

Columbia Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

Aug 20, 2024 thru Aug 31, 2024

HIGH SCHOOL LUNCH IN SCHOOL

Generated on: 6/11/2024 2:25:03 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)
Tue - 08/20/2024							
HIGH SCHOOL LUNCH IN S	Total	100					
Beans, Green, Seasoned	1/2 CUP	1	43	0	367	1.42	5.64
ALLERGY, CPS Meal	1 SERVING	1	242	28	372	9.17	25.17
Burger, Black Bean, on Bun	Sandwich	1	300	0	760	19.0	45.0
Burger, Hamburger on Bun	Sandwich	6	300	50	400	19.0	27.0
Burger, Cheeseburger on Bun	SANDWICH	10	335	57	550	22.0	28.0
Chicken Tenders, WG, Gld Cr II	3 PCS (4.0 oz)	16	283	51	719	21.26	16.2
Chicken Tenders, Sp, Gld Cr II	3 PCS (4.0 oz)	1	195	53	337	15.06	15.06
Pizza, SM,Cheesy Bread	Pizza, personal	1	*767	*74	*1236	*40.67	*77.36
Stfd, SM, Bac. Jal Cheesy Brd	Smacker	1	413	48	858	23.0	38.64
Stfd, SM, Hot Wing Cheesy Brd	Smacker	1	366	46	929	22.56	38.14
Stfd, SM, Italian Cheesy Brd	Smacker	1	411	45	732	20.73	38.97
Stfd, SM, Orig. Cheesy Brd	Smacker	1	420	46	646	23.37	37.79
Stfd, SM, Pepp Cheesy Brd.	Smacker	1	847	153	1607	53.22	41.12
Pizza, SM,Cheese, HS instruct	Pizza, personal	11	383	37	614	20.3	38.63
Pizza, SM,Pepperoni HS instruct	Pizza, personal	11	401	43	747	20.23	39.47
Pizza, SM,Sausage, HS instruct	Pizza, personal	0	386	178	528	19.23	38.47
Pizza, SM,Buffalo Chicken, HS	Pizza, personal	0	371	46	987	22.56	39.14
Pizza, SM,Ckn B R, HS instruct	Pizza, personal	0	434	62	1006	25.76	39.68
Pizza, SM,Italian Combo, HS	Pizza, personal	3	416	45	787	20.73	39.97
Pizza, 5" round	1 Pizza	1	310	30	440	15.93	32.99
PB&J Uncrustable, 5.3 Entree	SANDWICH	3	630	0	620	19.0	64.0
Chicken Caesar Salad	SALAD	1	554	85	1344	26.28	40.32
Milk, 1% Flavored	1 CARTON	80	150	10	230	8.0	24.0
Milk, 1% White	1 CARTON	10	100	15	120	8.0	11.0
Milk, NonFat White	1 CARTON	1	80	5	120	8.0	11.0
Beans, Canned Variety	1/2 CUP	1	114	0	126	6.97	20.6
Beans, Garbanzo	1/2 CUP	1	120	0	85	6.0	20.0
Broccoli, Raw Florets	1/2 CUP	1	10	0	10	1.06	1.86
Carrots, Fresh	1/2 CUP	25	23	0	45	0.6	4.5
Celery, Raw Sticks	1/2 CUP	1	8	0	40	0.35	1.5
Cheese, Shredded, Cheddar	1 oz.	1	80	20	200	7.0	1.0
Croutons	.5 OZ	1	85	0	136	3.02	13.08
Cucumbers, Raw	1/2 CUP	1	8	0	1	0.34	1.89
Lettuce, Salad Mix	1 CUP	1	4	0	3	0.26	0.89
Peppers, Mini Sweet, Raw	1/2 CUP	1	30	0	35	1.0	6.0
Peppers, Red or Green, Raw	1/2 CUP	1	12	0	2	0.43	2.45
Lettuce, Salad Mix	1 CUP	1	4	0	3	0.26	0.89
Tomatoes, Raw Cherry/Grape	1/2 cup	1	20	0	6	1.0	4.45
Pears, Canned	1/2 CUP	1	80	0	5	0.0	20.0
Apple, Slices; 1/2 cup	1/2 CUP	0	49	*0	1	0.24	12.6

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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HIGH SCHOOL LUNCH IN SCHOOL

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)
Orange, Wedges	1/2 CUP	1	31	0	0	0.62	7.7
Fresh Whole Fruit	1/2 cup	24	94	*0	2	0.73	23.9
Cherries, dried	1/4 CUP	1	189	0	7	0.71	45.61
Granola, Rocin'ola - Van.	1 pkg.	1	120	0	40	2.0	22.0
Peanut Butter	1.5 OZ	1	221	0	230	11.01	15.16
Raisins, Box	1/4 cup	1	112	0	4	0.99	29.76
Rice, Brown, 1 Cup	1 CUP	1	200	0	148	4.99	41.16
Rotini WG, Secondary	1 CUP	1	200	0	5	8.42	43.19
Tuna, Canned	2.0 OZ	1	1	0	3	0.26	0.0
Sunflower Seed Butter, PC	1.5 OZ	1	266	0	160	9.0	9.0
Sunflower Seeds	1/2 OZ	13	85	0	26	2.83	4.72
Ketchup - bulk	1/2 OZ	50	17	0	150	0.0	4.17
Mustard, PC's	1 PACKET	2	3	0	42	0.21	0.44
Mayonnaise, PC's	1 PACKET	3	10	5	100	0.0	3.0
Salad Dressing	1.5 OZ	34	196	12	653	1.25	7.99
Sauce, BBQ	1 OZ	13	50	0	95	0.0	12.0
Sauce, Spaghetti Dipping	1/4 Cup	1	35	0	280	1.0	6.0
Sauce, Sweet and Sour	1 OZ	0	61	0	12	0.02	15.43
Weighted Daily Average			*535	*47	*1023	*24.16	*60.57
% of Calories						*18.1%	*45.3%
Nutrient Guideline			750-850		1420		

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HIGH SCHOOL LUNCH IN SCHOOL

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)
Wed - 08/21/2024							
HIGH SCHOOL LUNCH IN S	Total	100					
Pork, Semi-Dry BBQ	#12 disher	1	130	38	261	18.8	2.0
Potato, FF, Seasoned	1/2 cup	11	151	0	170	1.26	25.21
Corn, Seasoned	1/2 CUP	7	120	0	421	3.3	24.17
ALLERGY, CPS Meal	1 SERVING	1	242	28	372	9.17	25.17
Burger, Black Bean, on Bun	Sandwich	1	300	0	760	19.0	45.0
Burger, Cheeseburger on Bun	SANDWICH	1	335	57	550	22.0	28.0
Burger, Hamburger on Bun	Sandwich	1	300	50	400	19.0	27.0
Chicken Patty Sandwich, Reg	1 SANDWICH	1	324	33	678	20.0	40.0
Chicken Patty Sandwich, Spicy	SANDWICH	1	330	55	690	24.0	45.0
Chicken Tenders, WG, Gld Cr II	3 PCS (4.0 oz)	14	283	51	719	21.26	16.2
Chicken Tenders, Sp, Gld Cr II	3 PCS (4.0 oz)	1	195	53	337	15.06	15.06
Pizza, SM,Cheesy Bread	Pizza, personal	1	*767	*74	*1236	*40.67	*77.36
Stfd, SM, Bac. Jal Cheesy Brd	Smacker	1	413	48	858	23.0	38.64
Stfd, SM, Hot Wing Cheesy Brd	Smacker	1	366	46	929	22.56	38.14
Stfd, SM, Italian Cheesy Brd	Smacker	1	411	45	732	20.73	38.97
Stfd, SM, Orig. Cheesy Brd	Smacker	1	420	46	646	23.37	37.79
Stfd, SM, Pepp Cheesy Brd.	Smacker	1	847	153	1607	53.22	41.12
Pizza, SM,Cheese, HS instruct	Pizza, personal	6	383	37	614	20.3	38.63
Pizza, SM,Pepperoni HS instrct	Pizza, personal	18	401	43	747	20.23	39.47
Pizza, SM,Sausage, HS instruct	Pizza, personal	13	386	178	528	19.23	38.47
Pizza, SM,Buffalo Chicken, HS	Pizza, personal	0	371	46	987	22.56	39.14
Pizza, SM,Ckn B R, HS instruct	Pizza, personal	0	434	62	1006	25.76	39.68
Pizza, SM,Italian Combo, HS	Pizza, personal	0	416	45	787	20.73	39.97
Pizza, 5" round	Pizza	1	310	30	440	15.93	32.99
Chicken Caesar Salad	SALAD	2	554	85	1344	26.28	40.32
PB&J Uncrustable, 5.3 Entree	SANDWICH	4	630	0	620	19.0	64.0
Milk, 1% Flavored	1 CARTON	80	150	10	230	8.0	24.0
Milk, 1% White	1 CARTON	10	100	15	120	8.0	11.0
Milk, NonFat White	1 CARTON	1	80	5	120	8.0	11.0
Beans, Canned Variety	1/2 CUP	1	114	0	126	6.97	20.6
Beans, Garbanzo	1/2 CUP	1	120	0	85	6.0	20.0
Broccoli, Raw Florets	1/2 CUP	5	10	0	10	1.06	1.86
Carrots, Fresh	1/2 CUP	16	23	0	45	0.6	4.5
Celery, Raw Sticks	1/2 CUP	3	8	0	40	0.35	1.5
Cheese, Shredded, Cheddar	1 SERVING	7	80	20	200	7.0	1.0
Croutons	.5 OZ	4	85	0	136	3.02	13.08
Cucumbers, Raw	1/2 CUP	4	8	0	1	0.34	1.89
Lettuce, Salad Mix	1 CUP	1	4	0	3	0.26	0.89
Peppers, Mini Sweet, Raw	1/2 CUP	1	30	0	35	1.0	6.0
Peppers, Red or Green, Raw	1/2 CUP	1	12	0	2	0.43	2.45

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)
Radishes	1/2 CUP	1	11	0	27	0.46	2.31
Tomatoes, Raw Cherry/Grape	1/2 cup	1	20	0	6	1.0	4.45
Peaches, Canned	1/2 CUP	1	70	0	10	0.0	17.0
Apple, Slices; 1/2 cup	1/2 CUP	1	49	*0	1	0.24	12.6
Orange, Wedges	1/2 CUP	1	31	0	0	0.62	7.7
Fresh Whole Fruit	1/2 cup	31	94	*0	2	0.73	23.9
Cherries, dried	1/4 CUP	14	189	0	7	0.71	45.61
Granola, Rocin'ola - Van.	1 pkg.	1	120	0	40	2.0	22.0
Peanut Butter	1.5 OZ	1	221	0	230	11.01	15.16
Raisins, Box	1/4 cup	4	112	0	4	0.99	29.76
Rice, Brown, 1 Cup	1 CUP	1	200	0	148	4.99	41.16
Rotini WG, Secondary	1 CUP	1	200	0	5	8.42	43.19
Sunflower Seed Butter, PC	1.5 OZ	1	266	0	160	9.0	9.0
Sunflower Seeds	1/2 OZ	15	85	0	26	2.83	4.72
Trail Mix/Dried Fruit	1/4 CUP	1	67	0	0	1.15	11.5
Tuna, Canned	2.0 OZ	4	1	0	3	0.26	0.0
Ketchup - bulk	1/2 OZ	32	17	0	150	0.0	4.17
Mayonnaise, PC's	1 PACKET	1	10	5	100	0.0	3.0
Mustard, PC's	1 PACKET	1	3	0	42	0.21	0.44
Salad Dressing	1.5 OZ	35	196	12	653	1.25	7.99
Sauce, BBQ	1 OZ	1	50	0	95	0.0	12.0
Sauce, Spaghetti Dipping	1/4 Cup	1	35	0	280	1.0	6.0
Sauce, Sweet and Sour	1 OZ	1	61	0	12	0.02	15.43
SALSA:COMMODITY	1 OZ	1	10	0	122	0.43	1.98
Sour Cream, PC's	1 PKG	1	60	20	15	1.0	0.0
Weighted Daily Average			*612	*65	*1069	*25.32	*74.36
% of Calories						*16.5%	*48.6%
Nutrient Guideline			750-850		1420		

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HIGH SCHOOL LUNCH IN SCHOOL

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)
Thu - 08/22/2024							
HIGH SCHOOL LUNCH IN S	Total	100					
Chicken, Sweet & Sour	3.6 oz.	34	140	40	200	11.0	18.0
Rice, Brown, 1 Cup	1 CUP	1	200	0	148	4.99	41.16
Rice, White, 1 Cup	1 CUP	1	205	0	148	4.83	45.84
Carrots, Cooked, Seasoned	1/2 CUP	42	48	0	265	0.0	6.31
ALLERGY, CPS Meal	1 SERVING	1	242	28	372	9.17	25.17
Burger, Black Bean, on Bun	Sandwich	1	300	0	760	19.0	45.0
Chicken Patty Sandwich, Reg	1 SANDWICH	4	324	33	678	20.0	40.0
Chicken Patty Sandwich, Spicy	SANDWICH	6	330	55	690	24.0	45.0
Chicken Tenders, WG, Gld Cr II	3 PCS (4.0 oz)	1	283	51	719	21.26	16.2
Chicken Tenders, Sp, Gld Cr II	3 PCS (4.0 oz)	1	195	53	337	15.06	15.06
Pizza, SM,Cheesy Bread	Pizza, personal	1	*767	*74	*1236	*40.67	*77.36
Stfd, SM, Bac. Jal Cheesy Brd	Smacker	1	413	48	858	23.0	38.64
Stfd, SM, Hot Wing Cheesy Brd	Smacker	1	366	46	929	22.56	38.14
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Stfd, SM, Orig. Cheesy Brd	Smacker	1	420	46	646	23.37	37.79
Stfd, SM, Pepp Cheesy Brd.	Smacker	1	847	153	1607	53.22	41.12
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Pizza, 5" round	1 Pizza	1	310	30	440	15.93	32.99
Chicken Caesar Salad	SALAD	2	554	85	1344	26.28	40.32
PB&J Uncrustable, 5.3 Entree	SANDWICH	5	630	0	620	19.0	64.0
Milk, 1% Flavored	1 CARTON	80	150	10	230	8.0	24.0
Milk, 1% White	1 CARTON	10	100	15	120	8.0	11.0
Milk, NonFat White	1 CARTON	1	80	5	120	8.0	11.0
Beans, Canned Variety	1/2 CUP	1	114	0	126	6.97	20.6
Beans, Garbanzo	1/2 CUP	1	120	0	85	6.0	20.0
Broccoli, Raw Florets	1/2 CUP	6	10	0	10	1.06	1.86
Carrots, Fresh	1/2 CUP	19	23	0	45	0.6	4.5
Celery, Raw Sticks	1/2 CUP	3	8	0	40	0.35	1.5
Cheese, Shredded, Cheddar	1 SERVING	11	80	20	200	7.0	1.0
Croutons	.5 OZ	8	85	0	136	3.02	13.08
Cucumbers, Raw	1/2 CUP	10	8	0	1	0.34	1.89
Lettuce, Salad Mix	1 CUP	1	4	0	3	0.26	0.89
Peppers, Mini Sweet, Raw	1/2 CUP	1	30	0	35	1.0	6.0
Peppers, Red or Green, Raw	1/2 CUP	1	12	0	2	0.43	2.45
Radishes	1/2 CUP	1	11	0	27	0.46	2.31

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)
Tomatoes, Raw Cherry/Grape	1/2 cup	1	20	0	6	1.0	4.45
Mandarin Oranges, Canned	1/2 CUP	1	89	0	30	0.8	20.7
Fruit, Cup, PC	1/2 Cup	35	79	0	14	0.3	21.64
Apple, Slices; 1/2 cup	1/2 CUP	6	49	*0	1	0.24	12.6
Orange, Wedges	1/2 CUP	20	31	0	0	0.62	7.7
Fresh Whole Fruit	1/2 Cup	10	94	*0	2	0.73	23.9
Cherries, dried	1/4 CUP	1	189	0	7	0.71	45.61
Granola, Rocin'ola - Van.	1 pkg.	1	120	0	40	2.0	22.0
Peanut Butter	1.5 OZ	1	221	0	230	11.01	15.16
Raisins, Box	1/4 cup	1	112	0	4	0.99	29.76
Rice, Brown, 1 Cup	1 CUP	1	200	0	148	4.99	41.16
Rice, White, 1 Cup	1 CUP	1	205	0	148	4.83	45.84
Rotini WG, Secondary	1 CUP	1	200	0	5	8.42	43.19
Sunflower Seed Butter, PC	1.5 OZ	0	266	0	160	9.0	9.0
Sunflower Seeds	1/2 OZ	8	85	0	26	2.83	4.72
Trail Mix/Dried Fruit	1/4 CUP	1	67	0	0	1.15	11.5
Tuna, Canned	2.0 OZ	2	1	0	3	0.26	0.0
Ketchup - bulk	1/2 OZ	34	17	0	150	0.0	4.17
Mayonnaise, PC's	1 PACKET	1	10	5	100	0.0	3.0
Mustard, PC's	1 PACKET	1	3	0	42	0.21	0.44
Salad Dressing	1.5 OZ	34	196	12	653	1.25	7.99
Sauce, BBQ	1 OZ	22	50	0	95	0.0	12.0
Sauce, Spaghetti Dipping	1/4 Cup	1	35	0	280	1.0	6.0
Sauce, Sweet and Sour	1 OZ	7	61	0	12	0.02	15.43
Weighted Daily Average			*657	*74	*1205	*27.97	*83.89
% of Calories						*17.0%	*51.1%
Nutrient Guideline			750-850		1420		

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Fri - 08/23/2024							
HIGH SCHOOL LUNCH IN S	Total	100					
Burger,Turkey Bacon Chsbrg.	SANDWICH	15	400	79	874	27.4	29.08
Beans, Baked	1/2 CUP	5	136	0	470	6.06	30.97
ALLERGY, CPS Meal	1 SERVING	1	242	28	372	9.17	25.17
Burger, Black Bean, on Bun	Sandwich	1	300	0	760	19.0	45.0
Chicken Patty Sandwich, Reg	1 SANDWICH	10	324	33	678	20.0	40.0
Chicken Patty Sandwich, Spicy	SANDWICH	8	330	55	690	24.0	45.0
Chicken Tenders, WG, Gld Cr II	3 PCS (4.0 oz)	10	283	51	719	21.26	16.2
Chicken Tenders, Sp, Gld Cr II	3 PCS (4.0 oz)	1	195	53	337	15.06	15.06
Pizza, SM,Cheesy Bread	Pizza, personal	1	*767	*74	*1236	*40.67	*77.36
Stfd, SM, Bac. Jal Cheesy Brd	Smacker	1	413	48	858	23.0	38.64
Stfd, SM, Hot Wing Cheesy Brd	Smacker	1	366	46	929	22.56	38.14
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Pizza, SM,Cheese, HS instruct	Pizza, personal	10	383	37	614	20.3	38.63
Pizza, SM,Pepperoni HS instrct	Pizza, personal	20	401	43	747	20.23	39.47
Pizza, SM,Sausage, HS instruct	Pizza, personal	10	386	178	528	19.23	38.47
Pizza, SM,Buffalo Chicken, HS	Pizza, personal	0	371	46	987	22.56	39.14
Pizza, SM,Ckn B R, HS instruct	Pizza, personal	0	434	62	1006	25.76	39.68
Pizza, SM,Italian Combo, HS	Pizza, personal	0	416	45	787	20.73	39.97
Pizza, 5" round	1 Pizza	1	310	30	440	15.93	32.99
Chicken Caesar Salad	SALAD	1	554	85	1344	26.28	40.32
PB&J Uncrustable, 5.3 Entree	SANDWICH	4	630	0	620	19.0	64.0
Milk, 1% Flavored	1 CARTON	80	150	10	230	8.0	24.0
Milk, 1% White	1 CARTON	10	100	15	120	8.0	11.0
Milk, NonFat White	1 CARTON	1	80	5	120	8.0	11.0
Beans, Canned Variety	1/2 CUP	1	114	0	126	6.97	20.6
Beans, Garbanzo	1/2 CUP	1	120	0	85	6.0	20.0
Broccoli, Raw Florets	1/2 CUP	4	10	0	10	1.06	1.86
Carrots, Fresh	1/2 CUP	22	23	0	45	0.6	4.5
Celery, Raw Sticks	1/2 CUP	4	8	0	40	0.35	1.5
Cheese, Shredded, Cheddar	1 SERVING	5	80	20	200	7.0	1.0
Croutons	.5 OZ	5	85	0	136	3.02	13.08
Cucumbers, Raw	1/2 CUP	5	8	0	1	0.34	1.89
Lettuce, Salad Mix	1 CUP	1	4	0	3	0.26	0.89
Peppers, Mini Sweet, Raw	1/2 CUP	1	30	0	35	1.0	6.0
Peppers, Red or Green, Raw	1/2 CUP	1	12	0	2	0.43	2.45
Radishes	1/2 CUP	1	11	0	27	0.46	2.31
Tomatoes, Raw Cherry/Grape	1/2 cup	1	20	0	6	1.0	4.45
Applesauce, Canned	1/2 CUP	1	50	0	10	0.0	13.0

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Columbia Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

Page 8

Aug 20, 2024 thru Aug 31, 2024

HIGH SCHOOL LUNCH IN SCHOOL

Generated on: 6/11/2024 2:25:03 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)
Fruit, Cup, PC	1/2 Cup	1	79	0	14	0.3	21.64
Apple, Slices; 1/2 cup	1/2 CUP	1	49	*0	1	0.24	12.6
Orange, Wedges	1/2 CUP	1	31	0	0	0.62	7.7
Fresh Whole Fruit	1/2 cup	35	94	*0	2	0.73	23.9
Apple, Slices; 1/2 cup	1/2 CUP	1	49	*0	1	0.24	12.6
Banana	1/2 cup	20	50	0	1	0.62	12.95
Cherries, dried	1/4 CUP	1	189	0	7	0.71	45.61
Granola, Rocin'ola - Van.	1 pkg.	1	120	0	40	2.0	22.0
Peanut Butter	1.5 OZ	1	221	0	230	11.01	15.16
Raisins, Box	1/4 cup	1	112	0	4	0.99	29.76
Rice, Brown, 1 Cup	1 CUP	1	200	0	148	4.99	41.16
Rice, White, 1 Cup	1 CUP	1	205	0	148	4.83	45.84
Rotini WG, Secondary	1 CUP	1	200	0	5	8.42	43.19
Sunflower Seed Butter, PC	1.5 OZ	1	266	0	160	9.0	9.0
Sunflower Seeds	1/2 OZ	10	85	0	26	2.83	4.72
Tomatoes, Raw Cherry/Grape	1/2 cup	1	20	0	6	1.0	4.45
Tuna, Canned	2.0 OZ	1	1	0	3	0.26	0.0
Trail Mix/Dried Fruit	1/4 CUP	3	67	0	0	1.15	11.5
Ketchup - bulk	1/2 OZ	20	17	0	150	0.0	4.17
Mayonnaise, PC's	1 PACKET	1	10	5	100	0.0	3.0
Mustard, PC's	1 PACKET	1	3	0	42	0.21	0.44
Salad Dressing	1.5 OZ	15	196	12	653	1.25	7.99
Sauce, BBQ	1 OZ	1	50	0	95	0.0	12.0
Sauce, Spaghetti Dipping	1/4 Cup	1	35	0	280	1.0	6.0
Sauce, Sweet and Sour	1 OZ	1	61	0	12	0.02	15.43
Weighted Daily Average			*639	*73	*1104	*31.40	*77.91
% of Calories						*19.7%	*48.8%
Nutrient Guideline			750-850		1420		

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Columbia Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

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Aug 20, 2024 thru Aug 31, 2024

HIGH SCHOOL LUNCH IN SCHOOL

Generated on: 6/11/2024 2:25:04 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)
Mon - 08/26/2024							
HIGH SCHOOL LUNCH IN S	Total	100					
Pizza Crunchers	4 Pieces	34	420	30	670	20.0	41.0
Sauce, Spaghetti Dipping	1/4 Cup	1	35	0	280	1.0	6.0
Broccoli, Steamed	1/2 CUP	1	39	0	87	2.56	6.02
ALLERGY, CPS Meal	1 SERVING	1	242	28	372	9.17	25.17
Burger, Black Bean, on Bun	Sandwich	1	300	0	760	19.0	45.0
Burger, Cheeseburger on Bun	SANDWICH	4	335	57	550	22.0	28.0
Burger, Hamburger on Bun	Sandwich	1	300	50	400	19.0	27.0
Chicken Tenders, WG, Gld Cr II	3 PCS (4.0 oz)	1	283	51	719	21.26	16.2
Chicken Tenders, Sp, Gld Cr II	3 PCS (4.0 oz)	1	195	53	337	15.06	15.06
Pizza, SM,Cheesy Bread	Pizza, personal	1	*767	*74	*1236	*40.67	*77.36
Stfd, SM, Bac. Jal Cheesy Brd	Smacker	1	413	48	858	23.0	38.64
Stfd, SM, Hot Wing Cheesy Brd	Smacker	1	366	46	929	22.56	38.14
Stfd, SM, Italian Cheesy Brd	Smacker	1	411	45	732	20.73	38.97
Stfd, SM, Orig. Cheesy Brd	Smacker	1	420	46	646	23.37	37.79
Stfd, SM, Pepp Cheesy Brd.	Smacker	1	847	153	1607	53.22	41.12
Pizza, SM,Cheese, HS instruct	Pizza, personal	8	383	37	614	20.3	38.63
Pizza, SM,Pepperoni HS instrct	Pizza, personal	19	401	43	747	20.23	39.47
Pizza, SM,Sausage, HS instruct	Pizza, personal	12	386	178	528	19.23	38.47
Pizza, SM,Buffalo Chicken, HS	Pizza, personal	0	371	46	987	22.56	39.14
Pizza, SM,Ckn B R, HS instruct	Pizza, personal	0	434	62	1006	25.76	39.68
Pizza, SM,Italian Combo, HS	Pizza, personal	0	416	45	787	20.73	39.97
Pizza, 5" round	1 Pizza	1	310	30	440	15.93	32.99
Chicken Caesar Salad	SALAD	2	554	85	1344	26.28	40.32
PB&J Uncrustable, 5.3 Entree	SANDWICH	5	630	0	620	19.0	64.0
Milk, 1% Flavored	1 CARTON	80	150	10	230	8.0	24.0
Milk, 1% White	1 CARTON	10	100	15	120	8.0	11.0
Milk, NonFat White	1 CARTON	1	80	5	120	8.0	11.0
Beans, Canned Variety	1/2 CUP	1	114	0	126	6.97	20.6
Beans, Garbanzo	1/2 CUP	1	120	0	85	6.0	20.0
Broccoli, Raw Florets	1/2 CUP	6	10	0	10	1.06	1.86
Carrots, Fresh	1/2 CUP	19	23	0	45	0.6	4.5
Celery, Raw Sticks	1/2 CUP	3	8	0	40	0.35	1.5
Cheese, Shredded, Cheddar	1 SERVING	11	80	20	200	7.0	1.0
Croutons	.5 OZ	8	85	0	136	3.02	13.08
Cucumbers, Raw	1/2 CUP	10	8	0	1	0.34	1.89
Lettuce, Salad Mix	1 CUP	1	4	0	3	0.26	0.89
Peppers, Mini Sweet, Raw	1/2 CUP	1	30	0	35	1.0	6.0
Peppers, Red or Green, Raw	1/2 CUP	1	12	0	2	0.43	2.45
Radishes	1/2 CUP	1	11	0	27	0.46	2.31
Tomatoes, Raw Cherry/Grape	1/2 cup	1	20	0	6	1.0	4.45

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Columbia Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

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Aug 20, 2024 thru Aug 31, 2024

HIGH SCHOOL LUNCH IN SCHOOL

Generated on: 6/11/2024 2:25:04 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)
Applesauce, Canned	1/2 CUP	1	50	0	10	0.0	13.0
Fruit, Cup, PC	1/2 Cup	35	79	0	14	0.3	21.64
Apple, Slices; 1/2 cup	1/2 CUP	6	49	*0	1	0.24	12.6
Orange, Wedges	1/2 CUP	20	31	0	0	0.62	7.7
Fresh Whole Fruit	1/2 Cup	10	94	*0	2	0.73	23.9
Cherries, dried	1/4 CUP	1	189	0	7	0.71	45.61
Granola, Rocin'ola - Van.	1 pkg.	1	120	0	40	2.0	22.0
Peanut Butter	1.5 OZ	1	221	0	230	11.01	15.16
Raisins, Box	1/4 cup	1	112	0	4	0.99	29.76
Rice, Brown, 1 Cup	1 CUP	1	200	0	148	4.99	41.16
Rice, White, 1 Cup	1 CUP	1	205	0	148	4.83	45.84
Rotini WG, Secondary	1 CUP	1	200	0	5	8.42	43.19
Sunflower Seed Butter, PC	1.5 OZ	0	266	0	160	9.0	9.0
Sunflower Seeds	1/2 OZ	8	85	0	26	2.83	4.72
Trail Mix/Dried Fruit	1/4 CUP	1	67	0	0	1.15	11.5
Tuna, Canned	2.0 OZ	2	1	0	3	0.26	0.0
Ketchup - bulk	1/2 OZ	34	17	0	150	0.0	4.17
Mayonnaise, PC's	1 PACKET	1	10	5	100	0.0	3.0
Mustard, PC's	1 PACKET	1	3	0	42	0.21	0.44
Salad Dressing	1.5 OZ	34	196	12	653	1.25	7.99
Sauce, BBQ	1 OZ	22	50	0	95	0.0	12.0
Sauce, Spaghetti Dipping	1/4 Cup	1	35	0	280	1.0	6.0
Sauce, Sweet and Sour	1 OZ	7	61	0	12	0.02	15.43
Weighted Daily Average			*712	*69	*1212	*29.79	*85.32
% of Calories						*16.8%	*48.0%
Nutrient Guideline			750-850		1420		

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Columbia Public Schools

Aug 20, 2024 thru Aug 31, 2024

Base Menu Spreadsheet

HIGH SCHOOL LUNCH IN SCHOOL

Portion Values - Detailed

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Generated on: 6/11/2024 2:25:04 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)
Tue - 08/27/2024							
HIGH SCHOOL LUNCH IN S	Total	100					
Chicken Tenders, WG, Gld Cr II	3 PCS (4.0 oz)	34	283	51	719	21.26	16.2
Chicken Tenders, Sp, Gld Cr II	3 PCS (4.0 oz)	1	195	53	337	15.06	15.06
Potatoes, Mashed	1/2 cup	42	71	0	160	1.57	13.39
Gravy, PoultryTrio	2 OZ	1	25	0	140	0.0	4.0
Beans, Green, Seasoned	1/2 CUP	8	43	0	367	1.42	5.64
ALLERGY, CPS Meal	1 SERVING	1	242	28	372	9.17	25.17
Burger, Black Bean, on Bun	Sandwich	1	300	0	760	19.0	45.0
Chicken Patty Sandwich, Reg	1 SANDWICH	4	324	33	678	20.0	40.0
Chicken Patty Sandwich, Spicy	SANDWICH	6	330	55	690	24.0	45.0
Pizza, SM,Cheesy Bread	Pizza, personal	1	*767	*74	*1236	*40.67	*77.36
Stfd, SM, Bac. Jal Cheesy Brd	Smacker	1	413	48	858	23.0	38.64
Stfd, SM, Hot Wing Cheesy Brd	Smacker	1	366	46	929	22.56	38.14
Stfd, SM, Italian Cheesy Brd	Smacker	1	411	45	732	20.73	38.97
Stfd, SM, Orig. Cheesy Brd	Smacker	1	420	46	646	23.37	37.79
Stfd, SM, Pepp Cheesy Brd.	Smacker	1	847	153	1607	53.22	41.12
Pizza, SM,Cheese, HS instruct	Pizza, personal	8	383	37	614	20.3	38.63
Pizza, SM,Pepperoni HS instrct	Pizza, personal	19	401	43	747	20.23	39.47
Pizza, SM,Sausage, HS instruct	Pizza, personal	12	386	178	528	19.23	38.47
Pizza, SM,Buffalo Chicken, HS	Pizza, personal	0	371	46	987	22.56	39.14
Pizza, SM,Ckn B R, HS instruct	Pizza, personal	0	434	62	1006	25.76	39.68
Pizza, SM,Italian Combo, HS	Pizza, personal	0	416	45	787	20.73	39.97
Pizza, 5" round	1 Pizza	1	310	30	440	15.93	32.99
Chicken Caesar Salad	SALAD	2	554	85	1344	26.28	40.32
PB&J Uncrustable, 5.3 Entree	SANDWICH	5	630	0	620	19.0	64.0
Milk, 1% Flavored	1 CARTON	80	150	10	230	8.0	24.0
Milk, 1% White	1 CARTON	10	100	15	120	8.0	11.0
Milk, NonFat White	1 CARTON	1	80	5	120	8.0	11.0
Beans, Canned Variety	1/2 CUP	1	114	0	126	6.97	20.6
Beans, Garbanzo	1/2 CUP	1	120	0	85	6.0	20.0
Broccoli, Raw Florets	1/2 CUP	6	10	0	10	1.06	1.86
Carrots, Fresh	1/2 CUP	19	23	0	45	0.6	4.5
Celery, Raw Sticks	1/2 CUP	3	8	0	40	0.35	1.5
Cheese, Shredded, Cheddar	1 SERVING	11	80	20	200	7.0	1.0
Croutons	.5 OZ	8	85	0	136	3.02	13.08
Cucumbers, Raw	1/2 CUP	10	8	0	1	0.34	1.89
Lettuce, Salad Mix	1 CUP	1	4	0	3	0.26	0.89
Peppers, Mini Sweet, Raw	1/2 CUP	1	30	0	35	1.0	6.0
Peppers, Red or Green, Raw	1/2 CUP	1	12	0	2	0.43	2.45
Radishes	1/2 CUP	1	11	0	27	0.46	2.31
Tomatoes, Raw Cherry/Grape	1/2 cup	1	20	0	6	1.0	4.45

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Columbia Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

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Aug 20, 2024 thru Aug 31, 2024

HIGH SCHOOL LUNCH IN SCHOOL

Generated on: 6/11/2024 2:25:04 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)
Pears, Canned	1/2 CUP	1	80	0	5	0.0	20.0
Fruit, Cup, PC	1/2 Cup	35	79	0	14	0.3	21.64
Apple, Slices; 1/2 cup	1/2 CUP	6	49	*0	1	0.24	12.6
Orange, Wedges	1/2 CUP	20	31	0	0	0.62	7.7
Fresh Whole Fruit	1/2 Cup	10	94	*0	2	0.73	23.9
Cherries, dried	1/4 CUP	1	189	0	7	0.71	45.61
Granola, Rocin'ola - Van.	1 pkg.	1	120	0	40	2.0	22.0
Peanut Butter	1.5 OZ	1	221	0	230	11.01	15.16
Raisins, Box	1/4 cup	1	112	0	4	0.99	29.76
Rice, Brown, 1 Cup	1 CUP	1	200	0	148	4.99	41.16
Rice, White, 1 Cup	1 CUP	1	205	0	148	4.83	45.84
Rotini WG, Secondary	1 CUP	1	200	0	5	8.42	43.19
Sunflower Seed Butter, PC	1.5 OZ	0	266	0	160	9.0	9.0
Sunflower Seeds	1/2 OZ	8	85	0	26	2.83	4.72
Trail Mix/Dried Fruit	1/4 CUP	1	67	0	0	1.15	11.5
Tuna, Canned	2.0 OZ	2	1	0	3	0.26	0.0
Ketchup - bulk	1/2 OZ	34	17	0	150	0.0	4.17
Mayonnaise, PC's	1 PACKET	1	10	5	100	0.0	3.0
Mustard, PC's	1 PACKET	1	3	0	42	0.21	0.44
Salad Dressing	1.5 OZ	34	196	12	653	1.25	7.99
Sauce, BBQ	1 OZ	22	50	0	95	0.0	12.0
Sauce, Spaghetti Dipping	1/4 Cup	1	35	0	280	1.0	6.0
Sauce, Sweet and Sour	1 OZ	7	61	0	12	0.02	15.43
Chicken, Popcorn (Smacker), GK	4.3 oz	1	268	89	636	20.09	17.86
Weighted Daily Average			*714	*78	*1364	*32.12	*85.88
% of Calories						*18.0%	*48.1%
Nutrient Guideline			750-850		1420		

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Columbia Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

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Aug 20, 2024 thru Aug 31, 2024

HIGH SCHOOL LUNCH IN SCHOOL

Generated on: 6/11/2024 2:25:04 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)
Wed - 08/28/2024							
HIGH SCHOOL LUNCH IN S	Total	100					
Chicken Patty Sandwich, Reg	1 SANDWICH	1	324	33	678	20.0	40.0
Chicken Patty Sandwich, Spicy	SANDWICH	1	330	55	690	24.0	45.0
Corn, Seasoned	1/2 CUP	42	120	0	421	3.3	24.17
ALLERGY, CPS Meal	1 SERVING	1	242	28	372	9.17	25.17
Burger, Black Bean, on Bun	Sandwich	1	300	0	760	19.0	45.0
Burger, Cheeseburger on Bun	SANDWICH	4	335	57	550	22.0	28.0
Burger, Hamburger on Bun	Sandwich	6	300	50	400	19.0	27.0
Chicken Tenders, WG, Gld Cr II	3 PCS (4.0 oz)	1	283	51	719	21.26	16.2
Chicken Tenders, Sp, Gld Cr II	3 PCS (4.0 oz)	1	195	53	337	15.06	15.06
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Stfd, SM, Bac. Jal Cheesy Brd	Smacker	1	413	48	858	23.0	38.64
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PB&J Uncrustable, 5.3 Entree	SANDWICH	5	630	0	620	19.0	64.0
Milk, 1% Flavored	1 CARTON	80	150	10	230	8.0	24.0
Milk, 1% White	1 CARTON	10	100	15	120	8.0	11.0
Milk, NonFat White	1 CARTON	1	80	5	120	8.0	11.0
Beans, Canned Variety	1/2 CUP	1	114	0	126	6.97	20.6
Beans, Garbanzo	1/2 CUP	1	120	0	85	6.0	20.0
Broccoli, Raw Florets	1/2 CUP	6	10	0	10	1.06	1.86
Carrots, Fresh	1/2 CUP	19	23	0	45	0.6	4.5
Celery, Raw Sticks	1/2 CUP	3	8	0	40	0.35	1.5
Cheese, Shredded, Cheddar	1 SERVING	11	80	20	200	7.0	1.0
Croutons	.5 OZ	8	85	0	136	3.02	13.08
Cucumbers, Raw	1/2 CUP	10	8	0	1	0.34	1.89
Lettuce, Salad Mix	1 CUP	1	4	0	3	0.26	0.89
Peppers, Mini Sweet, Raw	1/2 CUP	1	30	0	35	1.0	6.0
Peppers, Red or Green, Raw	1/2 CUP	1	12	0	2	0.43	2.45
Radishes	1/2 CUP	1	11	0	27	0.46	2.31
Tomatoes, Raw Cherry/Grape	1/2 cup	1	20	0	6	1.0	4.45

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Columbia Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

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Aug 20, 2024 thru Aug 31, 2024

HIGH SCHOOL LUNCH IN SCHOOL

Generated on: 6/11/2024 2:25:04 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)
Peaches, Canned	1/2 CUP	1	70	0	10	0.0	17.0
Fruit, Cup, PC	1/2 Cup	35	79	0	14	0.3	21.64
Apple, Slices; 1/2 cup	1/2 CUP	6	49	*0	1	0.24	12.6
Orange, Wedges	1/2 CUP	20	31	0	0	0.62	7.7
Fresh Whole Fruit	1/2 Cup	10	94	*0	2	0.73	23.9
Cherries, dried	1/4 CUP	1	189	0	7	0.71	45.61
Granola, Rocin'ola - Van.	1 pkg.	1	120	0	40	2.0	22.0
Peanut Butter	1.5 OZ	1	221	0	230	11.01	15.16
Raisins, Box	1/4 cup	1	112	0	4	0.99	29.76
Rice, Brown, 1 Cup	1 CUP	1	200	0	148	4.99	41.16
Rice, White, 1 Cup	1 CUP	1	205	0	148	4.83	45.84
Rotini WG, Secondary	1 CUP	1	200	0	5	8.42	43.19
Sunflower Seed Butter, PC	1.5 OZ	0	266	0	160	9.0	9.0
Sunflower Seeds	1/2 OZ	8	85	0	26	2.83	4.72
Trail Mix/Dried Fruit	1/4 CUP	1	67	0	0	1.15	11.5
Tuna, Canned	2.0 OZ	2	1	0	3	0.26	0.0
Ketchup - bulk	1/2 OZ	34	17	0	150	0.0	4.17
Mayonnaise, PC's	1 PACKET	1	10	5	100	0.0	3.0
Mustard, PC's	1 PACKET	1	3	0	42	0.21	0.44
Salad Dressing	1.5 OZ	34	196	12	653	1.25	7.99
Sauce, BBQ	1 OZ	22	50	0	95	0.0	12.0
Sauce, Spaghetti Dipping	1/4 Cup	1	35	0	280	1.0	6.0
Sauce, Sweet and Sour	1 OZ	7	61	0	12	0.02	15.43
Weighted Daily Average			*640	*62	*1191	*25.73	*83.65
% of Calories						*16.1%	*52.3%
Nutrient Guideline			750-850		1420		

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Columbia Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

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Aug 20, 2024 thru Aug 31, 2024

HIGH SCHOOL LUNCH IN SCHOOL

Generated on: 6/11/2024 2:25:04 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)
Thu - 08/29/2024							
HIGH SCHOOL LUNCH IN S	Total	100					
Chicken, BBQ Teriyaki Chicken	4 oz.	1	259	140	960	30.0	20.01
Chicken, Sweet & Sour	3.6 oz.	1	140	40	200	11.0	18.0
Chicken, Mandarin Orange	3.6 oz.	34	150	40	280	11.0	19.0
Rice, Brown, 1 Cup	1 CUP	1	200	0	148	4.99	41.16
Rice, White, 1 Cup	1 CUP	42	205	0	148	4.83	45.84
Carrots, Cooked, Seasoned	1/2 CUP	1	48	0	265	0.0	6.31
ALLERGY, CPS Meal	1 SERVING	1	242	28	372	9.17	25.17
Burger, Black Bean, on Bun	Sandwich	1	300	0	760	19.0	45.0
Chicken Patty Sandwich, Reg	1 SANDWICH	4	324	33	678	20.0	40.0
Chicken Patty Sandwich, Spicy	SANDWICH	6	330	55	690	24.0	45.0
Chicken Tenders, WG, Gld Cr II	3 PCS (4.0 oz)	1	283	51	719	21.26	16.2
Chicken Tenders, Sp, Gld Cr II	3 PCS (4.0 oz)	1	195	53	337	15.06	15.06
Pizza, SM,Cheesy Bread	Pizza, personal	1	*767	*74	*1236	*40.67	*77.36
Stfd, SM, Bac. Jal Cheesy Brd	Smacker	1	413	48	858	23.0	38.64
Stfd, SM, Hot Wing Cheesy Brd	Smacker	1	366	46	929	22.56	38.14
Stfd, SM, Italian Cheesy Brd	Smacker	1	411	45	732	20.73	38.97
Stfd, SM, Orig. Cheesy Brd	Smacker	1	420	46	646	23.37	37.79
Stfd, SM, Pepp Cheesy Brd.	Smacker	1	847	153	1607	53.22	41.12
Pizza, SM,Cheese, HS instruct	Pizza, personal	8	383	37	614	20.3	38.63
Pizza, SM,Pepperoni HS instrct	Pizza, personal	19	401	43	747	20.23	39.47
Pizza, SM,Sausage, HS instruct	Pizza, personal	12	386	178	528	19.23	38.47
Pizza, SM,Buffalo Chicken, HS	Pizza, personal	0	371	46	987	22.56	39.14
Pizza, SM,Ckn B R, HS instruct	Pizza, personal	0	434	62	1006	25.76	39.68
Pizza, SM,Italian Combo, HS	Pizza, personal	0	416	45	787	20.73	39.97
Pizza, 5" round	1 Pizza	1	310	30	440	15.93	32.99
Chicken Caesar Salad	SALAD	2	554	85	1344	26.28	40.32
PB&J Uncrustable, 5.3 Entree	SANDWICH	5	630	0	620	19.0	64.0
Milk, 1% Flavored	1 CARTON	80	150	10	230	8.0	24.0
Milk, 1% White	1 CARTON	10	100	15	120	8.0	11.0
Milk, NonFat White	1 CARTON	1	80	5	120	8.0	11.0
Beans, Canned Variety	1/2 CUP	1	114	0	126	6.97	20.6
Beans, Garbanzo	1/2 CUP	1	120	0	85	6.0	20.0
Broccoli, Raw Florets	1/2 CUP	6	10	0	10	1.06	1.86
Carrots, Fresh	1/2 CUP	19	23	0	45	0.6	4.5
Celery, Raw Sticks	1/2 CUP	3	8	0	40	0.35	1.5
Cheese, Shredded, Cheddar	1 SERVING	11	80	20	200	7.0	1.0
Croutons	.5 OZ	8	85	0	136	3.02	13.08
Cucumbers, Raw	1/2 CUP	10	8	0	1	0.34	1.89
Lettuce, Salad Mix	1 CUP	1	4	0	3	0.26	0.89
Peppers, Mini Sweet, Raw	1/2 CUP	1	30	0	35	1.0	6.0

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Columbia Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

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Aug 20, 2024 thru Aug 31, 2024

HIGH SCHOOL LUNCH IN SCHOOL

Generated on: 6/11/2024 2:25:04 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)
Peppers, Red or Green, Raw	1/2 CUP	1	12	0	2	0.43	2.45
Radishes	1/2 CUP	1	11	0	27	0.46	2.31
Tomatoes, Raw Cherry/Grape	1/2 cup	1	20	0	6	1.0	4.45
Fruit, Canned	1/2 CUP	1	72	0	12	0.0	18.0
Fruit, Cup, PC	1/2 Cup	35	79	0	14	0.3	21.64
Apple, Slices; 1/2 cup	1/2 CUP	6	49	*0	1	0.24	12.6
Orange, Wedges	1/2 CUP	20	31	0	0	0.62	7.7
Fresh Whole Fruit	1/2 Cup	10	94	*0	2	0.73	23.9
Cherries, dried	1/4 CUP	1	189	0	7	0.71	45.61
Granola, Rocin'ola - Van.	1 pkg.	1	120	0	40	2.0	22.0
Peanut Butter	1.5 OZ	1	221	0	230	11.01	15.16
Raisins, Box	1/4 cup	1	112	0	4	0.99	29.76
Rice, Brown, 1 Cup	1 CUP	1	200	0	148	4.99	41.16
Rice, White, 1 Cup	1 CUP	1	205	0	148	4.83	45.84
Rotini WG, Secondary	1 CUP	1	200	0	5	8.42	43.19
Sunflower Seed Butter, PC	1.5 OZ	0	266	0	160	9.0	9.0
Sunflower Seeds	1/2 OZ	8	85	0	26	2.83	4.72
Trail Mix/Dried Fruit	1/4 CUP	1	67	0	0	1.15	11.5
Tuna, Canned	2.0 OZ	2	1	0	3	0.26	0.0
Ketchup - bulk	1/2 OZ	34	17	0	150	0.0	4.17
Mayonnaise, PC's	1 PACKET	1	10	5	100	0.0	3.0
Mustard, PC's	1 PACKET	1	3	0	42	0.21	0.44
Salad Dressing	1.5 OZ	34	196	12	653	1.25	7.99
Sauce, BBQ	1 OZ	22	50	0	95	0.0	12.0
Sauce, Spaghetti Dipping	1/4 Cup	1	35	0	280	1.0	6.0
Sauce, Sweet and Sour	1 OZ	7	61	0	12	0.02	15.43
Weighted Daily Average			*728	*76	*1196	*30.36	*100.79
% of Calories						*16.7%	*55.4%
Nutrient Guideline			750-850		1420		

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Columbia Public Schools

Aug 20, 2024 thru Aug 31, 2024

Base Menu Spreadsheet

HIGH SCHOOL LUNCH IN SCHOOL

Portion Values - Detailed

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Generated on: 6/11/2024 2:25:04 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)
Fri - 08/30/2024							
HIGH SCHOOL LUNCH IN S	Total	100					
Taco Meat, Beef, boil in bag	1/2 cup (#8)	34	183	72	424	20.0	2.67
Taco Shell, Hard, Corn	3 Shells	1	160	0	0	2.0	21.0
Tortilla, Flour, soft, 6"	2 Shells	42	140	4	210	4.0	26.0
Beans, Refried	1/2 CUP	1	350	7	690	15.39	53.89
ALLERGY, CPS Meal	1 SERVING	1	242	28	372	9.17	25.17
Burger, Black Bean, on Bun	Sandwich	1	300	0	760	19.0	45.0
Chicken Patty Sandwich, Reg	1 SANDWICH	4	324	33	678	20.0	40.0
Chicken Patty Sandwich, Spicy	SANDWICH	6	330	55	690	24.0	45.0
Chicken Tenders, WG, Gld Cr II	3 PCS (4.0 oz)	1	283	51	719	21.26	16.2
Chicken Tenders, Sp, Gld Cr II	3 PCS (4.0 oz)	1	195	53	337	15.06	15.06
Pizza, SM,Cheesy Bread	Pizza, personal	1	*767	*74	*1236	*40.67	*77.36
Stfd, SM, Bac. Jal Cheesy Brd	Smacker	1	413	48	858	23.0	38.64
Stfd, SM, Hot Wing Cheesy Brd	Smacker	1	366	46	929	22.56	38.14
Stfd, SM, Italian Cheesy Brd	Smacker	1	411	45	732	20.73	38.97
Stfd, SM, Orig. Cheesy Brd	Smacker	1	420	46	646	23.37	37.79
Stfd, SM, Pepp Cheesy Brd.	Smacker	1	847	153	1607	53.22	41.12
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Pizza, SM,Pepperoni HS instruct	Pizza, personal	19	401	43	747	20.23	39.47
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Pizza, SM,Buffalo Chicken, HS	Pizza, personal	0	371	46	987	22.56	39.14
Pizza, SM,Ckn B R, HS instruct	Pizza, personal	0	434	62	1006	25.76	39.68
Pizza, SM,Italian Combo, HS	Pizza, personal	0	416	45	787	20.73	39.97
Pizza, 5" round	1 Pizza	1	310	30	440	15.93	32.99
Chicken Caesar Salad	SALAD	2	554	85	1344	26.28	40.32
PB&J Uncrustable, 5.3 Entree	SANDWICH	5	630	0	620	19.0	64.0
Milk, 1% Flavored	1 CARTON	80	150	10	230	8.0	24.0
Milk, 1% White	1 CARTON	10	100	15	120	8.0	11.0
Milk, NonFat White	1 CARTON	1	80	5	120	8.0	11.0
Beans, Canned Variety	1/2 CUP	1	114	0	126	6.97	20.6
Beans, Garbanzo	1/2 CUP	1	120	0	85	6.0	20.0
Broccoli, Raw Florets	1/2 CUP	6	10	0	10	1.06	1.86
Carrots, Fresh	1/2 CUP	19	23	0	45	0.6	4.5
Celery, Raw Sticks	1/2 CUP	3	8	0	40	0.35	1.5
Cheese, Shredded, Cheddar	1 SERVING	11	80	20	200	7.0	1.0
Croutons	.5 OZ	8	85	0	136	3.02	13.08
Cucumbers, Raw	1/2 CUP	10	8	0	1	0.34	1.89
Lettuce, Salad Mix	1 CUP	1	4	0	3	0.26	0.89
Peppers, Mini Sweet, Raw	1/2 CUP	1	30	0	35	1.0	6.0
Peppers, Red or Green, Raw	1/2 CUP	1	12	0	2	0.43	2.45
Radishes	1/2 CUP	1	11	0	27	0.46	2.31

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Columbia Public Schools

Base Menu Spreadsheet

Portion Values - Detailed

Page 18

Aug 20, 2024 thru Aug 31, 2024

HIGH SCHOOL LUNCH IN SCHOOL

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Protn (g)	Carb (g)
Tomatoes, Raw Cherry/Grape	1/2 cup	1	20	0	6	1.0	4.45
Applesauce, Canned	1/2 CUP	1	50	0	10	0.0	13.0
Fruit, Cup, PC	1/2 Cup	35	79	0	14	0.3	21.64
Apple, Slices; 1/2 cup	1/2 CUP	6	49	*0	1	0.24	12.6
Orange, Wedges	1/2 CUP	20	31	0	0	0.62	7.7
Fresh Whole Fruit	1/2 Cup	10	94	*0	2	0.73	23.9
Cherries, dried	1/4 CUP	1	189	0	7	0.71	45.61
Granola, Roci'n'ola - Van.	1 pkg.	1	120	0	40	2.0	22.0
Peanut Butter	1.5 OZ	1	221	0	230	11.01	15.16
Raisins, Box	1/4 cup	1	112	0	4	0.99	29.76
Rice, Brown, 1 Cup	1 CUP	1	200	0	148	4.99	41.16
Rice, White, 1 Cup	1 CUP	1	205	0	148	4.83	45.84
Rotini WG, Secondary	1 CUP	1	200	0	5	8.42	43.19
Sunflower Seed Butter, PC	1.5 OZ	0	266	0	160	9.0	9.0
Sunflower Seeds	1/2 OZ	8	85	0	26	2.83	4.72
Trail Mix/Dried Fruit	1/4 CUP	1	67	0	0	1.15	11.5
Tuna, Canned	2.0 OZ	2	1	0	3	0.26	0.0
Ketchup - bulk	1/2 OZ	34	17	0	150	0.0	4.17
Mayonnaise, PC's	1 PACKET	1	10	5	100	0.0	3.0
Mustard, PC's	1 PACKET	1	3	0	42	0.21	0.44
Salad Dressing	1.5 OZ	34	196	12	653	1.25	7.99
Sauce, BBQ	1 OZ	22	50	0	95	0.0	12.0
Sauce, Spaghetti Dipping	1/4 Cup	1	35	0	280	1.0	6.0
Sauce, Sweet and Sour	1 OZ	7	61	0	12	0.02	15.43
SALSA:COMMODITY	1 OZ	1	10	0	122	0.43	1.98
Sour Cream, PC's	1 PKG	1	60	20	15	1.0	0.0
Weighted Daily Average			*711	*87	*1263	*32.80	*86.77
% of Calories						*18.5%	*48.8%
Nutrient Guideline			750-850		1420		

Weighted Average			*661	*70	*1181	*28.85	*82.13
						*17.5%	*49.7%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	661		750 - 850	88%	Missing	89		Correction Required -
Cholesterol (mg)	70				Missing			Calories are Low
Sodium 1 (mg)	1181		1420		Missing			
Sodium 2 (mg)	1181		1280		Missing			
Protein (g)	28.85	17.46%			Missing			
Carbohydrate (g)	82.13	49.71%			Missing			

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