

# ARAMARK - 1 - CPS

Oct 3, 2021 thru Oct 30, 2021

Base Menu Spreadsheet

K-8 Lunch

Portion Values - Detailed

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Generated on: 10/1/2021 10:54:42 AM

	Portion Size	Carb (g)
Mon - 10/04/2021		
K-8 Lunch	Total	
HD: HOME FEATURE	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
CHIX Nugget, WG (5) 2.0	5 Each	15.94
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, GFishPrtz .75oz	Package	16.0
HD: DAILY SERVE	1 each	0.0
SDW BD, PBJ WG 2.0	Sandwich	65.46
HD: OR	1 Each	0.0
SDW BD, SBJ 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: PEARS 135 ct	1 Each	22.54
FRUIT: PLUMS, Fresh Whole 1/2c	Each(45-50ct)	7.39
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		75.84
% of Calories		54.5%
Nutrient Guideline		

	Portion Size	Carb (g)
Tue - 10/05/2021		
K-8 Lunch	Total	
HD: HOME FEATURE	1 Each	0.0
PASTA, Spaghetti WG 1c	1 CUP	39.49
HD: CHOICE OF PROTEIN	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
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: OR	1 Each	0.0
SDW BD, SBJ WG 2.0	Sandwich	65.46
HD:VEGETABLES AND FRUITS	1 each	0.0
VEG: SALAD, Bean Three 3/4 c	3/4 cup	24.17
VEG: BROCCOLI, Fresh 1/2c	1/2 Cup	2.12
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		94.29
% of Calories		60.9%
Nutrient Guideline		

Wed - 10/06/2021		
K-8 Lunch	Total	
HD: HOME FEATURE	1 Each	0.0
RICE, Fried EggScrm 1/1	6oz spoodle	29.6
BRD: BRDSTK DG, RipStk1ea(1BG)	Breadstick	14.0
HD: COLD ENTREE	1 Each	0.0
SALAD ChixDcd Baja SC 2.5	1 Each	27.15
BRD: BRDSTK DG, RipStk1ea(1BG)	Breadstick	14.0
HD: DAILY SERVE	1 each	0.0
SDW BD, PBJ WG 2.0	Sandwich	65.46
HD: OR	1 Each	0.0
SDW BD, SBJ WG 2.0	Sandwich	65.46
HD:VEGETABLES AND FRUITS	1 each	0.0
VEG: CUCUMBER, Fresh Slice1/2c	1/2 Cup	2.61
VEG: CARROTS, Fresh Baby 1/2c	1/2 Cup	5.84
FRUIT: CRAISINS, SS Strawb1.16	Box (1.16oz)	28.0
FRUIT: PEARS 135 ct	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		85.16
% of Calories		67.0%
Nutrient Guideline		

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	Portion Size	Carb (g)
Thu - 10/07/2021		
K-8 Lunch	Total	
HD: HOME FEATURE	1 Each	0.0
VEG: SQUASH, Btrnt FMLGX 1/2c	1/2 Cup	12.85
SOUP, Black Bean Chili SC 2.0	8oz spdl (2MMA)	42.01
BRD: BRDSTK DG, RipStk1ea(1BG)	Breadstick	14.0
HD: COLD ENTREE	1 Each	0.0
VEG: BEANS, GarbanzoSalad 3/4c	6 oz spdl	23.35
BRD: CRACK SS, Crunch&Crv Org1	Pkg (1 oz)	19.0
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: OR	1 Each	0.0
SDW BD, SBJ 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: SQUASH, Btrnt FMLGX 1/2c	1/2 Cup	12.85
VEG: CELERY, Sticks AP 1/2c	1/2 Cup	1.93
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
Weighted Daily Average		83.20
% of Calories		63.0%
Nutrient Guideline		

	Portion Size	Carb (g)
Fri - 10/08/2021		
K-8 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
SUB AP, Tky CH ChptlMayo 2.0	Sandwich	26.31
HD: DAILY SERVE	1 each	0.0
SDW BD, PBJ WG 2.0	Sandwich	65.46
HD: OR	1 Each	0.0
SDW BD, SBJ WG 2.0	Sandwich	65.46
HD:VEGETABLES AND FRUITS	1 each	0.0
VEG: SALAD, Side RomMix SC1c	CUP	2.85
VEG: CARROTS, Fresh Baby 1/2c	1/2 Cup	5.84
FRUIT: PLUMS, Fresh Whole 1/2c	Each(45-50ct)	7.39
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		68.43
% of Calories		53.4%
Nutrient Guideline		

Tue - 10/12/2021		
K-8 Lunch	Total	
HD: HOME FEATURE	1 Each	0.0
SDW WFL, ChixPty Pln 3/2	Sandwich	46.0
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: OR	1 Each	0.0
SDW BD, SBJ WG 2.0	Sandwich	65.46
HD:VEGETABLES AND FRUITS	1 each	0.0
VEG: Potato, Emoticon 4 pieces	1/2 Cup	17.81
VEG: SALAD, Coleslaw Slaw 1/2c	1/2 Cup	5.0
FRUIT: BANANA (100-120ct) Whl	Each(100-120ct)	24.11
FRUIT: APPLE, Slcd IW 2oz	1 Each	7.0
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		84.80
% of Calories		51.7%
Nutrient Guideline		

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	Portion Size	Carb (g)
Wed - 10/13/2021		
K-8 Lunch	Total	
HD: HOME FEATURE	1 Each	0.0
CHIX Drum Peri-Peri 2.0	1 Each	8.63
BRD: BRDSTK DG, RipStk1ea(1BG)	Breadstick	14.0
HD: COLD 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	1 each	0.0
SDW BD, PBJ WG 2.0	Sandwich	65.46
HD: OR	1 Each	0.0
SDW BD, SBJ 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, Side RomMix SC1c	CUP	2.85
FRUIT: PLUMS, Fresh Whole 1/2c	Each(45-50ct)	7.39
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
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		64.61
% of Calories		52.5%
Nutrient Guideline		

	Portion Size	Carb (g)
Thu - 10/14/2021		
K-8 Lunch	Total	
HD: HOME FEATURE	1 Each	0.0
ENT: PASTA, Soba Blk Beans 1/1	6oz spdl	50.03
HD: COLD ENTREE	1 Each	0.0
BEAN DIP, PC 1.25	Each	12.0
BRD: CRACK SS, Crunch&Crv Org1	Pkg (1 oz)	19.0
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: OR	1 Each	0.0
SDW BD, SBJ WG 2.0	Sandwich	65.46
HD:VEGETABLES AND FRUITS	1 each	0.0
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: 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

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	Portion Size	Carb (g)
Weighted Daily Average		81.42
% of Calories		68.1%
Nutrient Guideline		

Fri - 10/15/2021		
K-8 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 Jerk Taco Meat 2.0	2 #20 Scps	5.65
FILLING: Lentils Jerk 2.0	2 #16 Scps	28.16
HD: COLD ENTREE	1 Each	0.0
SUB AP, C.Ham TkySal TkyPas CH	Sandwich	30.08
HD: DAILY SERVE	each	0.0
SDW BD, PBJ WG 2.0	Sandwich	65.46
HD: OR	1 Each	0.0
SDW BD, SBJ 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: CUCUMBER, Salad1/2c	1/2 Cup	3.45
FRUIT: PEARS 135 ct	1 Each	22.54
FRUIT: PLUMS, Fresh Whole 1/2c	Each(45-50ct)	7.39
HD: CONDIMENT CHOICES	1 Each	0.0
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		73.91
% of Calories		57.7%
Nutrient Guideline		

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	Portion Size	Carb (g)
Mon - 10/18/2021		
K-8 Lunch	Total	
HD: HOME FEATURE	1 Each	0.0
CHIX Tender, Frit G (3) WG 2.0	3 Each	16.19
COND_Greek DressingSC 1oz	1 oz spoodle	2.19
HD: COLD ENTREE	1 Each	0.0
VEG: BEANS, Garbanzo Salad 3/4c	6 oz spdl	23.35
BRD: CRACK SS, Crunch&Crv Org1	Pkg (1 oz)	19.0
VEG: CARROTS, Fresh Baby 1/2c	1/2 Cup	5.84
HD: DAILY SERVE	each	0.0
SDW BD, PBJ WG 2.0	Sandwich	65.46
HD: OR	1 Each	0.0
SDW BD, SBJ WG 2.0	Sandwich	65.46
HD: VEGETABLES AND FRUITS	1 each	0.0
VEG: SALAD, Cucumber Tom 1/2c	1/2 Cup	4.93
VEG: CARROTS, Fresh Baby 1/2c	1/2 Cup	5.84
FRUIT: PEARS 135 ct	1 Each	22.54
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	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		59.55
% of Calories		45.7%
Nutrient Guideline		

	Portion Size	Carb (g)
Tue - 10/19/2021		
K-8 Lunch	Total	
HD: HOME FEATURE	1 Each	0.0
BEEF Meatloaf, Chzbrgr AP Tom	1 Each	15.42
BRD: BRDSTK DG, RipStk2ea(2BG)	2 Breadstick	28.0
HD: COLD ENTREE	1 Each	0.0
SALAD, Veg Baja W 2.5	1 Each	32.19
BRD: BRDSTK DG, RipStk2ea(2BG)	2 Breadstick	28.0
HD: DAILY SERVE	1 each	0.0
SDW BD, PBJ WG 2.0	Sandwich	65.46
HD: OR	1 Each	0.0
SDW BD, SBJ WG 2.0	Sandwich	65.46
HD: VEGETABLES AND FRUITS	1 each	0.0
VEG CORN, Fmlgx Frz 1/2c	1/2 Cup	16.64
VEG: BROCCOLI, Fresh 1/2c	1/2 Cup	2.12
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
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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Weighted Daily Average % of Calories		89.12 57.6%
Nutrient Guideline		

Wed - 10/20/2021		
K-8 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: BRDSTK DG, RipStk1ea(1BG)	Breadstick	14.0
HD: CHOICE OF PROTEIN	1 each	*N/A*
BEEF Gd, Taco Shrd. Chs 2MMA	1 Each	2.18
FILLING, Black Beans Fjta 2.0	#8 scp (2 MMA)	35.3
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: OR	1 Each	0.0
SDW BD, SBJ 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: CELERY, Sticks AP 1/2c	1/2 Cup	1.93
FRUIT: CRAISINS, SS Strawb1.16	Box (1.16oz)	28.0
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 % of Calories		95.67 60.7%
Nutrient Guideline		

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	Portion Size	Carb (g)
Thu - 10/21/2021		
K-8 Lunch	Total	
HD: HOME FEATURE	1 Each	0.0
SDW BN, Lentil SloppyJoe 2.0	Sandwich	88.06
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, GFishPrtz .75oz	Package	16.0
HD: DAILY SERVE	1 each	0.0
SDW BD, PBJ WG 2.0	Sandwich	65.46
HD: OR	1 Each	0.0
SDW BD, SBJ WG 2.0	Sandwich	65.46
HD:VEGETABLES AND FRUITS	1 each	0.0
VEG: CARROTS, FMLGX Coins1/2c	1/2 Cup	6.9
VEG: SALAD, Bean Three 3/4 c	3/4 cup	24.17
FRUIT: BANANA (100-120ct) Whl	Each(100-120ct)	24.11
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
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		94.55
% of Calories		71.6%
Nutrient Guideline		

	Portion Size	Carb (g)
Fri - 10/22/2021		
K-8 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
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: OR	1 Each	0.0
SDW BD, SBJ WG 2.0	Sandwich	65.46
HD:VEGETABLES AND FRUITS	1 each	0.0
VEG: SALAD, Side RomMix SC1c	CUP	2.85
VEG: CUCUMBER, Fresh Slice1/2c	1/2 Cup	2.61
FRUIT: APPLE, Slcd IW 2oz	1 Each	7.0
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		73.13
% of Calories		50.4%
Nutrient Guideline		

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# ARAMARK - 1 - CPS

Oct 3, 2021 thru Oct 30, 2021

Base Menu Spreadsheet

K-8 Lunch

Portion Values - Detailed

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	Portion Size	Carb (g)
Mon - 10/25/2021		
K-8 Lunch	Total	
HD: HOME FEATURE	1 Each	0.0
HOT DOG, Plain WG 2.0	1 Each	28.43
HD: COLD ENTREE	1 Each	0.0
SDW BD, Egg Salad WG 2.0	Sandwich	29.77
HD: DAILY SERVE	each	0.0
SDW BD, PBJ WG 2.0	Sandwich	65.46
HD: OR	1 Each	0.0
SDW BD, SBJ 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: CELERY, Sticks AP 1/2c	1/2 Cup	1.93
FRUIT: PEARS 135 ct	1 Each	22.54
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 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		66.13
% of Calories		53.7%
Nutrient Guideline		

	Portion Size	Carb (g)
Tue - 10/26/2021		
K-8 Lunch	Total	
HD: HOME FEATURE	1 Each	0.0
QUES 6" ChixDcd WG 2.0	1 Each	32.0
QUES 6" Bean WG 2.0	1 Each	43.45
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, 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: OR	1 Each	0.0
SDW BD, SBJ WG 2.0	Sandwich	65.46
HD:VEGETABLES AND FRUITS	1 each	0.0
VEG: CORN, Confetti 1/2c	1/2 Cup	14.48
VEG: CUCUMBER, Fresh Slice1/2c	1/2 Cup	2.61
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

Oct 3, 2021 thru Oct 30, 2021

Base Menu Spreadsheet

K-8 Lunch

Portion Values - Detailed

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	Portion Size	Carb (g)
Weighted Daily Average		75.84
% of Calories		56.5%
Nutrient Guideline		

Wed - 10/27/2021		
K-8 Lunch	Total	
HD: HOME FEATURE	1 Each	0.0
CHIX Drum Jerk Chic Drum ES	1 Each	0.06
BRD: BRDSTK DG, RipStk1ea(1BG)	Breadstick	14.0
HD: SECOND ENTREE	1 Each	0.0
SUB AP, AM Veg WG 2.0	Sandwich	30.17
HD: DAILY SERVE	1 each	0.0
SDW BD, PBJ WG 2.0	Sandwich	65.46
HD: OR	1 Each	0.0
SDW BD, SBJ WG 2.0	Sandwich	65.46
HD:VEGETABLES AND FRUITS	1 each	0.0
VEG: SALAD, Side RomMix SC1c	CUP	2.85
VEG: CARROTS, Fresh Baby 1/2c	1/2 Cup	5.84
FRUIT: CRAISINS, SS Strawb1.16	Box (1.16oz)	28.0
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
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		65.29
% of Calories		55.3%
Nutrient Guideline		

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# ARAMARK - 1 - CPS

Oct 3, 2021 thru Oct 30, 2021

Base Menu Spreadsheet

K-8 Lunch

Portion Values - Detailed

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	Portion Size	Carb (g)
Thu - 10/28/2021		
K-8 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	#8 Scp	22.18
BRD: BRDSTK DG, RipStk1ea(1BG)	Breadstick	14.0
HD: SECOND ENTREE	1 Each	0.0
MELT BD, AM BB 2.0	Sandwich	28.22
HD: COLD ENTREE	1 Each	0.0
VEG: BEANS, Garbanzo Salad 3/4c	6 oz spdl	23.35
BRD: CRACK SS, Crunch&Crv Org1	Pkg (1 oz)	19.0
HD: DAILY SERVE	1 each	0.0
SDW BD, PBJ WG 2.0	Sandwich	65.46
HD: OR	1 Each	0.0
SDW BD, SBJ WG 2.0	Sandwich	65.46
HD: VEGETABLES AND FRUITS	1 each	0.0
VEG: POTATO, Mashed AP 1/2c	#8 Scp	22.18
VEG: CUCUMBER, Fresh Slice 1/2c	1/2 Cup	2.61
FRUIT: APPLE, Sld 1W 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
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		75.53
% of Calories		54.5%
Nutrient Guideline		

	Portion Size	Carb (g)
Fri - 10/29/2021		
K-8 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
HD: SECOND ENTREE	1 Each	0.0
PIZZA 4" Bulk Galaxy CHZ 2.0	Pizza	26.0
HD: DAILY SERVE	1 each	0.0
SDW BD, PBJ WG 2.0	Sandwich	65.46
HD: OR	1 Each	0.0
SDW BD, SBJ WG 2.0	Sandwich	65.46
HD: VEGETABLES AND FRUITS	1 each	0.0
VEG: CELERY, Sticks AP 1/2c	1/2 Cup	1.93
VEG: BROCCOLI, Fresh 1/2c	1/2 Cup	2.12
SNACK: SORBET SS, ORNG CRM EEK	1 Each	23.0
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 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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Oct 3, 2021 thru Oct 30, 2021

Base Menu Spreadsheet

K-8 Lunch

Portion Values - Detailed

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	Portion Size	Carb (g)
Weighted Daily Average % of Calories		71.71 55.0%
Nutrient Guideline		

Weighted Average		77.80 57.3%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	77.80	57.29%						

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