

Richland School District

Dec 1, 2014 thru Dec 19, 2014

Base Menu Spreadsheet

9-12 RSD

Portion Values - Detailed

Page 1

Generated on: 12/1/2014 12:56:28 PM

	Portion Size	Cals (kcal)	Carb (g)
Mon - 12/01/2014			
9-12 RSD	Total		
SALAD ENT CHICK CAESAR:rsd SEC	PORTION	160	5.39
SALAD ENT CHEF: rsd SECONDARY	PORTION	170	6.99
SALAD ENT ASIAN CHICKEN:rsdsec	PORTION	144	16.6
ROLL SUB 2 GRAIN	EACH	160	28.0
SAND COLD HAM SUB MS HS	SUB	292	28.82
SAND COLD TURKEY SUB, MS HS	SUB	287	30.53
SAND COLD VEGGIE SUB, SEC RSD	EACH	367	28.45
SAND COLD SUB, TUNA, RSD	EACH	396	28.0
PIZZA SCR CHEESE SEC RSD	SLICE	362	35.63
PIZZA SCR PEPPERONI HS RSD	SLICE	395	35.75
PIZZA SCR MEAT LOVERS HS	SLICE	393	38.19
SAND HOT CHICK SPICY USDA SEC	1 sandwich	366	39.0
SAND HOT CHICK PATTY USDA SEC	1 sandwich	320	35.0
SAND BURGER CHEESE SYS SEC	1 EACH	349	28.32
SAND BURGER BEEF:G912	1 burger	292	26.32
POTATO CRINKLE WEDGE USDA	1/2 CUP	140	22.0
NACHOS BEEF RSD	EACH	527	38.96
NACHOS CHICKEN USDA SEC	1 EACH	459	37.58
BURRITO BEEF: WA 8" BTO RSD	1 EACH	319	26.33
BURRITO CHICK: 8" RSD BTO	1 EACH	240	24.67
SPANISH RICE RSD	1/3 CUP	82	16.79
BEANS REFRIED LOW NA USDA	1/2 cup	114	19.2
CHICK ORANGE & RICE NUGUSDA EL	5 nugget + rice	573	96.76
VEGGIE BLEND ASIAN GREEN BEANS	1/2 CUP	38	4.88
SALAD MIX 50/50 RO/ICE W/COLOR	1 CUP	7	1.5
SPINACH LEAVES FRESH	1 CUP	21	2.57
CARROTS BABY FRESH	1/2 cup	25	5.78
PEAS GREEN FROZEN 1/2 C	1/2 CUP	62	11.41
CUCUMBERS 1/2 C	1/2 cup	9	2.16
APPLESAUCE CND UNSWT USDA	1/2 CUP	53	14.22
APPLE WHOLE:163ct	1 EACH	57	15.27
BANANAS PETITE:150ct	EACH	105	26.95
ORANGE FRESH	1 EACH	45	11.28
LETTUCE SHRED	1/4 CUP	2	0.41
TOMATO FRESH RAW	1/8 CUP	5	1.03
ONION RED	1 TBSP	5	1.05
CUCUMBERS	1/8 CUP	2	0.32
OLIVE BLACK	2 TBSP	25	1.0
JALEPEN0	1/8 cup	3	0.5
MILK CHOCOLATE FF DARIGOLD	HALF PINT	130	24.0
MILK WHITE 1% DARIGOLD	HALF PINT	110	13.0
MILK WHITE FF DARIGOLD	HALF PINT	90	13.0
RANCH HEINZ	TBSP	40	0.25
DRESSING, CAESAR KEN'S	1 TBSP	95	0.5
DRESSING 1000 ISLAND	TBSP	70	3.0
DRESSING, BALSAMIC VINAGRETTE	TBLS	10	2.5
MUSTARD HEINZ	TBSP	0	0.0
MAYO HEINZ	TBSP	100	0.0
KETCHUP HEINZ	TBSP	20	5.0
SAUCE BBQ	1 TBSP	20	4.65
SALSA CANNED USDA	1 OZ	8	1.54
SAUCE SRIRACHA	servings	7	1.57
SOUR CREAM LIGHT	1 TBSP	20	1.01

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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Richland School District

Dec 1, 2014 thru Dec 19, 2014

Base Menu Spreadsheet

9-12 RSD

Portion Values - Detailed

Page 2

Generated on: 12/1/2014 12:56:28 PM

	Portion Size	Cals (kcal)	Carb (g)
Weighted Daily Average % of Calories		813	122.25 60.1%
Nutrient Guideline		750-850	

Tue - 12/02/2014			
9-12 RSD	Total		
SALAD ENT CHICK CAESAR:rsd SEC	PORTION	160	5.39
SALAD ENT CHEF: rsd SECONDARY	PORTION	170	6.99
SALAD ENT ANTIPASTO RSD	PORTION	299	8.85
ROLL SUB 2 GRAIN	EACH	160	28.0
SAND COLD HAM SUB MS HS	SUB	292	28.82
SAND COLD TURKEY SUB, MS HS	SUB	287	30.53
SAND COLD VEGGIE SUB, SEC RSD	EACH	367	28.45
SAND COLD SUB, TUNA, RSD	EACH	396	28.0
PIZZA SCR CHEESE SEC RSD	SLICE	362	35.63
PIZZA SCR PEPPERONI HS RSD	SLICE	395	35.75
PIZZA SCR CHICKEN BACON 16 RSD	SLICE	400	35.17
SAND HOT CHICK SPICY USDA SEC	1 sandwich	366	39.0
SAND HOT CHICK PATTY USDA SEC	1 sandwich	320	35.0
SAND BURGER CHEESE SYS SEC	1 EACH	349	28.32
SAND BURGER BEEF:G912	1 burger	292	26.32
POTATO TATER TOTS USDA	1/2 cup	197	22.2
NACHOS BEEF RSD	1 EACH	527	38.96
NACHOS CHICKEN USDA SEC	1 EACH	459	37.58
BURRITO BEEF: WA 8" BTO RSD	1 EACH	319	26.33
BURRITO CHICK: 8" RSD BTO	1 EACH	240	24.67
BEANS REFRIED LOW NA USDA	1/2 cup	114	19.2
RICE CUBAN STYLE w/BEANS RSD	3 OZ	152	32.84
SPAGHETTI MEATLOVERS PENNE SEC	SERVING	689	52.35
BROCCOLI TREES:roasted	1/2 cup	30	4.1
SALAD MIX 50/50 RO/ICE W/COLOR	1 CUP	7	1.5
BROCCOLI FRESH	1/2 CUP	15	3.02
CARROTS BABY FRESH	1/2 cup	25	5.78
BEANS BLACK CANNED 1/2 CUP	1/2 CUP	120	22.52
PEARS XTRA LT DCD USDA 1/2 C	1/2 cup	61	15.73
APPLE WHOLE:163ct	1 EACH	57	15.27
BANANAS PETITE:150ct	EACH	105	26.95
ORANGE FRESH	1 EACH	45	11.28
LETTUCE SHRED	1/4 CUP	2	0.41
TOMATO FRESH RAW	1/8 CUP	5	1.03
ONION RED	1 TBSP	5	1.05
CUCUMBERS	1/8 CUP	2	0.32
OLIVE BLACK	2 TBSP	25	1.0
JALEPEN0	1/8 cup	3	0.5
MILK CHOCOLATE FF DARIGOLD	HALF PINT	130	24.0
MILK WHITE 1% DARIGOLD	HALF PINT	110	13.0

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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Richland School District

Dec 1, 2014 thru Dec 19, 2014

Base Menu Spreadsheet

9-12 RSD

Portion Values - Detailed

Page 3

Generated on: 12/1/2014 12:56:28 PM

	Portion Size	Cals (kcal)	Carb (g)
MILK WHITE FF DARIGOLD	HALF PINT	90	13.0
RANCH HEINZ	TBSP	40	0.25
DRESSING, CAESAR KEN'S	1 TBSP	95	0.5
DRESSING 1000 ISLAND	TBSP	70	3.0
DRESSING, BALSAMIC VINAGRETTE	TBLS	10	2.5
MUSTARD HEINZ	TBSP	0	0.0
MAYO HEINZ	TBSP	100	0.0
KETCHUP HEINZ	TBSP	20	5.0
SAUCE BBQ	1 TBSP	20	4.65
SALSA CANNED USDA	1 OZ	8	1.54
SAUCE SRIRACHA	servings	7	1.57
SOUR CREAM LIGHT	1 TBSP	20	1.01
Weighted Daily Average		840	116.03
% of Calories			55.3%
Nutrient Guideline		750-850	

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Richland School District

Dec 1, 2014 thru Dec 19, 2014

Base Menu Spreadsheet

9-12 RSD

Portion Values - Detailed

Page 4

Generated on: 12/1/2014 12:56:28 PM

	Portion Size	Cals (kcal)	Carb (g)
Wed - 12/03/2014			
9-12 RSD	Total		
SALAD ENT CHICK CAESAR:rsd SEC	PORTION	160	5.39
SALAD ENT CHEF: rsd SECONDARY	PORTION	170	6.99
SALAD ENT ASIAN CHICKEN:rsdsec	PORTION	144	16.6
ROLL SUB 2 GRAIN	1 EACH	160	28.0
SAND COLD HAM SUB MS HS	SUB	292	28.82
SAND COLD TURKEY SUB, MS HS	SUB	287	30.53
SAND COLD VEGGIE SUB, SEC RSD	EACH	367	28.45
SAND COLD SUB, TUNA, RSD	EACH	396	28.0
PIZZA SCR CHEESE SEC RSD	SLICE	362	35.63
PIZZA SCR PEPPERONI HS RSD	SLICE	395	35.75
PIZZA SCR SUPREME HS RSD	SLICE	401	37.76
SAND HOT CHICK SPICY USDA SEC	1 sandwich	366	39.0
SAND HOT CHICK PATTY USDA SEC	1 sandwich	320	35.0
SAND BURGER CHEESE SYS SEC	1 EACH	349	28.32
SAND BURGER BEEF:G912	1 burger	292	26.32
CORN DOG CHICKEN	1 EACH	267	21.3
POTATO CRINKLE WEDGE USDA	1/2 CUP	140	22.0
NACHOS BEEF RSD	1 EACH	527	38.96
NACHOS CHICKEN USDA SEC	1 EACH	459	37.58
BURRITO BEEF: WA 8" BTO RSD	1 EACH	319	26.33
BURRITO CHICK: 8" RSD BTO	1 EACH	240	24.67
BEANS REFRIED LOW NA USDA	1/2 cup	114	19.2
RICE CUBAN STYLE w/BEANS RSD	3 OZ	152	32.84
CORN DOG CHICKEN	1 corn dog	243	30.37
POTATO OVEN KRINKLE CUT USDA	1/2 CUP	142	21.9
SALAD MIX 50/50 RO/ICE W/COLOR	1 CUP	7	1.5
SPINACH LEAVES FRESH	1 CUP	21	2.57
CARROTS BABY FRESH	1/2 cup	25	5.78
x14-BEANS BAKED:veg	1/2 cup	158	32.6
CORN WHOLE KERNEL CND 1/2 C	1/2 CUP	78	18.0
PEACHES XTRA LT DCD USDA 1/2 C	1/2 CUP	53	13.99
APPLE WHOLE:163ct	1 EACH	57	15.27
BANANAS PETITTE:150ct	EACH	105	26.95
ORANGE FRESH	1 EACH	45	11.28
LETTUCE SHRED	1/4 CUP	2	0.41
TOMATO FRESH RAW	1/8 CUP	5	1.03
CUCUMBERS	1/8 CUP	2	0.32
OLIVE BLACK	1 TBSP	13	0.5
ONION RED	1 TBSP	5	1.05
JALEPENO	1/8 cup	3	0.5
MILK CHOCOLATE FF DARIGOLD	HALF PINT	130	24.0
MILK WHITE 1% DARIGOLD	HALF PINT	110	13.0
MILK WHITE FF DARIGOLD	HALF PINT	90	13.0
DRESSING, CAESAR KEN'S	1 TBSP	95	0.5
RANCH HEINZ	TBSP	40	0.25
DRESSING, BALSAMIC VINAGRETTE	TBLS	10	2.5
DRESSING 1000 ISLAND	TBSP	70	3.0
MUSTARD HEINZ	TBSP	0	0.0
MAYO HEINZ	TBSP	100	0.0
KETCHUP HEINZ	TBSP	20	5.0
SAUCE BBQ	1 TBSP	20	4.65
SALSA CANNED USDA	1 OZ	8	1.54
SAUCE SRIRACHA	servings	7	1.57
SOUR CREAM LIGHT	1 TBSP	20	1.01

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Richland School District

Dec 1, 2014 thru Dec 19, 2014

Base Menu Spreadsheet

9-12 RSD

Portion Values - Detailed

Page 5

Generated on: 12/1/2014 12:56:28 PM

	Portion Size	Cals (kcal)	Carb (g)
Weighted Daily Average % of Calories		834	128.39 61.6%
Nutrient Guideline		750-850	

Thu - 12/04/2014			
9-12 RSD	Total		
SALAD ENT CHICK CAESAR:rsd SEC	PORTION	160	5.39
SALAD ENT CHEF: rsd SECONDARY	PORTION	170	6.99
SALAD ENT TACO, CHICKEN SECOND	1 SALAD	394	39.84
ROLL SUB 2 GRAIN	EACH	160	28.0
SAND COLD HAM SUB MS HS	SUB	292	28.82
SAND COLD TURKEY SUB, MS HS	SUB	287	30.53
SAND COLD VEGGIE SUB, SEC RSD	EACH	367	28.45
SAND COLD SUB, TUNA, RSD	EACH	396	28.0
PIZZA SCR CHEESE SEC RSD	SLICE	362	35.63
PIZZA SCR PEPPERONI HS RSD	SLICE	395	35.75
PIZZA SCR BBQ CHICK MS/HS RSD	SLICE	339	38.8
SAND HOT CHICK SPICY USDA SEC	1 sandwich	366	39.0
SAND HOT CHICK PATTY USDA SEC	1 sandwich	320	35.0
SAND BURGER CHEESE SYS SEC	1 EACH	349	28.32
SAND BURGER BEEF:G912	1 burger	292	26.32
POTATO TATER TOTS USDA	1/2 cup	197	22.2
NACHOS BEEF RSD	1 EACH	527	38.96
NACHOS CHICKEN USDA SEC	1 EACH	459	37.58
BURRITO BEEF: WA 8" BTO RSD	1 EACH	319	26.33
BURRITO CHICK: 8" RSD BTO	1 EACH	240	24.67
BEANS REFRIED LOW NA USDA	1/2 cup	114	19.2
RICE CUBAN STYLE w/BEANS RSD	3 oz	152	32.84
CHILI, SECONDARY RSD NEW	8 oz	289	40.6
HONEY CORN BISCUIT USDA	BISCUIT	250	31.0
SALAD MIX 50/50 RO/ICE W/COLOR	1 CUP	7	1.5
BROCCOLI FRESH	1/2 CUP	15	3.02
CARROTS BABY FRESH	1/2 cup	25	5.78
BEANS GARBANZO 1/2 CUP	1/2 CUP	166	27.04
APPLESAUCE CND UNSWT USDA	1/2 CUP	53	14.22
APPLE WHOLE:163ct	1 EACH	57	15.27
BANANAS PETITE:150ct	EACH	105	26.95
ORANGE FRESH	1 EACH	45	11.28
LETTUCE SHRED	1/4 CUP	2	0.41
TOMATO FRESH RAW	1/8 CUP	5	1.03
ONION RED	2 TBSP	9	2.1
CUCUMBERS	1/8 CUP	2	0.32
OLIVE BLACK	2 TBSP	25	1.0
JALEPENO	1/8 cup	3	0.5
MILK CHOCOLATE FF DARIGOLD	HALF PINT	130	24.0
MILK WHITE 1% DARIGOLD	HALF PINT	110	13.0

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Base Menu Spreadsheet

9-12 RSD

Portion Values - Detailed

Page 6

Generated on: 12/1/2014 12:56:28 PM

	Portion Size	Cals (kcal)	Carb (g)
MILK WHITE FF DARIGOLD	HALF PINT	90	13.0
RANCH HEINZ	TBSP	40	0.25
DRESSING, CAESAR KEN'S	1 TBSP	95	0.5
DRESSING 1000 ISLAND	TBSP	70	3.0
DRESSING, BALSAMIC VINAGRETTE	TBLS	10	2.5
MUSTARD HEINZ	TBSP	0	0.0
MAYO HEINZ	TBSP	100	0.0
KETCHUP HEINZ	TBSP	20	5.0
SAUCE BBQ	1 TBSP	20	4.65
SALSA CANNED USDA	1 OZ	8	1.54
SAUCE SRIRACHA	servings	7	1.57
SOUR CREAM LIGHT	1 TBSP	20	1.01
Weighted Daily Average		838	124.01
% of Calories			59.2%
Nutrient Guideline		750-850	

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Richland School District

Dec 1, 2014 thru Dec 19, 2014

Base Menu Spreadsheet

9-12 RSD

Portion Values - Detailed

Page 7

Generated on: 12/1/2014 12:56:29 PM

	Portion Size	Cals (kcal)	Carb (g)
Fri - 12/05/2014			
9-12 RSD	Total		
SALAD ENT CHICK CAESAR:rsd SEC	PORTION	160	5.39
SALAD ENT CHEF: rsd SECONDARY	PORTION	170	6.99
SALAD ENT ASIAN CHICKEN:rsdsec	PORTION	144	16.6
ROLL SUB 2 GRAIN	EACH	160	28.0
SAND COLD HAM SUB MS HS	SUB	292	28.82
SAND COLD TURKEY SUB, MS HS	SUB	287	30.53
SAND COLD VEGGIE SUB, SEC RSD	EACH	367	28.45
SAND COLD SUB, TUNA, RSD	EACH	396	28.0
PIZZA SCR CHEESE SEC RSD	SLICE	362	35.63
PIZZA SCR PEPPERONI HS RSD	SLICE	395	35.75
PIZZA SCR HAWAIIAN HS RSD	SLICE	370	38.65
SAND HOT CHICK SPICY USDA SEC	1 sandwich	366	39.0
SAND HOT CHICK PATTY USDA SEC	1 sandwich	320	35.0
SAND BURGER CHEESE SYS SEC	1 EACH	349	28.32
SAND BURGER BEEF:G912	1 burger	292	26.32
POTATO CRINKLE WEDGE USDA	1/2 CUP	140	22.0
NACHOS BEEF RSD	1 EACH	527	38.96
NACHOS CHICKEN USDA SEC	1 EACH	459	37.58
BURRITO BEEF: WA 8" BTO RSD	1 EACH	319	26.33
BURRITO CHICK: 8" RSD BTO	1 EACH	240	24.67
BEANS REFRIED LOW NA USDA	1/2 cup	114	19.2
SPANISH RICE RSD	1/2 CUP	124	25.19
SAND HOT CHICK CORBLEU USDA SE	1 EACH	390	35.66
POTATO CRINKLE WEDGE USDA	1/2 CUP	140	22.0
SALAD MIX 50/50 RO/ICE W/COLOR	1 CUP	7	1.5
SPINACH LEAVES FRESH	1 CUP	21	2.57
CARROTS BABY FRESH	1/2 cup	25	5.78
CUCUMBERS 1/2 C	1/2 cup	9	2.16
PINEAPPLE TIDBITS CND	1/2 CUP	68	15.43
APPLE WHOLE:163ct	1 EACH	57	15.27
BANANAS PETITE:150ct	EACH	105	26.95
ORANGE FRESH	1 EACH	45	11.28
LETTUCE SHRED	1/4 CUP	2	0.41
TOMATO FRESH RAW	1/8 CUP	5	1.03
CUCUMBERS	1/8 CUP	2	0.32
ONION RED	2 TBSP	9	2.1
OLIVE BLACK	1 TBSP	13	0.5
JALEPENO	1/8 cup	3	0.5
MILK CHOCOLATE FF DARIGOLD	HALF PINT	130	24.0
MILK WHITE 1% DARIGOLD	HALF PINT	110	13.0
MILK WHITE FF DARIGOLD	HALF PINT	90	13.0
RANCH HEINZ	TBSP	40	0.25
DRESSING, CAESAR KEN'S	1 TBSP	95	0.5
DRESSING 1000 ISLAND	TBSP	70	3.0
DRESSING, BALSAMIC VINAGRETTE	TBLS	10	2.5
MUSTARD HEINZ	TBSP	0	0.0
MAYO HEINZ	TBSP	100	0.0
KETCHUP HEINZ	TBSP	20	5.0
SAUCE BBQ	1 TBSP	20	4.65
SALSA CANNED USDA	1 OZ	8	1.54
SAUCE SRIRACHA	servings	7	1.57
SOUR CREAM LIGHT	1 TBSP	20	1.01
TARTAR SAUCE	2 TBSP	63	7.94

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Base Menu Spreadsheet

9-12 RSD

Portion Values - Detailed

Page 8

Generated on: 12/1/2014 12:56:29 PM

	Portion Size	Cals (kcal)	Carb (g)
Weighted Daily Average % of Calories		808	118.18 58.5%
Nutrient Guideline		750-850	

Mon - 12/08/2014			
9-12 RSD	Total		
SALAD ENT CHICK CAESAR:rsd SEC	PORTION	160	5.39
SALAD ENT CHEF: rsd SECONDARY	PORTION	170	6.99
SALAD ENT ASIAN CHICKEN:rsdsec	PORTION	144	16.6
ROLL SUB 2 GRAIN	EACH	160	28.0
SAND COLD HAM SUB MS HS	SUB	292	28.82
SAND COLD TURKEY SUB, MS HS	SUB	287	30.53
SAND COLD VEGGIE SUB, SEC RSD	EACH	367	28.45
SAND COLD SUB, TUNA, RSD	EACH	396	28.0
PIZZA SCR CHEESE SEC RSD	SLICE	362	35.63
PIZZA SCR PEPPERONI HS RSD	SLICE	395	35.75
PIZZA SCR MEAT LOVERS HS	SLICE	393	38.19
SAND HOT CHICK SPICY USDA SEC	1 sandwich	366	39.0
SAND HOT CHICK PATTY USDA SEC	1 sandwich	320	35.0
SAND BURGER CHEESE SYS SEC	1 EACH	349	28.32
SAND BURGER BEEF:G912	1 burger	292	26.32
POTATO CRINKLE WEDGE USDA	1/2 CUP	140	22.0
NACHOS BEEF RSD	EACH	527	38.96
NACHOS CHICKEN USDA SEC	1 EACH	459	37.58
BURRITO BEEF: WA 8" BTO RSD	1 EACH	319	26.33
BURRITO CHICK: 8" RSD BTO	1 EACH	240	24.67
SPANISH RICE RSD	1/3 CUP	82	16.79
BEANS REFRIED LOW NA USDA	1/2 cup	114	19.2
BEEF DIPPER W/ RICE SEC	beef+rice	385	57.04
VEGGIE BLEND ASIAN GREEN BEANS	1/2 CUP	38	4.88
SALAD MIX 50/50 RO/ICE W/COLOR	1 CUP	7	1.5
SPINACH LEAVES FRESH	1 CUP	21	2.57
CARROTS BABY FRESH	1/2 cup	25	5.78
PEAS GREEN FROZEN 1/2 C	1/2 CUP	62	11.41
CUCUMBERS 1/2 C	1/2 cup	9	2.16
APPLESAUCE CND UNSWT USDA	1/2 CUP	53	14.22
APPLE WHOLE:163ct	1 EACH	57	15.27
BANANAS PETITE:150ct	EACH	105	26.95
ORANGE FRESH	1 EACH	45	11.28
LETTUCE SHRED	1/4 CUP	2	0.41
TOMATO FRESH RAW	1/8 CUP	5	1.03
ONION RED	1 TBSP	5	1.05
CUCUMBERS	1/8 CUP	2	0.32
OLIVE BLACK	2 TBSP	25	1.0
JALEPENO	1/8 cup	3	0.5
MILK CHOCOLATE FF DARIGOLD	HALF PINT	130	24.0

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

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Richland School District

Dec 1, 2014 thru Dec 19, 2014

Base Menu Spreadsheet

9-12 RSD

Portion Values - Detailed

Page 9

Generated on: 12/1/2014 12:56:29 PM

	Portion Size	Cals (kcal)	Carb (g)
MILK WHITE 1% DARIGOLD	HALF PINT	110	13.0
MILK WHITE FF DARIGOLD	HALF PINT	90	13.0
RANCH HEINZ	TBSP	40	0.25
DRESSING, CAESAR KEN'S	1 TBSP	95	0.5
DRESSING 1000 ISLAND	TBSP	70	3.0
DRESSING, BALSAMIC VINAGRETTE	TBLS	10	2.5
MUSTARD HEINZ	TBSP	0	0.0
MAYO HEINZ	TBSP	100	0.0
KETCHUP HEINZ	TBSP	20	5.0
SAUCE BBQ	1 TBSP	20	4.65
SALSA CANNED USDA	1 OZ	8	1.54
SAUCE SRIRACHA	servings	7	1.57
SOUR CREAM LIGHT	1 TBSP	20	1.01
Weighted Daily Average		785	116.30
% of Calories			59.2%
Nutrient Guideline		750-850	

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Richland School District

Dec 1, 2014 thru Dec 19, 2014

Base Menu Spreadsheet

9-12 RSD

Portion Values - Detailed

Page 10

Generated on: 12/1/2014 12:56:29 PM

	Portion Size	Cals (kcal)	Carb (g)
Tue - 12/09/2014			
9-12 RSD	Total		
SALAD ENT CHICK CAESAR:rsd SEC	PORTION	160	5.39
SALAD ENT CHEF: rsd SECONDARY	PORTION	170	6.99
SALAD ENT ANTIPASTO RSD	PORTION	299	8.85
ROLL SUB 2 GRAIN	EACH	160	28.0
SAND COLD HAM SUB MS HS	SUB	292	28.82
SAND COLD TURKEY SUB, MS HS	SUB	287	30.53
SAND COLD VEGGIE SUB, SEC RSD	EACH	367	28.45
SAND COLD SUB, TUNA, RSD	EACH	396	28.0
PIZZA SCR CHEESE SEC RSD	SLICE	362	35.63
PIZZA SCR PEPPERONI HS RSD	SLICE	395	35.75
PIZZA SCR CHICKEN BACON 16 RSD	SLICE	400	35.17
SAND HOT CHICK SPICY USDA SEC	1 sandwich	366	39.0
SAND HOT CHICK PATTY USDA SEC	1 sandwich	320	35.0
SAND BURGER CHEESE SYS SEC	1 EACH	349	28.32
SAND BURGER BEEF:G912	1 burger	292	26.32
POTATO TATER TOTS USDA	1/2 cup	197	22.2
NACHOS BEEF RSD	1 EACH	527	38.96
NACHOS CHICKEN USDA SEC	1 EACH	459	37.58
BURRITO BEEF: WA 8" BTO RSD	1 EACH	319	26.33
BURRITO CHICK: 8" RSD BTO	1 EACH	240	24.67
BEANS REFRIED LOW NA USDA	1/2 cup	114	19.2
RICE CUBAN STYLE w/BEANS RSD	3 OZ	152	32.84
ZITI BAKED RSD	1 CUP	374	48.32
BROCCOLI TREES:roasted	1/2 cup	30	4.1
SALAD MIX 50/50 RO/ICE W/COLOR	1 CUP	7	1.5
BROCCOLI FRESH	1/2 CUP	15	3.02
CARROTS BABY FRESH	1/2 cup	25	5.78
BEANS BLACK CANNED 1/2 CUP	1/2 CUP	120	22.52
PEARS XTRA LT DCD USDA 1/2 C	1/2 cup	61	15.73
APPLE WHOLE:163ct	1 EACH	57	15.27
BANANAS PETITE:150ct	EACH	105	26.95
ORANGE FRESH	1 EACH	45	11.28
LETTUCE SHRED	1/4 CUP	2	0.41
TOMATO FRESH RAW	1/8 CUP	5	1.03
ONION RED	1 TBSP	5	1.05
CUCUMBERS	1/8 CUP	2	0.32
OLIVE BLACK	2 TBSP	25	1.0
JALEPENO	1/8 cup	3	0.5
MILK CHOCOLATE FF DARIGOLD	HALF PINT	130	24.0
MILK WHITE 1% DARIGOLD	HALF PINT	110	13.0
MILK WHITE FF DARIGOLD	HALF PINT	90	13.0
RANCH HEINZ	TBSP	40	0.25
DRESSING, CAESAR KEN'S	1 TBSP	95	0.5
DRESSING 1000 ISLAND	TBSP	70	3.0
DRESSING, BALSAMIC VINAGRETTE	TBLS	10	2.5
MUSTARD HEINZ	TBSP	0	0.0
MAYO HEINZ	TBSP	100	0.0
KETCHUP HEINZ	TBSP	20	5.0
SAUCE BBQ	1 TBSP	20	4.65
SALSA CANNED USDA	1 OZ	8	1.54
SAUCE SRIRACHA	servings	7	1.57
SOUR CREAM LIGHT	1 TBSP	20	1.01

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Richland School District

Dec 1, 2014 thru Dec 19, 2014

Base Menu Spreadsheet

9-12 RSD

Portion Values - Detailed

Page 11

Generated on: 12/1/2014 12:56:29 PM

	Portion Size	Cals (kcal)	Carb (g)
Weighted Daily Average % of Calories		805	115.65
Nutrient Guideline		750-850	57.5%

Wed - 12/10/2014			
9-12 RSD	Total		
SALAD ENT CHICK CAESAR:rsd SEC	PORTION	160	5.39
SALAD ENT CHEF: rsd SECONDARY	PORTION	170	6.99
SALAD ENT ASIAN CHICKEN:rsdsec	PORTION	144	16.6
ROLL SUB 2 GRAIN	EACH	160	28.0
SAND COLD HAM SUB MS HS	SUB	292	28.82
SAND COLD TURKEY SUB, MS HS	SUB	287	30.53
SAND COLD VEGGIE SUB, SEC RSD	EACH	367	28.45
SAND COLD SUB, TUNA, RSD	EACH	396	28.0
PIZZA SCR CHEESE SEC RSD	SLICE	362	35.63
PIZZA SCR PEPPERONI HS RSD	SLICE	395	35.75
PIZZA SCR SUPREME HS RSD	SLICE	401	37.76
SAND HOT CHICK SPICY USDA SEC	1 sandwich	366	39.0
SAND HOT CHICK PATTY USDA SEC	1 sandwich	320	35.0
SAND BURGER CHEESE SYS SEC	1 EACH	349	28.32
SAND BURGER BEEF:G912	1 burger	292	26.32
POTATO CRINKLE WEDGE USDA	1/2 CUP	140	22.0
NACHOS BEEF RSD	1 EACH	527	38.96
NACHOS CHICKEN USDA SEC	1 EACH	459	37.58
BURRITO BEEF: WA 8" BTO RSD	1 EACH	319	26.33
BURRITO CHICK: 8" RSD BTO	1 EACH	240	24.67
BEANS REFRIED LOW NA USDA	1/2 cup	114	19.2
RICE CUBAN STYLE w/BEANS RSD	3 OZ	152	32.84
BOWL CHICKEN PATTY POTATO SEC	SERVING	456	59.87
ROLL MINI SUB	1 roll	160	28.0
SALAD MIX 50/50 RO/ICE W/COLOR	1 CUP	7	1.5
SPINACH LEAVES FRESH	1 CUP	21	2.57
CARROTS BABY FRESH	1/2 cup	25	5.78
x14-BEANS BAKED:veg	1/2 cup	158	32.6
CORN WHOLE KERNEL CND 1/2 C	1/2 CUP	78	18.0
PEACHES XTRA LT DCD USDA 1/2 C	1/2 CUP	53	13.99
APPLE WHOLE:163ct	1 EACH	57	15.27
BANANAS PETITE:150ct	EACH	105	26.95
ORANGE FRESH	1 EACH	45	11.28
LETTUCE SHRED	1/4 CUP	2	0.41
TOMATO FRESH RAW	1/8 CUP	5	1.03
CUCUMBERS	1/8 CUP	2	0.32
OLIVE BLACK	1 TBSP	13	0.5
ONION RED	1 TBSP	5	1.05
JALEPENO	1/8 cup	3	0.5
MILK CHOCOLATE FF DARIGOLD	HALF PINT	130	24.0

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Richland School District

Dec 1, 2014 thru Dec 19, 2014

Base Menu Spreadsheet

9-12 RSD

Portion Values - Detailed

Page 12

Generated on: 12/1/2014 12:56:29 PM

	Portion Size	Cals (kcal)	Carb (g)
MILK WHITE 1% DARIGOLD	HALF PINT	110	13.0
MILK WHITE FF DARIGOLD	HALF PINT	90	13.0
DRESSING, CAESAR KEN'S	1 TBSP	95	0.5
RANCH HEINZ	TBSP	40	0.25
DRESSING, BALSAMIC VINAGRETTE	TBLS	10	2.5
DRESSING 1000 ISLAND	TBSP	70	3.0
MUSTARD HEINZ	TBSP	0	0.0
MAYO HEINZ	TBSP	100	0.0
KETCHUP HEINZ	TBSP	20	5.0
SAUCE BBQ	1 TBSP	20	4.65
SALSA CANNED USDA	1 OZ	8	1.54
SAUCE SRIRACHA	servings	7	1.57
SOUR CREAM LIGHT	1 TBSP	20	1.01
Weighted Daily Average		854	131.73
% of Calories			61.7%
Nutrient Guideline		750-850	

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Richland School District

Dec 1, 2014 thru Dec 19, 2014

Base Menu Spreadsheet

9-12 RSD

Portion Values - Detailed

Page 13

Generated on: 12/1/2014 12:56:29 PM

	Portion Size	Cals (kcal)	Carb (g)
Thu - 12/11/2014			
9-12 RSD	Total		
SALAD ENT CHICK CAESAR:rsd SEC	PORTION	160	5.39
SALAD ENT CHEF: rsd SECONDARY	PORTION	170	6.99
SALAD ENT TACO, CHICKEN SECOND	1 SALAD	394	39.84
ROLL SUB 2 GRAIN	EACH	160	28.0
SAND COLD HAM SUB MS HS	SUB	292	28.82
SAND COLD TURKEY SUB, MS HS	SUB	287	30.53
SAND COLD VEGGIE SUB, SEC RSD	EACH	367	28.45
SAND COLD SUB, TUNA, RSD	EACH	396	28.0
PIZZA SCR CHEESE SEC RSD	SLICE	362	35.63
PIZZA SCR PEPPERONI HS RSD	SLICE	395	35.75
PIZZA SCR BBQ CHICK MS/HS RSD	SLICE	339	38.8
SAND HOT CHICK SPICY USDA SEC	1 sandwich	366	39.0
SAND HOT CHICK PATTY USDA SEC	1 sandwich	320	35.0
SAND BURGER CHEESE SYS SEC	1 EACH	349	28.32
SAND BURGER BEEF:G912	1 burger	292	26.32
POTATO TATER TOTS USDA	1/2 cup	197	22.2
NACHOS BEEF RSD	1 EACH	527	38.96
NACHOS CHICKEN USDA SEC	1 EACH	459	37.58
BURRITO BEEF: WA 8" BTO RSD	1 EACH	319	26.33
BURRITO CHICK: 8" RSD BTO	1 EACH	240	24.67
BEANS REFRIED LOW NA USDA	1/2 cup	114	19.2
RICE CUBAN STYLE w/BEANS RSD	3 oz	152	32.84
ENCHILADA BEAN & CH SCR USDA	1 EACH	268	33.84
SPANISH RICE RSD	1/2 CUP	124	25.19
SALAD MIX 50/50 RO/ICE W/COLOR	1 CUP	7	1.5
BROCCOLI FRESH	1/2 CUP	15	3.02
CARROTS BABY FRESH	1/2 cup	25	5.78
BEANS GARBANZO 1/2 CUP	1/2 CUP	166	27.04
APPLESAUCE CND UNSWT USDA	1/2 CUP	53	14.22
APPLE WHOLE:163ct	1 EACH	57	15.27
BANANAS PETITE:150ct	EACH	105	26.95
ORANGE FRESH	1 EACH	45	11.28
LETTUCE SHRED	1/4 CUP	2	0.41
TOMATO FRESH RAW	1/8 CUP	5	1.03
ONION RED	2 TBSP	9	2.1
CUCUMBERS	1/8 CUP	2	0.32
OLIVE BLACK	2 TBSP	25	1.0
JALEPENO	1/8 cup	3	0.5
MILK CHOCOLATE FF DARIGOLD	HALF PINT	130	24.0
MILK WHITE 1% DARIGOLD	HALF PINT	110	13.0
MILK WHITE FF DARIGOLD	HALF PINT	90	13.0
RANCH HEINZ	TBSP	40	0.25
DRESSING, CAESAR KEN'S	1 TBSP	95	0.5
DRESSING 1000 ISLAND	TBSP	70	3.0
DRESSING, BALSAMIC VINAGRETTE	TBLS	10	2.5
MUSTARD HEINZ	TBSP	0	0.0
MAYO HEINZ	TBSP	100	0.0
KETCHUP HEINZ	TBSP	20	5.0
SAUCE BBQ	1 TBSP	20	4.65
SALSA CANNED USDA	1 OZ	8	1.54
SAUCE SRIRACHA	servings	7	1.57
SOUR CREAM LIGHT	1 TBSP	20	1.01

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Richland School District

Dec 1, 2014 thru Dec 19, 2014

Base Menu Spreadsheet

9-12 RSD

Portion Values - Detailed

Page 14

Generated on: 12/1/2014 12:56:29 PM

	Portion Size	Cals (kcal)	Carb (g)
Weighted Daily Average % of Calories		819	122.45 59.8%
Nutrient Guideline		750-850	

Fri - 12/12/2014			
9-12 RSD	Total		
SALAD ENT CHICK CAESAR:rsd SEC	PORTION	160	5.39
SALAD ENT CHEF: rsd SECONDARY	PORTION	170	6.99
SALAD ENT ASIAN CHICKEN:rsdsec	PORTION	144	16.6
ROLL SUB 2 GRAIN	EACH	160	28.0
SAND COLD HAM SUB MS HS	SUB	292	28.82
SAND COLD TURKEY SUB, MS HS	SUB	287	30.53
SAND COLD VEGGIE SUB, SEC RSD	EACH	367	28.45
SAND COLD SUB, TUNA, RSD	EACH	396	28.0
PIZZA SCR CHEESE SEC RSD	SLICE	362	35.63
PIZZA SCR PEPPERONI HS RSD	SLICE	395	35.75
PIZZA SCR HAWAIIAN HS RSD	SLICE	370	38.65
SAND HOT CHICK SPICY USDA SEC	1 sandwich	366	39.0
SAND HOT CHICK PATTY USDA SEC	1 sandwich	320	35.0
SAND BURGER CHEESE SYS SEC	1 EACH	349	28.32
SAND BURGER BEEF:G912	1 burger	292	26.32
POTATO CRINKLE WEDGE USDA	1/2 CUP	140	22.0
NACHOS BEEF RSD	1 EACH	527	38.96
NACHOS CHICKEN USDA SEC	1 EACH	459	37.58
BURRITO BEEF: WA 8" BTO RSD	1 EACH	319	26.33
BURRITO CHICK: 8" RSD BTO	1 EACH	240	24.67
BEANS REFRIED LOW NA USDA	1/2 cup	114	19.2
SPANISH RICE RSD	1/2 CUP	124	25.19
ITALIAN CHICKEN SANDWICH RSD	SERVING	225	7.14
POTATO CRINKLE WEDGE USDA	1/2 CUP	140	22.0
SALAD MIX 50/50 RO/ICE W/COLOR	1 CUP	7	1.5
SPINACH LEAVES FRESH	1 CUP	21	2.57
CARROTS BABY FRESH	1/2 cup	25	5.78
CUCUMBERS 1/2 C	1/2 cup	9	2.16
PINEAPPLE TIDBITS CND	1/2 CUP	68	15.43
APPLE WHOLE:163ct	1 EACH	57	15.27
BANANAS PETITE:150ct	EACH	105	26.95
ORANGE FRESH	1 EACH	45	11.28
LETTUCE SHRED	1/4 CUP	2	0.41
TOMATO FRESH RAW	1/8 CUP	5	1.03
CUCUMBERS	1/8 CUP	2	0.32
ONION RED	2 TBSP	9	2.1
OLIVE BLACK	1 TBSP	13	0.5
JALEPENO	1/8 cup	3	0.5
MILK CHOCOLATE FF DARIGOLD	HALF PINT	130	24.0
MILK WHITE 1% DARIGOLD	HALF PINT	110	13.0

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Richland School District

Dec 1, 2014 thru Dec 19, 2014

Base Menu Spreadsheet

9-12 RSD

Portion Values - Detailed

Page 15

Generated on: 12/1/2014 12:56:29 PM

	Portion Size	Cals (kcal)	Carb (g)
MILK WHITE FF DARIGOLD	HALF PINT	90	13.0
RANCH HEINZ	TBSP	40	0.25
DRESSING, CAESAR KEN'S	1 TBSP	95	0.5
DRESSING 1000 ISLAND	TBSP	70	3.0
DRESSING, BALSAMIC VINAGRETTE	TBLS	10	2.5
MUSTARD HEINZ	TBSP	0	0.0
MAYO HEINZ	TBSP	100	0.0
KETCHUP HEINZ	TBSP	20	5.0
SAUCE BBQ	1 TBSP	20	4.65
SALSA CANNED USDA	1 OZ	8	1.54
SAUCE SRIRACHA	servings	7	1.57
SOUR CREAM LIGHT	1 TBSP	20	1.01
TARTAR SAUCE	2 TBSP	63	7.94
Weighted Daily Average		789	115.04
% of Calories			58.3%
Nutrient Guideline		750-850	

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Richland School District

Dec 1, 2014 thru Dec 19, 2014

Base Menu Spreadsheet

9-12 RSD

Portion Values - Detailed

Page 16

Generated on: 12/1/2014 12:56:29 PM

	Portion Size	Cals (kcal)	Carb (g)
Mon - 12/15/2014			
9-12 RSD	Total		
SALAD ENT CHICK CAESAR:rsd SEC	PORTION	160	5.39
SALAD ENT CHEF: rsd SECONDARY	PORTION	170	6.99
SALAD ENT ASIAN CHICKEN:rsdsec	PORTION	144	16.6
ROLL SUB 2 GRAIN	EACH	160	28.0
SAND COLD HAM SUB MS HS	SUB	292	28.82
SAND COLD TURKEY SUB, MS HS	SUB	287	30.53
SAND COLD VEGGIE SUB, SEC RSD	EACH	367	28.45
SAND COLD SUB, TUNA, RSD	EACH	396	28.0
PIZZA SCR CHEESE SEC RSD	SLICE	362	35.63
PIZZA SCR PEPPERONI HS RSD	SLICE	395	35.75
PIZZA SCR MEAT LOVERS HS	SLICE	393	38.19
SAND HOT CHICK SPICY USDA SEC	1 sandwich	366	39.0
SAND HOT CHICK PATTY USDA SEC	1 sandwich	320	35.0
SAND BURGER CHEESE SYS SEC	1 EACH	349	28.32
SAND BURGER BEEF:G912	1 burger	292	26.32
POTATO CRINKLE WEDGE USDA	1/2 CUP	140	22.0
NACHOS BEEF RSD	EACH	527	38.96
NACHOS CHICKEN USDA SEC	1 EACH	459	37.58
BURRITO BEEF: WA 8" BTO RSD	1 EACH	319	26.33
BURRITO CHICK: 8" RSD BTO	1 EACH	240	24.67
SPANISH RICE RSD	1/3 CUP	82	16.79
BEANS REFRIED LOW NA USDA	1/2 cup	114	19.2
CHICK ORANGE & RICE NUGUSDA EL	5 nugget + rice	573	96.76
VEGGIE BLEND ASIAN GREEN BEANS	1/2 CUP	38	4.88
SALAD MIX 50/50 RO/ICE W/COLOR	1 CUP	7	1.5
SPINACH LEAVES FRESH	1 CUP	21	2.57
CARROTS BABY FRESH	1/2 cup	25	5.78
PEAS GREEN FROZEN 1/2 C	1/2 CUP	62	11.41
CUCUMBERS 1/2 C	1/2 cup	9	2.16
APPLESAUCE CND UNSWT USDA	1/2 CUP	53	14.22
APPLE WHOLE:163ct	1 EACH	57	15.27
BANANAS PETITE:150ct	EACH	105	26.95
ORANGE FRESH	1 EACH	45	11.28
LETTUCE SHRED	1/4 CUP	2	0.41
TOMATO FRESH RAW	1/8 CUP	5	1.03
ONION RED	1 TBSP	5	1.05
CUCUMBERS	1/8 CUP	2	0.32
OLIVE BLACK	2 TBSP	25	1.0
JALEPEN0	1/8 cup	3	0.5
MILK CHOCOLATE FF DARIGOLD	HALF PINT	130	24.0
MILK WHITE 1% DARIGOLD	HALF PINT	110	13.0
MILK WHITE FF DARIGOLD	HALF PINT	90	13.0
RANCH HEINZ	TBSP	40	0.25
DRESSING, CAESAR KEN'S	1 TBSP	95	0.5
DRESSING 1000 ISLAND	TBSP	70	3.0
DRESSING, BALSAMIC VINAGRETTE	TBLS	10	2.5
MUSTARD HEINZ	TBSP	0	0.0
MAYO HEINZ	TBSP	100	0.0
KETCHUP HEINZ	TBSP	20	5.0
SAUCE BBQ	1 TBSP	20	4.65
SALSA CANNED USDA	1 OZ	8	1.54
SAUCE SRIRACHA	servings	7	1.57
SOUR CREAM LIGHT	1 TBSP	20	1.01

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Richland School District

Dec 1, 2014 thru Dec 19, 2014

Base Menu Spreadsheet

9-12 RSD

Portion Values - Detailed

Page 17

Generated on: 12/1/2014 12:56:29 PM

	Portion Size	Cals (kcal)	Carb (g)
Weighted Daily Average % of Calories		813	122.25 60.1%
Nutrient Guideline		750-850	

Tue - 12/16/2014			
9-12 RSD	Total		
SALAD ENT CHICK CAESAR:rsd SEC	PORTION	160	5.39
SALAD ENT CHEF: rsd SECONDARY	PORTION	170	6.99
SALAD ENT ANTIPASTO RSD	PORTION	299	8.85
ROLL SUB 2 GRAIN	EACH	160	28.0
SAND COLD HAM SUB MS HS	SUB	292	28.82
SAND COLD TURKEY SUB, MS HS	SUB	287	30.53
SAND COLD VEGGIE SUB, SEC RSD	EACH	367	28.45
SAND COLD SUB, TUNA, RSD	EACH	396	28.0
PIZZA SCR CHEESE SEC RSD	SLICE	362	35.63
PIZZA SCR PEPPERONI HS RSD	SLICE	395	35.75
PIZZA SCR CHICKEN BACON 16 RSD	SLICE	400	35.17
SAND HOT CHICK SPICY USDA SEC	1 sandwich	366	39.0
SAND HOT CHICK PATTY USDA SEC	1 sandwich	320	35.0
SAND BURGER CHEESE SYS SEC	1 EACH	349	28.32
SAND BURGER BEEF:G912	1 burger	292	26.32
POTATO TATER TOTS USDA	1/2 cup	197	22.2
NACHOS BEEF RSD	1 EACH	527	38.96
NACHOS CHICKEN USDA SEC	1 EACH	459	37.58
BURRITO BEEF: WA 8" BTO RSD	1 EACH	319	26.33
BURRITO CHICK: 8" RSD BTO	1 EACH	240	24.67
BEANS REFRIED LOW NA USDA	1/2 cup	114	19.2
RICE CUBAN STYLE w/BEANS RSD	3 OZ	152	32.84
SPAGHETTI MEATLOVERS PENNE SEC	SERVING	689	52.35
BROCCOLI TREES:roasted	1/2 cup	30	4.1
SALAD MIX 50/50 RO/ICE W/COLOR	1 CUP	7	1.5
BROCCOLI FRESH	1/2 CUP	15	3.02
CARROTS BABY FRESH	1/2 cup	25	5.78
BEANS BLACK CANNED 1/2 CUP	1/2 CUP	120	22.52
PEARS XTRA LT DCD USDA 1/2 C	1/2 cup	61	15.73
APPLE WHOLE:163ct	1 EACH	57	15.27
BANANAS PETITE:150ct	EACH	105	26.95
ORANGE FRESH	1 EACH	45	11.28
LETTUCE SHRED	1/4 CUP	2	0.41
TOMATO FRESH RAW	1/8 CUP	5	1.03
ONION RED	1 TBSP	5	1.05
CUCUMBERS	1/8 CUP	2	0.32
OLIVE BLACK	2 TBSP	25	1.0
JALEPENO	1/8 cup	3	0.5
MILK CHOCOLATE FF DARIGOLD	HALF PINT	130	24.0
MILK WHITE 1% DARIGOLD	HALF PINT	110	13.0

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Richland School District

Dec 1, 2014 thru Dec 19, 2014

Base Menu Spreadsheet

9-12 RSD

Portion Values - Detailed

Page 18

Generated on: 12/1/2014 12:56:29 PM

	Portion Size	Cals (kcal)	Carb (g)
MILK WHITE FF DARIGOLD	HALF PINT	90	13.0
RANCH HEINZ	TBSP	40	0.25
DRESSING, CAESAR KEN'S	1 TBSP	95	0.5
DRESSING 1000 ISLAND	TBSP	70	3.0
DRESSING, BALSAMIC VINAGRETTE	TBLS	10	2.5
MUSTARD HEINZ	TBSP	0	0.0
MAYO HEINZ	TBSP	100	0.0
KETCHUP HEINZ	TBSP	20	5.0
SAUCE BBQ	1 TBSP	20	4.65
SALSA CANNED USDA	1 OZ	8	1.54
SAUCE SRIRACHA	servings	7	1.57
SOUR CREAM LIGHT	1 TBSP	20	1.01
Weighted Daily Average		840	116.03
% of Calories			55.3%
Nutrient Guideline		750-850	

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Richland School District

Dec 1, 2014 thru Dec 19, 2014

Base Menu Spreadsheet

9-12 RSD

Portion Values - Detailed

Page 19

Generated on: 12/1/2014 12:56:29 PM

	Portion Size	Cals (kcal)	Carb (g)
Wed - 12/17/2014			
9-12 RSD	Total		
SALAD ENT CHICK CAESAR:rsd SEC	PORTION	160	5.39
SALAD ENT CHEF: rsd SECONDARY	PORTION	170	6.99
SALAD ENT ASIAN CHICKEN:rsdsec	PORTION	144	16.6
ROLL SUB 2 GRAIN	EACH	160	28.0
SAND COLD HAM SUB MS HS	SUB	292	28.82
SAND COLD TURKEY SUB, MS HS	SUB	287	30.53
SAND COLD VEGGIE SUB, SEC RSD	EACH	367	28.45
SAND COLD SUB, TUNA, RSD	EACH	396	28.0
PIZZA SCR CHEESE SEC RSD	SLICE	362	35.63
PIZZA SCR PEPPERONI HS RSD	SLICE	395	35.75
PIZZA SCR SUPREME HS RSD	SLICE	401	37.76
SAND HOT CHICK SPICY USDA SEC	1 sandwich	366	39.0
SAND HOT CHICK PATTY USDA SEC	1 sandwich	320	35.0
SAND BURGER CHEESE SYS SEC	1 EACH	349	28.32
SAND BURGER BEEF:G912	1 burger	292	26.32
POTATO CRINKLE WEDGE USDA	1/2 CUP	140	22.0
NACHOS BEEF RSD	1 EACH	527	38.96
NACHOS CHICKEN USDA SEC	1 EACH	459	37.58
BURRITO BEEF: WA 8" BTO RSD	1 EACH	319	26.33
BURRITO CHICK: 8" RSD BTO	1 EACH	240	24.67
BEANS REFRIED LOW NA USDA	1/2 cup	114	19.2
RICE CUBAN STYLE w/BEANS RSD	3 OZ	152	32.84
CORN DOG CHICKEN	1 EACH	267	21.3
POTATO CRINKLE WEDGE USDA	1/2 CUP	140	22.0
SALAD MIX 50/50 RO/ICE W/COLOR	1 CUP	7	1.5
SPINACH LEAVES FRESH	1 CUP	21	2.57
CARROTS BABY FRESH	1/2 cup	25	5.78
x14-BEANS BAKED:veg	1/2 cup	158	32.6
CORN WHOLE KERNEL CND 1/2 C	1/2 CUP	78	18.0
PEACHES XTRA LT DCD USDA 1/2 C	1/2 CUP	53	13.99
APPLE WHOLE:163ct	1 EACH	57	15.27
BANANAS PETITE:150ct	EACH	105	26.95
ORANGE FRESH	1 EACH	45	11.28
LETTUCE SHRED	1/4 CUP	2	0.41
TOMATO FRESH RAW	1/8 CUP	5	1.03
CUCUMBERS	1/8 CUP	2	0.32
OLIVE BLACK	1 TBSP	13	0.5
ONION RED	1 TBSP	5	1.05
JALEPEN0	1/8 cup	3	0.5
MILK CHOCOLATE FF DARIGOLD	HALF PINT	130	24.0
MILK WHITE 1% DARIGOLD	HALF PINT	110	13.0
MILK WHITE FF DARIGOLD	HALF PINT	90	13.0
DRESSING, CAESAR KEN'S	1 TBSP	95	0.5
RANCH HEINZ	TBSP	40	0.25
DRESSING, BALSAMIC VINAGRETTE	TBLS	10	2.5
DRESSING 1000 ISLAND	TBSP	70	3.0
MUSTARD HEINZ	TBSP	0	0.0
MAYO HEINZ	TBSP	100	0.0
KETCHUP HEINZ	TBSP	20	5.0
SAUCE BBQ	1 TBSP	20	4.65
SALSA CANNED USDA	1 OZ	8	1.54
SAUCE SRIRACHA	servings	7	1.57
SOUR CREAM LIGHT	1 TBSP	20	1.01

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Richland School District

Dec 1, 2014 thru Dec 19, 2014

Base Menu Spreadsheet

9-12 RSD

Portion Values - Detailed

Page 20

Generated on: 12/1/2014 12:56:29 PM

	Portion Size	Cals (kcal)	Carb (g)
Weighted Daily Average % of Calories		833	127.28 61.1%
Nutrient Guideline		750-850	

Thu - 12/18/2014			
9-12 RSD	Total		
SALAD ENT CHICK CAESAR:rsd SEC	PORTION	160	5.39
SALAD ENT CHEF: rsd SECONDARY	PORTION	170	6.99
SALAD ENT TACO, CHICKEN SECOND	1 SALAD	394	39.84
ROLL SUB 2 GRAIN	EACH	160	28.0
SAND COLD HAM SUB MS HS	SUB	292	28.82
SAND COLD TURKEY SUB, MS HS	SUB	287	30.53
SAND COLD VEGGIE SUB, SEC RSD	EACH	367	28.45
SAND COLD SUB, TUNA, RSD	EACH	396	28.0
PIZZA SCR CHEESE SEC RSD	SLICE	362	35.63
PIZZA SCR PEPPERONI HS RSD	SLICE	395	35.75
PIZZA SCR BBQ CHICK MS/HS RSD	SLICE	339	38.8
SAND HOT CHICK SPICY USDA SEC	1 sandwich	366	39.0
SAND HOT CHICK PATTY USDA SEC	1 sandwich	320	35.0
SAND BURGER CHEESE SYS SEC	1 EACH	349	28.32
SAND BURGER BEEF:G912	1 burger	292	26.32
POTATO TATER TOTS USDA	1/2 cup	197	22.2
NACHOS BEEF RSD	1 EACH	527	38.96
NACHOS CHICKEN USDA SEC	1 EACH	459	37.58
BURRITO BEEF: WA 8" BTO RSD	1 EACH	319	26.33
BURRITO CHICK: 8" RSD BTO	1 EACH	240	24.67
BEANS REFRIED LOW NA USDA	1/2 cup	114	19.2
RICE CUBAN STYLE w/BEANS RSD	3 oz	152	32.84
TURKEY GRAVY w/M POTATOES RSD	gravity+potato	224	23.76
ROLL MINI SUB	1 roll	160	28.0
SALAD MIX 50/50 RO/ICE W/COLOR	1 CUP	7	1.5
BROCCOLI FRESH	1/2 CUP	15	3.02
CARROTS BABY FRESH	1/2 cup	25	5.78
BEANS GARBANZO 1/2 CUP	1/2 CUP	166	27.04
APPLESAUCE CND UNSWT USDA	1/2 CUP	53	14.22
APPLE WHOLE:163ct	1 EACH	57	15.27
BANANAS PETITE:150ct	EACH	105	26.95
ORANGE FRESH	1 EACH	45	11.28
LETTUCE SHRED	1/4 CUP	2	0.41
TOMATO FRESH RAW	1/8 CUP	5	1.03
ONION RED	2 TBSP	9	2.1
CUCUMBERS	1/8 CUP	2	0.32
OLIVE BLACK	2 TBSP	25	1.0
JALEPEN0	1/8 cup	3	0.5
MILK CHOCOLATE FF DARIGOLD	HALF PINT	130	24.0
MILK WHITE 1% DARIGOLD	HALF PINT	110	13.0

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Richland School District

Dec 1, 2014 thru Dec 19, 2014

Base Menu Spreadsheet

9-12 RSD

Portion Values - Detailed

Page 21

Generated on: 12/1/2014 12:56:30 PM

	Portion Size	Cals (kcal)	Carb (g)
MILK WHITE FF DARIGOLD	HALF PINT	90	13.0
RANCH HEINZ	TBSP	40	0.25
DRESSING, CAESAR KEN'S	1 TBSP	95	0.5
DRESSING 1000 ISLAND	TBSP	70	3.0
DRESSING, BALSAMIC VINAGRETTE	TBLS	10	2.5
MUSTARD HEINZ	TBSP	0	0.0
MAYO HEINZ	TBSP	100	0.0
KETCHUP HEINZ	TBSP	20	5.0
SAUCE BBQ	1 TBSP	20	4.65
SALSA CANNED USDA	1 OZ	8	1.54
SAUCE SRIRACHA	servings	7	1.57
SOUR CREAM LIGHT	1 TBSP	20	1.01
Weighted Daily Average		818	121.59
% of Calories			59.5%
Nutrient Guideline		750-850	

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Richland School District

Dec 1, 2014 thru Dec 19, 2014

Base Menu Spreadsheet

9-12 RSD

Portion Values - Detailed

Page 22

Generated on: 12/1/2014 12:56:30 PM

	Portion Size	Cals (kcal)	Carb (g)
Fri - 12/19/2014			
9-12 RSD	Total		
SALAD ENT CHICK CAESAR:rsd SEC	PORTION	160	5.39
SALAD ENT CHEF: rsd SECONDARY	PORTION	170	6.99
SALAD ENT ASIAN CHICKEN:rsdsec	PORTION	144	16.6
ROLL SUB 2 GRAIN	EACH	160	28.0
SAND COLD HAM SUB MS HS	SUB	292	28.82
SAND COLD TURKEY SUB, MS HS	SUB	287	30.53
SAND COLD VEGGIE SUB, SEC RSD	EACH	367	28.45
SAND COLD SUB, TUNA, RSD	EACH	396	28.0
PIZZA SCR CHEESE SEC RSD	SLICE	362	35.63
PIZZA SCR PEPPERONI HS RSD	SLICE	395	35.75
PIZZA SCR HAWAIIAN HS RSD	SLICE	370	38.65
SAND HOT CHICK SPICY USDA SEC	1 sandwich	366	39.0
SAND HOT CHICK PATTY USDA SEC	1 sandwich	320	35.0
SAND BURGER CHEESE SYS SEC	1 EACH	349	28.32
SAND BURGER BEEF:G912	1 burger	292	26.32
POTATO CRINKLE WEDGE USDA	1/2 CUP	140	22.0
NACHOS BEEF RSD	1 EACH	527	38.96
NACHOS CHICKEN USDA SEC	1 EACH	459	37.58
BURRITO BEEF: WA 8" BTO RSD	1 EACH	319	26.33
BURRITO CHICK: 8" RSD BTO	1 EACH	240	24.67
BEANS REFRIED LOW NA USDA	1/2 cup	114	19.2
SPANISH RICE RSD	1/2 CUP	124	25.19
SAND HOT CHICK CORBLEU USDA SE	1 EACH	390	35.66
POTATO CRINKLE WEDGE USDA	1/2 CUP	140	22.0
SALAD MIX 50/50 RO/ICE W/COLOR	1 CUP	7	1.5
SPINACH LEAVES FRESH	1 CUP	21	2.57
CARROTS BABY FRESH	1/2 cup	25	5.78
CUCUMBERS 1/2 C	1/2 cup	9	2.16
PINEAPPLE TIDBITS CND	1/2 CUP	68	15.43
APPLE WHOLE:163ct	1 EACH	57	15.27
BANANAS PETITE:150ct	EACH	105	26.95
ORANGE FRESH	1 EACH	45	11.28
LETTUCE SHRED	1/4 CUP	2	0.41
TOMATO FRESH RAW	1/8 CUP	5	1.03
CUCUMBERS	1/8 CUP	2	0.32
ONION RED	2 TBSP	9	2.1
OLIVE BLACK	1 TBSP	13	0.5
JALEPENO	1/8 cup	3	0.5
MILK CHOCOLATE FF DARIGOLD	HALF PINT	130	24.0
MILK WHITE 1% DARIGOLD	HALF PINT	110	13.0
MILK WHITE FF DARIGOLD	HALF PINT	90	13.0
RANCH HEINZ	TBSP	40	0.25
DRESSING, CAESAR KEN'S	1 TBSP	95	0.5
DRESSING 1000 ISLAND	TBSP	70	3.0
DRESSING, BALSAMIC VINAGRETTE	TBLS	10	2.5
MUSTARD HEINZ	TBSP	0	0.0
MAYO HEINZ	TBSP	100	0.0
KETCHUP HEINZ	TBSP	20	5.0
SAUCE BBQ	1 TBSP	20	4.65
SALSA CANNED USDA	1 OZ	8	1.54
SAUCE SRIRACHA	servings	7	1.57
SOUR CREAM LIGHT	1 TBSP	20	1.01
TARTAR SAUCE	2 TBSP	63	7.94

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Richland School District

Dec 1, 2014 thru Dec 19, 2014

Base Menu Spreadsheet

9-12 RSD

Portion Values - Detailed

Page 23

Generated on: 12/1/2014 12:56:30 PM

	Portion Size	Cals (kcal)	Carb (g)
Weighted Daily Average % of Calories		808	118.18 58.5%
Nutrient Guideline		750-850	

Weighted Average		820	121.02 59.1%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	820		750 - 850	100%				
Carbohydrate (g)	121.02	59.05%						

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