

# ARAMARK - 1 - CPS

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

Aug 30, 2021 thru Oct 1, 2021

9-12 Lunch

Generated on: 8/30/2021 10:03:47 AM

	Portion Size	Carb (g)
Mon - 08/30/2021		
9-12 Lunch	Total	
HD: HOME FEATURE	1 Each	0.0
SDW BN, ChixPty Pln WG/WG 2.0	Sandwich	42.06
HD: SECOND ENTREE	1 Each	0.0
MELT BD, AM BB 2.0	Sandwich	28.22
HD: DAILY SERVE	1 each	0.0
SDW BD, PBJ WG 2.0	Sandwich	65.46
HD:VEGETABLES AND FRUITS	1 each	0.0
VEG: POTATO, FF Crnkle Ct 1/2c	1/2 Cup	15.48
VEG: CARROTS, Fresh Baby 1/2c	1/2 Cup	5.84
VEG: CELERY, Sticks AP 1/2c	1/2 Cup	1.93
FRUIT: PLUMS, Fresh Whole 1/2c	Each(45-50ct)	7.39
FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	11.73
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
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
Weighted Daily Average		71.04
% of Calories		48.6%
Nutrient Guideline		

	Portion Size	Carb (g)
Tue - 08/31/2021		
9-12 Lunch	Total	
HD: HOME FEATURE	1 Each	0.0
BRD: TORTILLA 6" Flour WG 2ea	2 Each	30.0
HD: CHOICE OF PROTEIN	1 each	*N/A*
CHIX Dcd Taco CH 2.0	1 Each	1.97
FILLING: Lentils 2 MMA	1/2 cup	24.51
HD: ADDITIONAL OPTION(S)	1 each	0.0
COND_Salsa, AP 1/8c	1/8 Cup	2.04
HD: COLD ENTREE	1 Each	0.0
SDW BD, Tky AM WG 2.0	Sandwich	27.22
HD: DAILY SERVE	1 each	0.0
SDW BD, PBJ WG 2.0	Sandwich	65.46
HD:VEGETABLES AND FRUITS	1 each	0.0
VEG: PEPPER GRN & ON Rst 1/2c	1/2 Cup	8.4
VEG: SALAD, Black Bn Corn	3/4 Cup	41.42
VEG: CORN, Zesty SW 1/2c	1/2 Cup	17.13
FRUIT: APPLE, 138ct Whole 1c	Each(138ct)	16.52
FRUIT: CRAISINS, SS Strawb1.16	Box (1.16oz)	28.0
HD: CONDIMENT CHOICES	1 Each	0.0
COND PC Drsg Ranch 12g	1 Each	1.0
COND PC Mustard 6g	1 Each	1.0
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

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	Portion Size	Carb (g)
Weighted Daily Average		82.99
% of Calories		58.1%
Nutrient Guideline		

Wed - 09/01/2021		
9-12 Lunch	Total	
HD: HOME FEATURE	1 Each	0.0
CHIX Drum Nashville HS	2 Each	8.79
BRD: ROLL DG, WG 2.5oz	1 Each	28.0
HD: SECOND ENTREE	1 Each	0.0
SUB AP, AM CH SW WG 2.0 NoVeg	1 Each	27.24
HD: DAILY SERVE	1 each	0.0
SDW BD, PBJ WG 2.0	Sandwich	65.46
HD:VEGETABLES AND FRUITS	1 each	0.0
VEG: BROCCOLI, Frsh Ssnd1/2c	1/2 Cup	5.74
VEG: CARROTS, Fresh Baby 1/2c	1/2 Cup	5.84
VEG: CUCUMBER, Fresh Slice1/2c	1/2 Cup	2.61
FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	11.73
FRUIT: PLUMS, Fresh Whole 1/2c	Each(45-50ct)	7.39
HD: CONDIMENT CHOICES	1 Each	0.0
COND PC Drsg Ranch 12g	1 Each	1.0
COND PC Mustard 6g	1 Each	1.0
HD: CHOICE OF MILK	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
Weighted Daily Average		61.95
% of Calories		43.8%
Nutrient Guideline		

Thu - 09/02/2021		
9-12 Lunch	Total	
HD: HOME FEATURE	1 Each	0.0
PIZZA 4" Bulk Galaxy CHZ 2.0	Pizza	26.0
HD: COLD ENTREE	1 Each	0.0
HUMMUS, AP ZZ Taco 1.5	1 Each	18.0
CHEESE, CH Cubes RF SS 1.0	Pkg (1oz)	0.0
BRD: CRACK SS, Crunch&Crv Org2	Pkg (2 BG)	30.0
HD: DAILY SERVE	1 each	0.0
SDW BD, PBJ WG 2.0	Sandwich	65.46
HD:VEGETABLES AND FRUITS	1 each	0.0
VEG: BEANS, Grn FMLGX Ssd 1/2c	1/2 Cup	5.23
VEG: BROCCOLI, Fresh 1/2c	1/2 Cup	2.12
VEG: CELERY, Sticks AP 1/2c	1/2 Cup	1.93
FRUIT: APPLE, 138ct Whole 1c	Each(138ct)	16.52
FRUIT: BLUEBERRIES, Fz 1/2c	1/2 Cup	8.5
HD: CONDIMENT CHOICES	1 Each	0.0
COND PC Drsg Ranch 12g	1 Each	1.0
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

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	Portion Size	Carb (g)
Weighted Daily Average		59.86
% of Calories		49.8%
Nutrient Guideline		

Fri - 09/03/2021		
9-12 Lunch	Total	
HD: HOME FEATURE	1 Each	0.0
BURG, Beef AP WG 2.0	1 Each	28.21
BURG, Black Bean AP WG 2.0	1 Each	41.06
HD: ADDITIONAL OPTION(S)	1 each	0.0
CHEESE, AM (184ct) Slices 0.25	Slice	0.5
HD: COLD ENTREE	1 Each	0.0
SDW BD, C.Ham AM WG 2.0	Sandwich	29.26
HD: DAILY SERVE	1 each	0.0
SDW BD, PBJ WG 2.0	Sandwich	65.46
HD:VEGETABLES AND FRUITS	1 each	0.0
VEG: POTATO, Tater TotsMC 1/2c	1/2 Cup	14.12
VEG: CUCUMBER, Fresh Slice1/2c	1/2 Cup	2.61
VEG: CARROTS, Fresh Baby 1/2c	1/2 Cup	5.84
FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	11.73
FRUIT: CRAISINS, SS Strawb1.16	Box (1.16oz)	28.0
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
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
Weighted Daily Average		81.01
% of Calories		57.4%
Nutrient Guideline		

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9-12 Lunch

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	Portion Size	Carb (g)
Tue - 09/07/2021		
9-12 Lunch	Total	
HD: HOME FEATURE	1 Each	0.0
VEG: POTATO, Mashed AP 1/2c	TBD	22.18
COND_Gravy, Brown LS SS 1/8c	1/8 Cup	2.37
CHIX Nugget, WG (5) 2.0	5 Each	15.94
BRD: ROLL DG, WG 2.5oz	1 Each	28.0
HD: COLD ENTREE	1 Each	0.0
EGG: Hard Boiled FC AP 1.5	1 Each	1.0
CHEESE, MZ String LF 1ea 1.0	Stick	1.0
BRD: CRACK SS, Crunch&Crv Org2	Pkg (2 BG)	30.0
HD: DAILY SERVE	1 each	0.0
SDW BD, PBJ WG 2.0	Sandwich	65.46
HD:VEGETABLES AND FRUITS	1 each	0.0
VEG: POTATO, Mashed AP 1/2c	#8 Scp	22.18
COND_Gravy, Brown LS SS 1/8c	1/8 Cup	2.37
VEG: CORN, Italian Swt 1/2c	1/2 Cup	16.59
FRUIT: APPLE, 138ct Whole 1c	Each(138ct)	16.52
FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	11.73
HD: CONDIMENT CHOICES	1 Each	0.0
COND PC Ketchup 9g Heinz	1 Each	3.0
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
Weighted Daily Average		96.93
% of Calories		56.4%
Nutrient Guideline		

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	Portion Size	Carb (g)
Wed - 09/08/2021		
9-12 Lunch	Total	
HD: HOME FEATURE	1 Each	0.0
HD: STUDENT PICK ONE	1 each	0.0
BRD: TORTILLA, Chip Rnds 2.0	2 Cups	28.69
BRD: TORTILLA 6" Flour WG 2ea	2 Each	30.0
HD: STUDENT PICK TWO	1 each	0.0
BEEF Gd, Taco Meat 1.0	#24 scp (1 MMA)	1.19
FILLING: BEANS, PntoCharro1MMA	#16 Scoop(1MMA)	12.46
COND_Sauce, Chz SS W (LOL) 1.0	3oz Spdl (1MMA)	4.5
HD: COLD ENTREE	1 Each	0.0
SUB, CHam Turkey AM WG2.0	Sandwich	26.74
HD: DAILY SERVE	1 each	0.0
SDW BD, PBJ WG 2.0	Sandwich	65.46
HD:VEGETABLES AND FRUITS	1 each	0.0
VEG: SALAD, BlackBn Salsa 1/2c	1/2 Cup	32.85
VEG: CARROTS, Fresh Baby 1/2c	1/2 Cup	5.84
VEG: CELERY, Sticks AP 1/2c	1/2 Cup	1.93
FRUIT: CRAISINS, SS Strawb1.16	Box (1.16oz)	28.0
FRUIT: PLUMS, Fresh Whole 1/2c	Each(45-50ct)	7.39
HD: CONDIMENT CHOICES	1 Each	0.0
COND PC Drsg Ranch 12g	1 Each	1.0
COND PC Mustard 6g	1 Each	1.0
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
Weighted Daily Average		77.97
% of Calories		48.6%
Nutrient Guideline		

	Portion Size	Carb (g)
Thu - 09/09/2021		
9-12 Lunch	Total	
HD: HOME FEATURE	1 Each	0.0
RICE, Fried EggScrm 2/2	2 6oz spoodles	59.19
HD: COLD ENTREE	1 Each	0.0
SUB AP, AM CH SW WG 2.0 NoVeg	1 Each	27.24
HD: DAILY SERVE	1 each	0.0
SDW BD, PBJ WG 2.0	Sandwich	65.46
HD:VEGETABLES AND FRUITS	1 each	0.0
VEG: CARROTS, FMLGX Frz 1/2c	1/2 Cup	8.22
VEG: BROCCOLI, Fresh 1/2c	1/2 Cup	2.12
VEG: CUCUMBER, Fresh Slice1/2c	1/2 Cup	2.61
FRUIT: APPLE, 138ct Whole 1c	Each(138ct)	16.52
FRUIT: RAISINS, SS 1.5oz	Box (1.5oz)	33.67
HD: CONDIMENT CHOICES	1 Each	0.0
COND PC Drsg Ranch 12g	1 Each	1.0
COND PC Mustard 6g	1 Each	1.0
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

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9-12 Lunch

Portion Values - Detailed

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	Portion Size	Carb (g)
Weighted Daily Average		96.45
% of Calories		64.3%
Nutrient Guideline		

Fri - 09/10/2021		
9-12 Lunch	Total	
HD: HOME FEATURE	Each	0.0
PIZZA 4" Bulk Galaxy CHZ 2.0	Pizza	26.0
PIZZA AP Bf Chz Fiestada 2.0WG	Pizza	39.0
HD: COLD ENTREE	1 Each	0.0
WRAP 9", ChixDcd Caes W	1 Each	32.63
HD: DAILY SERVE	1 each	0.0
SDW BD, PBJ WG 2.0	Sandwich	65.46
HD:VEGETABLES AND FRUITS	1 each	0.0
VEG: BROCCOLI, Frsh Ssnd1/2c	1/2 Cup	5.74
VEG: CELERY, Sticks AP 1/2c	1/2 Cup	1.93
VEG: CARROTS, Fresh Baby 1/2c	1/2 Cup	5.84
FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	11.73
FRUIT: CRAISINS, SS Strawb1.16	Box (1.16oz)	28.0
HD: CONDIMENT CHOICES	1 Each	0.0
COND PC Drsg Ranch 12g	1 Each	1.0
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
Weighted Daily Average		72.22
% of Calories		54.0%
Nutrient Guideline		

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Portion Values - Detailed

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Aug 30, 2021 thru Oct 1, 2021

9-12 Lunch

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	Portion Size	Carb (g)
Mon - 09/13/2021		
9-12 Lunch	Total	
HD: HOME FEATURE	1 Each	0.0
HOT DOG, Plain WG 2.0	1 Each	28.43
HD: SECOND ENTREE	1 Each	0.0
MELT BD, AM BB 2.0	Sandwich	28.22
HD: COLD ENTREE	1 Each	0.0
SDW BD, CHIX Dcd BBQ Salad 2.0	Sandwich	34.1
HD: DAILY SERVE	1 each	0.0
SDW BD, PBJ WG 2.0	Sandwich	65.46
HD:VEGETABLES AND FRUITS	1 each	0.0
VEG: BEANS, Pinto Campfire1/2c	1/2 Cup	34.23
VEG: CUCUMBER, Fresh Slice1/2c	1/2 Cup	2.61
VEG: BROCCOLI, Fresh 1/2c	1/2 Cup	2.12
VEG: SALAD, Side RomMix SC1c	CUP	2.85
FRUIT: PLUMS, Fresh Whole 1/2c	Each(45-50ct)	7.39
FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	11.73
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
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
Weighted Daily Average		62.93
% of Calories		51.0%
Nutrient Guideline		

	Portion Size	Carb (g)
Tue - 09/14/2021		
9-12 Lunch	Total	
HD: HOME FEATURE	1 Each	0.0
PASTA, Spaghetti WG 1c	CUP	39.49
HD: CHOICE OF PROTEIN	1 each	*N/A*
SAUCE P, Spag Beef 1c 2.0	8 oz spoodle	13.08
SAUCE P, Spag GarBean 1c 2.0	8 oz spoodle	33.2
HD: COLD ENTREE	1 Each	0.0
SUB AP, C.Ham TkySal TkyPas CH	Sandwich	30.08
HD: DAILY SERVE	1 each	0.0
SDW BD, PBJ WG 2.0	Sandwich	65.46
HD:VEGETABLES AND FRUITS	1 each	0.0
VEG: BROCCOLI, Frsh Ssnd1/2c	1/2 Cup	5.74
VEG: CELERY, Sticks AP 1/2c	1/2 Cup	1.93
VEG: CARROTS, Fresh Baby 1/2c	1/2 Cup	5.84
VEG: SALAD, Side RomMix SC1c	CUP	2.85
FRUIT: APPLE, 138ct Whole 1c	Each(138ct)	16.52
FRUIT: BANANA (100-120ct) Whl	Each(100-120ct)	24.11
HD: CONDIMENT CHOICES	1 Each	0.0
COND PC Drsg Ranch 12g	1 Each	1.0
COND PC Mustard 6g	1 Each	1.0
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

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	Portion Size	Carb (g)
Weighted Daily Average		91.06
% of Calories		62.0%
Nutrient Guideline		

Wed - 09/15/2021		
9-12 Lunch	Total	
HD: HOME FEATURE	1 Each	0.0
CHIX Drum Rotis SC 4.0	2 Each	1.97
QUINOA, Red & Rice 1BG	1/2 Cup	24.13
BRD: ROLL DG, WG 2.5oz	1 Each	28.0
HD: SECOND ENTREE	1 Each	0.0
FISH, Sticks AP (C) WG2.0(4ea)	4 Each	18.0
QUINOA, Red & Rice 1BG	1/2 Cup	24.13
BRD: ROLL DG, WG 2.5oz	1 Each	28.0
HD: COLD ENTREE	1 Each	0.0
SALAD, DcdChx Egg Chef CH 2.0	1 Each	3.94
BRD: ROLL DG, WG 2.5oz	1 Each	28.0
SALAD, Egg Chef CH W 2.0	1 Each	4.6
BRD: ROLL DG, WG 2.5oz	1 Each	28.0
HD: DAILY SERVE	1 each	0.0
SDW BD, PBJ WG 2.0	Sandwich	65.46
HD:VEGETABLES AND FRUITS	1 each	0.0
VEG: CARROTS, FMLGX Frz 1/2c	1/2 Cup	8.22
VEG: BROCCOLI, Fresh 1/2c	1/2 Cup	2.12
VEG: CUCUMBER, Fresh Slice1/2c	1/2 Cup	2.61
VEG: SALAD, Side RomMix SC1c	CUP	2.85
FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	11.73
FRUIT: PLUMS, Fresh Whole 1/2c	Each(45-50ct)	7.39
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 Sauce, Tartar 12g	1 Each	2.0
HD: CHOICE OF MILK	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
Weighted Daily Average		76.48
% of Calories		51.9%
Nutrient Guideline		

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9-12 Lunch

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	Portion Size	Carb (g)
Thu - 09/16/2021		
9-12 Lunch	Total	
HD: HOME FEATURE	1 Each	0.0
ENT: PASTA, Soba Blk Beans 2/2	2 6oz spdl	99.84
HD: SECOND ENTREE	1 Each	0.0
QUES 6" CH BB 2.0	1 Each	32.99
HD: COLD ENTREE	1 Each	0.0
HUMMUS, AP ZZ Taco 1.5	Each	18.0
BRD: CRACK SS, Crunch&Crv Org2	Pkg (2 BG)	30.0
VEG: CARROTS, Fresh Baby 1/2c	1/2 Cup	5.84
HD: DAILY SERVE	1 each	0.0
SDW BD, PBJ WG 2.0	Sandwich	65.46
HD:VEGETABLES AND FRUITS	1 each	0.0
VEG: BEANS, Grn FMLGX Ssd 1/2c	1/2 Cup	5.23
VEG: CELERY, Sticks AP 1/2c	1/2 Cup	1.93
VEG: CARROTS, Fresh Baby 1/2c	1/2 Cup	5.84
VEG: SALAD, Side RomMix SC1c	CUP	2.85
FRUIT: CRAISINS, SS Strawb1.16	Box (1.16oz)	28.0
FRUIT: BANANA (100-120ct) Whl	Each(100-120ct)	24.11
HD: CONDIMENT CHOICES	1 Each	0.0
COND PC Drsg Ranch 12g	1 Each	1.0
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
Weighted Daily Average		96.67
% of Calories		59.6%
Nutrient Guideline		

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# ARAMARK - 1 - CPS

Aug 30, 2021 thru Oct 1, 2021

Base Menu Spreadsheet

9-12 Lunch

Portion Values - Detailed

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	Portion Size	Carb (g)
Fri - 09/17/2021		
9-12 Lunch	Total	
HD: HOME FEATURE	1 Each	0.0
HD: STUDENT PICK ONE	1 each	0.0
BRD: TORTILLA, Chip Rnds 2.0	2 Cups	28.69
BRD: TORTILLA 6" Flour WG 2ea	2 Each	30.0
HD: CHOICE OF PROTEIN	1 each	*N/A*
CHIX Dcd Taco Meat Chipotle2.0	#12 scp(2MMA)	1.87
FILLING: Lentils Chipotle 2.0	1/2 cup	24.36
HD: COLD ENTREE	1 Each	0.0
SUB AP, AM Veg WG 2.0	Sandwich	30.17
HD: DAILY SERVE	each	0.0
SDW BD, PBJ WG 2.0	Sandwich	65.46
HD:VEGETABLES AND FRUITS	1 each	0.0
VEG: BEANS, Pinto Kickin' 1/2c	1/2 Cup	24.9
VEG: CORN, Cld Chili FMLGX1/2c	1/2 Cup	16.74
VEG: CUCUMBER, Fresh Slice1/2c	1/2 Cup	2.61
VEG: SALAD, Side RomMix SC1c	CUP	2.85
FRUIT: APPLE, Slcd IW 2oz	1 Each	7.0
FRUIT: PLUMS, Fresh Whole 1/2c	Each(45-50ct)	7.39
HD: CONDIMENT CHOICES	1 Each	0.0
COND PC Drsg Ranch 12g	1 Each	1.0
COND PC Mustard 6g	1 Each	1.0
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
Weighted Daily Average		69.17
% of Calories		53.7%
Nutrient Guideline		

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# ARAMARK - 1 - CPS

Base Menu Spreadsheet

Portion Values - Detailed

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Aug 30, 2021 thru Oct 1, 2021

9-12 Lunch

Generated on: 8/30/2021 10:03:48 AM

	Portion Size	Carb (g)
Mon - 09/20/2021		
9-12 Lunch	Total	
HD: HOME FEATURE	1 Each	0.0
CHIX Tender, Frit G (3) WG 2.0	3 Each	16.19
BRD: ROLL DG, WG 2.5oz	1 Each	28.0
COND_Greek DressingSC 1oz	1 oz spoodle	2.19
HD: COLD ENTREE	1 Each	0.0
SALAD ChixDcd Baja SC 2.25	1 Each	21.23
BRD: ROLL DG, WG 2.5oz	1 Each	28.0
SALAD, Veg Baja W 2.0	1 Each	26.57
BRD: ROLL DG, WG 2.5oz	1 Each	28.0
HD: DAILY SERVE	each	0.0
SDW BD, PBJ WG 2.0	Sandwich	65.46
HD:VEGETABLES AND FRUITS	1 each	0.0
VEG: BEANS, Grn FMLGX Ssd 1/2c	1/2 Cup	5.23
VEG: SALAD, Cucumber Tom 1/2c	1/2 Cup	4.93
VEG: CARROTS, Fresh Baby 1/2c	1/2 Cup	5.84
VEG: SALAD, Side RomMix SC1c	CUP	2.85
FRUIT: PLUMS, Fresh Whole 1/2c	Each(45-50ct)	7.39
FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	11.73
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
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
Weighted Daily Average		81.69
% of Calories		48.3%
Nutrient Guideline		

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# ARAMARK - 1 - CPS

Aug 30, 2021 thru Oct 1, 2021

Base Menu Spreadsheet

9-12 Lunch

Portion Values - Detailed

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	Portion Size	Carb (g)
Tue - 09/21/2021		
9-12 Lunch	Total	
HD: HOME FEATURE	1 Each	0.0
BURG, Beef AP WG 2.0	1 Each	28.21
BURG, Black Bean AP WG 2.0	1 Each	41.06
HD: ADDITIONAL OPTION(S)	1 each	0.0
CHEESE, AM (184ct) Slices 0.25	Slice	0.5
CHEESE, CH Slices RF 0.5	Slice	0.0
CHEESE, SW Slices RF 0.5	Slice	0.5
VEG: ONIONS, Yellow Slice 1ea	Slice	0.66
HD: COLD ENTREE	1 Each	0.0
SDW BD, Egg Salad WG 2.0	Sandwich	29.77
HD: DAILY SERVE	1 each	0.0
SDW BD, PBJ WG 2.0	Sandwich	65.46
HD:VEGETABLES AND FRUITS	1 each	0.0
VEG: POTATO, Tater TotsMC 1/2c	1/2 Cup	14.12
VEG: BROCCOLI, Fresh 1/2c	1/2 Cup	2.12
VEG: CELERY, Sticks AP 1/2c	1/2 Cup	1.93
VEG: SALAD, Side RomMix SC1c	CUP	2.85
FRUIT: APPLE, 138ct Whole 1c	Each(138ct)	16.52
FRUIT: BANANA (100-120ct) Whl	Each(100-120ct)	24.11
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
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
Weighted Daily Average		77.11
% of Calories		55.4%
Nutrient Guideline		

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# ARAMARK - 1 - CPS

Aug 30, 2021 thru Oct 1, 2021

Base Menu Spreadsheet

9-12 Lunch

Portion Values - Detailed

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	Portion Size	Carb (g)
Wed - 09/22/2021		
9-12 Lunch	Total	
HD: HOME FEATURE	1 Each	0.0
VEG: SQUASH, Btrnt FMLGX 1/2c	1/2 Cup	12.85
RICE, Chipotle WG 1BG	1/2 Cup	21.85
BRD: ROLL DG, WG 2.5oz	1 Each	28.0
HD: CHOICE OF PROTEIN	1 each	*N/A*
BEEF Gd, Taco Meat 2.0	#12 scp (2 MMA)	2.24
FILLING, Black Beans Fjta 2.0	#8 scp (2 MMA)	35.79
HD: COLD ENTREE	1 Each	0.0
SUB, CHam Turkey AM WG2.0	Sandwich	26.74
HD: DAILY SERVE	1 each	0.0
SDW BD, PBJ WG 2.0	Sandwich	65.46
HD:VEGETABLES AND FRUITS	1 each	0.0
VEG: SQUASH, Btrnt FMLGX 1/2c	1/2 Cup	12.85
VEG: SALAD, Bean Three 3/4 c	3/4 cup	24.19
VEG: CARROTS, Fresh Baby 1/2c	1/2 Cup	5.84
VEG: SALAD, Side RomMix SC1c	CUP	2.85
FRUIT: CRAISINS, SS Strawb1.16	Box (1.16oz)	28.0
FRUIT: PLUMS, Fresh Whole 1/2c	Each(45-50ct)	7.39
HD: CONDIMENT CHOICES	1 Each	0.0
COND PC Drsg Ranch 12g	1 Each	1.0
COND PC Mustard 6g	1 Each	1.0
HD: CHOICE OF MILK	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
Weighted Daily Average		99.63
% of Calories		60.4%
Nutrient Guideline		

	Portion Size	Carb (g)
Thu - 09/23/2021		
9-12 Lunch	Total	
HD: HOME FEATURE	1 Each	0.0
SDW BN, Lentil SloppyJoe 2.0	Sandwich	88.4
HD: COLD ENTREE	1 Each	0.0
VEG: BEANS, GarbanzoSalad 3/4c	6 oz spdl	23.24
BRD: CRACK SS, Crunch&Crv Org2	Pkg (2 BG)	30.0
VEG: CELERY, Sticks AP 1/2c	1/2 Cup	1.93
HD: DAILY SERVE	1 each	0.0
SDW BD, PBJ WG 2.0	Sandwich	65.46
HD:VEGETABLES AND FRUITS	1 each	0.0
VEG: POTATO, FF Crnkle Ct 1/2c	1/2 Cup	15.48
VEG: BROCCOLI, Fresh 1/2c	1/2 Cup	2.12
VEG: CELERY, Sticks AP 1/2c	1/2 Cup	1.93
VEG: SALAD, Side RomMix SC1c	CUP	2.85
FRUIT: BANANA (100-120ct) Whl	Each(100-120ct)	24.11
FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	11.73
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
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

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# ARAMARK - 1 - CPS

Aug 30, 2021 thru Oct 1, 2021

Base Menu Spreadsheet

9-12 Lunch

Portion Values - Detailed

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	Portion Size	Carb (g)
Weighted Daily Average		107.70
% of Calories		69.5%
Nutrient Guideline		

Fri - 09/24/2021		
9-12 Lunch	Total	
HD: HOME FEATURE	1 Each	0.0
PIZZA AP, Crunchers 4ea	4 Each	41.0
SAUCE P, Marin/Spag 1/4c	1/4 Cup	6.0
HD: SECOND ENTREE	1 Each	0.0
SUB AP, Tky AM WG 2.0	Sandwich	26.74
HD: DAILY SERVE	1 each	0.0
SDW BD, PBJ WG 2.0	Sandwich	65.46
HD:VEGETABLES AND FRUITS	1 each	0.0
VEG: BROCCOLI, Frsh LmnPpr1/2c	1/2 Cup	5.52
VEG: CARROTS, Fresh Baby 1/2c	1/2 Cup	5.84
VEG: CUCUMBER, Fresh Slice1/2c	1/2 Cup	2.61
VEG: SALAD, Side RomMix SC1c	CUP	2.85
FRUIT: APPLE, Slcd IW 2oz	1 Each	7.0
FRUIT: PLUMS, Fresh Whole 1/2c	Each(45-50ct)	7.39
HD: CONDIMENT CHOICES	1 Each	0.0
COND PC Drsg Ranch 12g	1 Each	1.0
COND PC Mustard 6g	1 Each	1.0
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
Weighted Daily Average		67.82
% of Calories		47.4%
Nutrient Guideline		

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# ARAMARK - 1 - CPS

Base Menu Spreadsheet

Portion Values - Detailed

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Aug 30, 2021 thru Oct 1, 2021

9-12 Lunch

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	Portion Size	Carb (g)
Mon - 09/27/2021		
9-12 Lunch	Total	
HD: HOME FEATURE	1 Each	0.0
SDW BN, ChixPty Pln WG/WG 2.0	Sandwich	42.06
HD: SECOND ENTREE	1 Each	0.0
SUB AP, AM Veg WG 2.0	Sandwich	30.17
COND_Mayo, Garlic Light	1 TBSP	1.32
HD: DAILY SERVE	each	0.0
SDW BD, PBJ WG 2.0	Sandwich	65.46
HD:VEGETABLES AND FRUITS	1 each	0.0
VEG: POTATO, Tater TotsMC 1/2c	1/2 Cup	14.12
VEG: CARROTS, Fresh Baby 1/2c	1/2 Cup	5.84
VEG: CELERY, Sticks AP 1/2c	1/2 Cup	1.93
VEG: SALAD, Side RomMix SC1c	CUP	2.85
FRUIT: PLUMS, Fresh Whole 1/2c	Each(45-50ct)	7.39
FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	11.73
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
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
Weighted Daily Average		76.14
% of Calories		50.9%
Nutrient Guideline		

	Portion Size	Carb (g)
Tue - 09/28/2021		
9-12 Lunch	Total	
HD: HOME FEATURE	1 Each	0.0
BRD: TORTILLA 6" Flour WG 2ea	2 Each	30.0
HD: CHOICE OF PROTEIN	1 each	*N/A*
CHIX Dcd Taco CH 2.0	1 Each	1.97
FILLING: Lentils 2 MMA	1/2 cup	24.51
HD: ADDITIONAL OPTION(S)	1 each	0.0
COND_Salsa, AP 1/8c	1/8 Cup	2.04
HD: COLD ENTREE	1 Each	0.0
SDW BD, Tky AM WG 2.0	Sandwich	27.22
HD: DAILY SERVE	1 each	0.0
SDW BD, PBJ WG 2.0	Sandwich	65.46
HD:VEGETABLES AND FRUITS	1 each	0.0
VEG: PEPPER GRN & ON Rst 1/2c	1/2 Cup	8.4
VEG: SALAD, Black Bn Corn	3/4 Cup	41.42
VEG: CUCUMBER, Fresh Slice1/2c	1/2 Cup	2.61
VEG: SALAD, Side RomMix SC1c	CUP	2.85
FRUIT: APPLE, 138ct Whole 1c	Each(138ct)	16.52
FRUIT: BANANA (100-120ct) Whl	Each(100-120ct)	24.11
HD: CONDIMENT CHOICES	1 Each	0.0
COND PC Drsg Ranch 12g	1 Each	1.0
COND PC Mustard 6g	1 Each	1.0
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

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# ARAMARK - 1 - CPS

Aug 30, 2021 thru Oct 1, 2021

Base Menu Spreadsheet

9-12 Lunch

Portion Values - Detailed

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	Portion Size	Carb (g)
Weighted Daily Average		81.41
% of Calories		57.5%
Nutrient Guideline		

Wed - 09/29/2021		
9-12 Lunch	Total	
HD: HOME FEATURE	1 Each	0.0
CHIX Drum Nashville HS	2 Each	8.79
BRD: ROLL DG, WG 2.5oz	1 Each	28.0
HD: COLD ENTREE	1 Each	0.0
SALAD, DcdChx Egg Chef CH 2.0	1 Each	3.94
BRD: ROLL DG, WG 2.5oz	1 Each	28.0
SALAD, Egg Chef CH W 2.0	1 Each	4.6
BRD: ROLL DG, WG 2.5oz	1 Each	28.0
HD: DAILY SERVE	1 each	0.0
SDW BD, PBJ WG 2.0	Sandwich	65.46
HD:VEGETABLES AND FRUITS	1 each	0.0
VEG: BROCCOLI, Frsh Ssnd1/2c	1/2 Cup	5.74
VEG: SALAD, Side RomMix SC1c	CUP	2.85
VEG: CARROTS, Fresh Baby 1/2c	1/2 Cup	5.84
VEG: CELERY, Sticks AP 1/2c	1/2 Cup	1.93
FRUIT: CRAISINS, SS Strawb1.16	Box (1.16oz)	28.0
FRUIT: PLUMS, Fresh Whole 1/2c	Each(45-50ct)	7.39
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
HD: CHOICE OF MILK	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
Weighted Daily Average		74.50
% of Calories		48.6%
Nutrient Guideline		

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Aug 30, 2021 thru Oct 1, 2021

Base Menu Spreadsheet

9-12 Lunch

Portion Values - Detailed

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	Portion Size	Carb (g)
Thu - 09/30/2021		
9-12 Lunch	Total	
HD: HOME FEATURE	1 Each	0.0
SOUP, Veg Bean Chili SC 2.0	8oz spdl (2MMA)	31.36
VEG: POTATO, Mashed AP 1/2c	TBD	22.18
BRD: ROLL DG, WG 2.5oz	1 Each	28.0
HD: SECOND ENTREE	1 Each	0.0
MELT BD, AM BB 2.0	Sandwich	28.22
HD: COLD ENTREE	1 Each	0.0
YOGURT SS, Dannon Strwb/Van4oz	1 Each	14.0
SNACK: GOBONZO IW LtSlt .75oz	Package	12.0
BRD: CRACK SS, Crunch&Crv Org2	Pkg (2 BG)	30.0
HD: DAILY SERVE	1 each	0.0
SDW BD, PBJ WG 2.0	Sandwich	65.46
HD:VEGETABLES AND FRUITS	1 each	0.0
VEG: POTATO, Mashed AP 1/2c	TBD	22.18
VEG: CELERY, Sticks AP 1/2c	1/2 Cup	1.93
VEG: CARROTS, Fresh Baby 1/2c	1/2 Cup	5.84
VEG: SALAD, Side RomMix SC1c	CUP	2.85
FRUIT: APPLE, Slcd IW 2oz	1 Each	7.0
FRUIT: BLUEBERRIES, Fz 1/2c	1/2 Cup	8.5
HD: CONDIMENT CHOICES	1 Each	0.0
COND PC Drsg Ranch 12g	1 Each	1.0
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
Weighted Daily Average		82.91
% of Calories		55.5%
Nutrient Guideline		

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Aug 30, 2021 thru Oct 1, 2021

Base Menu Spreadsheet

9-12 Lunch

Portion Values - Detailed

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	Portion Size	Carb (g)
Fri - 10/01/2021		
9-12 Lunch	Total	
HD: HOME FEATURE	1 Each	0.0
FISH, Sticks AP (C) WG2.0(4ea)	4 Each	18.0
QUINOA, Red & Rice 1BG	1/2 Cup	24.13
BRD: ROLL DG, WG 2.5oz	1 Each	28.0
HD: SECOND ENTREE	1 Each	0.0
PIZZA 4" Bulk Galaxy CHZ 2.0	Pizza	26.0
HD: COLD ENTREE	1 Each	0.0
SDW BD, C.Ham AM WG 2.0	Sandwich	29.26
HD: DAILY SERVE	1 each	0.0
SDW BD, PBJ WG 2.0	Sandwich	65.46
HD:VEGETABLES AND FRUITS	1 each	0.0
VEG: BEANS, Grn FMLGX Ssd 1/2c	1/2 Cup	5.23
VEG: CELERY, Sticks AP 1/2c	1/2 Cup	1.93
VEG: CARROTS, Fresh Baby 1/2c	1/2 Cup	5.84
VEG: SALAD, Side RomMix SC1c	CUP	2.85
FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	11.73
FRUIT: CRAISINS, SS Strawb1.16	Box (1.16oz)	28.0
HD: CONDIMENT CHOICES	1 Each	0.0
COND PC Drsg Ranch 12g	1 Each	1.0
COND PC Sauce, Tartar 12g	1 Each	2.0
COND PC Mustard 6g	1 Each	1.0
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
Weighted Daily Average		77.00
% of Calories		54.7%
Nutrient Guideline		

Weighted Average		80.11
		54.6%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	80.11	54.59%						

\*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.

**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.