4.00	1.44	240.0	400	0.0	0	16.0	28.0	12.0	4.00	0.00
HS SAND, TURK HAM CHEE W /CHIP	SANDWIC	25	441	61	1061	8.46	*2.69	97.3	322	3.7	*8	26.15	60.99	11.48	3.24	*0.00
HS SAND, TURK SLICE WG W/ CHIP	SANDWIC	25	537	72	1179	8.64	3.65	114.2	534	11.45	*6	32.52	62.54	17.75	6.88	*0.00
SALAD, TACO	1 EACH	19	489	72	351	5.27	1.66	56.0	4623	16.21	*1	27.9	35.38	25.32	8.37	*2.39
SALAD, CHEF W/HAM ELEM	1 EACH	18	513	52	853	2.56	1.41	48.0	3929	16.87	*3	15.58	24.59	40.45	9.35	*0.00
SALAD, CHEF W/CHICK FAJITA	1 EACH	19	377	110	957	0.61	1.32	92.9	1472	22.11	*0	28.11	5.13	28.06	8.26	*0.00
SALAD, CHEF W/OUT MEAT (7-12)	SERVING	19	325	47	587	1.12	0.30	26.0	3231	6.88	*0	15.25	5.86	28.02	10.51	*0.00
POTATO, FRIES KK HOT & SPICY	#8 SCOOP	125	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
POTATO, TATER BARRELS SY SCO	10 BARR ELS	150	170	0	360	1.00	0.36	0.0	0	3.6	0	2.0	19.0	9.0	1.50	0.00
MUSTARD, POUCH	1/2 OZ	100	1	0	17	0.05	0.03	1.2	2	0.04	*N/A*	0.06	0.12	0.05	0.00	0.00
KETCHUP, POUCH	1 OZ	100	24	0	217	0.07	0.08	3.6	126	0.98	5	0.25	6.54	0.02	0.00	0.00
DRESSING, RANCH PACKET 1 2GRAMS	PACKET	10	60	5	100	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	7.0	1.00	0.00
MILK, NONFAT CHOCOLATE	SERVING	400	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	SERVING	200	130	15	160	0.00	0.00	400.0	500	1.2	15	10.0	16.0	2.5	1.50	0.00
HS- VEG SIDE SALAD	1 CUP	300	70	0	142	3.74	0.28	21.1	5767	5.26	*3	2.95	14.06	0.31	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	1 EACH	200	69	0	2	3.39	0.15	59.4	339	82.98	*N/A*	1.7	17.82	0.0	0.00	0.00
Weighted Daily Average			698	60	1202	9.17	*3.31	494.8	4322	45.29	*34	32.53	100.17	20.10	6.13	*0.08
% of Calories											*19.5%	18.6%	57.4%	25.9%	7.9%	*0.1%
Nutrient Guideline			600-700		1360										<10.00	

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 \* - denotes combined nutrient totals with either missing or incomplete nutrient data  
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# Yuba City USD

May 1, 2022 thru May 31, 2022

Base Menu Spreadsheet

MIDDLE SCHOOL LUNCH

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 05/26/2022																
MIDDLE SCHOOL LUNCH	Total	600														
NACHOS, BEEF&CHEESE (K-8)	SERVING	100	480	77	780	6.01	1.29	250.6	871	4.07	*2	24.27	38.61	24.86	10.59	*0.00
CORN DOG, MINI CHICK TYSON	SERVING	50	315	49	570	2.43	1.75	24.3	0	0.0	6	14.55	27.89	16.98	3.64	*N/A*
	(6)															
PRETZEL, NUGGETS W/CHEESE	SERVING	100	336	56	910	4.00	1.44	406.0	778	0.0	2	18.0	32.0	16.0	9.20	0.00
BURGER, CHEESE	EACH	50	349	47	489	4.00	2.44	165.0	0	0.0	4	22.0	32.0	15.0	6.50	0.00
BURRITO, BEAN&CHSEIWSW	1 EACH	50	323	18	458	7.71	3.00	192.9	681	11.86	2	15.13	42.18	11.65	4.27	0.00
G6.05OZ																
HS SAND, TURK HAM CHEE W /CHIP	SANDWIC	75	441	61	1061	8.46	*2.69	97.3	322	3.7	*8	26.15	60.99	11.48	3.24	*0.00
HS SAND, TURK SLICE WG W/ CHIP	SANDWIC	75	537	72	1179	8.64	3.65	114.2	534	11.45	*6	32.52	62.54	17.75	6.88	*0.00
SALAD, TACO	1 EACH	20	489	72	351	5.27	1.66	56.0	4623	16.21	*1	27.9	35.38	25.32	8.37	*2.39
SALAD, CHEF W/HAM ELEM	1 EACH	20	513	52	853	2.56	1.41	48.0	3929	16.87	*3	15.58	24.59	40.45	9.35	*0.00
SALAD, CHEF W/CHICK FAJITA	1 EACH	20	377	110	957	0.61	1.32	92.9	1472	22.11	*0	28.11	5.13	28.06	8.26	*0.00
SALAD, CHEF W/OUT MEAT (7-12)	SERVING	20	325	47	587	1.12	0.30	26.0	3231	6.88	*0	15.25	5.86	28.02	10.51	*0.00
POTATO, FRIES KK HOT & SPICY	#8 SCOOP	150	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
POTATO, TATER BARRELS SY	10 BARR	300	170	0	360	1.00	0.36	0.0	0	3.6	0	2.0	19.0	9.0	1.50	0.00
SCO	ELS															
MUSTARD, POUCH	1/2 OZ	100	1	0	17	0.05	0.03	1.2	2	0.04	*N/A*	0.06	0.12	0.05	0.00	0.00
KETCHUP, POUCH	1 OZ	100	24	0	217	0.07	0.08	3.6	126	0.98	5	0.25	6.54	0.02	0.00	0.00
DRESSING, RANCH PACKET 1	PACKET	100	60	5	100	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	7.0	1.00	0.00
2GRAMS																
MILK, NONFAT CHOCOLATE	SERVING	400	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	SERVING	200	130	15	160	0.00	0.00	400.0	500	1.2	15	10.0	16.0	2.5	1.50	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
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	1 EACH	200	69	0	2	3.39	0.15	59.4	339	82.98	*N/A*	1.7	17.82	0.0	0.00	0.00
Weighted Daily Average			822	67	1338	13.57	*3.18	609.0	7364	50.19	*36	36.42	113.27	26.37	8.45	*0.08
% of Calories											*17.7%	17.7%	55.1%	28.9%	9.3%	*0.1%
Nutrient Guideline			600-700		1360										<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 <sup>1</sup> (g)
Fri - 05/27/2022																
MIDDLE SCHOOL LUNCH	Total	600														
PIZZA, CHEESE WG 14" YCUSD	SLICES	75	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	75	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	SLICE	50	462	44	1253	2.41	4.24	55.7	687	13.55	*4	21.8	58.04	16.41	7.33	*0.00
SANDWICH, GRILLED CHEESE	1 EACH	50	447	60	858	4.00	1.80	70.0	83	0.0	*4	23.0	35.0	24.83	12.33	*0.00
CHICKEN, NUGGETS 10EA RC	SERVING	110	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															
CHICKEN TERIYAKI BOWL NO ODLE	SERVING	110	310	46	834	3.49	2.49	19.5	0	0.08	*6	19.43	41.38	8.85	2.33	*0.00
	S H #16															
HS SAND, TURK HAM CHEE W /CHIP	SANDWIC	25	441	61	1061	8.46	*2.69	97.3	322	3.7	*8	26.15	60.99	11.48	3.24	*0.00
HS SAND, TURK SLICE WG W/ CHIP	SANDWIC	25	537	72	1179	8.64	3.65	114.2	534	11.45	*6	32.52	62.54	17.75	6.88	*0.00
SALAD, TACO	1 EACH	20	489	72	351	5.27	1.66	56.0	4623	16.21	*1	27.9	35.38	25.32	8.37	*2.39
SALAD, CHEF W/HAM ELEM	1 EACH	20	513	52	853	2.56	1.41	48.0	3929	16.87	*3	15.58	24.59	40.45	9.35	*0.00
SALAD, CHEF W/CHICK FAJITA	1 EACH	20	377	110	957	0.61	1.32	92.9	1472	22.11	*0	28.11	5.13	28.06	8.26	*0.00
SALAD, CHEF W/OUT MEAT (7-12)	SERVING	20	325	47	587	1.12	0.30	26.0	3231	6.88	*0	15.25	5.86	28.02	10.51	*0.00
POTATO, FRIES KK HOT & SPICY	#8 SCOOP	75	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	125	81	0	57	1.03	0.37	100.3	0	6.06	*0	1.05	14.22	2.5	0.00	*0.00
POTATO, SMILES	SERVING	75	160	0	390	2.00	0.00	0.0	0	3.6	*N/A*	2.0	24.0	6.0	1.00	0.00
	S (6)															
KETCHUP, POUCH	1 OZ	100	24	0	217	0.07	0.08	3.6	126	0.98	5	0.25	6.54	0.02	0.00	0.00
DRESSING, RANCH PACKET 1 2GRAMS	PACKET	10	60	5	100	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	7.0	1.00	0.00
MILK, NONFAT CHOCOLATE	SERVING	400	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	SERVING	200	130	15	160	0.00	0.00	400.0	500	1.2	15	10.0	16.0	2.5	1.50	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
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	1 EACH	200	69	0	2	3.39	0.15	59.4	339	82.98	*N/A*	1.7	17.82	0.0	0.00	0.00
Weighted Daily Average			746	59	1371	11.65	*4.06	475.8	7167	47.41	*36	36.29	107.57	20.74	6.96	*0.08
% of Calories											*19.4%	19.4%	57.7%	25.0%	8.4%	*0.1%
Nutrient Guideline			600-700		1360										<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  
<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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# Yuba City USD

## Base Menu Spreadsheet

### Portion Values - Detailed

May 1, 2022 thru May 31, 2022

MIDDLE SCHOOL LUNCH

Generated on: 4/29/2022 10:53:49 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 <sup>1</sup> (g)
Tue - 05/31/2022																
MIDDLE SCHOOL LUNCH	Total	600														
CHICKEN, H&S WG SANDWICH	SERVING	125	414	47	611	7.00	3.06	190.0	50	0.0	4	28.0	45.0	14.0	2.70	0.00
MAC & CHEESE, WG JTM	#6 SCOOP	150	286	37	441	2.00	0.00	365.0	493	1.0	8	15.0	31.0	12.0	6.50	0.00
BREAD, ROLL WHEAT DINNER	EACH	150	80	0	130	1.00	0.72	0.0	0	0.0	2	2.0	15.0	1.0	0.00	0.00
1 OZ																
CHICKEN, NUGGETS 10EA RC	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																
SANDWICH, PB & STRAWWG	2 EACH	50	640	0	640	8.00	2.88	40.0	0	0.0	26	20.0	64.0	34.0	7.00	0.00
2.6OZ																
SANDWICH, PB & GRAPE WG	2 EACH	50	600	0	560	8.00	2.88	40.0	0	0.0	28	16.0	64.0	34.0	6.00	0.00
2.6OZ																
HS SAND, TURK HAM CHEE W	SANDWIC	25	441	61	1061	8.46	*2.69	97.3	322	3.7	*8	26.15	60.99	11.48	3.24	*0.00
/CHIP																
HS SAND, TURK SLICE WG W/	SANDWIC	25	537	72	1179	8.64	3.65	114.2	534	11.45	*6	32.52	62.54	17.75	6.88	*0.00
CHIP																
SALAD, TACO	1 EACH	25	489	72	351	5.27	1.66	56.0	4623	16.21	*1	27.9	35.38	25.32	8.37	*2.39
SALAD, CHEF W/HAM ELEM	1 EACH	25	513	52	853	2.56	1.41	48.0	3929	16.87	*3	15.58	24.59	40.45	9.35	*0.00
SALAD, CHEF W/CHICK FAJITA	1 EACH	25	377	110	957	0.61	1.32	92.9	1472	22.11	*0	28.11	5.13	28.06	8.26	*0.00
SALAD, CHEF W/OUT MEAT (7-12)	SERVING	25	325	47	587	1.12	0.30	26.0	3231	6.88	*0	15.25	5.86	28.02	10.51	*0.00
POTATO, FRIES KK HOT & SPICY	#8 SCOOP	150	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
POTATO, SMILES	SERVING	150	160	0	390	2.00	0.00	0.0	0	3.6	*N/A*	2.0	24.0	6.0	1.00	0.00
S (6)																
MUSTARD, POUCH	1/2 OZ	100	1	0	17	0.05	0.03	1.2	2	0.04	*N/A*	0.06	0.12	0.05	0.00	0.00
KETCHUP, POUCH	1 OZ	100	24	0	217	0.07	0.08	3.6	126	0.98	5	0.25	6.54	0.02	0.00	0.00
DRESSING, RANCH PACKET 1	PACKET	10	60	5	100	0.00	0.00	0.0	0	0.0	*N/A*	0.0	1.0	7.0	1.00	0.00
2GRAMS																
MILK, NONFAT CHOCOLATE	SERVING	400	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	SERVING	200	130	15	160	0.00	0.00	400.0	500	1.2	15	10.0	16.0	2.5	1.50	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
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	1 EACH	200	69	0	2	3.39	0.15	59.4	339	82.98	*N/A*	1.7	17.82	0.0	0.00	0.00
Weighted Daily Average			808	50	1144	13.67	*3.21	599.5	7205	47.13	*41	36.49	114.19	24.53	6.53	*0.10
% of Calories											*20.5%	18.1%	56.5%	27.3%	7.3%	*0.1%
Nutrient Guideline			600-700		1360										<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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# Yuba City USD

Base Menu Spreadsheet

Portion Values - Detailed

Page 22

May 1, 2022 thru May 31, 2022

MIDDLE SCHOOL LUNCH

Generated on: 4/29/2022 10:53:49 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 <sup>1</sup> (g)
Weighted Average			754	56	1213	11.85	*3.37	536.4	6627	47.47	*37 *43.9%	34.50 18.3%	109.20 57.9%	21.58 25.7%	6.54 7.8%	*0.08 *0.1%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	754		600 - 700	108%			54	Correction Required - Calories too High
Cholesterol (mg)	56							
Sodium 1 (mg)	1213		1360					
Sodium 2 (mg)	1213		1035				178	Correction Required - Sodium too High
Fiber (g)	11.85							
Iron (mg)	3.37				Missing			
Calcium (mg)	536.4							
Vitamin A (IU)	6627							
Sugars (g)	37	19.53%			Missing			
Vitamin C (mg)	47.47							
Protein (g)	34.50	18.30%						
Carbohydrate (g)	109.20	57.91%						
Total Fat (g)	21.58	25.75%						
Saturated Fat (g)	6.54	7.81%	<10.00%					
Trans Fat <sup>1</sup> (g)	0.08	0.09%			Missing			

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