

# ARAMARK - 1 - CPS

Oct 1, 2018 thru Nov 2, 2018

Base Menu Spreadsheet

9-12 LUNCH

Portion Values - Detailed

Page 1

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	Portion Size	Carb (g)
Mon - 10/01/2018		
9-12 LUNCH	Total	
HD: HOME FEATURE	1 Each	0.0
CHIX Popcorn, AP	Serving	17.3
BRD: ROLL DG, WG 2.5oz	Each	28.0
COND_Sauce, BBQ Original AP	1 TBSP	9.0
HD: PIZZA FEATURE	1 Each	0.0
PIZZA AP BigDad Chz 1/8 2.0 WG	1/8 Cut Slice	35.0
PIZZA AP BigD T.Pep 1/8 2.0 WG	1/8 Cut Slice	35.0
HD:HOT VEGETABLE	1 each	0.0
VEG: BEANS, GrnSeasFMLGFrz1/2c	1/2 Cup	5.09
HD: DELI FEATURE	1 Each	0.0
SDW BD, PBJ WG 2.0	Sandwich	64.64
HD:VEGETABLES AND FRUITS	each	0.0
VEG: SALAD, Side Rom SC 1/2c	1/2 Cup	0.62
VEG: CARROTS, Shredded AP 1/4c	1/4 Cup	2.21
VEG: CUCUMBER, Fresh Slice1/4c	1/4 Cup	1.3
FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	11.73
FRUIT: APPLESAUCE, AP 1/2c	1/2 Cup	22.52
HD: CHOICE OF MILK	1 Each	0.0
MILK SS, 1% White 8oz	Carton	12.0
MILK SS, Skim 8oz	Carton	12.0
MILK SS, Skim Chocolate	Carton	20.0
MILK BULK, Choc Skim 1c	8 fl oz	24.0
HD: CONDIMENT CHOICES	1 Each	0.0
COND PC Drsg Italian 12g	1 Each	0.0
COND PC Drsg French 12g	1 Each	3.0
COND PC Drsg Ranch 12g	1 Each	1.0
COND PC Ketchup 9g Heinz	1 Each	3.0
COND_Sauce, Hot Cayenne AP	1 TBSP	0.67
Weighted Daily Average		82.53
% of Calories		52.1%
Nutrient Guideline		

\*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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Portion Values - Detailed

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	Portion Size	Carb (g)
Tue - 10/02/2018		
9-12 LUNCH	Total	
HD: HOME FEATURE	1 Each	0.0
TKY Rst, SC 2.0	2.5 ozw (2 MMA)	0.57
COND_Gravy, Brown LS SS	1/4 Cup	4.74
BRD: ROLL DG, WG 2.5oz	1 Each	28.0
HD: PIZZA FEATURE	1 Each	0.0
STICKS, MAX SNAX Pizza AP 2.0	2 Each	30.0
SAUCE P, Spaghetti	2oz Spoodle	7.46
HD: DELI FEATURE	1 Each	0.0
SDW BD, C.Ham AM WG 2.0	Sandwich	28.43
HD:OR	1 each	0.0
WRAP 9", CHam AM WG 2.0	1 Each	34.71
SDW BD, PBJ WG 2.0	Sandwich	64.64
HD:HOT VEGETABLE	1 each	0.0
VEG: POTATO, Mashed 1/2c CPS	1/2 Cup	15.88
HD:VEGETABLES AND FRUITS	each	0.0
VEG: SALAD, Side Rom SC 1/2c	1/2 Cup	0.62
VEG: BROCCOLI, Fresh 1/4c	1/4 Cup	1.06
VEG: CELERY, Sticks AP 1/4c	1/4 Cup	0.96
FRUIT: APPLES, Cinn Crsp 1/2c	1/2 Cup	41.77
FRUIT: CRAISINS, SS 1.16	Box (1.16oz)	28.0
HD: CHOICE OF MILK	1 Each	0.0
MILK SS, 1% White 8oz	Carton	12.0
MILK SS, Skim 8oz	Carton	12.0
MILK SS, Skim Chocolate	Carton	20.0
MILK BULK, Choc Skim 1c	8 fl oz	24.0
HD: CONDIMENT CHOICES	1 Each	0.0
COND PC Drsg Italian 12g	1 Each	0.0
COND PC Drsg French 12g	1 Each	3.0
COND PC Drsg Ranch 12g	1 Each	1.0
COND PC Mustard 6g	1 Each	1.0
COND PC Mayonnaise 12g	1 Each	1.0
COND_Sauce, Hot Cayenne AP	1 TBSP	0.67
Weighted Daily Average		101.71
% of Calories		60.1%
Nutrient Guideline		

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	Portion Size	Carb (g)
Wed - 10/03/2018		
9-12 LUNCH	Total	
HD: BURGER BAR	1 Each	0.0
HD: PICK 1-2 Chicken	1 each	0.0
SDW BN, ChixPty Pln WG/WG 2.0	Sandwich	39.17
SDW BN, ChixPty Spcy WG/WG 2.0	Sandwich	37.15
BURG, Beef AP WG 2.0	1 Each	27.0
BURG, Beef AM AP WG 2.25	1 Each	27.0
Veggie Pinwheel IW WG 2.0	1 Each	31.0
SAUCE P, Spaghetti	2oz Spoodle	7.46
CHEESE, AM (184ct) Slices 0.25	Slice	0.5
COND_Sauce, BBQ Original AP	1 TBSP	9.0
VEG GARN: Rom Leaf/Tom 2SI	Serving	2.18
HD: PIZZA FEATURE	1 Each	0.0
PIZZA AP BigDad Chz 1/8 2.0 WG	1/8 Cut Slice	35.0
HD:HOT VEGETABLE	1 each	0.0
VEG: Potato, Emoticon 4 pieces	1/2 Cup	17.81
HD: DELI FEATURE	1 Each	0.0
SDW BD, C.Ham AM WG 2.0	Sandwich	28.43
HD:OR	1 each	0.0
WRAP 9", CHam AM WG 2.0	1 Each	34.71
SDW BD, PBJ WG 2.0	Sandwich	64.64
HD:VEGETABLES AND FRUITS	each	0.0
VEG: SALAD, Side Rom SC 1/2c	1/2 Cup	0.62
VEG: CARROTS, Shredded AP 1/4c	1/4 Cup	2.21
VEG: BROCCOLI, Fresh 1/4c	1/4 Cup	1.06
FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	11.73
FRUIT: PEARS, Dice w/cnm 1/2c	1/2 Cup	16.4
HD: CHOICE OF MILK	1 Each	0.0
MILK SS, 1% White 8oz	Carton	12.0
MILK SS, Skim 8oz	Carton	12.0
MILK SS, Skim Chocolate	Carton	20.0
MILK BULK, Choc Skim 1c	8 fl oz	24.0
HD: CONDIMENT CHOICES	1 Each	0.0
COND PC Drsg Italian 12g	1 Each	0.0
COND PC Drsg French 12g	1 Each	3.0
COND PC Drsg Ranch 12g	1 Each	1.0
COND PC Ketchup 9g Heinz	1 Each	3.0
COND PC Mustard 6g	1 Each	1.0
COND PC Mayonnaise 12g	1 Each	1.0
COND_Sauce, Hot Cayenne AP	1 TBSP	0.67
Weighted Daily Average		80.65
% of Calories		51.9%
Nutrient Guideline		

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Base Menu Spreadsheet

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	Portion Size	Carb (g)
Thu - 10/04/2018		
9-12 LUNCH	Total	
HD: HOME FEATURE	1 Each	0.0
TACO BfGd Soft SS WG 2.0 2ea	2 Each	45.32
TACO Bean Soft WG 2.0 2ea	2 Each	64.93
HD:OR	1 each	0.0
TACO BfGnd Corn WG 2.0 2ea	2 Each	17.82
TACO Bean Corn WG 2.0 2ea	2 Each	37.43
RICE, Sante Fe WG 1BG	1/2 Cup	23.55
HD:TOPPINGS	1 Each	0.0
COND_Sour Cream AP	1 TBSP	1.9
VEG: PEPPERS, Jalapeno CndTBSP	1 TBSP	0.47
COND_Salsa, SS 1/4c	1/4 Cup	4.64
HD: GRILL FEATURE	1 Each	0.0
SDW BN, ChixPty Nash HS 2.0	Sandwich	41.44
HD:HOT VEGETABLE	1 each	0.0
VEG: BEANS, Black Pinto 1/2c	1/2 Cup	22.2
HD: DELI FEATURE	1 Each	0.0
SDW BD, C.Ham AM WG 2.0	Sandwich	28.43
HD:OR	1 each	0.0
WRAP 9", CHam AM WG 2.0	1 Each	34.71
SDW BD, PBJ WG 2.0	Sandwich	64.64
HD:VEGETABLES AND FRUITS	each	0.0
VEG GARN: Rom Leaf/Tom 2Sl	Serving	2.18
VEG: CARROTS, Shredded AP 1/4c	1/4 Cup	2.21
VEG: BROCCOLI, Fresh 1/4c	1/4 Cup	1.06
FRUIT: APPLE, Slcd IW 2oz	1 Each	7.0
FRUIT: BANANA (100-120ct) Whl	Each(100-120ct)	24.11
HD: CHOICE OF MILK	1 Each	0.0
MILK SS, 1% White 8oz	Carton	12.0
MILK SS, Skim 8oz	Carton	12.0
MILK SS, Skim Chocolate	Carton	20.0
MILK BULK, Choc Skim 1c	8 fl oz	24.0
HD: CONDIMENT CHOICES	1 Each	0.0
COND PC Drsg Ranch 12g	1 Each	1.0
COND PC Mustard 6g	1 Each	1.0
COND PC Mayonnaise 12g	1 Each	1.0
COND_Sauce, Hot Cayenne AP	1 TBSP	0.67
Weighted Daily Average		85.58
% of Calories		55.2%
Nutrient Guideline		

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Base Menu Spreadsheet

Portion Values - Detailed

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Oct 1, 2018 thru Nov 2, 2018

9-12 LUNCH

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	Portion Size	Carb (g)
Fri - 10/05/2018		
9-12 LUNCH	Total	
HD: HOME FEATURE	1 Each	0.0
NACHOS ChixDcd Scp 2.0	1 Each	37.5
NACHOS Bean Scp 2.0	1 Each	54.68
COND_Sour Cream AP	1 TBSP	1.9
VEG: PEPPERS, Jalapeno CndTBSP	1 TBSP	0.47
COND_Salsa, SS 1/4c	1/4 Cup	4.64
HD: PIZZA FEATURE	1 Each	0.0
PIZZA AP BigDad Chz 1/8 2.0 WG	1/8 Cut Slice	35.0
PIZZA AP BigD T.Pep 1/8 2.0 WG	1/8 Cut Slice	35.0
HD:HOT VEGETABLE	1 each	0.0
VEG: BEANS, Pinto Kickin' 1/2c	1/2 Cup	24.9
HD: DELI FEATURE	1 Each	0.0
SDW BD, PBJ WG 2.0	Sandwich	64.64
HD:VEGETABLES AND FRUITS	each	0.0
VEG: LETTUCE, RomShrds SC 1/2c	1/2 Cup	0.62
VEG: CARROTS, Shredded AP 1/4c	1/4 Cup	2.21
VEG: CUCUMBER, Fresh Slice1/4c	1/4 Cup	1.3
FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	11.73
FRUIT: PEARS, Dice w/Jc 1/2c	1/2 Cup	16.36
HD: CHOICE OF MILK	1 Each	0.0
MILK SS, 1% White 8oz	Carton	12.0
MILK SS, Skim 8oz	Carton	12.0
MILK SS, Skim Chocolate	Carton	20.0
MILK BULK, Choc Skim 1c	8 fl oz	24.0
HD: CONDIMENT CHOICES	1 Each	0.0
COND PC Drsg Italian 12g	1 Each	0.0
COND PC Drsg French 12g	1 Each	3.0
COND PC Drsg Ranch 12g	1 Each	1.0
COND_Sauce, Hot Cayenne AP	1 TBSP	0.67
Weighted Daily Average		78.88
% of Calories		51.3%
Nutrient Guideline		

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Oct 1, 2018 thru Nov 2, 2018

Base Menu Spreadsheet

9-12 LUNCH

Portion Values - Detailed

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	Portion Size	Carb (g)
Tue - 10/09/2018		
9-12 LUNCH	Total	
HD: HOME FEATURE	1 Each	0.0
TACO ChixDcd Soft WG 2.0 2ea	2 Each	44.34
TACO Bean Soft WG 2.0 2ea	2 Each	55.69
HD:OR	1 each	0.0
TACO ChixDcd Corn WG 2.0 2ea	2 Each	16.84
TACO Bean Corn WG 2.0 2ea	2 Each	40.14
RICE, Mex Spiced WG 1BG	1/2 Cup	22.42
HD:TOPPINGS	1 Each	0.0
COND_Sour Cream AP	1 TBSP	1.9
VEG: PEPPERS, Jalapeno CndTBSP	1 TBSP	0.47
COND_Salsa, SS 1/4c	1/4 Cup	4.64
HD: PIZZA FEATURE	1 Each	0.0
STICKS, MAX SNAX Pizza AP 2.0	2 Each	30.0
SAUCE P, Spaghetti	2oz Spoodle	7.46
HD:HOT VEGETABLE	1 each	0.0
VEG: BLEND, Japanese 1/2c	1/2 Cup	4.63
HD: DELI FEATURE	1 Each	0.0
SDW BD, Tky AM WG 2.0	Sandwich	28.97
HD:OR	1 each	0.0
WRAP 9", Tky AM WG 2.0	1 Each	33.07
SDW BD, PBJ WG 2.0	Sandwich	64.64
HD:VEGETABLES AND FRUITS	each	0.0
VEG: SALAD, Side Rom SC 1/2c	1/2 Cup	0.62
VEG: CARROTS, Shredded AP 1/4c	1/4 Cup	2.21
VEG: BROCCOLI, Fresh 1/4c	1/4 Cup	1.06
FRUIT: APPLE, Sld IW 2oz	1 Each	7.0
FRUIT: CRAISINS, SS 1.16	Box (1.16oz)	28.0
HD: CHOICE OF MILK	1 Each	0.0
MILK SS, 1% White 8oz	Carton	12.0
MILK SS, Skim 8oz	Carton	12.0
MILK SS, Skim Chocolate	Carton	20.0
MILK BULK, Choc Skim 1c	8 fl oz	24.0
HD: CONDIMENT CHOICES	1 Each	0.0
COND PC Drsg Italian 12g	1 Each	0.0
COND PC Drsg French 12g	1 Each	3.0
COND PC Drsg Ranch 12g	1 Each	1.0
COND PC Mustard 6g	1 Each	1.0
COND PC Mayonnaise 12g	1 Each	1.0
COND_Sauce, Hot Cayenne AP	1 TBSP	0.67
COND_Topping, Parmesan	1 TBSP	0.0
COND_Crushed Red Pepper	1 TSP	0.25
COND_Oregano	1 TSP	0.31
Weighted Daily Average		83.76
% of Calories		55.1%
Nutrient Guideline		

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Oct 1, 2018 thru Nov 2, 2018

Base Menu Spreadsheet

9-12 LUNCH

Portion Values - Detailed

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	Portion Size	Carb (g)
Wed - 10/10/2018		
9-12 LUNCH	Total	
HD: NACHO BAR	1 Each	0.0
HD: PICK 1-2 Meats	1 each	0.0
CHIX Dcd Taco Meat 1.0	#24 scp (1 MMA)	1.0
BEEF Gd, Taco Meat SS 1.0	#24 scp (1 MMA)	1.62
FILLING: BEANS, Blck Pnto 1MMA	1/4 Cup	2.77
COND_Sauce, Chz SS W (LOL) 1.0	3oz Spdl (1MMA)	4.5
HD: FEATURE GRAIN	1 Each	0.0
BRD: TORTILLA, ChipScpWG2.25BG	Serving	33.0
HD:TOPPINGS	1 Each	0.0
VEG: BEANS, Black 1/4c Cold	1/4 Cup	16.16
VEG: LETTUCE, RomShrds SC 1/4c	1/4 Cup	0.31
VEG: TOMATOES, Fresh Diced1/8c	1/8 Cup	1.22
COND_Sour Cream AP	1 TBSP	1.9
VEG: PEPPERS, Jalapeno CndTBSP	1 TBSP	0.47
COND_Salsa, SS 1/4c	1/4 Cup	4.64
HD: PIZZA FEATURE	1 Each	0.0
PIZZA AP BigDad Chz 1/8 2.0 WG	1/8 Cut Slice	35.0
HD:HOT VEGETABLE	1 each	0.0
VEG: BEANS, Black Pinto 1/2c	1/2 Cup	22.2
HD: DELI FEATURE	1 Each	0.0
SDW BD, Tky AM WG 2.0	Sandwich	28.97
HD:OR	1 each	0.0
WRAP 9", Tky AM WG 2.0	1 Each	33.07
SDW BD, PBJ WG 2.0	Sandwich	64.64
HD:VEGETABLES AND FRUITS	each	0.0
VEG: SALAD, Side Rom SC 1/2c	1/2 Cup	0.62
VEG: CARROTS, Shredded AP 1/4c	1/4 Cup	2.21
VEG: BROCCOLI, Fresh 1/4c	1/4 Cup	1.06
FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	11.73
FRUIT: PEACHES Dice w/Jc 1/2c	1/2 Cup	14.35
HD: CHOICE OF MILK	1 Each	0.0
MILK SS, 1% White 8oz	Carton	12.0
MILK SS, Skim 8oz	Carton	12.0
MILK SS, Skim Chocolate	Carton	20.0
MILK BULK, Choc Skim 1c	8 fl oz	24.0
HD: CONDIMENT CHOICES	1 Each	0.0
COND PC Drsg Italian 12g	1 Each	0.0
COND PC Drsg French 12g	1 Each	3.0
COND PC Drsg Ranch 12g	1 Each	1.0
COND PC Mustard 6g	1 Each	1.0
COND PC Mayonnaise 12g	1 Each	1.0
COND_Sauce, Hot Cayenne AP	1 TBSP	0.67
COND_Topping, Parmesan	1 TBSP	0.0
COND_Crushed Red Pepper	1 TSP	0.25
COND_Oregano	1 TSP	0.31
Weighted Daily Average		76.46
% of Calories		50.2%
Nutrient Guideline		

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9-12 LUNCH

Portion Values - Detailed

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	Portion Size	Carb (g)
Thu - 10/11/2018		
9-12 LUNCH	Total	
HD: HOME FEATURE	1 Each	0.0
PASTA, RvlioliChz AP 2 MMA 1BG	8 oz spoodle	43.81
BRD: ROLL DG, WG 2.5oz	1 Each	28.0
HD: GRILL FEATURE	1 Each	0.0
CHIX Tender, Frit G (3) WG 2.0	3 Each	18.26
CHIX Tender Spicy, (3) WG 2.0	3 Each	11.44
BRD: ROLL DG, WG 2.5oz	1 Each	28.0
HD:HOT VEGETABLE	1 each	0.0
VEG: BEANS, GrnSeasFMLGFrz1/2c	1/2 Cup	5.09
HD: DELI FEATURE	1 Each	0.0
SDW BD, Tky AM WG 2.0	Sandwich	28.97
HD:OR	1 each	0.0
WRAP 9", Tky AM WG 2.0	1 Each	33.07
SDW BD, PBJ WG 2.0	Sandwich	64.64
HD:VEGETABLES AND FRUITS	each	0.0
VEG: SALAD, Side Rom SC 1/2c	1/2 Cup	0.62
VEG: BROCCOLI, Fresh 1/4c	1/4 Cup	1.06
VEG: CELERY, Sticks AP 1/4c	1/4 Cup	0.96
FRUIT: APPLE, 138ct Whole 1c	Each(138ct)	16.52
FRUIT: BANANA (100-120ct) Whl	Each(100-120ct)	24.11
HD: CHOICE OF MILK	1 Each	0.0
MILK SS, 1% White 8oz	Carton	12.0
MILK SS, Skim 8oz	Carton	12.0
MILK SS, Skim Chocolate	Carton	20.0
MILK BULK, Choc Skim 1c	8 fl oz	24.0
HD: CONDIMENT CHOICES	1 Each	0.0
COND PC Drsg Italian 12g	1 Each	0.0
COND PC Drsg French 12g	1 Each	3.0
COND PC Drsg Ranch 12g	1 Each	1.0
COND PC Ketchup 9g Heinz	1 Each	3.0
COND PC Mustard 6g	1 Each	1.0
COND PC Mayonnaise 12g	1 Each	1.0
COND_Sauce, Hot Cayenne AP	1 TBSP	0.67
COND_Topping, Parmesan	1 TBSP	0.0
COND_Crushed Red Pepper	1 TSP	0.25
COND_Oregano	1 TSP	0.31
Weighted Daily Average		98.11
% of Calories		55.9%
Nutrient Guideline		

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9-12 LUNCH

Portion Values - Detailed

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	Portion Size	Carb (g)
Fri - 10/12/2018		
9-12 LUNCH	Total	
HD: HOME FEATURE	1 Each	0.0
FISH, Catfish Strips	Portion	12.15
BRD: BREAD WG, 2sl	2 Slice	24.9
HD: PIZZA FEATURE	1 Each	0.0
PIZZA AP BigDad Chz 1/8 2.0 WG	1/8 Cut Slice	35.0
PIZZA AP BigD T.Pep 1/8 2.0 WG	1/8 Cut Slice	35.0
HD:HOT VEGETABLE	1 each	0.0
VEG: POTATO, FF Curly 1/2c	1/2 Cup	15.19
HD: DELI FEATURE	1 Each	0.0
SDW BD, PBJ WG 2.0	Sandwich	64.64
HD:VEGETABLES AND FRUITS	each	0.0
VEG: SALAD, Side Rom SC 1/2c	1/2 Cup	0.62
VEG: CARROTS, Shredded AP 1/4c	1/4 Cup	2.21
VEG: CUCUMBER, Fresh Slice1/4c	1/4 Cup	1.3
FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	11.73
FRUIT: PEARS, Dice w/Jc 1/2c	1/2 Cup	16.36
HD: CHOICE OF MILK	1 Each	0.0
MILK SS, 1% White 8oz	Carton	12.0
MILK SS, Skim 8oz	Carton	12.0
MILK SS, Skim Chocolate	Carton	20.0
MILK BULK, Choc Skim 1c	8 fl oz	24.0
HD: CONDIMENT CHOICES	1 Each	0.0
COND PC Drsg Italian 12g	1 Each	0.0
COND PC Drsg French 12g	1 Each	3.0
COND PC Drsg Ranch 12g	1 Each	1.0
COND PC Ketchup 9g Heinz	1 Each	3.0
COND PC Sauce, Tartar 12g	1 Each	2.0
COND_Sauce, Hot Cayenne AP	1 TBSP	0.67
COND_Topping, Parmesan	1 TBSP	0.0
COND_Crushed Red Pepper	1 TSP	0.25
COND_Oregano	1 TSP	0.31
Weighted Daily Average		82.06
% of Calories		51.1%
Nutrient Guideline		

\*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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# ARAMARK - 1 - CPS

Oct 1, 2018 thru Nov 2, 2018

Base Menu Spreadsheet

9-12 LUNCH

Portion Values - Detailed

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	Portion Size	Carb (g)
Mon - 10/15/2018		
9-12 LUNCH	Total	
HD: HOME FEATURE	1 Each	0.0
CHIX Popcorn, AP	Serving	17.3
BRD: ROLL DG, WG 2.5oz	Each	28.0
COND_Sauce, BBQ Original AP	1 TBSP	9.0
HD: PIZZA FEATURE	1 Each	0.0
PIZZA AP BigDad Chz 1/8 2.0 WG	1/8 Cut Slice	35.0
PIZZA AP BigD T.Pep 1/8 2.0 WG	1/8 Cut Slice	35.0
HD:HOT VEGETABLE	1 each	0.0
VEG: BEANS, GrnSeasFMLGFrz1/2c	1/2 Cup	5.09
HD: DELI FEATURE	1 Each	0.0
SDW BD, PBJ WG 2.0	Sandwich	64.64
HD:VEGETABLES AND FRUITS	each	0.0
VEG: SALAD, Side Rom SC 1/2c	1/2 Cup	0.62
VEG: CARROTS, Shredded AP 1/4c	1/4 Cup	2.21
VEG: CUCUMBER, Fresh Slice1/4c	1/4 Cup	1.3
FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	11.73
FRUIT: APPLESAUCE, AP 1/2c	1/2 Cup	22.52
HD: CHOICE OF MILK	1 Each	0.0
MILK SS, 1% White 8oz	Carton	12.0
MILK SS, Skim 8oz	Carton	12.0
MILK SS, Skim Chocolate	Carton	20.0
MILK BULK, Choc Skim 1c	8 fl oz	24.0
HD: CONDIMENT CHOICES	1 Each	0.0
COND PC Drsg Italian 12g	1 Each	0.0
COND PC Drsg French 12g	1 Each	3.0
COND PC Drsg Ranch 12g	1 Each	1.0
COND PC Ketchup 9g Heinz	1 Each	3.0
COND_Sauce, Hot Cayenne AP	1 TBSP	0.67
COND_Topping, Parmesan	1 TBSP	0.0
COND_Crushed Red Pepper	1 TSP	0.25
COND_Oregano	1 TSP	0.31
Weighted Daily Average		82.62
% of Calories		51.8%
Nutrient Guideline		

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# ARAMARK - 1 - CPS

Oct 1, 2018 thru Nov 2, 2018

Base Menu Spreadsheet

9-12 LUNCH

Portion Values - Detailed

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	Portion Size	Carb (g)
Tue - 10/16/2018		
9-12 LUNCH	Total	
HD: HOME FEATURE	1 Each	0.0
TACO BfGd Soft SS WG 2.0 2ea	2 Each	45.32
TACO Bean Soft WG 2.0 2ea	2 Each	64.93
HD:OR	1 each	0.0
TACO BfGnd Corn WG 2.0 2ea	2 Each	17.82
TACO Bean Corn WG 2.0 2ea	2 Each	37.43
RICE, Sante Fe WG 1BG	1/2 Cup	23.55
HD:TOPPINGS	1 Each	0.0
COND_Sour Cream AP	1 TBSP	1.9
VEG: PEPPERS, Jalapeno CndTBSP	1 TBSP	0.47
COND_Salsa, SS 1/4c	1/4 Cup	4.64
HD: GRILL FEATURE	1 Each	0.0
SDW BN, ChixPty Nash HS 2.0	Sandwich	41.44
HD:HOT VEGETABLE	1 each	0.0
VEG CORN, Fmlgx Frz 1/2c	1/2 Cup	16.64
HD: DELI FEATURE	1 Each	0.0
SDW BD, C.Ham AM WG 2.0	Sandwich	28.43
HD:OR	1 each	0.0
WRAP 9", CHam AM WG 2.0	1 Each	34.71
SDW BD, PBJ WG 2.0	Sandwich	64.64
HD:VEGETABLES AND FRUITS	each	0.0
VEG GARN: Rom Leaf/Tom 2SI	Serving	2.18
VEG: CARROTS, Shredded AP 1/4c	1/4 Cup	2.21
VEG: BROCCOLI, Fresh 1/4c	1/4 Cup	1.06
FRUIT: APPLE, Slcd IW 2oz	1 Each	7.0
FRUIT: CRAISINS, SS 1.16	Box (1.16oz)	28.0
HD: CHOICE OF MILK	1 Each	0.0
MILK SS, 1% White 8oz	Carton	12.0
MILK SS, Skim 8oz	Carton	12.0
MILK SS, Skim Chocolate	Carton	20.0
MILK BULK, Choc Skim 1c	8 fl oz	24.0
HD: CONDIMENT CHOICES	1 Each	0.0
COND PC Drsg Ranch 12g	1 Each	1.0
COND PC Mustard 6g	1 Each	1.0
COND PC Mayonnaise 12g	1 Each	1.0
COND_Sauce, Hot Cayenne AP	1 TBSP	0.67
COND_Topping, Parmesan	1 TBSP	0.0
COND_Crushed Red Pepper	1 TSP	0.25
COND_Oregano	1 TSP	0.31
Weighted Daily Average		89.64
% of Calories		54.8%
Nutrient Guideline		

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# ARAMARK - 1 - CPS

Oct 1, 2018 thru Nov 2, 2018

Base Menu Spreadsheet

9-12 LUNCH

Portion Values - Detailed

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	Portion Size	Carb (g)
Wed - 10/17/2018		
9-12 LUNCH	Total	
HD: BURGER BAR	1 Each	0.0
HD: PICK 1-2 Chicken	1 each	0.0
SDW BN, ChixPty Pln WG/WG 2.0	Sandwich	39.17
SDW BN, ChixPty Spcy WG/WG 2.0	Sandwich	37.15
BURG, Beef AP WG 2.0	1 Each	27.0
BURG, Beef AM AP WG 2.25	1 Each	27.0
Veggie Pinwheel IW WG 2.0	1 Each	31.0
SAUCE P, Spaghetti	2oz Spoodle	7.46
HD:TOPPINGS	1 Each	0.0
CHEESE, AM (184ct) Slices 0.25	Slice	0.5
COND_Sauce, BBQ Original AP	1 TBSP	9.0
VEG GARN: Rom Leaf/Tom 2SI	Serving	2.18
HD: PIZZA FEATURE	1 Each	0.0
PIZZA AP BigDad Chz 1/8 2.0 WG	1/8 Cut Slice	35.0
HD:HOT VEGETABLE	1 each	0.0
VEG: Potato, Emoticon 4 pieces	1/2 Cup	17.81
HD: DELI FEATURE	1 Each	0.0
SDW BD, C.Ham AM WG 2.0	Sandwich	28.43
HD:OR	1 each	0.0
WRAP 9", CHam AM WG 2.0	1 Each	34.71
SDW BD, PBJ WG 2.0	Sandwich	64.64
HD:VEGETABLES AND FRUITS	each	0.0
VEG: SALAD, Side Rom SC 1/2c	1/2 Cup	0.62
VEG: CARROTS, Shredded AP 1/4c	1/4 Cup	2.21
VEG: BROCCOLI, Fresh 1/4c	1/4 Cup	1.06
FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	11.73
FRUIT: PEARS, Dice w/cnm 1/2c	1/2 Cup	16.4
HD: CHOICE OF MILK	1 Each	0.0
MILK SS, 1% White 8oz	Carton	12.0
MILK SS, Skim 8oz	Carton	12.0
MILK SS, Skim Chocolate	Carton	20.0
MILK BULK, Choc Skim 1c	8 fl oz	24.0
HD: CONDIMENT CHOICES	1 Each	0.0
COND PC Drsg Italian 12g	1 Each	0.0
COND PC Drsg French 12g	1 Each	3.0
COND PC Drsg Ranch 12g	1 Each	1.0
COND PC Ketchup 9g Heinz	1 Each	3.0
COND PC Mustard 6g	1 Each	1.0
COND PC Mayonnaise 12g	1 Each	1.0
COND_Sauce, Hot Cayenne AP	1 TBSP	0.67
COND_Topping, Parmesan	1 TBSP	0.0
COND_Crushed Red Pepper	1 TSP	0.25
COND_Oregano	1 TSP	0.31
Weighted Daily Average		80.73
% of Calories		51.6%
Nutrient Guideline		

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# ARAMARK - 1 - CPS

Oct 1, 2018 thru Nov 2, 2018

Base Menu Spreadsheet

9-12 LUNCH

Portion Values - Detailed

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	Portion Size	Carb (g)
Thu - 10/18/2018		
9-12 LUNCH	Total	
HD: HOME FEATURE	1 Each	0.0
CHIX Drum BBQ SC 4.0	2 each	14.4
CHIX Drum BBQChiliLime SC 4.0	2 Each	13.25
CHIX Drum Swt Thai Chili HS	2 Each	12.4
CHIX Drum Frnks RedHot HS	2 Each	6.29
RICE, Seasoned WG 2BG	1 CUP	49.28
HD: PIZZA FEATURE	1 Each	0.0
STICKS, MAX SNAX Pizza AP 2.0	2 Each	30.0
SAUCE P, Spaghetti	2oz Spoodle	7.46
HD:HOT VEGETABLE	1 each	0.0
VEG: BROCCOLI, Fzn Ssnd1/2c	1/2 Cup	5.1
HD: DELI FEATURE	1 Each	0.0
SDW BD, C.Ham AM WG 2.0	Sandwich	28.43
HD:OR	1 each	0.0
WRAP 9", CHam AM WG 2.0	1 Each	34.71
SDW BD, PBJ WG 2.0	Sandwich	64.64
HD:VEGETABLES AND FRUITS	each	0.0
VEG: SALAD, ColeslawAsianW1/4c	1/4 cup	3.72
VEG: BROCCOLI, Fresh 1/4c	1/4 Cup	1.06
VEG: CELERY, Sticks AP 1/4c	1/4 Cup	0.96
FRUIT: APPLES, Cinn Crsp 1/2c	1/2 Cup	41.77
FRUIT: BANANA (100-120ct) Whl	Each(100-120ct)	24.11
HD: CHOICE OF MILK	1 Each	0.0
MILK SS, 1% White 8oz	Carton	12.0
MILK SS, Skim 8oz	Carton	12.0
MILK SS, Skim Chocolate	Carton	20.0
MILK BULK, Choc Skim 1c	8 fl oz	24.0
HD: CONDIMENT CHOICES	1 Each	0.0
COND PC Drsg Italian 12g	1 Each	0.0
COND PC Drsg French 12g	1 Each	3.0
COND PC Drsg Ranch 12g	1 Each	1.0
COND PC Mustard 6g	1 Each	1.0
COND PC Mayonnaise 12g	1 Each	1.0
COND_Sauce, Hot Cayenne AP	1 TBSP	0.67
COND_Topping, Parmesan	1 TBSP	0.0
COND_Crushed Red Pepper	1 TSP	0.25
COND_Oregano	1 TSP	0.31
Weighted Daily Average		112.17
% of Calories		50.4%
Nutrient Guideline		

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# ARAMARK - 1 - CPS

Oct 1, 2018 thru Nov 2, 2018

Base Menu Spreadsheet

9-12 LUNCH

Portion Values - Detailed

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	Portion Size	Carb (g)
Fri - 10/19/2018		
9-12 LUNCH		
	Total	
HD: HOME FEATURE	1 Each	0.0
NACHOS ChixDcd Scp 2.0	1 Each	37.5
NACHOS Bean Scp 2.0	1 Each	54.68
COND_Sour Cream AP	1 TBSP	1.9
VEG: PEPPERS, Jalapeno CndTBSP	1 TBSP	0.47
COND_Salsa, SS 1/4c	1/4 Cup	4.64
HD: PIZZA FEATURE	1 Each	0.0
PIZZA AP BigDad Chz 1/8 2.0 WG	1/8 Cut Slice	35.0
PIZZA AP BigD T.Pep 1/8 2.0 WG	1/8 Cut Slice	35.0
HD:HOT VEGETABLE	1 each	0.0
VEG: BEANS, Pinto Kickin' 1/2c	1/2 Cup	24.9
HD: DELI FEATURE	1 Each	0.0
SDW BD, PBJ WG 2.0	Sandwich	64.64
HD:VEGETABLES AND FRUITS	each	0.0
VEG: SALAD, Side Rom SC 1/2c	1/2 Cup	0.62
VEG: CARROTS, Shredded AP 1/4c	1/4 Cup	2.21
VEG: CUCUMBER, Fresh Slice1/4c	1/4 Cup	1.3
FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	11.73
FRUIT: PEARS, Dice w/Jc 1/2c	1/2 Cup	16.36
HD: CHOICE OF MILK	1 Each	0.0
MILK SS, 1% White 8oz	Carton	12.0
MILK SS, Skim 8oz	Carton	12.0
MILK SS, Skim Chocolate	Carton	20.0
MILK BULK, Choc Skim 1c	8 fl oz	24.0
HD: CONDIMENT CHOICES	1 Each	0.0
COND PC Drsg Italian 12g	1 Each	0.0
COND PC Drsg French 12g	1 Each	3.0
COND PC Drsg Ranch 12g	1 Each	1.0
COND_Sauce, Hot Cayenne AP	1 TBSP	0.67
COND_Topping, Parmesan	1 TBSP	0.0
COND_Crushed Red Pepper	1 TSP	0.25
COND_Oregano	1 TSP	0.31
Weighted Daily Average		78.96
% of Calories		51.0%
Nutrient Guideline		

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# ARAMARK - 1 - CPS

Oct 1, 2018 thru Nov 2, 2018

Base Menu Spreadsheet

9-12 LUNCH

Portion Values - Detailed

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	Portion Size	Carb (g)
Mon - 10/22/2018		
9-12 LUNCH	Total	
HD: HOME FEATURE	1 Each	0.0
CHIX Nugget, WG (5) 2.0	5 Each	17.81
BRD: ROLL DG, WG 2.5oz	Each	28.0
COND_Sauce, BBQ Original AP	1 TBSP	9.0
HD: PIZZA FEATURE	1 Each	0.0
PIZZA AP BigDad Chz 1/8 2.0 WG	1/8 Cut Slice	35.0
PIZZA AP BigD T.Pep 1/8 2.0 WG	1/8 Cut Slice	35.0
HD:HOT VEGETABLE	1 each	0.0
VEG: BEANS, GrnSeasFMLGFrz1/2c	1/2 Cup	5.09
HD: DELI FEATURE	1 Each	0.0
SDW BD, PBJ WG 2.0	Sandwich	64.64
HD:VEGETABLES AND FRUITS	each	0.0
VEG: SALAD, Side Rom SC 1/2c	1/2 Cup	0.62
VEG: CARROTS, Shredded AP 1/4c	1/4 Cup	2.21
VEG: CUCUMBER, Fresh Slice1/4c	1/4 Cup	1.3
FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	11.73
FRUIT: APPLESAUCE, AP 1/2c	1/2 Cup	22.52
HD: CHOICE OF MILK	1 Each	0.0
MILK SS, 1% White 8oz	Carton	12.0
MILK SS, Skim 8oz	Carton	12.0
MILK SS, Skim Chocolate	Carton	20.0
MILK BULK, Choc Skim 1c	8 fl oz	24.0
HD: CONDIMENT CHOICES	1 Each	0.0
COND PC Drsg Italian 12g	1 Each	0.0
COND PC Drsg French 12g	1 Each	3.0
COND PC Drsg Ranch 12g	1 Each	1.0
COND PC Ketchup 9g Heinz	1 Each	3.0
COND_Sauce, Hot Cayenne AP	1 TBSP	0.67
COND_Topping, Parmesan	1 TBSP	0.0
COND_Crushed Red Pepper	1 TSP	0.25
COND_Oregano	1 TSP	0.31
Weighted Daily Average		82.79
% of Calories		51.2%
Nutrient Guideline		

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# ARAMARK - 1 - CPS

Oct 1, 2018 thru Nov 2, 2018

Base Menu Spreadsheet

9-12 LUNCH

Portion Values - Detailed

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	Portion Size	Carb (g)
Tue - 10/23/2018		
9-12 LUNCH	Total	
HD: NACHOS	1 Each	0.0
NACHOS ChixDcd Scp 2.0	1 Each	37.5
NACHOS TuxBean Scp 2.0	Each	52.65
COND_Sour Cream AP	1 TBSP	1.9
VEG: PEPPERS, Jalapeno CndTBSP	1 TBSP	0.47
COND_Salsa, SS 1/4c	1/4 Cup	4.64
HD: PIZZA FEATURE	1 Each	0.0
STICKS, MAX SNAX Pizza AP 2.0	2 Each	30.0
SAUCE P, Spaghetti	2oz Spoodle	7.46
HD:HOT VEGETABLE	1 each	0.0
VEG: BEANS, Black Pinto 1/2c	1/2 Cup	22.2
HD: DELI FEATURE	1 Each	0.0
SDW BD, Tky AM WG 2.0	Sandwich	28.97
HD:OR	1 each	0.0
WRAP 9", Tky AM WG 2.0	1 Each	33.07
SDW BD, PBJ WG 2.0	Sandwich	64.64
HD:VEGETABLES AND FRUITS	each	0.0
VEG: SALAD, Side Rom SC 1/2c	1/2 Cup	0.62
VEG: BROCCOLI, Fresh 1/4c	1/4 Cup	1.06
VEG: CELERY, Sticks AP 1/4c	1/4 Cup	0.96
FRUIT: APPLES, Warm Cinn 1/2c	1/2 Cup	29.2
FRUIT: BANANA (100-120ct) Whl	Each(100-120ct)	24.11
HD: CHOICE OF MILK	1 Each	0.0
MILK SS, 1% White 8oz	Carton	12.0
MILK SS, Skim 8oz	Carton	12.0
MILK SS, Skim Chocolate	Carton	20.0
MILK BULK, Choc Skim 1c	8 fl oz	24.0
HD: CONDIMENT CHOICES	1 Each	0.0
COND PC Drsg Italian 12g	1 Each	0.0
COND PC Drsg French 12g	1 Each	3.0
COND PC Drsg Ranch 12g	1 Each	1.0
COND PC Mustard 6g	1 Each	1.0
COND PC Mayonnaise 12g	1 Each	1.0
COND_Sauce, Hot Cayenne AP	1 TBSP	0.67
COND_Topping, Parmesan	1 TBSP	0.0
COND_Crushed Red Pepper	1 TSP	0.25
COND_Oregano	1 TSP	0.31
Weighted Daily Average		91.17
% of Calories		56.1%
Nutrient Guideline		

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# ARAMARK - 1 - CPS

Oct 1, 2018 thru Nov 2, 2018

Base Menu Spreadsheet

9-12 LUNCH

Portion Values - Detailed

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	Portion Size	Carb (g)
Wed - 10/24/2018		
9-12 LUNCH	Total	
HD: POTATO BAR	1 Each	0.0
BRD: ROLL DG, WG 2.5oz	1 Each	28.0
VEG: POTATO, Baked 120ct	1 Each	26.2
VEG: POTATO, Mashed 1/2c CPS	1/2 Cup	15.88
SOUP, BfGd Chili SS 1.0	6oz spdl (2MMA)	7.26
COND_Sauce, Chz SS W (LOL) 1.0	3oz Spdl (1MMA)	4.5
COND_Sour Cream AP	1 TBSP	1.9
VEG: PEPPERS, Jalapeno CndTBSP	1 TBSP	0.47
COND_Salsa, SS 1/4c	1/4 Cup	4.64
HD: PIZZA FEATURE	1 Each	0.0
PIZZA AP BigDad Chz 1/8 2.0 WG	1/8 Cut Slice	35.0
HD:HOT VEGETABLE	1 each	0.0
VEG: POTATO, Mashed 1/2c CPS	1/2 Cup	15.88
HD: DELI FEATURE	1 Each	0.0
SDW BD, Tky AM WG 2.0	Sandwich	28.97
HD:OR	1 each	0.0
WRAP 9", Tky AM WG 2.0	1 Each	33.07
SDW BD, PBJ WG 2.0	Sandwich	64.64
HD:VEGETABLES AND FRUITS	each	0.0
VEG: SALAD, Side Rom SC 1/2c	1/2 Cup	0.62
VEG: CARROTS, Shredded AP 1/4c	1/4 Cup	2.21
VEG: BROCCOLI, Fresh 1/4c	1/4 Cup	1.06
FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	11.73
FRUIT: PEACHES Dice w/Jc 1/2c	1/2 Cup	14.35
HD: CHOICE OF MILK	1 Each	0.0
MILK SS, 1% White 8oz	Carton	12.0
MILK SS, Skim 8oz	Carton	12.0
MILK SS, Skim Chocolate	Carton	20.0
MILK BULK, Choc Skim 1c	8 fl oz	24.0
HD: CONDIMENT CHOICES	1 Each	0.0
COND PC Drsg Italian 12g	1 Each	0.0
COND PC Drsg French 12g	1 Each	3.0
COND PC Drsg Ranch 12g	1 Each	1.0
COND PC Mustard 6g	1 Each	1.0
COND PC Mayonnaise 12g	1 Each	1.0
COND_Sauce, Hot Cayenne AP	1 TBSP	0.67
COND_Topping, Parmesan	1 TBSP	0.0
COND_Crushed Red Pepper	1 TSP	0.25
COND_Oregano	1 TSP	0.31
Weighted Daily Average		86.58
% of Calories		54.8%
Nutrient Guideline		

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# ARAMARK - 1 - CPS

Oct 1, 2018 thru Nov 2, 2018

Base Menu Spreadsheet

9-12 LUNCH

Portion Values - Detailed

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	Portion Size	Carb (g)
Thu - 10/25/2018		
9-12 LUNCH	Total	
HD: GRILL FEATURE	1 Each	0.0
HD: PICK 1-2 Meats	1 each	0.0
BURG, Beef AM AP WG 2.25	1 Each	27.0
BURG, Beef AP WG 2.0	1 Each	27.0
SDW BN, ChixPty Pin WG/WG 2.0	Sandwich	39.17
SDW BN, ChixPty Spcy WG/WG 2.0	Sandwich	37.15
Veggie Pinwheel IW WG 2.0	1 Each	31.0
SAUCE P, Spaghetti	2oz Spoodle	7.46
HD:HOT VEGETABLE	1 each	0.0
VEG: POTATO, FF Crss Ct 1/2c	1/2 Cup	14.16
HD: DELI FEATURE	1 Each	0.0
SDW BD, Tky AM WG 2.0	Sandwich	28.97
HD:OR	1 each	0.0
WRAP 9", Tky AM WG 2.0	1 Each	33.07
SDW BD, PBJ WG 2.0	Sandwich	64.64
HD:VEGETABLES AND FRUITS	each	0.0
VEG GARN: Rom Leaf/Tom 2Sl	Serving	2.18
VEG: CELERY, Sticks AP 1/4c	1/4 Cup	0.96
VEG: BROCCOLI, Fresh 1/4c	1/4 Cup	1.06
FRUIT: APPLE, Slcd IW 2oz	1 Each	7.0
FRUIT: CRAISINS, SS 1.16	Box (1.16oz)	28.0
HD: CHOICE OF MILK	1 Each	0.0
MILK SS, 1% White 8oz	Carton	12.0
MILK SS, Skim 8oz	Carton	12.0
MILK SS, Skim Chocolate	Carton	20.0
MILK BULK, Choc Skim 1c	8 fl oz	24.0
HD: CONDIMENT CHOICES	1 Each	0.0
COND PC Drsg Ranch 12g	1 Each	1.0
COND PC Ketchup 9g Heinz	1 Each	3.0
COND PC Mustard 6g	1 Each	1.0
COND PC Mayonnaise 12g	1 Each	1.0
COND_Sauce, Hot Cayenne AP	1 TBSP	0.67
COND_Topping, Parmesan	1 TBSP	0.0
COND_Crushed Red Pepper	1 TSP	0.25
COND_Oregano	1 TSP	0.31
Weighted Daily Average		82.01
% of Calories		53.2%
Nutrient Guideline		

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# ARAMARK - 1 - CPS

Oct 1, 2018 thru Nov 2, 2018

Base Menu Spreadsheet

9-12 LUNCH

Portion Values - Detailed

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	Portion Size	Carb (g)
Fri - 10/26/2018		
9-12 LUNCH	Total	
HD: HOME FEATURE	1 Each	0.0
ENT: BOWL, Rice BfDip OrngSauc	Bowl	80.16
HD: PIZZA FEATURE	1 Each	0.0
PIZZA AP BigDad Chz 1/8 2.0 WG	1/8 Cut Slice	35.0
PIZZA AP BigD T.Pep 1/8 2.0 WG	1/8 Cut Slice	35.0
HD:HOT VEGETABLE	1 each	0.0
VEG: BROCCOLI, Frz Chpd 1/2c	1/2 Cup	4.61
HD: DELI FEATURE	1 Each	0.0
SDW BD, PBJ WG 2.0	Sandwich	64.64
HD:VEGETABLES AND FRUITS	each	0.0
VEG: SALAD, Side Rom SC 1/2c	1/2 Cup	0.62
VEG: CARROTS, Shredded AP 1/4c	1/4 Cup	2.21
VEG: CUCUMBER, Fresh Slice1/4c	1/4 Cup	1.3
FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	11.73
FRUIT: PEACHES Dice w/Jc 1/2c	1/2 Cup	14.35
HD: CHOICE OF MILK	1 Each	0.0
MILK SS, 1% White 8oz	Carton	12.0
MILK SS, Skim 8oz	Carton	12.0
MILK SS, Skim Chocolate	Carton	20.0
MILK BULK, Choc Skim 1c	8 fl oz	24.0
HD: CONDIMENT CHOICES	1 Each	0.0
COND PC Drsg Italian 12g	1 Each	0.0
COND PC Drsg French 12g	1 Each	3.0
COND PC Drsg Ranch 12g	1 Each	1.0
COND_Sauce, Hot Cayenne AP	1 TBSP	0.67
COND_Topping, Parmesan	1 TBSP	0.0
COND_Crushed Red Pepper	1 TSP	0.25
COND_Oregano	1 TSP	0.31
Weighted Daily Average		81.55
% of Calories		54.9%
Nutrient Guideline		

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# ARAMARK - 1 - CPS

Oct 1, 2018 thru Nov 2, 2018

Base Menu Spreadsheet

9-12 LUNCH

Portion Values - Detailed

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	Portion Size	Carb (g)
Mon - 10/29/2018		
9-12 LUNCH	Total	
HD: HOME FEATURE	1 Each	0.0
SDW BN, ChixPty Pln WG/WG 2.0	Sandwich	39.17
SDW BN, ChixPty Spcy WG/WG 2.0	Sandwich	37.15
HD: PIZZA FEATURE	1 Each	0.0
PIZZA AP BigDad Chz 1/8 2.0 WG	1/8 Cut Slice	35.0
PIZZA AP BigD T.Pep 1/8 2.0 WG	1/8 Cut Slice	35.0
HD:HOT VEGETABLE	1 each	0.0
VEG: BEANS, GrnSeasFMLGFrz1/2c	1/2 Cup	5.09
HD: DELI FEATURE	1 Each	0.0
SDW BD, PBJ WG 2.0	Sandwich	64.64
HD:VEGETABLES AND FRUITS	each	0.0
VEG GARN: Rom Leaf/Tom 2SI	Serving	2.18
VEG: CARROTS, Shredded AP 1/4c	1/4 Cup	2.21
VEG: CUCUMBER, Fresh Slice1/4c	1/4 Cup	1.3
FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	11.73
FRUIT: APPLESAUCE, AP 1/2c	1/2 Cup	22.52
HD: CHOICE OF MILK	1 Each	0.0
MILK SS, 1% White 8oz	Carton	12.0
MILK SS, Skim 8oz	Carton	12.0
MILK SS, Skim Chocolate	Carton	20.0
MILK BULK, Choc Skim 1c	8 fl oz	24.0
HD: CONDIMENT CHOICES	1 Each	0.0
COND PC Drsg Ranch 12g	1 Each	1.0
COND PC Ketchup 9g Heinz	1 Each	3.0
COND PC Mustard 6g	1 Each	1.0
COND_Sauce, Hot Cayenne AP	1 TBSP	0.67
COND_Topping, Parmesan	1 TBSP	0.0
COND_Crushed Red Pepper	1 TSP	0.25
COND_Oregano	1 TSP	0.31
Weighted Daily Average		79.55
% of Calories		53.8%
Nutrient Guideline		

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# ARAMARK - 1 - CPS

Oct 1, 2018 thru Nov 2, 2018

Base Menu Spreadsheet

9-12 LUNCH

Portion Values - Detailed

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	Portion Size	Carb (g)
Tue - 10/30/2018		
9-12 LUNCH	Total	
HD: SECOND ENTREE	1 Each	0.0
NACHO Bake, Chix/Ch SC 2.0	1/24 Cut	23.33
NACHO Bake, BBeanCh SC 2.0	1/24 Cut	36.75
BRD: ROLL DG, WG 2.5oz	Each	28.0
COND_Sour Cream AP	1 TBSP	1.9
VEG: PEPPERS, Jalapeno CndTBSP	1 TBSP	0.47
COND_Salsa, SS 1/4c	1/4 Cup	4.64
HD: GRILL FEATURE	1 Each	0.0
BURG, Beef AM AP WG 2.25	1 Each	27.0
BURG, Beef AP WG 2.0	1 Each	27.0
HD:HOT VEGETABLE	1 each	0.0
VEG: BEANS, Black Pinto 1/2c	1/2 Cup	22.2
HD: DELI FEATURE	1 Each	0.0
SDW BD, T.Ham AM WG 2.0	Sandwich	27.89
HD:OR	1 each	0.0
WRAP 9", T.Ham AM WG 2.0	1 Each	31.99
SDW BD, PBJ WG 2.0	Sandwich	64.64
HD:VEGETABLES AND FRUITS	each	0.0
VEG GARN: Rom Leaf/Tom 2SI	Serving	2.18
VEG: BROCCOLI, Fresh 1/4c	1/4 Cup	1.06
VEG: CELERY, Sticks AP 1/4c	1/4 Cup	0.96
FRUIT: APPLE, Slcd IW 2oz	1 Each	7.0
FRUIT: CRAISINS, SS 1.16	Box (1.16oz)	28.0
HD: CHOICE OF MILK	1 Each	0.0
MILK SS, 1% White 8oz	Carton	12.0
MILK SS, Skim 8oz	Carton	12.0
MILK SS, Skim Chocolate	Carton	20.0
MILK BULK, Choc Skim 1c	8 fl oz	24.0
HD: CONDIMENT CHOICES	1 Each	0.0
COND PC Drsg Ranch 12g	1 Each	1.0
COND PC Ketchup 9g Heinz	1 Each	3.0
COND PC Mustard 6g	1 Each	1.0
COND PC Mayonnaise 12g	1 Each	1.0
COND_Sauce, Hot Cayenne AP	1 TBSP	0.67
COND_Topping, Parmesan	1 TBSP	0.0
COND_Crushed Red Pepper	1 TSP	0.25
COND_Oregano	1 TSP	0.31
Weighted Daily Average		80.62
% of Calories		55.7%
Nutrient Guideline		

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# ARAMARK - 1 - CPS

Oct 1, 2018 thru Nov 2, 2018

Base Menu Spreadsheet

9-12 LUNCH

Portion Values - Detailed

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	Portion Size	Carb (g)
Wed - 10/31/2018		
9-12 LUNCH	Total	
HD: HOME FEATURE	1 Each	0.0
CHIX Drum BBQ SC 4.0	2 each	14.4
CHIX Drum BBQChiliLime SC 4.0	2 Each	13.25
CHIX Drum Swt Thai Chili HS	2 Each	12.4
CHIX Drum Frnks RedHot HS	2 Each	6.29
BRD: ROLL DG, WG 2.5oz	1 Each	28.0
HD: GRILL FEATURE	1 Each	0.0
STICKS, MAX SNAX Pizza AP 2.0	2 Each	30.0
SAUCE P, Spaghetti	2oz Spoodle	7.46
HD:HOT VEGETABLE	1 each	0.0
VEG: POTATO, Mashed 1/2c CPS	1/2 Cup	15.88
HD: DELI FEATURE	1 Each	0.0
SDW BD, T.Ham AM WG 2.0	Sandwich	27.89
HD:OR	1 each	0.0
WRAP 9", T.Ham AM WG 2.0	1 Each	31.99
SDW BD, PBJ WG 2.0	Sandwich	64.64
HD:VEGETABLES AND FRUITS	each	0.0
VEG: SALAD, Side Rom SC 1/2c	1/2 Cup	0.62
VEG: BROCCOLI, Fresh 1/4c	1/4 Cup	1.06
VEG: CELERY, Sticks AP 1/4c	1/4 Cup	0.96
FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	11.73
FRUIT: PEARS, Dice w/cnm 1/2c	1/2 Cup	16.4
HD: CHOICE OF MILK	1 Each	0.0
MILK SS, 1% White 8oz	Carton	12.0
MILK SS, Skim 8oz	Carton	12.0
MILK SS, Skim Chocolate	Carton	20.0
MILK BULK, Choc Skim 1c	8 fl oz	24.0
HD: CONDIMENT CHOICES	1 Each	0.0
COND PC Drsg Italian 12g	1 Each	0.0
COND PC Drsg French 12g	1 Each	3.0
COND PC Drsg Ranch 12g	1 Each	1.0
COND PC Mustard 6g	1 Each	1.0
COND PC Mayonnaise 12g	1 Each	1.0
COND_Sauce, Hot Cayenne AP	1 TBSP	0.67
COND_Topping, Parmesan	1 TBSP	0.0
COND_Crushed Red Pepper	1 TSP	0.25
COND_Oregano	1 TSP	0.31
Weighted Daily Average		83.64
% of Calories		50.0%
Nutrient Guideline		

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# ARAMARK - 1 - CPS

Oct 1, 2018 thru Nov 2, 2018

Base Menu Spreadsheet

9-12 LUNCH

Portion Values - Detailed

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	Portion Size	Carb (g)
Thu - 11/01/2018		
9-12 LUNCH	Total	
HD: BRUNCH FOR LUNCH	1 Each	0.0
BRD: WAFFLE, AP WG (2BG)	2 Waffle	28.0
BRD: PANCAKES, AP WG (2BG)	2 Pancake	27.33
COND_Syrup, Pancake 1oz	1 fl oz	25.5
CHIX Patty, Brd Hmstl 2.0 2 ea	2 Each	10.8
CHIX Tender, Spicy (3) WG 2.0	3 Each	11.44
EGG: Omelet CH AP 2.0	1 Each	1.0
FRUIT: APPLES, Warm Cinn 1/2c	1/2 Cup	29.2
FRUIT: PEACHES Smmrd	1/2 Cup	25.23
HD: PIZZA FEATURE	1 Each	0.0
PIZZA AP BigDad Chz 1/8 2.0 WG	1/8 Cut Slice	35.0
HD:HOT VEGETABLE	1 each	0.0
VEG: POTATO, FF Curly 1/2c	1/2 Cup	15.19
HD: DELI FEATURE	1 Each	0.0
SDW BD, T.Ham AM WG 2.0	Sandwich	27.89
HD:OR	1 each	0.0
WRAP 9", T.Ham AM WG 2.0	1 Each	31.99
SDW BD, PBJ WG 2.0	Sandwich	64.64
HD:VEGETABLES AND FRUITS	each	0.0
VEG: SALAD, Side Rom SC 1/2c	1/2 Cup	0.62
VEG: CARROTS, Shredded AP 1/4c	1/4 Cup	2.21
VEG: CUCUMBER, Fresh Slice1/4c	1/4 Cup	1.3
FRUIT: APPLES, Warm Cinn 1/2c	1/2 Cup	29.2
FRUIT: BANANA (100-120ct) Whl	Each(100-120ct)	24.11
HD: CHOICE OF MILK	1 Each	0.0
MILK SS, 1% White 8oz	Carton	12.0
MILK SS, Skim 8oz	Carton	12.0
MILK SS, Skim Chocolate	Carton	20.0
MILK BULK, Choc Skim 1c	8 fl oz	24.0
HD: CONDIMENT CHOICES	1 Each	0.0
COND PC Drsg Italian 12g	1 Each	0.0
COND PC Drsg French 12g	1 Each	3.0
COND PC Drsg Ranch 12g	1 Each	1.0
COND PC Mustard 6g	1 Each	1.0
COND PC Mayonnaise 12g	1 Each	1.0
COND_Sauce, Hot Cayenne AP	1 TBSP	0.67
COND_Topping, Parmesan	1 TBSP	0.0
COND_Crushed Red Pepper	1 TSP	0.25
COND_Oregano	1 TSP	0.31
Weighted Daily Average		100.06
% of Calories		56.1%
Nutrient Guideline		

Weighted Average	86.17	53.4%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	86.17	53.38%						

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