

# These menus repeat based on

Madera Unified School District

Aug 14, 2017 thru Aug 15, 2017

Base Menu Spreadsheet

PrepkMidd Lun (6-8th)

Portion Values - Detailed

info below:

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Generated on: 8/17/2017 11:05:58 AM

	Portion Size	Cals (kcal)	Sodm (mg)	Carb (g)	T-Fat (g)
Mon - 08/14/2017					
PrepkMidd Lun (6-8th)	Total				
KFC Style Chicken Box	1 Each	566	1608	59.92	26.76
Spicy Chicken Sandwich	1 EACH	360	530	40.0	12.0
PIZZA, FOUR CHEESE (SCHWANS)	SLICE	370	500	36.0	15.0
PIZZA, PEPPERONI (SCHWANS)	SLICE	370	550	36.0	16.0
Burrito, Bean & Cheese (True)	Each (6.25oz)	360	480	45.0	14.0
Chicken Tamale & Spanish Rice	1 Each	510	1120	65.0	21.5
Chicken Tenders (3 Pieces)	EACH (3 PIECES)	250	410	15.0	10.0
corndog, chx FF4oz95124	ea (4oz)	270	730	22.0	15.0
Sandwich, Turkey - Go Fresh	1 Each	310	600	40.0	6.5
Salad, Chicken Caesar	1 Each	122	196	4.59	4.7
Salad, Cobb (Go Fresh)	1 Each	122	196	4.59	4.7
Salad, Mediterranean	1 Each	122	196	4.59	4.7
Salad, Garden Veggie	1 EACH	*N/A*	*N/A*	*N/A*	*N/A*
Salad, Tossed Green (Go Fresh)	1 Each	17	16	3.68	0.19
VEGETABLES ASSORTED	1 EACH	38	52	7.88	0.37
Fruit, Assorted Fresh	Each	51	3	12.83	0.23
mayo pkt, 9gm/200	ea (9gm)	70	45	0.0	7.0
mustard, 4.5gm	ea (4.5gm)	5	70	1.0	0.0
ketchup, Ameri/PPI(9gm)	ea (9gm)	10	100	3.0	0.0
ranch drsg, light Amer(Hein)*13	ea (12gm)	20	115	3.0	1.0
Fruit Juice, Assorted - 4oz	1 Each	60	0	14.0	0.0
Milk, Fat-Free Chocolate	1 ea	120	150	21.0	0.0
Milk, 1% White	Each (8.0oz)	130	160	16.0	2.5
Weighted Daily Average		454	603	61.30	12.42
% of Calories				54.1%	24.6%
Nutrient Guideline		600-700	1360		

M, W, F

Tue - 08/15/2017					
PrepkMidd Lun (6-8th)	Total				
Orange Chicken Rice Bowl	1 EACH	500	730	65.0	15.5
Spicy Chicken Sandwich	1 EACH	360	530	40.0	12.0
PIZZA, PEPPERONI (SCHWANS)	1 EACH	370	550	36.0	16.0
PIZZA, FOUR CHEESE (SCHWANS)	SLICE	370	500	36.0	15.0
Burrito, Beef & Cheese (MCI)	1 Each	360	480	45.0	14.0
Pupusa, Bean & Cheese	Each (5.5oz)	290	480	35.0	11.0
CHEESEBURGER	1 EACH	313	747	26.11	12.67
HOT DOG - GO FRESH	EACH (SERVE 2)	263	740	23.02	13.21
SANDWICH, TURKEY HAM	1 EACH	208	690	24.98	4.91
Salad, Chicken Caesar	1 Each	122	196	4.59	4.7
Salad, Cobb (Go Fresh)	1 Each	122	196	4.59	4.7
Salad, Mediterranean	1 Each	122	196	4.59	4.7
Salad, Garden Veggie	1 EACH	*N/A*	*N/A*	*N/A*	*N/A*
Salad, Tossed Green (Go Fresh)	1 Each	17	16	3.68	0.19
Fruit, Assorted Fresh	Each	51	3	12.83	0.23
VEGETABLES ASSORTED	1 EACH	38	52	7.88	0.37
mayo pkt, 9gm/200	ea (9gm)	70	45	0.0	7.0
mustard, 4.5gm	ea (4.5gm)	5	70	1.0	0.0
ketchup, Ameri/PPI(9gm)	ea (9gm)	10	100	3.0	0.0
ranch drsg, light Amer(Hein)*13	ea (12gm)	20	115	3.0	1.0
Fruit Juice, Assorted - 4oz	1 Each	60	0	14.0	0.0
Milk, 1% White	Each (8.0oz)	130	160	16.0	2.5
Milk, Fat-Free Chocolate	1 ea	120	150	21.0	0.0

T, TH

\*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

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

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