

# ARAMARK - 1 - CPS

Jan 2, 2022 thru Feb 5, 2022

Base Menu Spreadsheet

9-12 Lunch

Portion Values - Detailed

Page 1

Generated on: 12/20/2021 4:59:21 PM

	Portion Size	Carb (g)
Mon - 01/03/2022		
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
HD: COLD ENTREE	1 Each	0.0
QUES 6" CH BB 2.0	1 Each	32.99
COND_Salsa, AP 1/8c	1/8 Cup	2.04
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
FRUIT: CRAN, Dried SS 1.16	Box (1.16oz)	28.0
FRUIT: APPLE, 138ct Whole 1c	Each(138ct)	16.52
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		90.22
% of Calories		53.4%
Nutrient Guideline		

	Portion Size	Carb (g)
Tue - 01/04/2022		
9-12 Lunch	Total	
HD: HOME FEATURE	1 Each	0.0
HD: CHOICE OF BREAD	1 Each	0.0
BRD: TORTILLA 6" Flour WG 2ea	2 Each	30.0
BRD: TORTILLA, Chip Rnds 2.0	2 Cups	28.69
HD: CHOICE OF PROTEIN	each	*N/A*
CHIX Dcd Taco Meat 1.0	#24 scp (1 MMA)	1.0
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
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: SALAD, Black Bn Corn	3/4 Cup	41.42
VEG: CELERY, Sticks AP 1/2c	1/2 Cup	1.93
FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	11.73
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
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

\*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.

# ARAMARK - 1 - CPS

Jan 2, 2022 thru Feb 5, 2022

Base Menu Spreadsheet

9-12 Lunch

Portion Values - Detailed

Page 2

Generated on: 12/20/2021 4:59:21 PM

	Portion Size	Carb (g)
Weighted Daily Average		67.49
% of Calories		47.4%
Nutrient Guideline		

Wed - 01/05/2022		
9-12 Lunch	Total	
HD: HOME FEATURE	1 Each	0.0
CHIX Drum ThaiSunbutter HS	2 Each	12.21
PASTA, LoMein Noodles 2.0	2 6oz spoodles	68.64
HD: SECOND ENTREE	1 Each	0.0
SDW BD, Egg Salad WG 2.0	Sandwich	29.08
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: BLEND, 1/2c	1/2 Cup	12.66
VEG: CARROTS, Fresh Baby 1/2c	1/2 Cup	5.84
FRUIT: APPLE, Drd Crsps IW	Bag (0.34 OZ)	10.0
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 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		95.45
% of Calories		54.5%
Nutrient Guideline		

Thu - 01/06/2022		
9-12 Lunch	Total	
HD: HOME FEATURE	1 Each	0.0
SOUP, VegLentil ChanaMasala2.0	6ozSpd(2.25MMA)	27.95
RICE, Plain WG 2BG	1 CUP	42.36
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: BEANS, Grn FMLGX Ssd 1/2c	1/2 Cup	5.23
VEG: CELERY, Sticks AP 1/2c	1/2 Cup	1.93
FRUIT: PEARS 135 ct	1 Each	22.54
FRUIT: STRAWBERRIES, Fz 1/2c	1/2 Cup	20.57
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

\*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.

# ARAMARK - 1 - CPS

Jan 2, 2022 thru Feb 5, 2022

Base Menu Spreadsheet

9-12 Lunch

Portion Values - Detailed

Page 3

Generated on: 12/20/2021 4:59:21 PM

	Portion Size	Carb (g)
Weighted Daily Average		89.47
% of Calories		63.2%
Nutrient Guideline		

Fri - 01/07/2022		
9-12 Lunch	Total	
HD: HOME FEATURE	Each	0.0
PIZZA 4" Bulk Galaxy CHZ 2.0	Pizza	26.0
HD: COLD ENTREE	1 Each	0.0
WRAP 9", Tky AM ChptMayo 2.0	1 Each	34.21
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, Frzn Ssnd1/2c	1/2 Cup	5.1
VEG: CARROTS, Fresh Baby 1/2c	1/2 Cup	5.84
FRUIT: APPLE, 138ct Whole 1c	Each(138ct)	16.52
FRUIT: CRAISINS, SS Wtrmln1.16	Box (1.16oz)	27.67
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		70.10
% of Calories		52.4%
Nutrient Guideline		

Mon - 01/10/2022		
9-12 Lunch	Total	
HD: HOME FEATURE	1 Each	0.0
MELT BD, CH ChixDcdNAE Buff2.0	Sandwich	28.55
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, 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: POTATO Swt, FF Seas 1/2c	1/2 Cup	22.0
VEG: BROCCOLI, Fresh 1/2c	1/2 Cup	2.12
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: PEARS 135 ct	Each	22.54
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

\*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.

# ARAMARK - 1 - CPS

Jan 2, 2022 thru Feb 5, 2022

Base Menu Spreadsheet

9-12 Lunch

Portion Values - Detailed

Page 4

Generated on: 12/20/2021 4:59:21 PM

	Portion Size	Carb (g)
Weighted Daily Average		76.83
% of Calories		50.0%
Nutrient Guideline		

Tue - 01/11/2022		
9-12 Lunch	Total	
HD: HOME FEATURE	1 Each	0.0
HD: CHOICE OF BREAD	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*
BEEF Gd, Taco Shrd. Chs 2MMA	1 Each	2.18
FILLING: Lentils 2 MMA	1/2 cup	24.51
COND_Sour Cream Lime	1 TBSP	2.3
HD: COLD ENTREE	1 Each	0.0
SUB, CHam Turkey AM WG2.0	Sandwich	26.74
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: CUCUMBER, Fresh Slice1/2c	1/2 Cup	2.61
VEG: CORN, Italian Swt 1/2c	1/2 Cup	16.59
VEG: SALAD, Side RomMix SC1c	1 CUP	2.85
FRUIT: CRAISINS, SS Orange1.16	Each (1.16oz)	28.0
FRUIT: APPLE, 138ct Whole 1c	Each(138ct)	16.52
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		85.44
% of Calories		55.5%
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.

**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.

# ARAMARK - 1 - CPS

Jan 2, 2022 thru Feb 5, 2022

Base Menu Spreadsheet

9-12 Lunch

Portion Values - Detailed

Page 5

Generated on: 12/20/2021 4:59:21 PM

	Portion Size	Carb (g)
Wed - 01/12/2022		
9-12 Lunch	Total	
HD: HOME FEATURE	1 Each	0.0
CHIX Drum BBQ SC 4.0	2 each	14.52
BRD: BISC AP, 2.0oz WG	1 Each	27.48
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: BROCCOLI, Frzn Ssnd1/2c	1/2 Cup	5.1
VEG: CARROTS, Fresh Baby 1/2c	1/2 Cup	5.84
VEG: SALAD, Coleslaw Slaw 1/2c	1/2 Cup	5.0
VEG: SALAD, Side RomMix SC1c	1 CUP	2.85
FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	11.73
FRUIT: PEARS 135 ct	1 Each	22.54
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		75.67
% of Calories		47.9%
Nutrient Guideline		

	Portion Size	Carb (g)
Thu - 01/13/2022		
9-12 Lunch	Total	
HD: HOME FEATURE	1 Each	0.0
VEG: POTATO Swt, Dcd Rstd 1/2c	1/2 Cup	21.88
SOUP, Black Bean Chili SC 2.0	8oz spdl (2MMA)	42.01
BRD: ROLL DG, WG 2.5oz	1 Each	28.0
HD: SECOND ENTREE	1 Each	0.0
QUES 6" CH BB 2.0	1 Each	32.99
HD: COLD ENTREE	1 Each	0.0
BEAN DIP, PC 1.25	1 Each	12.0
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: CONDIMENT CHOICES	1 Each	0.0
COND PC Drsg Ranch 12g	1 Each	1.0
HD:VEGETABLES AND FRUITS	1 each	0.0
VEG: POTATO Swt, Dcd Rstd 1/2c	1/2 Cup	21.88
VEG: CELERY, Sticks AP 1/2c	1/2 Cup	1.93
VEG: CUCUMBER, Fresh Slice1/2c	1/2 Cup	2.61
VEG: SALAD, Side RomMix SC1c	1 CUP	2.85
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

\*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.

# ARAMARK - 1 - CPS

Jan 2, 2022 thru Feb 5, 2022

Base Menu Spreadsheet

9-12 Lunch

Portion Values - Detailed

Page 6

Generated on: 12/20/2021 4:59:21 PM

	Portion Size	Carb (g)
Weighted Daily Average		85.32
% of Calories		54.2%
Nutrient Guideline		

Fri - 01/14/2022		
9-12 Lunch	Total	
HD: HOME FEATURE	1 Each	0.0
SDW BN, FishPty(C) PlnWG/WG2.0	Sandwich	42.06
HD: SECOND ENTREE	1 Each	0.0
PIZZA AP, Crunchers 4ea	4 Each	41.0
SAUCE P, Marin/Spag 1/4c	1/4 Cup	6.0
HD: COLD ENTREE	1 Each	0.0
SALAD ChixDcd Buffalo 2.0	1 Each	5.53
BRD: ROLL DG, WG 2.5oz	1 Each	28.0
SALAD Chef SC Egg	1 Each	5.23
BRD: ROLL DG, WG 2.5oz	1 Each	28.0
COND_Dressing, Ranch Buffalo	1 TBSP	0.52
HD: DAILY SERVE	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: SALAD, Coleslaw Slaw 1/2c	1/2 Cup	5.0
VEG: SALAD, Side RomMix SC1c	1 CUP	2.85
FRUIT: STRAWBERRIES, Fz 1/2c	1/2 Cup	20.57
FRUIT: PEARS 135 ct	1 Each	22.54
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
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		52.8%
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.

**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.

# ARAMARK - 1 - CPS

Jan 2, 2022 thru Feb 5, 2022

Base Menu Spreadsheet

9-12 Lunch

Portion Values - Detailed

Page 7

Generated on: 12/20/2021 4:59:21 PM

	Portion Size	Carb (g)
Tue - 01/18/2022		
9-12 Lunch	Total	
HD: HOME FEATURE	1 Each	0.0
PIZZABOLI IW, Cheese 2/2	1 Each	34.0
HD: COLD ENTREE	1 Each	0.0
SDW BD, CHam Turkey AM WG2.0	Sandwich	27.23
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: 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	1 CUP	2.85
FRUIT: CRAISINS, SS Wtrmln1.16	Box (1.16oz)	27.67
FRUIT: APPLE, 138ct Whole 1c	Each(138ct)	16.52
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		74.98
% of Calories		55.9%
Nutrient Guideline		

	Portion Size	Carb (g)
Wed - 01/19/2022		
9-12 Lunch	Total	
HD: HOME FEATURE	1 Each	0.0
CHIX MtblINAE GreekSauce 2.0	6 oz spdl (5ea)	18.17
HD: CHOICE OF BREAD	1 Each	0.0
BRD: ROLL AP, Sub MiniWG alpha	1 Each	25.24
PASTA, Spaghetti WG 1c	1 CUP	39.49
HD: SECOND ENTREE	1 Each	0.0
SALAD, ChixDcd Ceas 2.0	1 Each	3.94
BRD: ROLL DG, WG 2.5oz	1 Each	28.0
SALAD, Egg HB Dcd Ceas 2.25	1 Each	4.66
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: BLEND, 1/2c	1/2 Cup	12.66
VEG: CUCUMBER, Fresh Slice1/2c	1/2 Cup	2.61
VEG: CARROTS, Fresh Baby 1/2c	1/2 Cup	5.84
VEG: SALAD, Side RomMix SC1c	1 CUP	2.85
FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	11.73
FRUIT: PEARS 135 ct	1 Each	22.54
HD: CONDIMENT CHOICES	1 Each	0.0
COND PC Drsg Ranch 12g	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

\*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.

# ARAMARK - 1 - CPS

Jan 2, 2022 thru Feb 5, 2022

Base Menu Spreadsheet

9-12 Lunch

Portion Values - Detailed

Page 8

Generated on: 12/20/2021 4:59:21 PM

	Portion Size	Carb (g)
Weighted Daily Average		82.85
% of Calories		54.6%
Nutrient Guideline		

Thu - 01/20/2022		
9-12 Lunch	Total	
HD: HOME FEATURE	1 Each	0.0
PASTA, Mac&Chz Buff Chz12/2.25	2 6oz spdl	48.75
HD: COLD ENTREE	1 Each	0.0
VEG: BEANS, GarbanzoSalad 3/4c	6 oz spdl	23.35
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: BROCCOLI, Frzn Ssnd1/2c	1/2 Cup	5.1
VEG: CELERY, Sticks AP 1/2c	1/2 Cup	1.93
VEG: BROCCOLI, Fresh 1/2c	1/2 Cup	2.12
VEG: SALAD, Side RomMix SC1c	1 CUP	2.85
FRUIT: APPLE, Slcd IW 2oz	1 Each	7.0
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		81.87
% of Calories		51.2%
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.

**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.



# ARAMARK - 1 - CPS

Jan 2, 2022 thru Feb 5, 2022

Base Menu Spreadsheet

9-12 Lunch

Portion Values - Detailed

Page 9

Generated on: 12/20/2021 4:59:22 PM

	Portion Size	Carb (g)
Fri - 01/21/2022		
9-12 Lunch	Total	
HD: HOME FEATURE	1 Each	0.0
RICE, Chipotle WG 2BG	Cup	43.71
HD: CHOICE OF PROTEIN	1 each	*N/A*
FILLING: ChixDcd Enchilada 2.0	#20 Scp	4.49
FILLING, PintoBean Enchlda 2.0	#10scp (1.5MMA)	59.38
COND_Salsa, AP 1/8c	1/8 Cup	2.04
HD: SECOND ENTREE	1 Each	0.0
WRAP 9", CHam Turkey AM 2/2.25	Wrap	32.01
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: CORN, Seas FMLGX Frz 1/2c	1/2 Cup	15.83
VEG: SALAD, BlackBn Salsa 1/2c	1/2 Cup	32.85
VEG: BROCCOLI, Fresh 1/2c	1/2 Cup	2.12
VEG: SALAD, Side RomMix SC1c	1 CUP	2.85
FRUIT: BLUEBERRIES, Fz 1/2c	1/2 Cup	8.5
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 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		89.07
% of Calories		57.8%
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.

**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.

# ARAMARK - 1 - CPS

Jan 2, 2022 thru Feb 5, 2022

Base Menu Spreadsheet

9-12 Lunch

Portion Values - Detailed

Page 10

Generated on: 12/20/2021 4:59:22 PM

	Portion Size	Carb (g)
Mon - 01/24/2022		
9-12 Lunch	Total	
HD: HOME FEATURE	1 Each	0.0
BURG, Beef AP WG 2.0	Each	28.21
SDW BN, ChixPty Pln WG/WG 2.0	Sandwich	42.06
SDW BN, ChixPty HotN'Spcy	Sandwich	38.06
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
VEG: PEPPER GRN & ON Rst 1/4c	1/4 Cup	4.2
HD: COLD ENTREE	1 Each	0.0
WRAP 9", AM CH SW Spcy 2/2.25	1 Each	36.71
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 Swt, FF Seas 1/2c	1/2 Cup	22.0
VEG: SALAD, Coleslaw Slaw 1/2c	1/2 Cup	5.0
VEG: CARROTS, Fresh Baby 1/2c	1/2 Cup	5.84
VEG: SALAD, Side RomMix SC1c	1 CUP	2.85
FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	11.73
FRUIT: PEARS 135 ct	1 Each	22.54
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		84.08
% of Calories		51.9%
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.

**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.

# ARAMARK - 1 - CPS

Jan 2, 2022 thru Feb 5, 2022

Base Menu Spreadsheet

9-12 Lunch

Portion Values - Detailed

Page 11

Generated on: 12/20/2021 4:59:22 PM

	Portion Size	Carb (g)
Tue - 01/25/2022		
9-12 Lunch	Total	
HD: HOME FEATURE	1 Each	0.0
BRD: TORTILLA Flour 9" UG	1 Each	29.0
HD: CHOICE OF PROTEIN	1 each	*N/A*
BEEF Gd, Taco Meat SS 2.0	#12 scp (2 MMA)	2.24
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: CELERY, Sticks AP 1/2c	1/2 Cup	1.93
VEG: SALAD, Side RomMix SC1c	CUP	2.85
FRUIT: CRAISINS, SS Orange1.16	Each (1.16oz)	28.0
FRUIT: APPLE, 138ct Whole 1c	Each(138ct)	16.52
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		82.53
% of Calories		59.7%
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.

**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.

# ARAMARK - 1 - CPS

Jan 2, 2022 thru Feb 5, 2022

Base Menu Spreadsheet

9-12 Lunch

Portion Values - Detailed

Page 12

Generated on: 12/20/2021 4:59:22 PM

	Portion Size	Carb (g)
Wed - 01/26/2022		
9-12 Lunch	Total	
HD: HOME FEATURE	1 Each	0.0
CHIX Drum Lmn Ppr HS	2 Each	0.87
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
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: BLEND, 1/2c	1/2 Cup	12.66
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	1 CUP	2.85
FRUIT: STRAWBERRIES, Fz 1/2c	1/2 Cup	20.57
FRUIT: PEARS 135 ct	1 Each	22.54
HD: CONDIMENT CHOICES	1 Each	0.0
COND PC Drsg Ranch 12g	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		87.72
% of Calories		50.6%
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.

**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.

# ARAMARK - 1 - CPS

Jan 2, 2022 thru Feb 5, 2022

Base Menu Spreadsheet

9-12 Lunch

Portion Values - Detailed

Page 13

Generated on: 12/20/2021 4:59:22 PM

	Portion Size	Carb (g)
Thu - 01/27/2022		
9-12 Lunch	Total	
HD: HOME FEATURE	1 Each	0.0
SOUP, Minestrone 1/1	8 oz. Serving	37.87
MELT BD, AM WG 1.0 Half	Half Sandwich	14.11
HD: SECOND ENTREE	1 Each	0.0
MELT BD, AM BB 2.0	Sandwich	28.22
HD: COLD ENTREE	1 Each	0.0
BEAN DIP, PC 1.25	1 Each	12.0
CHEESE, CH Stick 1ea 1.0	Stick	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: 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	1 CUP	2.85
FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	11.73
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
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		74.17
% of Calories		53.6%
Nutrient Guideline		

	Portion Size	Carb (g)
Mon - 01/31/2022		
9-12 Lunch	Total	
HD: HOME FEATURE	1 Each	0.0
ENT: PASTA, Mac&Chz 2MMA 2BG	2 6-oz spoodle	49.27
HD: SECOND ENTREE	1 Each	0.0
WRAP 9", Tky SW AM WG 2.0	1 Each	37.08
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: BEANS, Grn FMLGX Ssd 1/2c	1/2 Cup	5.23
VEG: BROCCOLI, Fresh 1/2c	1/2 Cup	2.12
VEG: CARROTS, Fresh Baby 1/2c	1/2 Cup	5.84
FRUIT: APPLE, 138ct Whole 1c	Each(138ct)	16.52
FRUIT: PEARS 135 ct	1 Each	22.54
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		83.02
% of Calories		50.7%
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.

**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.

# ARAMARK - 1 - CPS

Jan 2, 2022 thru Feb 5, 2022

Base Menu Spreadsheet

9-12 Lunch

Portion Values - Detailed

Page 14

Generated on: 12/20/2021 4:59:22 PM

	Portion Size	Carb (g)
Tue - 02/01/2022		
9-12 Lunch	Total	
HD: HOME FEATURE	1 Each	0.0
HD: CHOICE OF BREAD	1 Each	0.0
BRD: TORTILLA 6" Flour WG 2ea	2 Each	30.0
BRD: TORTILLA, Chip Rnds 2.0	2 Cups	28.69
HD: CHOICE OF PROTEIN	1 each	*N/A*
CHIX Dcd Taco Meat 1.0	#24 scp (1 MMA)	1.0
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
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: CORN, Seas FMLGX Frz 1/2c	1/2 Cup	15.83
VEG: SALAD, BlackBn Salsa 1/2c	1/2 Cup	32.85
VEG: CUCUMBER, Fresh Slice1/2c	1/2 Cup	2.61
FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	11.73
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
Weighted Daily Average		78.54
% of Calories		51.6%
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.

**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.

# ARAMARK - 1 - CPS

Jan 2, 2022 thru Feb 5, 2022

Base Menu Spreadsheet

9-12 Lunch

Portion Values - Detailed

Page 15

Generated on: 12/20/2021 4:59:22 PM

	Portion Size	Carb (g)
Wed - 02/02/2022		
9-12 Lunch	Total	
HD: HOME FEATURE	1 Each	0.0
BEEF Dipper NOI, Polynesian2.0	4 Each	20.74
PASTA, Soba Polynesian 2.0	2 6oz spoodles	63.77
TOFU Polynesian 2.0	1 Each	17.85
PASTA, Soba Polynesian 2.0	2 6oz spoodles	63.77
HD: COLD ENTREE	1 Each	0.0
SALAD, ChixDcd Ceas 2.0	1 Each	3.94
BRD: ROLL DG, WG 2.5oz	1 Each	28.0
SALAD, Egg HB Dcd Ceas 2.25	1 Each	4.66
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: BLEND, 1/2c	1/2 Cup	12.66
VEG: CARROTS, Fresh Baby 1/2c	1/2 Cup	5.84
VEG: SALAD, HawaiianSlaw 1/2c	1/2 Cup	9.25
FRUIT: CRAISINS, SS Wtrmln1.16	Box (1.16oz)	27.67
FRUIT: APPLE, Slcd IW 2oz	1 Each	7.0
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		103.90
% of Calories		59.2%
Nutrient Guideline		

	Portion Size	Carb (g)
Thu - 02/03/2022		
9-12 Lunch	Total	
HD: HOME FEATURE	1 Each	0.0
SOUP, VegLentil ChanaMasala2.0	6ozSpd(2.25MMA)	27.95
RICE, Plain WG 2BG	1 CUP	42.36
HD: COLD ENTREE	1 Each	0.0
YOGURT SS, Dannon Strwb/Van4oz	1 Each	14.0
CHEESE, CH Stick 1ea 1.0	Stick	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: CUCUMBER, Fresh Slice1/2c	1/2 Cup	2.61
VEG: BROCCOLI, Fresh 1/2c	1/2 Cup	2.12
FRUIT: PEARS 135 ct	1 Each	22.54
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

\*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.

# ARAMARK - 1 - CPS

Jan 2, 2022 thru Feb 5, 2022

Base Menu Spreadsheet

9-12 Lunch

Portion Values - Detailed

Page 16

Generated on: 12/20/2021 4:59:22 PM

	Portion Size	Carb (g)
Weighted Daily Average		93.15
% of Calories		66.2%
Nutrient Guideline		

Fri - 02/04/2022		
9-12 Lunch	Total	
HD: HOME FEATURE	Each	0.0
PIZZA AP Bulk Nardones CHZ 2.0	Pizza	28.0
PIZZA AP BigDad OnPppr Broc	1/8 Cut Slice	36.93
HD: COLD ENTREE	1 Each	0.0
SDW BD, ChixDcd Salad WG2.0	Sandwich	28.76
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, Frzn Ssnd1/2c	1/2 Cup	5.1
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: 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
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		59.66
% of Calories		46.9%
Nutrient Guideline		

Weighted Average		82.37
		53.9%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	82.37	53.92%						

\*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.