

# Cedarburg School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

Jan 2, 2017 thru Jan 2, 2017

High School Lunch

Generated on: 12/28/2016 1:27:32 PM

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Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
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*\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient*  
*\* - denotes combined nutrient totals with either missing or incomplete nutrient data*  
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Page 2

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	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 01/02/2017								
High School Lunch	Total							
SDW BN, ChixPty Pln WG/WG 2.0	Sandwich	340	750	4	21.0	39.0	12.0	2.00
SDW BN, ChixPty Spcy WG/WG 2.0	Sandwich	353	777	4	20.23	39.19	13.17	2.54
BURG, Beef AP WG 2.0	1 Each	240	345	4	16.0	29.0	7.0	2.00
BURG, Beef AM AP WG 2.25	1 Each	285	545	5	18.5	29.5	10.5	4.25
BURG, Veg AP WG 2.0	1 Each	220	700	4	16.0	34.0	5.0	0.00
MELT BN, ChixPtyAMHnyMWGWG2.25	Sandwich	515	1130	11	23.5	45.5	26.5	5.75
MELT BN, ChixPtyAMSlsaWGWG2.25	Sandwich	395	1120	6	23.5	41.5	15.5	4.25
MELT BN, ChixPtyParm WG/WG 2.5	Sandwich	418	936	6	26.5	42.0	16.42	4.42
BURG, Beef AMSriNachoScpAP2.25	1 Each	337	779	10	19.34	40.98	11.14	4.35
BURG, Beef AM BBQ AP WG 2.25	1 Each	330	691	14	18.81	40.79	10.54	4.26
BURG, Beef AM Pesto AP WG 2.25	1 Each	324	668	5	18.57	30.42	14.45	4.79
STICKS, BOSCO CheeseAP 2.0 2ea	2 Each	300	440	2	20.0	34.0	10.0	5.00
MELT SUB AP, BfMtbl PizzaSS2.0	Sandwich	325	833	7	20.9	35.1	13.0	4.95
CHIX Popcorn, AP Spicy WG 2.0	Serving	249	369	1	14.09	16.26	14.09	2.71
CHIX Tender, KK (3) WG 2.0	3 Each	212	738	1	15.16	13.14	11.12	2.02
CHIX Nugget, WG (5) 2.0	5 Each	203	444	0	16.49	12.68	10.15	1.90
MELT BD, Tky AM WG 2.0	Sandwich	370	1230	6	20.5	33.0	17.0	9.25
PIZZA 16" Sausage WG 2.25	1/8 Cut Slice	395	898	3	21.27	31.11	19.77	8.92
PIZZA 16" Chz WG 2.0	1/8 Cut Slice	347	784	3	19.38	30.88	15.5	7.50
PIZZA 16" Pepperoni WG 2.0	1/8 Cut Slice	385	911	3	20.88	31.13	19.0	9.00
PIZZA 16" Vegetable WG 2.0	1/8 Cut Slice	359	830	4	19.86	33.52	15.58	7.51
PIZZA 16" BfGd Chzbrg SS WG2.0	1/8 Cut Slice	358	729	3	19.63	31.06	17.14	8.65
PIZZA 16" Meat Lover SS WG 2.0	1/8 Cut Slice	380	866	3	20.02	31.03	18.86	8.15
PIZZA 16" CSaus Chz White WG 2	1/8 Cut Slice	351	805	3	21.64	31.31	15.02	5.60
PIZZA 16" ChxDcd BBQSriracha2	1/8 Cut Slice	392	969	11	20.85	41.36	16.28	8.05
PIZZA 16" Veg Hawaiian WG 2.0	1/8 Cut Slice	369	784	7	19.71	36.21	15.56	7.51
PIZZA 16" Chz White WG 2.0	1/8 Cut Slice	332	753	3	20.02	30.53	13.64	6.38
PIZZA 16" Pico WG 2.0	1/8 Cut Slice	374	831	3	19.27	31.77	18.62	10.02
PIZZA 16" BfGd Mexi SS 2.0	1/8 Cut Slice	353	669	3	18.79	31.67	16.6	8.39
PIZZA 16" ChxDcd BBQ WG 2.0	1/8 Cut Slice	403	815	15	20.72	43.57	16.25	8.05
PIZZA 16" ChxDcd Mac Chz WG 2	1/8 Cut Slice	413	918	2	22.97	37.63	18.62	9.41
PIZZA 16" BfGd Taco SS WG 2.0	1/8 Cut Slice	352	935	3	18.44	31.31	16.63	8.39
PIZZA 16" ChxDcd Parm WG 2.0	1/8 Cut Slice	348	828	3	21.94	30.3	14.48	6.42
PIZZA 16" ChxDcd Buff WG 2.0	1/8 Cut Slice	342	898	3	20.31	30.39	14.83	6.80
STICKS, CORN DOG Chix AP 2.0	1 Each	240	390	5	9.0	30.0	8.0	2.50
PASTA, Rotini WG 1c	1 CUP	192	14	2	8.1	39.49	2.69	0.17
SAUCE P, Spag AP Beef SS 2.0	3/4 Cup	190	226	7	13.38	16.01	7.03	3.01
BRD: ROLL DG, WG 2.5oz	1 Each	170	135	3	7.0	28.0	3.0	0.50
POTATO CH CS Broc 2.0	1 Each	387	807	2	18.92	33.98	19.71	12.80

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Page 3

Generated on: 12/28/2016 1:27:32 PM

	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 01/02/2017								
ORI ChixPop Org Broc WG 2.0	8oz spdl(2 MMA)	360	568	16	18.19	38.29	15.26	2.91
RICE, Plain WG 2BG	1 CUP	201	5	0	4.72	42.52	1.77	0.00
QUES 6" BfGd SS WG 2.0	1 Each	354	531	2	18.68	31.62	17.07	9.01
ENT: BOWL, ChixPop CH 2.0	Bowl	412	843	3	18.86	43.31	19.43	6.70
ENT: PASTA, Mac&ChzSS2.0(2BG)	2-6oz spoodles	465	886	2	23.57	48.66	21.46	12.79
SDW BN, Pork BBQ SC WG 2.0	Sandwich	340	530	15	19.3	39.36	12.05	3.74
MELT BN, FishPty AM WG/WG 2.25	Sandwich	355	780	6	22.5	43.5	11.5	3.25
STICKS, MAX SNAX Pizza AP 2.0	2 Each	260	600	6	16.0	30.0	8.0	2.00
SAUCE P, Marin AP 1/4c	1/4 Cup	30	10	3	1.0	5.0	0.5	0.00
SDW BN, PorkRib BBQ SS WG 2.0	Sandwich	370	980	25	17.0	53.0	12.0	3.50
SDW FB, ChixPop Parm 2.0	1 Each	413	883	4	20.72	39.22	18.49	5.99
TKY Rst, SS 2.0	4 ozw (2 MMA)	121	567	0	24.03	0.08	4.02	2.01
COND_Gravy, Poultry LS SS	1/4 Cup	37	123	0	0.74	6.3	1.01	0.34
MELT BN, BfGd SIJoe AM SS WG2	Sandwich	319	778	8	18.54	34.44	12.05	5.00
ENT: PASTA, BfGd ChiliMacSSWG2	2-6oz spoodles	354	335	8	21.39	52.07	8.76	3.09
MELT BD, AM Bacon WG 2.0	Sandwich	424	1427	7	21.4	32.74	22.48	12.27
PASTA, Spaghetti WG 1c	1 CUP	202	14	2	8.1	39.49	3.85	0.33
BEEF Meatballs, RS AP 5ea 2.0	5 Each	150	210	0	13.0	2.0	10.0	4.00
SAUCE P, Spag AP	1/2 Cup	60	30	6	2.0	12.0	0.0	0.00
FISH, Sticks AP WG 2.0 (4ea)	4 Each	190	270	1	15.0	18.0	6.0	1.00
ENT: PASTA, Mac&ChzSS1.0(1BG)	6oz spoodle	233	443	1	11.78	24.33	10.73	6.39
CHIX Dcd Pot Pie F WG 2.0	Serving	395	693	4	24.78	38.56	16.02	10.70
HOT DOG, Chili CH SS WG 2.5	1 Each	303	963	5	14.68	31.43	14.19	4.39
QUES 6" CH WG 2.0	1 Each	400	600	2	20.0	31.0	22.5	13.50
MELT BD, AM WG 2.0	Sandwich	385	1320	7	18.5	32.5	19.5	11.25
ORI ChixPop SwtSour Broc WG2.0	8oz spdl(2 MMA)	328	481	10	17.82	29.91	15.5	2.95
Weighted Daily Average		20311	43159	326	1143.4	2067.6	844.50	345.27
% of Calories				6.4%	22.5%	40.7%	37.4%	15.3%
Nutrient Guideline		750-850	1420					<10.00

Weighted Average		20311	43159	326	1143.4	2067.6	844.50	345.27
				14.4%	22.5%	40.7%	37.4%	15.3%

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Page 4

Generated on: 12/28/2016 1:27:32 PM

Nutrient	Menu AVG	% of Cals	Portion Size Weekly Target	Cals (kcal) % of Target*	Sodm (mg) Miss Data	Sugars (g) Shortfall*	Protn (g) Overage*	Carb (g) Overage*	T-Fat (g)	S-Fat (g)	Error Messages (if any)*
Calories	20311		750 - 850								
Sodium (mg)	43159		1420								
Sugars (g)	326	6.41%									
Protein (g)	1143.46	22.52%									
Carbohydrate (g)	2067.62	40.72%									
Total Fat (g)	844.50	37.42%									
Saturated Fat (g)	345.27	15.30%	<10.00%								

\*Data comparisons are not available for one or two day selections

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