

Clarke County Public Schools

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: Lunch-9 thru 12-OFFER VS SERVE/Breakfast -9-12-OFFER VS SERVE

Portion Values - Detailed

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Generated on: 4/27/2017 8:43:44 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 05/01/2017													
Lunch-9 thru 12-OFFER VS	Total												
SAND HOT OPEN FACED TURKEY:C	1 sandwich	248	32	1070	6.00	1.44	1.8	*7	0.0	22.99	35.85	3.51	0.00
POTATO MASHED:instant	#8 scoop	90	0	96	1.63	0.29	19.1	4	7.32	1.63	17.09	1.22	0.81
GRAVY CHICKEN MIX	2 oz ladle	28	0	158	0.00	0.00	1.8	7	0.0	0.99	4.25	0.71	0.00
PEARS DICED CND	1/2 CUP	60	0	10	2.00	0.00	0.0	60	0.0	0.0	14.0	0.0	0.00
Wrap CHICKEN SALAD:Clarke	1 wrap	341	47	600	3.29	2.56	156.9	208	1.34	21.75	34.2	12.82	2.58
SAND COLD HAM Clarke	1 EACH	300	61	847	6.00	2.31	520.6	*239	0.78	20.79	31.81	12.6	5.43
Sub, Turkey & Cheese 9-12	1 each	298	38	971	4.39	2.06	222.7	908	4.95	20.72	31.82	11.4	6.47
Sandwich - PB & Jelly	1 each	478	0	437	8.59	2.43	31.0	*0	0.0	16.34	58.27	25.08	3.10
PIZZA BIG DADDY PEPPERONI	1/8th slice	366	40	756	4.00	1.83	350.0	400	0.0	19.04	36.1	17.28	7.85
PIZZA BIG DADDY CHEESE	1/8th slice	340	35	670	4.00	1.80	350.0	400	0.0	18.0	36.0	15.0	7.00
PIZZA BIG DADDY Sausage	1/8th slice	432	53	921	4.44	2.21	368.3	434	0.26	21.85	37.35	22.84	9.68
SAND BBQ CHEESEBURGER Clarke	1 burger	382	50	934	6.97	3.35	337.8	134	0.0	21.46	36.83	17.19	7.56
SAND Cheeseburger Clarke	1 burger	321	38	658	4.00	2.88	115.9	152	0.0	20.53	30.0	13.06	5.53
SAND HOT CHICKEN PATTY Tyson	1 each	373	25	686	7.04	3.27	60.6	0	0.0	20.19	42.21	14.68	2.53
SALAD ENT Buffalo Chicken	1 each	201	40	1466	2.00	0.78	222.8	864	5.46	11.81	7.52	13.6	5.82
SALAD FT Garden, with Cheese	1 salad	208	40	415	1.37	0.83	433.7	6131	12.02	15.37	4.5	15.19	8.53
Roll - 2 Oz	1 each	160	0	260	2.00	1.80	20.0	0	0.0	5.0	30.0	2.0	*N/A*
APPLE WHOLE:163ct	1 EACH	57	0	1	2.65	0.13	6.6	60	5.09	0.29	15.27	0.19	0.03
BANANAS:150ct	1 EACH	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
ORANGE FRESH	1 EACH	45	0	0	2.30	0.10	38.4	216	51.07	0.9	11.28	0.12	0.01
CARROTS BABY FRESH	1/2 cup	25	0	55	2.05	0.64	22.5	9772	1.88	0.45	5.78	0.09	0.01
MILK CHOCOLATE NONFAT	HALF PINT	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0	0.00
MILK STRAWBERRY NONFAT	HALF PINT	130	5	125	0.00	*N/A*	300.0	500	1.2	8.0	23.0	0.0	0.00
MILK WHITE SKIM	HALF PINT	90	5	130	0.00	0.00	300.0	500	2.4	8.0	13.0	0.0	0.00
MILK WHITE 1%	HALF PINT	110	10	130	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5	1.50

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Portion Values - Detailed

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Breakfast -9-12-OFFER VS	Total												
Sand Bkfst WG Chicken Biscuit	1 each	311	15	712	3.01	1.81	100.0	0	0.0	12.06	34.05	14.54	6.01
PANCAKES MINI BLUEBERRY	1 package	210	10	310	4.00	2.70	59.9	499	0.0	4.0	34.96	5.99	1.00
BKFST OATMEAL CHOC BAR	1 each	290	20	240	3.00	1.80	20.0	110	0.0	5.0	47.0	9.0	3.00
Muffin w/Yogurt (Blueberry)	1 each	290	50	180	2.00	1.08	120.4	602	0.0	6.01	50.07	6.5	2.50
Muffin w/Yogurt (Chocolate)	1 each	290	50	180	2.00	1.44	140.4	602	0.0	7.01	52.07	6.5	2.50
CEREAL COLD VARIETY	1 bowl	101	0	149	1.85	5.29	79.0	495	8.84	1.85	21.82	1.26	0.17
TOAST BUTTERY	1 toast	89	0	161	2.00	0.72	20.0	94	0.0	3.0	14.0	3.07	0.94
GRAHAM CRACKERS CLARKE	1 EACH	90	0	130	3.00	0.72	100.0	500	0.0	2.0	18.0	2.5	0.00
JUICE APPLE SUN CUP	1 each	50	0	10	0.00	0.00	0.0	0	1.2	0.0	13.0	0.0	0.00
JUICE GRAPE SUN CUP	1 each	60	0	0	0.00	0.72	10.0	0	60.0	1.0	16.0	0.0	0.00
JUICE ORANGE SUN CUP	4 Oz. Cup	60	0	0	0.00	0.00	*N/A*	0	42.0	0.0	13.0	0.0	0.00
APPLE WHOLE:163ct	1 EACH	57	0	1	2.65	0.13	6.6	60	5.09	0.29	15.27	0.19	0.03
ORANGE WHOLE:138ct	1 EACH	63	0	0	3.20	0.13	53.3	300	70.89	1.25	15.66	0.16	0.03
CARROTS BABY FRESH	1/2 cup	25	0	55	2.05	0.64	22.5	9772	1.88	0.45	5.78	0.09	0.01
MILK CHOCOLATE NONFAT	HALF PINT	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0	0.00
MILK STRAWBERRY NONFAT	HALF PINT	130	5	125	0.00	*N/A*	300.0	500	1.2	8.0	23.0	0.0	0.00
MILK WHITE SKIM	HALF PINT	90	5	130	0.00	0.00	300.0	500	2.4	8.0	13.0	0.0	0.00
MILK WHITE 1%	HALF PINT	110	10	130	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5	1.50
Weighted Daily Average		444	32	775	6.49	*2.21	*407.9	*2477	24.95	21.85	68.54	9.49	*3.14
% of Calories										19.7%	61.7%	19.2%	*6.4%
Nutrient Guideline		610-733		1055									<10.00

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 05/02/2017													
Lunch-9 thru 12-OFFER VS	Total												
SAND HOT BBQ PORK, Sysco	Sandwich	294	54	641	4.00	2.54	26.0	90	0.4	16.74	32.15	12.2	3.70
Cole Slaw	.5 cup	170	10	170	2.00	0.36	40.0	750	4.8	1.0	16.0	12.0	2.50
CARROTS GLAZED Clarke	1/2 cup	42	0	240	2.05	0.40	22.3	7009	1.21	1.03	8.75	0.01	0.00
APPLESAUCE CND	1/2 cup	50	0	10	2.00	0.00	0.0	40	60.0	0.0	13.0	0.0	0.00
Wrap CHICKEN SALAD:Clarke	1 wrap	341	47	600	3.29	2.56	156.9	208	1.34	21.75	34.2	12.82	2.58
SAND COLD HAM Clarke	1 EACH	300	61	847	6.00	2.31	520.6	*239	0.78	20.79	31.81	12.6	5.43
Sub, Turkey & Cheese 9-12	1 each	298	38	971	4.39	2.06	222.7	908	4.95	20.72	31.82	11.4	6.47
Sandwich - PB & Jelly	1 each	478	0	437	8.59	2.43	31.0	*0	0.0	16.34	58.27	25.08	3.10
PIZZA BIG DADDY PEPPERONI	1/8th slice	366	40	756	4.00	1.83	350.0	400	0.0	19.04	36.1	17.28	7.85
PIZZA BIG DADDY CHEESE	1/8th slice	340	35	670	4.00	1.80	350.0	400	0.0	18.0	36.0	15.0	7.00
PIZZA BIG DADDY Sausage	1/8th slice	432	53	921	4.44	2.21	368.3	434	0.26	21.85	37.35	22.84	9.68
SAND BBQ CHEESEBURGER Clarke	1 burger	382	50	934	6.97	3.35	337.8	134	0.0	21.46	36.83	17.19	7.56
SAND Cheeseburger Clarke	1 burger	321	38	658	4.00	2.88	115.9	152	0.0	20.53	30.0	13.06	5.53
SAND HOT CHICKEN PATTY Tyson	1 each	373	25	686	7.04	3.27	60.6	0	0.0	20.19	42.21	14.68	2.53
SALAD ENT Buffalo Chicken	1 each	201	40	1466	2.00	0.78	222.8	864	5.46	11.81	7.52	13.6	5.82
SALAD FT Garden, with Cheese	1 salad	208	40	415	1.37	0.83	433.7	6131	12.02	15.37	4.5	15.19	8.53
Roll - 2 Oz	1 each	160	0	260	2.00	1.80	20.0	0	0.0	5.0	30.0	2.0	*N/A*
APPLE WHOLE:163ct	1 EACH	57	0	1	2.65	0.13	6.6	60	5.09	0.29	15.27	0.19	0.03
BANANAS:150ct	1 EACH	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
ORANGE FRESH	1 EACH	45	0	0	2.30	0.10	38.4	216	51.07	0.9	11.28	0.12	0.01
CARROTS BABY FRESH	1/2 cup	25	0	55	2.05	0.64	22.5	9772	1.88	0.45	5.78	0.09	0.01
MILK CHOCOLATE NONFAT	HALF PINT	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0	0.00
MILK STRAWBERRY NONFAT	HALF PINT	130	5	125	0.00	*N/A*	300.0	500	1.2	8.0	23.0	0.0	0.00
MILK WHITE SKIM	HALF PINT	90	5	130	0.00	0.00	300.0	500	2.4	8.0	13.0	0.0	0.00
MILK WHITE 1%	HALF PINT	110	10	130	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5	1.50

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Breakfast -9-12-OFFER VS	Total												
SAND BK Muffin Sausage Cheese	1 sandwich	227	41	430	3.00	2.24	360.3	119	0.0	13.49	23.58	8.83	3.22
FRENCH TOAST MINI ORIGINAL	1 package	210	0	240	4.00	2.70	99.9	499	0.0	4.0	36.96	4.99	1.50
BKFST OATMEAL CHOC BAR	1 each	290	20	240	3.00	1.80	20.0	110	0.0	5.0	47.0	9.0	3.00
Muffin w/Yogurt (Blueberry)	1 each	290	50	180	2.00	1.08	120.4	602	0.0	6.01	50.07	6.5	2.50
Muffin w/Yogurt (Chocolate)	1 each	290	50	180	2.00	1.44	140.4	602	0.0	7.01	52.07	6.5	2.50
CEREAL COLD VARIETY	1 bowl	101	0	149	1.85	5.29	79.0	495	8.84	1.85	21.82	1.26	0.17
TOAST BUTTERY	1 toast	89	0	161	2.00	0.72	20.0	94	0.0	3.0	14.0	3.07	0.94
GRAHAM CRACKERS CLARKE	1 EACH	90	0	130	3.00	0.72	100.0	500	0.0	2.0	18.0	2.5	0.00
JUICE APPLE SUN CUP	1 each	50	0	10	0.00	0.00	0.0	0	1.2	0.0	13.0	0.0	0.00
JUICE GRAPE SUN CUP	1 each	60	0	0	0.00	0.72	10.0	0	60.0	1.0	16.0	0.0	0.00
JUICE ORANGE SUN CUP	4 Oz. Cup	60	0	0	0.00	0.00	*N/A*	0	42.0	0.0	13.0	0.0	0.00
APPLE WHOLE:163ct	1 EACH	57	0	1	2.65	0.13	6.6	60	5.09	0.29	15.27	0.19	0.03
ORANGE WHOLE:138ct	1 EACH	63	0	0	3.20	0.13	53.3	300	70.89	1.25	15.66	0.16	0.03
CARROTS BABY FRESH	1/2 cup	25	0	55	2.05	0.64	22.5	9772	1.88	0.45	5.78	0.09	0.01
MILK CHOCOLATE NONFAT	HALF PINT	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0	0.00
MILK STRAWBERRY NONFAT	HALF PINT	130	5	125	0.00	*N/A*	300.0	500	1.2	8.0	23.0	0.0	0.00
MILK WHITE SKIM	HALF PINT	90	5	130	0.00	0.00	300.0	500	2.4	8.0	13.0	0.0	0.00
MILK WHITE 1%	HALF PINT	110	10	130	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5	1.50
Weighted Daily Average		466	39	700	6.57	*2.55	*437.1	*4105	43.47	20.50	67.73	13.04	*4.14
% of Calories										17.6%	58.2%	25.2%	*8.0%
Nutrient Guideline		610-733		1055									<10.00

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Wed - 05/03/2017													
Lunch-9 thru 12-OFFER VS	Total												
NACHOS, Supreme Beef w/Rice	1 each	427	50	1037	5.18	*0.91	*207.4	*586	*1.54	17.93	51.91	16.25	7.00
BEANS REFRIED Mexican:veg	1/2 cup	58	0	139	4.03	0.79	22.0	32	0.0	3.3	10.65	0.0	0.00
CORN:from frozen	1/2 cup	85	0	0	1.70	0.31	0.0	85	5.1	2.55	16.16	0.85	0.00
PEARS DICED CND	1/2 CUP	60	0	10	2.00	0.00	0.0	60	0.0	0.0	14.0	0.0	0.00
Wrap CHICKEN SALAD:Clarke	1 wrap	341	47	600	3.29	2.56	156.9	208	1.34	21.75	34.2	12.82	2.58
SAND COLD HAM Clarke	1 EACH	300	61	847	6.00	2.31	520.6	*239	0.78	20.79	31.81	12.6	5.43
Sub, Turkey & Cheese 9-12	1 each	298	38	971	4.39	2.06	222.7	908	4.95	20.72	31.82	11.4	6.47
Sandwich - PB & Jelly	1 each	478	0	437	8.59	2.43	31.0	*0	0.0	16.34	58.27	25.08	3.10
PIZZA BIG DADDY PEPPERONI	1/8th slice	366	40	756	4.00	1.83	350.0	400	0.0	19.04	36.1	17.28	7.85
PIZZA BIG DADDY CHEESE	1/8th slice	340	35	670	4.00	1.80	350.0	400	0.0	18.0	36.0	15.0	7.00
PIZZA BIG DADDY Sausage	1/8th slice	432	53	921	4.44	2.21	368.3	434	0.26	21.85	37.35	22.84	9.68
SAND BBQ CHEESEBURGER Clarke	1 burger	382	50	934	6.97	3.35	337.8	134	0.0	21.46	36.83	17.19	7.56
SAND Cheeseburger Clarke	1 burger	321	38	658	4.00	2.88	115.9	152	0.0	20.53	30.0	13.06	5.53
SAND HOT CHICKEN PATTY Tyson	1 each	373	25	686	7.04	3.27	60.6	0	0.0	20.19	42.21	14.68	2.53
SALAD ENT Buffalo Chicken	1 each	201	40	1466	2.00	0.78	222.8	864	5.46	11.81	7.52	13.6	5.82
SALAD FT Garden, with Cheese	1 salad	208	40	415	1.37	0.83	433.7	6131	12.02	15.37	4.5	15.19	8.53
Roll - 2 Oz	1 each	160	0	260	2.00	1.80	20.0	0	0.0	5.0	30.0	2.0	*N/A*
APPLE WHOLE:163ct	1 EACH	57	0	1	2.65	0.13	6.6	60	5.09	0.29	15.27	0.19	0.03
BANANAS:150ct	1 EACH	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
ORANGE FRESH	1 EACH	45	0	0	2.30	0.10	38.4	216	51.07	0.9	11.28	0.12	0.01
CARROTS BABY FRESH	1/2 cup	25	0	55	2.05	0.64	22.5	9772	1.88	0.45	5.78	0.09	0.01
MILK CHOCOLATE NONFAT	HALF PINT	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0	0.00
MILK STRAWBERRY NONFAT	HALF PINT	130	5	125	0.00	*N/A*	300.0	500	1.2	8.0	23.0	0.0	0.00
MILK WHITE SKIM	HALF PINT	90	5	130	0.00	0.00	300.0	500	2.4	8.0	13.0	0.0	0.00
MILK WHITE 1%	HALF PINT	110	10	130	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5	1.50

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Breakfast -9-12-OFFER VS	Total												
Cinnamon Bun WG	1 each	236	5	140	3.09	1.01	20.4	450	0.38	5.0	50.5	1.0	0.50
Parfait, Blueberry/Strawberry	1 each	243	2	109	3.03	0.72	115.2	533	27.36	5.29	50.52	3.4	0.78
BKFST OATMEAL CHOC BAR	1 each	290	20	240	3.00	1.80	20.0	110	0.0	5.0	47.0	9.0	3.00
Muffin w/Yogurt (Blueberry)	1 each	290	50	180	2.00	1.08	120.4	602	0.0	6.01	50.07	6.5	2.50
Muffin w/Yogurt (Chocolate)	1 each	290	50	180	2.00	1.44	140.4	602	0.0	7.01	52.07	6.5	2.50
CEREAL COLD VARIETY	1 bowl	101	0	149	1.85	5.29	79.0	495	8.84	1.85	21.82	1.26	0.17
TOAST BUTTERY	1 toast	89	0	161	2.00	0.72	20.0	94	0.0	3.0	14.0	3.07	0.94
GRAHAM CRACKERS CLARKE	1 EACH	90	0	130	3.00	0.72	100.0	500	0.0	2.0	18.0	2.5	0.00
JUICE APPLE SUN CUP	1 each	50	0	10	0.00	0.00	0.0	0	1.2	0.0	13.0	0.0	0.00
JUICE GRAPE SUN CUP	1 each	60	0	0	0.00	0.72	10.0	0	60.0	1.0	16.0	0.0	0.00
JUICE ORANGE SUN CUP	4 Oz. Cup	60	0	0	0.00	0.00	*N/A*	0	42.0	0.0	13.0	0.0	0.00
APPLE WHOLE:163ct	1 EACH	57	0	1	2.65	0.13	6.6	60	5.09	0.29	15.27	0.19	0.03
ORANGE WHOLE:138ct	1 EACH	63	0	0	3.20	0.13	53.3	300	70.89	1.25	15.66	0.16	0.03
CARROTS BABY FRESH	1/2 cup	25	0	55	2.05	0.64	22.5	9772	1.88	0.45	5.78	0.09	0.01
MILK CHOCOLATE NONFAT	HALF PINT	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0	0.00
MILK STRAWBERRY NONFAT	HALF PINT	130	5	125	0.00	*N/A*	300.0	500	1.2	8.0	23.0	0.0	0.00
MILK WHITE SKIM	HALF PINT	90	5	130	0.00	0.00	300.0	500	2.4	8.0	13.0	0.0	0.00
MILK WHITE 1%	HALF PINT	110	10	130	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5	1.50
Weighted Daily Average		484	35	704	7.12	*2.12	*449.6	*2644	*26.25	21.17	74.68	11.08	*4.13
% of Calories										17.5%	61.7%	20.6%	*7.7%
Nutrient Guideline		610-733		1055									<10.00

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

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Clarke County Public Schools

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: Lunch-9 thru 12-OFFER VS SERVE/Breakfast -9-12-OFFER VS SERVE

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 05/04/2017													
Lunch-9 thru 12-OFFER VS	Total												
Pizza Crunchers Rich's	1 each	390	30	810	5.00	1.70	429.0	499	2.4	19.0	40.0	19.0	8.00
Potatoes,French Fries Seasoned	1/2 cup	96	0	38	1.71	0.68	15.2	9	8.68	2.17	19.88	1.7	0.43
FRUIT COCKTAIL CND	1/2 CUP	80	0	10	2.00	0.00	0.0	200	1.2	0.0	19.0	0.0	0.00
Wrap CHICKEN SALAD:Clarke	1 wrap	341	47	600	3.29	2.56	156.9	208	1.34	21.75	34.2	12.82	2.58
SAND COLD HAM Clarke	1 EACH	300	61	847	6.00	2.31	520.6	*239	0.78	20.79	31.81	12.6	5.43
Sub, Turkey & Cheese 9-12	1 each	298	38	971	4.39	2.06	222.7	908	4.95	20.72	31.82	11.4	6.47
Sandwich - PB & Jelly	1 each	478	0	437	8.59	2.43	31.0	*0	0.0	16.34	58.27	25.08	3.10
PIZZA BIG DADDY PEPPERONI	1/8th slice	366	40	756	4.00	1.83	350.0	400	0.0	19.04	36.1	17.28	7.85
PIZZA BIG DADDY CHEESE	1/8th slice	340	35	670	4.00	1.80	350.0	400	0.0	18.0	36.0	15.0	7.00
PIZZA BIG DADDY Sausage	1/8th slice	432	53	921	4.44	2.21	368.3	434	0.26	21.85	37.35	22.84	9.68
SAND BBQ CHEESEBURGER Clarke	1 burger	382	50	934	6.97	3.35	337.8	134	0.0	21.46	36.83	17.19	7.56
SAND Cheeseburger Clarke	1 burger	321	38	658	4.00	2.88	115.9	152	0.0	20.53	30.0	13.06	5.53
SAND HOT CHICKEN PATTY Tyson	1 each	373	25	686	7.04	3.27	60.6	0	0.0	20.19	42.21	14.68	2.53
SALAD ENT Buffalo Chicken	1 each	201	40	1466	2.00	0.78	222.8	864	5.46	11.81	7.52	13.6	5.82
SALAD FT Garden, with Cheese	1 salad	208	40	415	1.37	0.83	433.7	6131	12.02	15.37	4.5	15.19	8.53
Roll - 2 Oz	1 each	160	0	260	2.00	1.80	20.0	0	0.0	5.0	30.0	2.0	*N/A*
APPLE WHOLE:163ct	1 EACH	57	0	1	2.65	0.13	6.6	60	5.09	0.29	15.27	0.19	0.03
BANANAS:150ct	1 EACH	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
ORANGE FRESH	1 EACH	45	0	0	2.30	0.10	38.4	216	51.07	0.9	11.28	0.12	0.01
CARROTS BABY FRESH	1/2 cup	25	0	55	2.05	0.64	22.5	9772	1.88	0.45	5.78	0.09	0.01
MILK CHOCOLATE NONFAT	HALF PINT	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0	0.00
MILK STRAWBERRY NONFAT	HALF PINT	130	5	125	0.00	*N/A*	300.0	500	1.2	8.0	23.0	0.0	0.00
MILK WHITE SKIM	HALF PINT	90	5	130	0.00	0.00	300.0	500	2.4	8.0	13.0	0.0	0.00
MILK WHITE 1%	HALF PINT	110	10	130	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5	1.50

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Clarke County Public Schools

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: Lunch-9 thru 12-OFFER VS SERVE/Breakfast -9-12-OFFER VS SERVE

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Breakfast -9-12-OFFER VS	Total												
PIZZA BRKFST SAUSAGE WG:K12	1 slice	210	15	480	2.00	1.80	100.0	200	0.0	9.0	26.0	8.0	2.00
WAFFLES MINI MAPLE	1 package	200	0	220	3.99	2.69	99.8	499	0.0	3.99	34.93	4.99	1.50
BKFST OATMEAL CHOC BAR	1 each	290	20	240	3.00	1.80	20.0	110	0.0	5.0	47.0	9.0	3.00
Muffin w/Yogurt (Blueberry)	1 each	290	50	180	2.00	1.08	120.4	602	0.0	6.01	50.07	6.5	2.50
Muffin w/Yogurt (Chocolate)	1 each	290	50	180	2.00	1.44	140.4	602	0.0	7.01	52.07	6.5	2.50
CEREAL COLD VARIETY	1 bowl	101	0	149	1.85	5.29	79.0	495	8.84	1.85	21.82	1.26	0.17
TOAST BUTTERY	1 toast	89	0	161	2.00	0.72	20.0	94	0.0	3.0	14.0	3.07	0.94
GRAHAM CRACKERS CLARKE	1 EACH	90	0	130	3.00	0.72	100.0	500	0.0	2.0	18.0	2.5	0.00
Hash Brown	1 each	130	*N/A*	240	2.00	0.00	0.0	0	2.4	1.0	15.0	7.0	0.50
JUICE APPLE SUN CUP	1 each	50	0	10	0.00	0.00	0.0	0	1.2	0.0	13.0	0.0	0.00
JUICE GRAPE SUN CUP	1 each	60	0	0	0.00	0.72	10.0	0	60.0	1.0	16.0	0.0	0.00
JUICE ORANGE SUN CUP	4 Oz. Cup	60	0	0	0.00	0.00	*N/A*	0	42.0	0.0	13.0	0.0	0.00
APPLE WHOLE:163ct	1 EACH	57	0	1	2.65	0.13	6.6	60	5.09	0.29	15.27	0.19	0.03
ORANGE WHOLE:138ct	1 EACH	63	0	0	3.20	0.13	53.3	300	70.89	1.25	15.66	0.16	0.03
CARROTS BABY FRESH	1/2 cup	25	0	55	2.05	0.64	22.5	9772	1.88	0.45	5.78	0.09	0.01
MILK CHOCOLATE NONFAT	HALF PINT	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0	0.00
MILK STRAWBERRY NONFAT	HALF PINT	130	5	125	0.00	*N/A*	300.0	500	1.2	8.0	23.0	0.0	0.00
MILK WHITE SKIM	HALF PINT	90	5	130	0.00	0.00	300.0	500	2.4	8.0	13.0	0.0	0.00
MILK WHITE 1%	HALF PINT	110	10	130	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5	1.50
Weighted Daily Average		516	*31	743	7.02	*2.39	*501.3	*2651	26.85	21.23	75.91	14.63	*4.73
% of Calories										16.5%	58.9%	25.5%	*8.2%
Nutrient Guideline		610-733		1055									<10.00

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Clarke County Public Schools

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: Lunch-9 thru 12-OFFER VS SERVE/Breakfast -9-12-OFFER VS SERVE

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 05/05/2017													
Lunch-9 thru 12-OFFER VS	Total												
SAND HOT OPEN FACED TURKEY:C	1 sandwich	248	32	1070	6.00	1.44	1.8	*7	0.0	22.99	35.85	3.51	0.00
POTATO MASHED:instant	#8 scoop	90	0	96	1.63	0.29	19.1	4	7.32	1.63	17.09	1.22	0.81
GRAVY CHICKEN MIX	2 oz ladle	28	0	158	0.00	0.00	1.8	7	0.0	0.99	4.25	0.71	0.00
PEARS DICED CND	1/2 CUP	60	0	10	2.00	0.00	0.0	60	0.0	0.0	14.0	0.0	0.00
Wrap CHICKEN SALAD:Clarke	1 wrap	341	47	600	3.29	2.56	156.9	208	1.34	21.75	34.2	12.82	2.58
SAND COLD HAM Clarke	1 EACH	300	61	847	6.00	2.31	520.6	*239	0.78	20.79	31.81	12.6	5.43
Sub, Turkey & Cheese 9-12	1 each	298	38	971	4.39	2.06	222.7	908	4.95	20.72	31.82	11.4	6.47
Sandwich - PB & Jelly	1 each	478	0	437	8.59	2.43	31.0	*0	0.0	16.34	58.27	25.08	3.10
PIZZA BIG DADDY PEPPERONI	1/8th slice	366	40	756	4.00	1.83	350.0	400	0.0	19.04	36.1	17.28	7.85
PIZZA BIG DADDY CHEESE	1/8th slice	340	35	670	4.00	1.80	350.0	400	0.0	18.0	36.0	15.0	7.00
PIZZA BIG DADDY Sausage	1/8th slice	432	53	921	4.44	2.21	368.3	434	0.26	21.85	37.35	22.84	9.68
SAND BBQ CHEESEBURGER Clarke	1 burger	382	50	934	6.97	3.35	337.8	134	0.0	21.46	36.83	17.19	7.56
SAND Cheeseburger Clarke	1 burger	321	38	658	4.00	2.88	115.9	152	0.0	20.53	30.0	13.06	5.53
SAND HOT CHICKEN PATTY Tyson	1 each	373	25	686	7.04	3.27	60.6	0	0.0	20.19	42.21	14.68	2.53
SALAD ENT Buffalo Chicken	1 each	201	40	1466	2.00	0.78	222.8	864	5.46	11.81	7.52	13.6	5.82
SALAD FT Garden, with Cheese	1 salad	208	40	415	1.37	0.83	433.7	6131	12.02	15.37	4.5	15.19	8.53
Roll - 2 Oz	1 each	160	0	260	2.00	1.80	20.0	0	0.0	5.0	30.0	2.0	*N/A*
APPLE WHOLE:163ct	1 EACH	57	0	1	2.65	0.13	6.6	60	5.09	0.29	15.27	0.19	0.03
BANANAS:150ct	1 EACH	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
ORANGE FRESH	1 EACH	45	0	0	2.30	0.10	38.4	216	51.07	0.9	11.28	0.12	0.01
CARROTS BABY FRESH	1/2 cup	25	0	55	2.05	0.64	22.5	9772	1.88	0.45	5.78	0.09	0.01
MILK CHOCOLATE NONFAT	HALF PINT	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0	0.00
MILK STRAWBERRY NONFAT	HALF PINT	130	5	125	0.00	*N/A*	300.0	500	1.2	8.0	23.0	0.0	0.00
MILK WHITE SKIM	HALF PINT	90	5	130	0.00	0.00	300.0	500	2.4	8.0	13.0	0.0	0.00
MILK WHITE 1%	HALF PINT	110	10	130	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5	1.50
Weighted Daily Average		538	41	1149	8.33	*2.44	453.6	*2000	11.91	30.46	76.33	12.73	*4.07
% of Calories										22.7%	56.8%	21.3%	*6.8%
Nutrient Guideline		610-733		1055									<10.00

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Clarke County Public Schools

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: Lunch-9 thru 12-OFFER VS SERVE/Breakfast -9-12-OFFER VS SERVE

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 05/08/2017													
Lunch-9 thru 12-OFFER VS	Total												
Chicken Sticks, Tyson	1 each	200	70	400	0.00	1.80	20.0	100	0.0	15.0	10.0	11.0	2.50
BEANS BAKED:heated from can	1/2 cup	138	0	585	5.32	1.91	42.5	53	0.0	7.44	30.83	0.0	0.00
PEACHES DICED CND	1/2 CUP	50	0	10	0.00	0.00	0.0	300	1.2	0.0	11.99	0.0	0.00
Sub, Turkey & Cheese 9-12	1 each	298	38	971	4.39	2.06	222.7	908	4.95	20.72	31.82	11.4	6.47
SAND COLD HAM Clarke	1 EACH	300	61	847	6.00	2.31	520.6	*239	0.78	20.79	31.81	12.6	5.43
Sub, Turkey & Cheese 9-12	1 each	298	38	971	4.39	2.06	222.7	908	4.95	20.72	31.82	11.4	6.47
Sandwich - PB & Jelly	1 each	478	0	437	8.59	2.43	31.0	*0	0.0	16.34	58.27	25.08	3.10
PIZZA BIG DADDY PEPPERONI	1/8th slice	366	40	756	4.00	1.83	350.0	400	0.0	19.04	36.1	17.28	7.85
PIZZA BIG DADDY CHEESE	1/8th slice	340	35	670	4.00	1.80	350.0	400	0.0	18.0	36.0	15.0	7.00
PIZZA BIG DADDY BBQ Chicken	1/8th slice	409	61	1078	4.00	2.78	350.0	486	0.0	27.46	41.15	16.16	7.33
Sand Hot Pizza Burger	1 Each	324	33	603	4.68	3.12	144.5	168	1.36	22.45	33.22	11.5	4.75
SAND Cheeseburger Clarke	1 burger	321	38	658	4.00	2.88	115.9	152	0.0	20.53	30.0	13.06	5.53
SAND HOT CHICKEN PATTY Tyson	1 each	373	25	686	7.04	3.27	60.6	0	0.0	20.19	42.21	14.68	2.53
SALAD FT CRISPY CHICKEN:Clarke	1 salad	145	41	246	1.71	0.99	124.0	746	5.91	9.97	6.78	8.62	3.43
SALAD FT Garden, with Cheese	1 salad	208	40	415	1.37	0.83	433.7	6131	12.02	15.37	4.5	15.19	8.53
Roll - 2 Oz	1 each	160	0	260	2.00	1.80	20.0	0	0.0	5.0	30.0	2.0	*N/A*
APPLE WHOLE:163ct	1 EACH	57	0	1	2.65	0.13	6.6	60	5.09	0.29	15.27	0.19	0.03
BANANAS:150ct	1 EACH	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
ORANGE FRESH	1 EACH	45	0	0	2.30	0.10	38.4	216	51.07	0.9	11.28	0.12	0.01
CARROTS BABY FRESH	1/2 cup	25	0	55	2.05	0.64	22.5	9772	1.88	0.45	5.78	0.09	0.01
MILK CHOCOLATE NONFAT	HALF PINT	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0	0.00
MILK STRAWBERRY NONFAT	HALF PINT	130	5	125	0.00	*N/A*	300.0	500	1.2	8.0	23.0	0.0	0.00
MILK WHITE SKIM	HALF PINT	90	5	130	0.00	0.00	300.0	500	2.4	8.0	13.0	0.0	0.00
MILK WHITE 1%	HALF PINT	110	10	130	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5	1.50

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Clarke County Public Schools

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: Lunch-9 thru 12-OFFER VS SERVE/Breakfast -9-12-OFFER VS SERVE

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Breakfast -9-12-OFFER VS	Total												
Sand Bkfst WG Chicken Biscuit	1 each	311	15	712	3.01	1.81	100.0	0	0.0	12.06	34.05	14.54	6.01
PANCAKES MINI BLUEBERRY	1 package	210	10	310	4.00	2.70	59.9	499	0.0	4.0	34.96	5.99	1.00
BKFST OATMEAL CHOC BAR	1 each	290	20	240	3.00	1.80	20.0	110	0.0	5.0	47.0	9.0	3.00
Muffin w/Yogurt (Blueberry)	1 each	290	50	180	2.00	1.08	120.4	602	0.0	6.01	50.07	6.5	2.50
Muffin w/Yogurt (Chocolate)	1 each	290	50	180	2.00	1.44	140.4	602	0.0	7.01	52.07	6.5	2.50
CEREAL COLD VARIETY	1 bowl	101	0	149	1.85	5.29	79.0	495	8.84	1.85	21.82	1.26	0.17
TOAST BUTTERY	1 toast	89	0	161	2.00	0.72	20.0	94	0.0	3.0	14.0	3.07	0.94
GRAHAM CRACKERS CLARKE	1 EACH	90	0	130	3.00	0.72	100.0	500	0.0	2.0	18.0	2.5	0.00
JUICE APPLE SUN CUP	1 each	50	0	10	0.00	0.00	0.0	0	1.2	0.0	13.0	0.0	0.00
JUICE GRAPE SUN CUP	1 each	60	0	0	0.00	0.72	10.0	0	60.0	1.0	16.0	0.0	0.00
JUICE ORANGE SUN CUP	4 Oz. Cup	60	0	0	0.00	0.00	*N/A*	0	42.0	0.0	13.0	0.0	0.00
APPLE WHOLE:163ct	1 EACH	57	0	1	2.65	0.13	6.6	60	5.09	0.29	15.27	0.19	0.03
ORANGE WHOLE:138ct	1 EACH	63	0	0	3.20	0.13	53.3	300	70.89	1.25	15.66	0.16	0.03
CARROTS BABY FRESH	1/2 cup	25	0	55	2.05	0.64	22.5	9772	1.88	0.45	5.78	0.09	0.01
MILK CHOCOLATE NONFAT	HALF PINT	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0	0.00
MILK STRAWBERRY NONFAT	HALF PINT	130	5	125	0.00	*N/A*	300.0	500	1.2	8.0	23.0	0.0	0.00
MILK WHITE SKIM	HALF PINT	90	5	130	0.00	0.00	300.0	500	2.4	8.0	13.0	0.0	0.00
MILK WHITE 1%	HALF PINT	110	10	130	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5	1.50
Weighted Daily Average		432	39	689	5.31	*2.63	*409.1	*2590	23.88	21.37	64.49	10.17	*3.34
% of Calories										19.8%	59.8%	21.2%	*7.0%
Nutrient Guideline		610-733		1055									<10.00

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Clarke County Public Schools

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: Lunch-9 thru 12-OFFER VS SERVE/Breakfast -9-12-OFFER VS SERVE

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 05/09/2017													
Lunch-9 thru 12-OFFER VS	Total												
FLATBREAD BBQ CHICKEN Clarke	Flatbread	256	34	404	3.00	*0.72	*56.1	167	*0.0	15.56	29.0	8.39	2.57
BEANS GREEN	1/2 CUP	22	0	0	1.50	0.27	45.0	75	2.7	0.75	3.75	0.0	0.00
PEARS DICED CND	1/2 CUP	60	0	10	2.00	0.00	0.0	60	0.0	0.0	14.0	0.0	0.00
Sub, Turkey & Cheese 9-12	1 each	298	38	971	4.39	2.06	222.7	908	4.95	20.72	31.82	11.4	6.47
SAND COLD HAM Clarke	1 EACH	300	61	847	6.00	2.31	520.6	*239	0.78	20.79	31.81	12.6	5.43
Sub, Turkey & Cheese 9-12	1 each	298	38	971	4.39	2.06	222.7	908	4.95	20.72	31.82	11.4	6.47
Sandwich - PB & Jelly	1 each	478	0	437	8.59	2.43	31.0	*0	0.0	16.34	58.27	25.08	3.10
PIZZA BIG DADDY PEPPERONI	1/8th slice	366	40	756	4.00	1.83	350.0	400	0.0	19.04	36.1	17.28	7.85
PIZZA BIG DADDY CHEESE	1/8th slice	340	35	670	4.00	1.80	350.0	400	0.0	18.0	36.0	15.0	7.00
PIZZA BIG DADDY BBQ Chicken	1/8th slice	409	61	1078	4.00	2.78	350.0	486	0.0	27.46	41.15	16.16	7.33
Sand Hot Pizza Burger	1 Each	324	33	603	4.68	3.12	144.5	168	1.36	22.45	33.22	11.5	4.75
SAND Cheeseburger Clarke	1 burger	321	38	658	4.00	2.88	115.9	152	0.0	20.53	30.0	13.06	5.53
SAND HOT CHICKEN PATTY Tyson	1 each	373	25	686	7.04	3.27	60.6	0	0.0	20.19	42.21	14.68	2.53
SALAD FT CRISPY CHICKEN:Clarke	1 salad	145	41	246	1.71	0.99	124.0	746	5.91	9.97	6.78	8.62	3.43
SALAD FT Garden, with Cheese	1 salad	208	40	415	1.37	0.83	433.7	6131	12.02	15.37	4.5	15.19	8.53
Roll - 2 Oz	1 each	160	0	260	2.00	1.80	20.0	0	0.0	5.0	30.0	2.0	*N/A*
APPLE WHOLE:163ct	1 EACH	57	0	1	2.65	0.13	6.6	60	5.09	0.29	15.27	0.19	0.03
BANANAS:150ct	1 EACH	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
ORANGE FRESH	1 EACH	45	0	0	2.30	0.10	38.4	216	51.07	0.9	11.28	0.12	0.01
CARROTS BABY FRESH	1/2 cup	25	0	55	2.05	0.64	22.5	9772	1.88	0.45	5.78	0.09	0.01
MILK CHOCOLATE NONFAT	HALF PINT	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0	0.00
MILK STRAWBERRY NONFAT	HALF PINT	130	5	125	0.00	*N/A*	300.0	500	1.2	8.0	23.0	0.0	0.00
MILK WHITE SKIM	HALF PINT	90	5	130	0.00	0.00	300.0	500	2.4	8.0	13.0	0.0	0.00
MILK WHITE 1%	HALF PINT	110	10	130	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5	1.50

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Clarke County Public Schools

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: Lunch-9 thru 12-OFFER VS SERVE/Breakfast -9-12-OFFER VS SERVE

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Breakfast -9-12-OFFER VS	Total												
SAND BK Muffin Sausage Cheese	1 sandwich	227	41	430	3.00	2.24	360.3	119	0.0	13.49	23.58	8.83	3.22
FRENCH TOAST MINI ORIGINAL	1 package	210	0	240	4.00	2.70	99.9	499	0.0	4.0	36.96	4.99	1.50
BKFST OATMEAL CHOC BAR	1 each	290	20	240	3.00	1.80	20.0	110	0.0	5.0	47.0	9.0	3.00
Muffin w/Yogurt (Blueberry)	1 each	290	50	180	2.00	1.08	120.4	602	0.0	6.01	50.07	6.5	2.50
Muffin w/Yogurt (Chocolate)	1 each	290	50	180	2.00	1.44	140.4	602	0.0	7.01	52.07	6.5	2.50
CEREAL COLD VARIETY	1 bowl	101	0	149	1.85	5.29	79.0	495	8.84	1.85	21.82	1.26	0.17
TOAST BUTTERY	1 toast	89	0	161	2.00	0.72	20.0	94	0.0	3.0	14.0	3.07	0.94
GRAHAM CRACKERS CLARKE	1 EACH	90	0	130	3.00	0.72	100.0	500	0.0	2.0	18.0	2.5	0.00
JUICE APPLE SUN CUP	1 each	50	0	10	0.00	0.00	0.0	0	1.2	0.0	13.0	0.0	0.00
JUICE GRAPE SUN CUP	1 each	60	0	0	0.00	0.72	10.0	0	60.0	1.0	16.0	0.0	0.00
JUICE ORANGE SUN CUP	4 Oz. Cup	60	0	0	0.00	0.00	*N/A*	0	42.0	0.0	13.0	0.0	0.00
APPLE WHOLE:163ct	1 EACH	57	0	1	2.65	0.13	6.6	60	5.09	0.29	15.27	0.19	0.03
ORANGE WHOLE:138ct	1 EACH	63	0	0	3.20	0.13	53.3	300	70.89	1.25	15.66	0.16	0.03
CARROTS BABY FRESH	1/2 cup	25	0	55	2.05	0.64	22.5	9772	1.88	0.45	5.78	0.09	0.01
MILK CHOCOLATE NONFAT	HALF PINT	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0	0.00
MILK STRAWBERRY NONFAT	HALF PINT	130	5	125	0.00	*N/A*	300.0	500	1.2	8.0	23.0	0.0	0.00
MILK WHITE SKIM	HALF PINT	90	5	130	0.00	0.00	300.0	500	2.4	8.0	13.0	0.0	0.00
MILK WHITE 1%	HALF PINT	110	10	130	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5	1.50
Weighted Daily Average		418	33	550	5.76	*2.08	*432.7	*2540	*24.07	20.17	62.99	9.28	*3.24
% of Calories										19.3%	60.3%	20.0%	*7.0%
Nutrient Guideline		610-733		1055									<10.00

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Clarke County Public Schools

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: Lunch-9 thru 12-OFFER VS SERVE/Breakfast -9-12-OFFER VS SERVE

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 05/10/2017													
Lunch-9 thru 12-OFFER VS	Total												
SAND GRILLED CHEESE:Clarke	1 sandwich	329	45	762	6.00	1.76	1041.3	*477	0.0	15.97	32.31	17.31	8.90
SOUP TOMATO CLARKE	1/2 CUP	90	0	483	1.00	0.72	1.8	401	6.01	2.0	20.03	0.0	0.00
CARROTS:oven	1/2 cup	10	0	22	0.82	0.26	9.1	3909	0.75	0.18	2.31	0.03	0.01
APPLESAUCE w/CINNAMON	1 each	137	0	12	3.12	0.11	12.4	143	0.05	0.07	33.83	0.13	0.09
Sub, Turkey & Cheese 9-12	1 each	298	38	971	4.39	2.06	222.7	908	4.95	20.72	31.82	11.4	6.47
SAND COLD HAM Clarke	1 EACH	300	61	847	6.00	2.31	520.6	*239	0.78	20.79	31.81	12.6	5.43
Sub, Turkey & Cheese 9-12	1 each	298	38	971	4.39	2.06	222.7	908	4.95	20.72	31.82	11.4	6.47
Sandwich - PB & Jelly	1 each	478	0	437	8.59	2.43	31.0	*0	0.0	16.34	58.27	25.08	3.10
PIZZA BIG DADDY PEPPERONI	1/8th slice	366	40	756	4.00	1.83	350.0	400	0.0	19.04	36.1	17.28	7.85
PIZZA BIG DADDY CHEESE	1/8th slice	340	35	670	4.00	1.80	350.0	400	0.0	18.0	36.0	15.0	7.00
PIZZA BIG DADDY BBQ Chicken	1/8th slice	409	61	1078	4.00	2.78	350.0	486	0.0	27.46	41.15	16.16	7.33
Sand Hot Pizza Burger	1 Each	324	33	603	4.68	3.12	144.5	168	1.36	22.45	33.22	11.5	4.75
SAND Cheeseburger Clarke	1 burger	321	38	658	4.00	2.88	115.9	152	0.0	20.53	30.0	13.06	5.53
SAND HOT CHICKEN PATTY Tyson	1 each	373	25	686	7.04	3.27	60.6	0	0.0	20.19	42.21	14.68	2.53
SALAD FT CRISPY CHICKEN:Clarke	1 salad	145	41	246	1.71	0.99	124.0	746	5.91	9.97	6.78	8.62	3.43
SALAD FT Garden, with Cheese	1 salad	208	40	415	1.37	0.83	433.7	6131	12.02	15.37	4.5	15.19	8.53
Roll - 2 Oz	1 each	160	0	260	2.00	1.80	20.0	0	0.0	5.0	30.0	2.0	*N/A*
APPLE WHOLE:163ct	1 EACH	57	0	1	2.65	0.13	6.6	60	5.09	0.29	15.27	0.19	0.03
BANANAS:150ct	1 EACH	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
ORANGE FRESH	1 EACH	45	0	0	2.30	0.10	38.4	216	51.07	0.9	11.28	0.12	0.01
CARROTS BABY FRESH	1/2 cup	25	0	55	2.05	0.64	22.5	9772	1.88	0.45	5.78	0.09	0.01
MILK CHOCOLATE NONFAT	HALF PINT	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0	0.00
MILK STRAWBERRY NONFAT	HALF PINT	130	5	125	0.00	*N/A*	300.0	500	1.2	8.0	23.0	0.0	0.00
MILK WHITE SKIM	HALF PINT	90	5	130	0.00	0.00	300.0	500	2.4	8.0	13.0	0.0	0.00
MILK WHITE 1%	HALF PINT	110	10	130	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5	1.50

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Clarke County Public Schools

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: Lunch-9 thru 12-OFFER VS SERVE/Breakfast -9-12-OFFER VS SERVE

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Breakfast -9-12-OFFER VS	Total												
Cinnamon Bun WG	1 each	236	5	140	3.09	1.01	20.4	450	0.38	5.0	50.5	1.0	0.50
Parfait, Blueberry/Strawberry	1 each	243	2	109	3.03	0.72	115.2	533	27.36	5.29	50.52	3.4	0.78
BKFST OATMEAL CHOC BAR	1 each	290	20	240	3.00	1.80	20.0	110	0.0	5.0	47.0	9.0	3.00
Muffin w/Yogurt (Blueberry)	1 each	290	50	180	2.00	1.08	120.4	602	0.0	6.01	50.07	6.5	2.50
Muffin w/Yogurt (Chocolate)	1 each	290	50	180	2.00	1.44	140.4	602	0.0	7.01	52.07	6.5	2.50
CEREAL COLD VARIETY	1 bowl	101	0	149	1.85	5.29	79.0	495	8.84	1.85	21.82	1.26	0.17
TOAST BUTTERY	1 toast	89	0	161	2.00	0.72	20.0	94	0.0	3.0	14.0	3.07	0.94
GRAHAM CRACKERS CLARKE	1 EACH	90	0	130	3.00	0.72	100.0	500	0.0	2.0	18.0	2.5	0.00
JUICE APPLE SUN CUP	1 each	50	0	10	0.00	0.00	0.0	0	1.2	0.0	13.0	0.0	0.00
JUICE GRAPE SUN CUP	1 each	60	0	0	0.00	0.72	10.0	0	60.0	1.0	16.0	0.0	0.00
JUICE ORANGE SUN CUP	4 Oz. Cup	60	0	0	0.00	0.00	*N/A*	0	42.0	0.0	13.0	0.0	0.00
APPLE WHOLE:163ct	1 EACH	57	0	1	2.65	0.13	6.6	60	5.09	0.29	15.27	0.19	0.03
ORANGE WHOLE:138ct	1 EACH	63	0	0	3.20	0.13	53.3	300	70.89	1.25	15.66	0.16	0.03
CARROTS BABY FRESH	1/2 cup	25	0	55	2.05	0.64	22.5	9772	1.88	0.45	5.78	0.09	0.01
MILK CHOCOLATE NONFAT	HALF PINT	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0	0.00
MILK STRAWBERRY NONFAT	HALF PINT	130	5	125	0.00	*N/A*	300.0	500	1.2	8.0	23.0	0.0	0.00
MILK WHITE SKIM	HALF PINT	90	5	130	0.00	0.00	300.0	500	2.4	8.0	13.0	0.0	0.00
MILK WHITE 1%	HALF PINT	110	10	130	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5	1.50
Weighted Daily Average		475	33	708	6.75	*2.31	*617.4	*3529	26.38	20.20	75.84	10.69	*4.41
% of Calories										17.0%	63.8%	20.2%	*8.3%
Nutrient Guideline		610-733		1055									<10.00

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Clarke County Public Schools

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: Lunch-9 thru 12-OFFER VS SERVE/Breakfast -9-12-OFFER VS SERVE

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 05/11/2017													
Lunch-9 thru 12-OFFER VS	Total												
PASTA PENNE BAKED ZITI:Clarke	1 cup	368	56	902	6.71	*3.33	*314.3	*304	*3.01	23.55	38.86	14.47	7.62
BREAD, BREADSTICK	breadstick	80	0	100	2.00	0.37	6.5	0	0.0	3.0	15.0	1.0	0.00
BROCCOLI TREES:blanched	1/2 cup	15	0	15	1.14	0.32	20.9	274	39.25	1.24	2.92	0.16	0.02
PINEAPPLE TIDBITS CND	1/2 CUP	68	0	0	0.96	0.35	0.0	72	20.25	0.0	15.43	0.0	0.00
Sub, Turkey & Cheese 9-12	1 each	298	38	971	4.39	2.06	222.7	908	4.95	20.72	31.82	11.4	6.47
SAND COLD HAM Clarke	1 EACH	300	61	847	6.00	2.31	520.6	*239	0.78	20.79	31.81	12.6	5.43
Sub, Turkey & Cheese 9-12	1 each	298	38	971	4.39	2.06	222.7	908	4.95	20.72	31.82	11.4	6.47
Sandwich - PB & Jelly	1 each	478	0	437	8.59	2.43	31.0	*0	0.0	16.34	58.27	25.08	3.10
PIZZA BIG DADDY PEPPERONI	1/8th slice	366	40	756	4.00	1.83	350.0	400	0.0	19.04	36.1	17.28	7.85
PIZZA BIG DADDY CHEESE	1/8th slice	340	35	670	4.00	1.80	350.0	400	0.0	18.0	36.0	15.0	7.00
PIZZA BIG DADDY BBQ Chicken	1/8th slice	409	61	1078	4.00	2.78	350.0	486	0.0	27.46	41.15	16.16	7.33
Sand Hot Pizza Burger	1 Each	324	33	603	4.68	3.12	144.5	168	1.36	22.45	33.22	11.5	4.75
SAND Cheeseburger Clarke	1 burger	321	38	658	4.00	2.88	115.9	152	0.0	20.53	30.0	13.06	5.53
SAND HOT CHICKEN PATTY Tyson	1 each	373	25	686	7.04	3.27	60.6	0	0.0	20.19	42.21	14.68	2.53
SALAD FT CRISPY CHICKEN:Clarke	1 salad	145	41	246	1.71	0.99	124.0	746	5.91	9.97	6.78	8.62	3.43
SALAD FT Garden, with Cheese	1 salad	208	40	415	1.37	0.83	433.7	6131	12.02	15.37	4.5	15.19	8.53
Roll - 2 Oz	1 each	160	0	260	2.00	1.80	20.0	0	0.0	5.0	30.0	2.0	*N/A*
APPLE WHOLE:163ct	1 EACH	57	0	1	2.65	0.13	6.6	60	5.09	0.29	15.27	0.19	0.03
BANANAS:150ct	1 EACH	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
ORANGE FRESH	1 EACH	45	0	0	2.30	0.10	38.4	216	51.07	0.9	11.28	0.12	0.01
CARROTS BABY FRESH	1/2 cup	25	0	55	2.05	0.64	22.5	9772	1.88	0.45	5.78	0.09	0.01
MILK CHOCOLATE NONFAT	HALF PINT	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0	0.00
MILK STRAWBERRY NONFAT	HALF PINT	130	5	125	0.00	*N/A*	300.0	500	1.2	8.0	23.0	0.0	0.00
MILK WHITE SKIM	HALF PINT	90	5	130	0.00	0.00	300.0	500	2.4	8.0	13.0	0.0	0.00
MILK WHITE 1%	HALF PINT	110	10	130	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5	1.50

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Clarke County Public Schools

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: Lunch-9 thru 12-OFFER VS SERVE/Breakfast -9-12-OFFER VS SERVE

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Breakfast -9-12-OFFER VS	Total												
PIZZA BRKFST SAUSAGE WG:K12	1 slice	210	15	480	2.00	1.80	100.0	200	0.0	9.0	26.0	8.0	2.00
WAFFLES MINI MAPLE	1 package	200	0	220	3.99	2.69	99.8	499	0.0	3.99	34.93	4.99	1.50
BKFST OATMEAL CHOC BAR	1 each	290	20	240	3.00	1.80	20.0	110	0.0	5.0	47.0	9.0	3.00
Muffin w/Yogurt (Blueberry)	1 each	290	50	180	2.00	1.08	120.4	602	0.0	6.01	50.07	6.5	2.50
Muffin w/Yogurt (Chocolate)	1 each	290	50	180	2.00	1.44	140.4	602	0.0	7.01	52.07	6.5	2.50
CEREAL COLD VARIETY	1 bowl	101	0	149	1.85	5.29	79.0	495	8.84	1.85	21.82	1.26	0.17
TOAST BUTTERY	1 toast	89	0	161	2.00	0.72	20.0	94	0.0	3.0	14.0	3.07	0.94
GRAHAM CRACKERS CLARKE	1 EACH	90	0	130	3.00	0.72	100.0	500	0.0	2.0	18.0	2.5	0.00
Hash Brown	1 each	130	*N/A*	240	2.00	0.00	0.0	0	2.4	1.0	15.0	7.0	0.50
JUICE APPLE SUN CUP	1 each	50	0	10	0.00	0.00	0.0	0	1.2	0.0	13.0	0.0	0.00
JUICE GRAPE SUN CUP	1 each	60	0	0	0.00	0.72	10.0	0	60.0	1.0	16.0	0.0	0.00
JUICE ORANGE SUN CUP	4 Oz. Cup	60	0	0	0.00	0.00	*N/A*	0	42.0	0.0	13.0	0.0	0.00
APPLE WHOLE:163ct	1 EACH	57	0	1	2.65	0.13	6.6	60	5.09	0.29	15.27	0.19	0.03
ORANGE WHOLE:138ct	1 EACH	63	0	0	3.20	0.13	53.3	300	70.89	1.25	15.66	0.16	0.03
CARROTS BABY FRESH	1/2 cup	25	0	55	2.05	0.64	22.5	9772	1.88	0.45	5.78	0.09	0.01
MILK CHOCOLATE NONFAT	HALF PINT	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0	0.00
MILK STRAWBERRY NONFAT	HALF PINT	130	5	125	0.00	*N/A*	300.0	500	1.2	8.0	23.0	0.0	0.00
MILK WHITE SKIM	HALF PINT	90	5	130	0.00	0.00	300.0	500	2.4	8.0	13.0	0.0	0.00
MILK WHITE 1%	HALF PINT	110	10	130	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5	1.50
Weighted Daily Average		503	*36	759	7.28	*2.84	*472.9	*2636	*39.36	22.79	74.13	13.09	*4.42
% of Calories										18.1%	58.9%	23.4%	*7.9%
Nutrient Guideline		610-733		1055									<10.00

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Clarke County Public Schools

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: Lunch-9 thru 12-OFFER VS SERVE/Breakfast -9-12-OFFER VS SERVE

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 05/12/2017													
Lunch-9 thru 12-OFFER VS	Total												
Mozzarella Cheese Sticks	1 each	380	30	410	3.00	2.00	458.0	428	0.52	19.0	35.0	18.0	7.00
Potatoes,French Fries Seasoned	1/2 cup	96	0	38	1.71	0.68	15.2	9	8.68	2.17	19.88	1.7	0.43
FRUIT COCKTAIL CND	1/2 CUP	80	0	10	2.00	0.00	0.0	200	1.2	0.0	19.0	0.0	0.00
Sub, Turkey & Cheese 9-12	1 each	298	38	971	4.39	2.06	222.7	908	4.95	20.72	31.82	11.4	6.47
SAND COLD HAM Clarke	1 EACH	300	61	847	6.00	2.31	520.6	*239	0.78	20.79	31.81	12.6	5.43
Sub, Turkey & Cheese 9-12	1 each	298	38	971	4.39	2.06	222.7	908	4.95	20.72	31.82	11.4	6.47
Sandwich - PB & Jelly	1 each	478	0	437	8.59	2.43	31.0	*0	0.0	16.34	58.27	25.08	3.10
PIZZA BIG DADDY PEPPERONI	1/8th slice	366	40	756	4.00	1.83	350.0	400	0.0	19.04	36.1	17.28	7.85
PIZZA BIG DADDY CHEESE	1/8th slice	340	35	670	4.00	1.80	350.0	400	0.0	18.0	36.0	15.0	7.00
PIZZA BIG DADDY BBQ Chicken	1/8th slice	409	61	1078	4.00	2.78	350.0	486	0.0	27.46	41.15	16.16	7.33
Sand Hot Pizza Burger	1 Each	324	33	603	4.68	3.12	144.5	168	1.36	22.45	33.22	11.5	4.75
SAND Cheeseburger Clarke	1 burger	321	38	658	4.00	2.88	115.9	152	0.0	20.53	30.0	13.06	5.53
SAND HOT CHICKEN PATTY Tyson	1 each	373	25	686	7.04	3.27	60.6	0	0.0	20.19	42.21	14.68	2.53
SALAD FT CRISPY CHICKEN:Clarke	1 salad	145	41	246	1.71	0.99	124.0	746	5.91	9.97	6.78	8.62	3.43
SALAD FT Garden, with Cheese	1 salad	208	40	415	1.37	0.83	433.7	6131	12.02	15.37	4.5	15.19	8.53
Roll - 2 Oz	1 each	160	0	260	2.00	1.80	20.0	0	0.0	5.0	30.0	2.0	*N/A*
APPLE WHOLE:163ct	1 EACH	57	0	1	2.65	0.13	6.6	60	5.09	0.29	15.27	0.19	0.03
BANANAS:150ct	1 EACH	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
ORANGE FRESH	1 EACH	45	0	0	2.30	0.10	38.4	216	51.07	0.9	11.28	0.12	0.01
CARROTS BABY FRESH	1/2 cup	25	0	55	2.05	0.64	22.5	9772	1.88	0.45	5.78	0.09	0.01
MILK CHOCOLATE NONFAT	HALF PINT	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0	0.00
MILK STRAWBERRY NONFAT	HALF PINT	130	5	125	0.00	*N/A*	300.0	500	1.2	8.0	23.0	0.0	0.00
MILK WHITE SKIM	HALF PINT	90	5	130	0.00	0.00	300.0	500	2.4	8.0	13.0	0.0	0.00
MILK WHITE 1%	HALF PINT	110	10	130	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5	1.50

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Clarke County Public Schools

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: Lunch-9 thru 12-OFFER VS SERVE/Breakfast -9-12-OFFER VS SERVE

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Breakfast -9-12-OFFER VS	Total												
Pancakes & Sausage on Stick	1 each	240	25	360	2.00	1.44	20.0	0	0.0	7.0	18.0	15.0	4.50
DONUT W/GLAZE	donut	332	0	300	2.81	0.70	14.0	73	0.0	5.0	42.76	16.0	7.00
BKFST OATMEAL CHOC BAR	1 each	290	20	240	3.00	1.80	20.0	110	0.0	5.0	47.0	9.0	3.00
Muffin w/Yogurt (Blueberry)	1 each	290	50	180	2.00	1.08	120.4	602	0.0	6.01	50.07	6.5	2.50
Muffin w/Yogurt (Chocolate)	1 each	290	50	180	2.00	1.44	140.4	602	0.0	7.01	52.07	6.5	2.50
CEREAL COLD VARIETY	1 bowl	101	0	149	1.85	5.29	79.0	495	8.84	1.85	21.82	1.26	0.17
TOAST BUTTERY	1 toast	89	0	161	2.00	0.72	20.0	94	0.0	3.0	14.0	3.07	0.94
GRAHAM CRACKERS CLARKE	1 EACH	90	0	130	3.00	0.72	100.0	500	0.0	2.0	18.0	2.5	0.00
JUICE APPLE SUN CUP	1 each	50	0	10	0.00	0.00	0.0	0	1.2	0.0	13.0	0.0	0.00
JUICE GRAPE SUN CUP	1 each	60	0	0	0.00	0.72	10.0	0	60.0	1.0	16.0	0.0	0.00
JUICE ORANGE SUN CUP	4 Oz. Cup	60	0	0	0.00	0.00	*N/A*	0	42.0	0.0	13.0	0.0	0.00
APPLE WHOLE:163ct	1 EACH	57	0	1	2.65	0.13	6.6	60	5.09	0.29	15.27	0.19	0.03
ORANGE WHOLE:138ct	1 EACH	63	0	0	3.20	0.13	53.3	300	70.89	1.25	15.66	0.16	0.03
CARROTS BABY FRESH	1/2 cup	25	0	55	2.05	0.64	22.5	9772	1.88	0.45	5.78	0.09	0.01
MILK CHOCOLATE NONFAT	HALF PINT	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0	0.00
MILK STRAWBERRY NONFAT	HALF PINT	130	5	125	0.00	*N/A*	300.0	500	1.2	8.0	23.0	0.0	0.00
MILK WHITE SKIM	HALF PINT	90	5	130	0.00	0.00	300.0	500	2.4	8.0	13.0	0.0	0.00
MILK WHITE 1%	HALF PINT	110	10	130	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5	1.50
Weighted Daily Average		478	31	567	5.85	*2.33	*491.7	*2614	25.80	21.05	70.16	12.69	*4.63
% of Calories										17.6%	58.7%	23.9%	*8.7%
Nutrient Guideline		610-733		1055									<10.00

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Clarke County Public Schools

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: Lunch-9 thru 12-OFFER VS SERVE/Breakfast -9-12-OFFER VS SERVE

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 05/15/2017													
Lunch-9 thru 12-OFFER VS	Total												
SOUP CHICKEN ENCHILADA	1 EACH	324	84	718	4.41	2.38	149.7	1065	67.07	29.85	33.34	8.18	3.44
CHIP TORTILLA SCOOPS	1 bag	110	0	125	2.00	0.36	20.0	0	0.0	2.0	19.0	2.5	0.00
Vegetables, Mixed	4oz. scoop	37	0	30	1.50	0.27	0.0	938	2.7	0.75	8.25	0.0	0.00
PEACHES DICED CND	1/2 CUP	50	0	10	0.00	0.00	0.0	300	1.2	0.0	11.99	0.0	0.00
WRAP ITALIAN 10inch: Clarke	1 EACH	356	48	825	4.22	2.23	692.7	780	7.31	15.87	33.6	17.46	7.76
SAND COLD HAM Clarke	1 EACH	300	61	847	6.00	2.31	520.6	*239	0.78	20.79	31.81	12.6	5.43
Sub, Turkey & Cheese 9-12	1 each	298	38	971	4.39	2.06	222.7	908	4.95	20.72	31.82	11.4	6.47
Sandwich - PB & Jelly	1 each	478	0	437	8.59	2.43	31.0	*0	0.0	16.34	58.27	25.08	3.10
PIZZA BIG DADDY PEPPERONI	1/8th slice	366	40	756	4.00	1.83	350.0	400	0.0	19.04	36.1	17.28	7.85
PIZZA BIG DADDY CHEESE	1/8th slice	340	35	670	4.00	1.80	350.0	400	0.0	18.0	36.0	15.0	7.00
PIZZA Big Daddy Meat Lover	1/8th slice	454	67	1057	4.33	2.40	363.8	426	0.49	25.4	37.33	23.8	10.06
Wrap, Hot Italian Chicken	1 each	347	71	1208	3.00	2.09	371.1	142	0.0	22.56	37.61	12.68	5.20
SAND Cheeseburger Clarke	1 burger	321	38	658	4.00	2.88	115.9	152	0.0	20.53	30.0	13.06	5.53
SAND HOT CHICKEN PATTY Tyson	1 each	373	25	686	7.04	3.27	60.6	0	0.0	20.19	42.21	14.68	2.53
SALAD ENT BBQ Ranch Chicken	1 salad	315	76	865	1.96	2.05	16.6	650	6.51	23.14	12.5	17.68	4.92
SALAD FT Garden, with Cheese	1 salad	208	40	415	1.37	0.83	433.7	6131	12.02	15.37	4.5	15.19	8.53
Roll - 2 Oz	1 each	160	0	260	2.00	1.80	20.0	0	0.0	5.0	30.0	2.0	*N/A*
APPLE WHOLE:163ct	1 EACH	57	0	1	2.65	0.13	6.6	60	5.09	0.29	15.27	0.19	0.03
BANANAS:150ct	1 EACH	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
ORANGE FRESH	1 EACH	45	0	0	2.30	0.10	38.4	216	51.07	0.9	11.28	0.12	0.01
CARROTS BABY FRESH	1/2 cup	25	0	55	2.05	0.64	22.5	9772	1.88	0.45	5.78	0.09	0.01
MILK CHOCOLATE NONFAT	HALF PINT	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0	0.00
MILK STRAWBERRY NONFAT	HALF PINT	130	5	125	0.00	*N/A*	300.0	500	1.2	8.0	23.0	0.0	0.00
MILK WHITE SKIM	HALF PINT	90	5	130	0.00	0.00	300.0	500	2.4	8.0	13.0	0.0	0.00
MILK WHITE 1%	HALF PINT	110	10	130	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5	1.50

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Clarke County Public Schools

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: Lunch-9 thru 12-OFFER VS SERVE/Breakfast -9-12-OFFER VS SERVE

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Breakfast -9-12-OFFER VS	Total												
Sand Bkfst WG Chicken Biscuit	1 each	311	15	712	3.01	1.81	100.0	0	0.0	12.06	34.05	14.54	6.01
PANCAKES MINI BLUEBERRY	1 package	210	10	310	4.00	2.70	59.9	499	0.0	4.0	34.96	5.99	1.00
BKFST OATMEAL CHOC BAR	1 each	290	20	240	3.00	1.80	20.0	110	0.0	5.0	47.0	9.0	3.00
Muffin w/Yogurt (Blueberry)	1 each	290	50	180	2.00	1.08	120.4	602	0.0	6.01	50.07	6.5	2.50
Muffin w/Yogurt (Chocolate)	1 each	290	50	180	2.00	1.44	140.4	602	0.0	7.01	52.07	6.5	2.50
CEREAL COLD VARIETY	1 bowl	101	0	149	1.85	5.29	79.0	495	8.84	1.85	21.82	1.26	0.17
TOAST BUTTERY	1 toast	89	0	161	2.00	0.72	20.0	94	0.0	3.0	14.0	3.07	0.94
GRAHAM CRACKERS CLARKE	1 EACH	90	0	130	3.00	0.72	100.0	500	0.0	2.0	18.0	2.5	0.00
JUICE APPLE SUN CUP	1 each	50	0	10	0.00	0.00	0.0	0	1.2	0.0	13.0	0.0	0.00
JUICE GRAPE SUN CUP	1 each	60	0	0	0.00	0.72	10.0	0	60.0	1.0	16.0	0.0	0.00
JUICE ORANGE SUN CUP	4 Oz. Cup	60	0	0	0.00	0.00	*N/A*	0	42.0	0.0	13.0	0.0	0.00
APPLE WHOLE:163ct	1 EACH	57	0	1	2.65	0.13	6.6	60	5.09	0.29	15.27	0.19	0.03
ORANGE WHOLE:138ct	1 EACH	63	0	0	3.20	0.13	53.3	300	70.89	1.25	15.66	0.16	0.03
CARROTS BABY FRESH	1/2 cup	25	0	55	2.05	0.64	22.5	9772	1.88	0.45	5.78	0.09	0.01
MILK CHOCOLATE NONFAT	HALF PINT	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0	0.00
MILK STRAWBERRY NONFAT	HALF PINT	130	5	125	0.00	*N/A*	300.0	500	1.2	8.0	23.0	0.0	0.00
MILK WHITE SKIM	HALF PINT	90	5	130	0.00	0.00	300.0	500	2.4	8.0	13.0	0.0	0.00
MILK WHITE 1%	HALF PINT	110	10	130	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5	1.50
Weighted Daily Average		464	44	689	5.81	*2.45	*443.4	*2968	38.40	23.52	68.70	10.58	*3.68
% of Calories										20.3%	59.2%	20.5%	*7.1%
Nutrient Guideline		610-733		1055									<10.00

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Clarke County Public Schools

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: Lunch-9 thru 12-OFFER VS SERVE/Breakfast -9-12-OFFER VS SERVE

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 05/16/2017													
Lunch-9 thru 12-OFFER VS	Total												
CORN DOG	1 corn dog	240	40	390	5.00	1.80	80.0	0	0.0	9.0	30.0	8.0	2.50
BEANS BAKED:heated from can	1/2 cup	138	0	585	5.32	1.91	42.5	53	0.0	7.44	30.83	0.0	0.00
PEARS DICED CND	1/2 CUP	60	0	10	2.00	0.00	0.0	60	0.0	0.0	14.0	0.0	0.00
WRAP ITALIAN 10inch: Clarke	1 EACH	356	48	825	4.22	2.23	692.7	780	7.31	15.87	33.6	17.46	7.76
SAND COLD HAM Clarke	1 EACH	300	61	847	6.00	2.31	520.6	*239	0.78	20.79	31.81	12.6	5.43
Sub, Turkey & Cheese 9-12	1 each	298	38	971	4.39	2.06	222.7	908	4.95	20.72	31.82	11.4	6.47
Sandwich - PB & Jelly	1 each	478	0	437	8.59	2.43	31.0	*0	0.0	16.34	58.27	25.08	3.10
PIZZA BIG DADDY PEPPERONI	1/8th slice	366	40	756	4.00	1.83	350.0	400	0.0	19.04	36.1	17.28	7.85
PIZZA BIG DADDY CHEESE	1/8th slice	340	35	670	4.00	1.80	350.0	400	0.0	18.0	36.0	15.0	7.00
PIZZA Big Daddy Meat Lover	1/8th slice	454	67	1057	4.33	2.40	363.8	426	0.49	25.4	37.33	23.8	10.06
Wrap, Hot Italian Chicken	1 each	347	71	1208	3.00	2.09	371.1	142	0.0	22.56	37.61	12.68	5.20
SAND Cheeseburger Clarke	1 burger	321	38	658	4.00	2.88	115.9	152	0.0	20.53	30.0	13.06	5.53
SAND HOT CHICKEN PATTY Tyson	1 each	373	25	686	7.04	3.27	60.6	0	0.0	20.19	42.21	14.68	2.53
SALAD ENT BBQ Ranch Chicken	1 salad	315	76	865	1.96	2.05	16.6	650	6.51	23.14	12.5	17.68	4.92
SALAD FT Garden, with Cheese	1 salad	208	40	415	1.37	0.83	433.7	6131	12.02	15.37	4.5	15.19	8.53
Roll - 2 Oz	1 each	160	0	260	2.00	1.80	20.0	0	0.0	5.0	30.0	2.0	*N/A*
APPLE WHOLE:163ct	1 EACH	57	0	1	2.65	0.13	6.6	60	5.09	0.29	15.27	0.19	0.03
BANANAS:150ct	1 EACH	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
ORANGE FRESH	1 EACH	45	0	0	2.30	0.10	38.4	216	51.07	0.9	11.28	0.12	0.01
CARROTS BABY FRESH	1/2 cup	25	0	55	2.05	0.64	22.5	9772	1.88	0.45	5.78	0.09	0.01
MILK CHOCOLATE NONFAT	HALF PINT	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0	0.00
MILK STRAWBERRY NONFAT	HALF PINT	130	5	125	0.00	*N/A*	300.0	500	1.2	8.0	23.0	0.0	0.00
MILK WHITE SKIM	HALF PINT	90	5	130	0.00	0.00	300.0	500	2.4	8.0	13.0	0.0	0.00
MILK WHITE 1%	HALF PINT	110	10	130	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5	1.50

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Clarke County Public Schools

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: Lunch-9 thru 12-OFFER VS SERVE/Breakfast -9-12-OFFER VS SERVE

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Breakfast -9-12-OFFER VS	Total												
SAND BK Muffin Sausage Cheese	1 sandwich	227	41	430	3.00	2.24	360.3	119	0.0	13.49	23.58	8.83	3.22
FRENCH TOAST MINI ORIGINAL	1 package	210	0	240	4.00	2.70	99.9	499	0.0	4.0	36.96	4.99	1.50
BKFST OATMEAL CHOC BAR	1 each	290	20	240	3.00	1.80	20.0	110	0.0	5.0	47.0	9.0	3.00
Muffin w/Yogurt (Blueberry)	1 each	290	50	180	2.00	1.08	120.4	602	0.0	6.01	50.07	6.5	2.50
Muffin w/Yogurt (Chocolate)	1 each	290	50	180	2.00	1.44	140.4	602	0.0	7.01	52.07	6.5	2.50
CEREAL COLD VARIETY	1 bowl	101	0	149	1.85	5.29	79.0	495	8.84	1.85	21.82	1.26	0.17
TOAST BUTTERY	1 toast	89	0	161	2.00	0.72	20.0	94	0.0	3.0	14.0	3.07	0.94
GRAHAM CRACKERS CLARKE	1 EACH	90	0	130	3.00	0.72	100.0	500	0.0	2.0	18.0	2.5	0.00
JUICE APPLE SUN CUP	1 each	50	0	10	0.00	0.00	0.0	0	1.2	0.0	13.0	0.0	0.00
JUICE GRAPE SUN CUP	1 each	60	0	0	0.00	0.72	10.0	0	60.0	1.0	16.0	0.0	0.00
JUICE ORANGE SUN CUP	4 Oz. Cup	60	0	0	0.00	0.00	*N/A*	0	42.0	0.0	13.0	0.0	0.00
APPLE WHOLE:163ct	1 EACH	57	0	1	2.65	0.13	6.6	60	5.09	0.29	15.27	0.19	0.03
ORANGE WHOLE:138ct	1 EACH	63	0	0	3.20	0.13	53.3	300	70.89	1.25	15.66	0.16	0.03
CARROTS BABY FRESH	1/2 cup	25	0	55	2.05	0.64	22.5	9772	1.88	0.45	5.78	0.09	0.01
MILK CHOCOLATE NONFAT	HALF PINT	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0	0.00
MILK STRAWBERRY NONFAT	HALF PINT	130	5	125	0.00	*N/A*	300.0	500	1.2	8.0	23.0	0.0	0.00
MILK WHITE SKIM	HALF PINT	90	5	130	0.00	0.00	300.0	500	2.4	8.0	13.0	0.0	0.00
MILK WHITE 1%	HALF PINT	110	10	130	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5	1.50
Weighted Daily Average		444	36	692	6.93	*2.62	*449.2	*2495	23.52	20.24	68.93	9.67	*3.36
% of Calories										18.2%	62.1%	19.6%	*6.8%
Nutrient Guideline		610-733		1055									<10.00

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Clarke County Public Schools

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: Lunch-9 thru 12-OFFER VS SERVE/Breakfast -9-12-OFFER VS SERVE

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 05/17/2017													
Lunch-9 thru 12-OFFER VS	Total												
SAND BKFST MUFFIN Ham & Cheese	1 sandwich	245	35	855	3.00	2.14	600.7	239	0.0	14.03	25.17	9.67	4.96
CARROTS GLAZED Clarke	1/2 cup	42	0	240	2.05	0.40	22.3	7009	1.21	1.03	8.75	0.01	0.00
FRUIT COCKTAIL CND	1/2 CUP	80	0	10	2.00	0.00	0.0	200	1.2	0.0	19.0	0.0	0.00
WRAP ITALIAN 10inch: Clarke	1 EACH	356	48	825	4.22	2.23	692.7	780	7.31	15.87	33.6	17.46	7.76
SAND COLD HAM Clarke	1 EACH	300	61	847	6.00	2.31	520.6	*239	0.78	20.79	31.81	12.6	5.43
Sub, Turkey & Cheese 9-12	1 each	298	38	971	4.39	2.06	222.7	908	4.95	20.72	31.82	11.4	6.47
Sandwich - PB & Jelly	1 each	478	0	437	8.59	2.43	31.0	*0	0.0	16.34	58.27	25.08	3.10
PIZZA BIG DADDY PEPPERONI	1/8th slice	366	40	756	4.00	1.83	350.0	400	0.0	19.04	36.1	17.28	7.85
PIZZA BIG DADDY CHEESE	1/8th slice	340	35	670	4.00	1.80	350.0	400	0.0	18.0	36.0	15.0	7.00
PIZZA Big Daddy Meat Lover	1/8th slice	454	67	1057	4.33	2.40	363.8	426	0.49	25.4	37.33	23.8	10.06
Wrap, Hot Italian Chicken	1 each	347	71	1208	3.00	2.09	371.1	142	0.0	22.56	37.61	12.68	5.20
SAND Cheeseburger Clarke	1 burger	321	38	658	4.00	2.88	115.9	152	0.0	20.53	30.0	13.06	5.53
SAND HOT CHICKEN PATTY Tyson	1 each	373	25	686	7.04	3.27	60.6	0	0.0	20.19	42.21	14.68	2.53
SALAD ENT BBQ Ranch Chicken	1 salad	315	76	865	1.96	2.05	16.6	650	6.51	23.14	12.5	17.68	4.92
SALAD FT Garden, with Cheese	1 salad	208	40	415	1.37	0.83	433.7	6131	12.02	15.37	4.5	15.19	8.53
Roll - 2 Oz	1 each	160	0	260	2.00	1.80	20.0	0	0.0	5.0	30.0	2.0	*N/A*
APPLE WHOLE:163ct	1 EACH	57	0	1	2.65	0.13	6.6	60	5.09	0.29	15.27	0.19	0.03
BANANAS:150ct	1 EACH	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
ORANGE FRESH	1 EACH	45	0	0	2.30	0.10	38.4	216	51.07	0.9	11.28	0.12	0.01
CARROTS BABY FRESH	1/2 cup	25	0	55	2.05	0.64	22.5	9772	1.88	0.45	5.78	0.09	0.01
MILK CHOCOLATE NONFAT	HALF PINT	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0	0.00
MILK STRAWBERRY NONFAT	HALF PINT	130	5	125	0.00	*N/A*	300.0	500	1.2	8.0	23.0	0.0	0.00
MILK WHITE SKIM	HALF PINT	90	5	130	0.00	0.00	300.0	500	2.4	8.0	13.0	0.0	0.00
MILK WHITE 1%	HALF PINT	110	10	130	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5	1.50

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Clarke County Public Schools

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: Lunch-9 thru 12-OFFER VS SERVE/Breakfast -9-12-OFFER VS SERVE

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Breakfast -9-12-OFFER VS	Total												
Cinnamon Bun WG	1 each	236	5	140	3.09	1.01	20.4	450	0.38	5.0	50.5	1.0	0.50
Parfait, Blueberry/Strawberry	1 each	243	2	109	3.03	0.72	115.2	533	27.36	5.29	50.52	3.4	0.78
BKFST OATMEAL CHOC BAR	1 each	290	20	240	3.00	1.80	20.0	110	0.0	5.0	47.0	9.0	3.00
Muffin w/Yogurt (Blueberry)	1 each	290	50	180	2.00	1.08	120.4	602	0.0	6.01	50.07	6.5	2.50
Muffin w/Yogurt (Chocolate)	1 each	290	50	180	2.00	1.44	140.4	602	0.0	7.01	52.07	6.5	2.50
CEREAL COLD VARIETY	1 bowl	101	0	149	1.85	5.29	79.0	495	8.84	1.85	21.82	1.26	0.17
TOAST BUTTERY	1 toast	89	0	161	2.00	0.72	20.0	94	0.0	3.0	14.0	3.07	0.94
GRAHAM CRACKERS CLARKE	1 EACH	90	0	130	3.00	0.72	100.0	500	0.0	2.0	18.0	2.5	0.00
JUICE APPLE SUN CUP	1 each	50	0	10	0.00	0.00	0.0	0	1.2	0.0	13.0	0.0	0.00
JUICE GRAPE SUN CUP	1 each	60	0	0	0.00	0.72	10.0	0	60.0	1.0	16.0	0.0	0.00
JUICE ORANGE SUN CUP	4 Oz. Cup	60	0	0	0.00	0.00	*N/A*	0	42.0	0.0	13.0	0.0	0.00
APPLE WHOLE:163ct	1 EACH	57	0	1	2.65	0.13	6.6	60	5.09	0.29	15.27	0.19	0.03
ORANGE WHOLE:138ct	1 EACH	63	0	0	3.20	0.13	53.3	300	70.89	1.25	15.66	0.16	0.03
CARROTS BABY FRESH	1/2 cup	25	0	55	2.05	0.64	22.5	9772	1.88	0.45	5.78	0.09	0.01
MILK CHOCOLATE NONFAT	HALF PINT	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0	0.00
MILK STRAWBERRY NONFAT	HALF PINT	130	5	125	0.00	*N/A*	300.0	500	1.2	8.0	23.0	0.0	0.00
MILK WHITE SKIM	HALF PINT	90	5	130	0.00	0.00	300.0	500	2.4	8.0	13.0	0.0	0.00
MILK WHITE 1%	HALF PINT	110	10	130	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5	1.50
Weighted Daily Average		433	33	696	5.79	*2.21	*536.4	*4053	25.59	19.58	67.00	9.53	*3.70
% of Calories										18.1%	61.9%	19.8%	*7.7%
Nutrient Guideline		610-733		1055									<10.00

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Clarke County Public Schools

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: Lunch-9 thru 12-OFFER VS SERVE/Breakfast -9-12-OFFER VS SERVE

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 05/18/2017													
Lunch-9 thru 12-OFFER VS	Total												
PASTA SPAG & MEAT SAUCE:oven	#6 scoop	318	35	950	6.26	3.97	63.5	522	8.01	19.43	38.79	8.99	3.54
BREAD, BREADSTICK	breadstick	80	0	100	2.00	0.37	6.5	0	0.0	3.0	15.0	1.0	0.00
BROCCOLI TREES:blanched	1/2 cup	15	0	15	1.14	0.32	20.9	274	39.25	1.24	2.92	0.16	0.02
ORANGE MANDARIN CND	1/2 CUP	63	0	9	0.00	0.32	17.9	268	18.78	0.0	15.2	0.0	0.00
WRAP ITALIAN 10inch: Clarke	1 EACH	356	48	825	4.22	2.23	692.7	780	7.31	15.87	33.6	17.46	7.76
SAND COLD HAM Clarke	1 EACH	300	61	847	6.00	2.31	520.6	*239	0.78	20.79	31.81	12.6	5.43
Sub, Turkey & Cheese 9-12	1 each	298	38	971	4.39	2.06	222.7	908	4.95	20.72	31.82	11.4	6.47
Sandwich - PB & Jelly	1 each	478	0	437	8.59	2.43	31.0	*0	0.0	16.34	58.27	25.08	3.10
PIZZA BIG DADDY PEPPERONI	1/8th slice	366	40	756	4.00	1.83	350.0	400	0.0	19.04	36.1	17.28	7.85
PIZZA BIG DADDY CHEESE	1/8th slice	340	35	670	4.00	1.80	350.0	400	0.0	18.0	36.0	15.0	7.00
PIZZA Big Daddy Meat Lover	1/8th slice	454	67	1057	4.33	2.40	363.8	426	0.49	25.4	37.33	23.8	10.06
Wrap, Hot Italian Chicken	1 each	347	71	1208	3.00	2.09	371.1	142	0.0	22.56	37.61	12.68	5.20
SAND Cheeseburger Clarke	1 burger	321	38	658	4.00	2.88	115.9	152	0.0	20.53	30.0	13.06	5.53
SAND HOT CHICKEN PATTY Tyson	1 each	373	25	686	7.04	3.27	60.6	0	0.0	20.19	42.21	14.68	2.53
SALAD ENT BBQ Ranch Chicken	1 salad	315	76	865	1.96	2.05	16.6	650	6.51	23.14	12.5	17.68	4.92
SALAD FT Garden, with Cheese	1 salad	208	40	415	1.37	0.83	433.7	6131	12.02	15.37	4.5	15.19	8.53
Roll - 2 Oz	1 each	160	0	260	2.00	1.80	20.0	0	0.0	5.0	30.0	2.0	*N/A*
APPLE WHOLE:163ct	1 EACH	57	0	1	2.65	0.13	6.6	60	5.09	0.29	15.27	0.19	0.03
BANANAS:150ct	1 EACH	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
ORANGE FRESH	1 EACH	45	0	0	2.30	0.10	38.4	216	51.07	0.9	11.28	0.12	0.01
CARROTS BABY FRESH	1/2 cup	25	0	55	2.05	0.64	22.5	9772	1.88	0.45	5.78	0.09	0.01
MILK CHOCOLATE NONFAT	HALF PINT	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0	0.00
MILK STRAWBERRY NONFAT	HALF PINT	130	5	125	0.00	*N/A*	300.0	500	1.2	8.0	23.0	0.0	0.00
MILK WHITE SKIM	HALF PINT	90	5	130	0.00	0.00	300.0	500	2.4	8.0	13.0	0.0	0.00
MILK WHITE 1%	HALF PINT	110	10	130	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5	1.50

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Clarke County Public Schools

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: Lunch-9 thru 12-OFFER VS SERVE/Breakfast -9-12-OFFER VS SERVE

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Breakfast -9-12-OFFER VS	Total												
PIZZA BRKFST SAUSAGE WG:K12	1 slice	210	15	480	2.00	1.80	100.0	200	0.0	9.0	26.0	8.0	2.00
WAFFLES MINI MAPLE	1 package	200	0	220	3.99	2.69	99.8	499	0.0	3.99	34.93	4.99	1.50
BKFST OATMEAL CHOC BAR	1 each	290	20	240	3.00	1.80	20.0	110	0.0	5.0	47.0	9.0	3.00
Muffin w/Yogurt (Blueberry)	1 each	290	50	180	2.00	1.08	120.4	602	0.0	6.01	50.07	6.5	2.50
Muffin w/Yogurt (Chocolate)	1 each	290	50	180	2.00	1.44	140.4	602	0.0	7.01	52.07	6.5	2.50
CEREAL COLD VARIETY	1 bowl	101	0	149	1.85	5.29	79.0	495	8.84	1.85	21.82	1.26	0.17
TOAST BUTTERY	1 toast	89	0	161	2.00	0.72	20.0	94	0.0	3.0	14.0	3.07	0.94
GRAHAM CRACKERS CLARKE	1 EACH	90	0	130	3.00	0.72	100.0	500	0.0	2.0	18.0	2.5	0.00
Hash Brown	1 each	130	*N/A*	240	2.00	0.00	0.0	0	2.4	1.0	15.0	7.0	0.50
JUICE APPLE SUN CUP	1 each	50	0	10	0.00	0.00	0.0	0	1.2	0.0	13.0	0.0	0.00
JUICE GRAPE SUN CUP	1 each	60	0	0	0.00	0.72	10.0	0	60.0	1.0	16.0	0.0	0.00
JUICE ORANGE SUN CUP	4 Oz. Cup	60	0	0	0.00	0.00	*N/A*	0	42.0	0.0	13.0	0.0	0.00
APPLE WHOLE:163ct	1 EACH	57	0	1	2.65	0.13	6.6	60	5.09	0.29	15.27	0.19	0.03
ORANGE WHOLE:138ct	1 EACH	63	0	0	3.20	0.13	53.3	300	70.89	1.25	15.66	0.16	0.03
CARROTS BABY FRESH	1/2 cup	25	0	55	2.05	0.64	22.5	9772	1.88	0.45	5.78	0.09	0.01
MILK CHOCOLATE NONFAT	HALF PINT	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0	0.00
MILK STRAWBERRY NONFAT	HALF PINT	130	5	125	0.00	*N/A*	300.0	500	1.2	8.0	23.0	0.0	0.00
MILK WHITE SKIM	HALF PINT	90	5	130	0.00	0.00	300.0	500	2.4	8.0	13.0	0.0	0.00
MILK WHITE 1%	HALF PINT	110	10	130	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5	1.50
Weighted Daily Average		497	*34	796	6.84	*2.94	*438.4	*2737	39.95	21.97	74.15	12.44	*3.71
% of Calories										17.7%	59.7%	22.5%	*6.7%
Nutrient Guideline		610-733		1055									<10.00

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Clarke County Public Schools

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: Lunch-9 thru 12-OFFER VS SERVE/Breakfast -9-12-OFFER VS SERVE

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 05/19/2017													
Lunch-9 thru 12-OFFER VS	Total												
CHICKEN NUGGETS (5)	5 nuggets	250	55	540	2.00	2.70	20.0	100	1.2	16.0	18.0	13.0	2.50
Rice Krispy Treat	1 each	160	0	120	0.00	2.00	0.0	300	0.0	2.0	30.0	4.0	1.00
POTATO TATER TOTS	1/2 cup	130	0	310	2.00	0.00	0.0	0	3.6	2.0	16.0	6.0	1.00
PINEAPPLE TIDBITS CND	1/2 CUP	68	0	0	0.96	0.35	0.0	72	20.25	0.0	15.43	0.0	0.00
WRAP ITALIAN 10inch: Clarke	1 EACH	356	48	825	4.22	2.23	692.7	780	7.31	15.87	33.6	17.46	7.76
SAND COLD HAM Clarke	1 EACH	300	61	847	6.00	2.31	520.6	*239	0.78	20.79	31.81	12.6	5.43
Sub, Turkey & Cheese 9-12	1 each	298	38	971	4.39	2.06	222.7	908	4.95	20.72	31.82	11.4	6.47
Sandwich - PB & Jelly	1 each	478	0	437	8.59	2.43	31.0	*0	0.0	16.34	58.27	25.08	3.10
PIZZA BIG DADDY PEPPERONI	1/8th slice	366	40	756	4.00	1.83	350.0	400	0.0	19.04	36.1	17.28	7.85
PIZZA BIG DADDY CHEESE	1/8th slice	340	35	670	4.00	1.80	350.0	400	0.0	18.0	36.0	15.0	7.00
PIZZA Big Daddy Meat Lover	1/8th slice	454	67	1057	4.33	2.40	363.8	426	0.49	25.4	37.33	23.8	10.06
Wrap, Hot Italian Chicken	1 each	347	71	1208	3.00	2.09	371.1	142	0.0	22.56	37.61	12.68	5.20
SAND Cheeseburger Clarke	1 burger	321	38	658	4.00	2.88	115.9	152	0.0	20.53	30.0	13.06	5.53
SAND HOT CHICKEN PATTY Tyson	1 each	373	25	686	7.04	3.27	60.6	0	0.0	20.19	42.21	14.68	2.53
SALAD ENT BBQ Ranch Chicken	1 salad	315	76	865	1.96	2.05	16.6	650	6.51	23.14	12.5	17.68	4.92
SALAD FT Garden, with Cheese	1 salad	208	40	415	1.37	0.83	433.7	6131	12.02	15.37	4.5	15.19	8.53
Roll - 2 Oz	1 each	160	0	260	2.00	1.80	20.0	0	0.0	5.0	30.0	2.0	*N/A*
APPLE WHOLE:163ct	1 EACH	57	0	1	2.65	0.13	6.6	60	5.09	0.29	15.27	0.19	0.03
BANANAS:150ct	1 EACH	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
ORANGE FRESH	1 EACH	45	0	0	2.30	0.10	38.4	216	51.07	0.9	11.28	0.12	0.01
CARROTS BABY FRESH	1/2 cup	25	0	55	2.05	0.64	22.5	9772	1.88	0.45	5.78	0.09	0.01
MILK CHOCOLATE NONFAT	HALF PINT	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0	0.00
MILK STRAWBERRY NONFAT	HALF PINT	130	5	125	0.00	*N/A*	300.0	500	1.2	8.0	23.0	0.0	0.00
MILK WHITE SKIM	HALF PINT	90	5	130	0.00	0.00	300.0	500	2.4	8.0	13.0	0.0	0.00
MILK WHITE 1%	HALF PINT	110	10	130	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5	1.50

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Clarke County Public Schools

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: Lunch-9 thru 12-OFFER VS SERVE/Breakfast -9-12-OFFER VS SERVE

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Breakfast -9-12-OFFER VS	Total												
Pancakes & Sausage on Stick	1 each	240	25	360	2.00	1.44	20.0	0	0.0	7.0	18.0	15.0	4.50
DONUT W/GLAZE	donut	332	0	300	2.81	0.70	14.0	73	0.0	5.0	42.76	16.0	7.00
BKFST OATMEAL CHOC BAR	1 each	290	20	240	3.00	1.80	20.0	110	0.0	5.0	47.0	9.0	3.00
Muffin w/Yogurt (Blueberry)	1 each	290	50	180	2.00	1.08	120.4	602	0.0	6.01	50.07	6.5	2.50
Muffin w/Yogurt (Chocolate)	1 each	290	50	180	2.00	1.44	140.4	602	0.0	7.01	52.07	6.5	2.50
CEREAL COLD VARIETY	1 bowl	101	0	149	1.85	5.29	79.0	495	8.84	1.85	21.82	1.26	0.17
TOAST BUTTERY	1 toast	89	0	161	2.00	0.72	20.0	94	0.0	3.0	14.0	3.07	0.94
GRAHAM CRACKERS CLARKE	1 EACH	90	0	130	3.00	0.72	100.0	500	0.0	2.0	18.0	2.5	0.00
JUICE APPLE SUN CUP	1 each	50	0	10	0.00	0.00	0.0	0	1.2	0.0	13.0	0.0	0.00
JUICE GRAPE SUN CUP	1 each	60	0	0	0.00	0.72	10.0	0	60.0	1.0	16.0	0.0	0.00
JUICE ORANGE SUN CUP	4 Oz. Cup	60	0	0	0.00	0.00	*N/A*	0	42.0	0.0	13.0	0.0	0.00
APPLE WHOLE:163ct	1 EACH	57	0	1	2.65	0.13	6.6	60	5.09	0.29	15.27	0.19	0.03
ORANGE WHOLE:138ct	1 EACH	63	0	0	3.20	0.13	53.3	300	70.89	1.25	15.66	0.16	0.03
CARROTS BABY FRESH	1/2 cup	25	0	55	2.05	0.64	22.5	9772	1.88	0.45	5.78	0.09	0.01
MILK CHOCOLATE NONFAT	HALF PINT	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0	0.00
MILK STRAWBERRY NONFAT	HALF PINT	130	5	125	0.00	*N/A*	300.0	500	1.2	8.0	23.0	0.0	0.00
MILK WHITE SKIM	HALF PINT	90	5	130	0.00	0.00	300.0	500	2.4	8.0	13.0	0.0	0.00
MILK WHITE 1%	HALF PINT	110	10	130	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5	1.50
Weighted Daily Average		492	38	697	5.34	*2.83	*409.5	*2561	30.83	20.85	71.05	13.86	*4.16
% of Calories										16.9%	57.7%	25.3%	*7.6%
Nutrient Guideline		610-733		1055									<10.00

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Clarke County Public Schools

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: Lunch-9 thru 12-OFFER VS SERVE/Breakfast -9-12-OFFER VS SERVE

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 05/22/2017													
Lunch-9 thru 12-OFFER VS	Total												
Sub, Steak & Cheese Secondary	1 each	294	42	891	3.00	1.80	86.7	7	0.0	18.01	33.04	10.96	3.29
BROCCOLI TREES:blanched	1/2 cup	15	0	15	1.14	0.32	20.9	274	39.25	1.24	2.92	0.16	0.02
APPLESAUCE CND	1/2 cup	50	0	10	2.00	0.00	0.0	40	60.0	0.0	13.0	0.0	0.00
SAND SUB TUNA Clarke 9-12	1 sub	261	23	651	3.12	2.19	62.5	24	0.53	17.58	30.65	8.64	1.33
SAND COLD HAM Clarke	1 EACH	300	61	847	6.00	2.31	520.6	*239	0.78	20.79	31.81	12.6	5.43
Sub, Turkey & Cheese 9-12	1 each	298	38	971	4.39	2.06	222.7	908	4.95	20.72	31.82	11.4	6.47
Sandwich - PB & Jelly	1 each	478	0	437	8.59	2.43	31.0	*0	0.0	16.34	58.27	25.08	3.10
PIZZA BIG DADDY PEPPERONI	1/8th slice	366	40	756	4.00	1.83	350.0	400	0.0	19.04	36.1	17.28	7.85
PIZZA BIG DADDY CHEESE	1/8th slice	340	35	670	4.00	1.80	350.0	400	0.0	18.0	36.0	15.0	7.00
PIZZA SCR CHIC BACON RANCH (F)	1/8th slice	382	57	995	3.47	2.07	*348.8	306	0.0	22.68	41.29	14.41	6.97
SAND Bacon Burger, Clarke	1 burger	394	52	787	4.00	3.16	560.7	239	0.0	24.65	31.16	18.82	8.45
SAND Cheeseburger Clarke	1 burger	321	38	658	4.00	2.88	115.9	152	0.0	20.53	30.0	13.06	5.53
SAND HOT CHICKEN PATTY Tyson	1 each	373	25	686	7.04	3.27	60.6	0	0.0	20.19	42.21	14.68	2.53
Salad - Chef Salad Clarke	1 Each	157	46	406	*0.92	1.09	236.8	5634	8.17	*12.69	3.94	10.35	5.39
SALAD FT Garden, with Cheese	1 salad	208	40	415	1.37	0.83	433.7	6131	12.02	15.37	4.5	15.19	8.53
Roll - 2 Oz	1 each	160	0	260	2.00	1.80	20.0	0	0.0	5.0	30.0	2.0	*N/A*
APPLE WHOLE:163ct	1 EACH	57	0	1	2.65	0.13	6.6	60	5.09	0.29	15.27	0.19	0.03
BANANAS:150ct	1 EACH	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
ORANGE FRESH	1 EACH	45	0	0	2.30	0.10	38.4	216	51.07	0.9	11.28	0.12	0.01
CARROTS BABY FRESH	1/2 cup	25	0	55	2.05	0.64	22.5	9772	1.88	0.45	5.78	0.09	0.01
MILK CHOCOLATE NONFAT	HALF PINT	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0	0.00
MILK STRAWBERRY NONFAT	HALF PINT	130	5	125	0.00	*N/A*	300.0	500	1.2	8.0	23.0	0.0	0.00
MILK WHITE SKIM	HALF PINT	90	5	130	0.00	0.00	300.0	500	2.4	8.0	13.0	0.0	0.00
MILK WHITE 1%	HALF PINT	110	10	130	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5	1.50

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Clarke County Public Schools

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: Lunch-9 thru 12-OFFER VS SERVE/Breakfast -9-12-OFFER VS SERVE

Portion Values - Detailed

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Breakfast -9-12-OFFER VS	Total												
Sand Bkfst WG Chicken Biscuit	1 each	311	15	712	3.01	1.81	100.0	0	0.0	12.06	34.05	14.54	6.01
PANCAKES MINI BLUEBERRY	1 package	210	10	310	4.00	2.70	59.9	499	0.0	4.0	34.96	5.99	1.00
BKFST OATMEAL CHOC BAR	1 each	290	20	240	3.00	1.80	20.0	110	0.0	5.0	47.0	9.0	3.00
Muffin w/Yogurt (Blueberry)	1 each	290	50	180	2.00	1.08	120.4	602	0.0	6.01	50.07	6.5	2.50
Muffin w/Yogurt (Chocolate)	1 each	290	50	180	2.00	1.44	140.4	602	0.0	7.01	52.07	6.5	2.50
CEREAL COLD VARIETY	1 bowl	101	0	149	1.85	5.29	79.0	495	8.84	1.85	21.82	1.26	0.17
TOAST BUTTERY	1 toast	89	0	161	2.00	0.72	20.0	94	0.0	3.0	14.0	3.07	0.94
GRAHAM CRACKERS CLARKE	1 EACH	90	0	130	3.00	0.72	100.0	500	0.0	2.0	18.0	2.5	0.00
JUICE APPLE SUN CUP	1 each	50	0	10	0.00	0.00	0.0	0	1.2	0.0	13.0	0.0	0.00
JUICE GRAPE SUN CUP	1 each	60	0	0	0.00	0.72	10.0	0	60.0	1.0	16.0	0.0	0.00
JUICE ORANGE SUN CUP	4 Oz. Cup	60	0	0	0.00	0.00	*N/A*	0	42.0	0.0	13.0	0.0	0.00
APPLE WHOLE:163ct	1 EACH	57	0	1	2.65	0.13	6.6	60	5.09	0.29	15.27	0.19	0.03
ORANGE WHOLE:138ct	1 EACH	63	0	0	3.20	0.13	53.3	300	70.89	1.25	15.66	0.16	0.03
CARROTS BABY FRESH	1/2 cup	25	0	55	2.05	0.64	22.5	9772	1.88	0.45	5.78	0.09	0.01
MILK CHOCOLATE NONFAT	HALF PINT	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0	0.00
MILK STRAWBERRY NONFAT	HALF PINT	130	5	125	0.00	*N/A*	300.0	500	1.2	8.0	23.0	0.0	0.00
MILK WHITE SKIM	HALF PINT	90	5	130	0.00	0.00	300.0	500	2.4	8.0	13.0	0.0	0.00
MILK WHITE 1%	HALF PINT	110	10	130	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5	1.50
Weighted Daily Average		427	34	673	*5.62	*2.28	*430.8	*2581	50.31	*20.61	63.68	10.35	*3.58
% of Calories										*19.3%	59.7%	21.8%	*7.5%
Nutrient Guideline		610-733		1055									<10.00

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Clarke County Public Schools

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: Lunch-9 thru 12-OFFER VS SERVE/Breakfast -9-12-OFFER VS SERVE

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 05/23/2017													
Lunch-9 thru 12-OFFER VS	Total												
Chicken Sticks, Tyson	1 each	200	70	400	0.00	1.80	20.0	100	0.0	15.0	10.0	11.0	2.50
BREAD, BREADSTICK	breadstick	80	0	100	2.00	0.37	6.5	0	0.0	3.0	15.0	1.0	0.00
Scalloped Potatoes	1 each	110	0	470	2.00	0.36	40.0	0	9.0	2.0	23.0	1.0	0.00
FRUIT COCKTAIL CND	1/2 CUP	80	0	10	2.00	0.00	0.0	200	1.2	0.0	19.0	0.0	0.00
SAND SUB TUNA Clarke 9-12	1 sub	261	23	651	3.12	2.19	62.5	24	0.53	17.58	30.65	8.64	1.33
SAND COLD HAM Clarke	1 EACH	300	61	847	6.00	2.31	520.6	*239	0.78	20.79	31.81	12.6	5.43
Sub, Turkey & Cheese 9-12	1 each	298	38	971	4.39	2.06	222.7	908	4.95	20.72	31.82	11.4	6.47
Sandwich - PB & Jelly	1 each	478	0	437	8.59	2.43	31.0	*0	0.0	16.34	58.27	25.08	3.10
PIZZA BIG DADDY PEPPERONI	1/8th slice	366	40	756	4.00	1.83	350.0	400	0.0	19.04	36.1	17.28	7.85
PIZZA BIG DADDY CHEESE	1/8th slice	340	35	670	4.00	1.80	350.0	400	0.0	18.0	36.0	15.0	7.00
PIZZA SCR CHIC BACON RANCH (F)	1/8th slice	382	57	995	3.47	2.07	*348.8	306	0.0	22.68	41.29	14.41	6.97
SAND Bacon Burger, Clarke	1 burger	394	52	787	4.00	3.16	560.7	239	0.0	24.65	31.16	18.82	8.45
SAND Cheeseburger Clarke	1 burger	321	38	658	4.00	2.88	115.9	152	0.0	20.53	30.0	13.06	5.53
SAND HOT CHICKEN PATTY Tyson	1 each	373	25	686	7.04	3.27	60.6	0	0.0	20.19	42.21	14.68	2.53
Salad - Chef Salad Clarke	1 Each	157	46	406	*0.92	1.09	236.8	5634	8.17	*12.69	3.94	10.35	5.39
SALAD FT Garden, with Cheese	1 salad	208	40	415	1.37	0.83	433.7	6131	12.02	15.37	4.5	15.19	8.53
Roll - 2 Oz	1 each	160	0	260	2.00	1.80	20.0	0	0.0	5.0	30.0	2.0	*N/A*
APPLE WHOLE:163ct	1 EACH	57	0	1	2.65	0.13	6.6	60	5.09	0.29	15.27	0.19	0.03
BANANAS:150ct	1 EACH	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
ORANGE FRESH	1 EACH	45	0	0	2.30	0.10	38.4	216	51.07	0.9	11.28	0.12	0.01
CARROTS BABY FRESH	1/2 cup	25	0	55	2.05	0.64	22.5	9772	1.88	0.45	5.78	0.09	0.01
MILK CHOCOLATE NONFAT	HALF PINT	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0	0.00
MILK STRAWBERRY NONFAT	HALF PINT	130	5	125	0.00	*N/A*	300.0	500	1.2	8.0	23.0	0.0	0.00
MILK WHITE SKIM	HALF PINT	90	5	130	0.00	0.00	300.0	500	2.4	8.0	13.0	0.0	0.00
MILK WHITE 1%	HALF PINT	110	10	130	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5	1.50

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Clarke County Public Schools

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: Lunch-9 thru 12-OFFER VS SERVE/Breakfast -9-12-OFFER VS SERVE

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Breakfast -9-12-OFFER VS	Total												
SAND BK Muffin Sausage Cheese	1 sandwich	227	41	430	3.00	2.24	360.3	119	0.0	13.49	23.58	8.83	3.22
FRENCH TOAST MINI ORIGINAL	1 package	210	0	240	4.00	2.70	99.9	499	0.0	4.0	36.96	4.99	1.50
BKFST OATMEAL CHOC BAR	1 each	290	20	240	3.00	1.80	20.0	110	0.0	5.0	47.0	9.0	3.00
Muffin w/Yogurt (Blueberry)	1 each	290	50	180	2.00	1.08	120.4	602	0.0	6.01	50.07	6.5	2.50
Muffin w/Yogurt (Chocolate)	1 each	290	50	180	2.00	1.44	140.4	602	0.0	7.01	52.07	6.5	2.50
CEREAL COLD VARIETY	1 bowl	101	0	149	1.85	5.29	79.0	495	8.84	1.85	21.82	1.26	0.17
TOAST BUTTERY	1 toast	89	0	161	2.00	0.72	20.0	94	0.0	3.0	14.0	3.07	0.94
GRAHAM CRACKERS CLARKE	1 EACH	90	0	130	3.00	0.72	100.0	500	0.0	2.0	18.0	2.5	0.00
JUICE APPLE SUN CUP	1 each	50	0	10	0.00	0.00	0.0	0	1.2	0.0	13.0	0.0	0.00
JUICE GRAPE SUN CUP	1 each	60	0	0	0.00	0.72	10.0	0	60.0	1.0	16.0	0.0	0.00
JUICE ORANGE SUN CUP	4 Oz. Cup	60	0	0	0.00	0.00	*N/A*	0	42.0	0.0	13.0	0.0	0.00
APPLE WHOLE:163ct	1 EACH	57	0	1	2.65	0.13	6.6	60	5.09	0.29	15.27	0.19	0.03
ORANGE WHOLE:138ct	1 EACH	63	0	0	3.20	0.13	53.3	300	70.89	1.25	15.66	0.16	0.03
CARROTS BABY FRESH	1/2 cup	25	0	55	2.05	0.64	22.5	9772	1.88	0.45	5.78	0.09	0.01
MILK CHOCOLATE NONFAT	HALF PINT	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0	0.00
MILK STRAWBERRY NONFAT	HALF PINT	130	5	125	0.00	*N/A*	300.0	500	1.2	8.0	23.0	0.0	0.00
MILK WHITE SKIM	HALF PINT	90	5	130	0.00	0.00	300.0	500	2.4	8.0	13.0	0.0	0.00
MILK WHITE 1%	HALF PINT	110	10	130	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5	1.50
Weighted Daily Average		448	40	668	*5.59	*2.38	*437.9	*2600	25.69	*20.84	67.61	10.39	*3.29
% of Calories										*18.6%	60.3%	20.9%	*6.6%
Nutrient Guideline		610-733		1055									<10.00

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Clarke County Public Schools

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: Lunch-9 thru 12-OFFER VS SERVE/Breakfast -9-12-OFFER VS SERVE

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 05/24/2017													
Lunch-9 thru 12-OFFER VS	Total												
TACO TURKEY Soft: 9-12	1 each	403	84	686	3.00	3.22	289.5	150	0.0	26.27	33.95	19.85	6.46
BEANS REFRIED Mexican:veg	1/2 cup	58	0	139	4.03	0.79	22.0	32	0.0	3.3	10.65	0.0	0.00
CORN:from frozen	1/2 cup	85	0	0	1.70	0.31	0.0	85	5.1	2.55	16.16	0.85	0.00
PEACHES DICED CND	1/2 CUP	50	0	10	0.00	0.00	0.0	300	1.2	0.0	11.99	0.0	0.00
SAND SUB TUNA Clarke 9-12	1 sub	261	23	651	3.12	2.19	62.5	24	0.53	17.58	30.65	8.64	1.33
SAND COLD HAM Clarke	1 EACH	300	61	847	6.00	2.31	520.6	*239	0.78	20.79	31.81	12.6	5.43
Sub, Turkey & Cheese 9-12	1 each	298	38	971	4.39	2.06	222.7	908	4.95	20.72	31.82	11.4	6.47
Sandwich - PB & Jelly	1 each	478	0	437	8.59	2.43	31.0	*0	0.0	16.34	58.27	25.08	3.10
PIZZA BIG DADDY PEPPERONI	1/8th slice	366	40	756	4.00	1.83	350.0	400	0.0	19.04	36.1	17.28	7.85
PIZZA BIG DADDY CHEESE	1/8th slice	340	35	670	4.00	1.80	350.0	400	0.0	18.0	36.0	15.0	7.00
PIZZA SCR CHIC BACON RANCH (F)	1/8th slice	382	57	995	3.47	2.07	*348.8	306	0.0	22.68	41.29	14.41	6.97
SAND Bacon Burger, Clarke	1 burger	394	52	787	4.00	3.16	560.7	239	0.0	24.65	31.16	18.82	8.45
SAND Cheeseburger Clarke	1 burger	321	38	658	4.00	2.88	115.9	152	0.0	20.53	30.0	13.06	5.53
SAND HOT CHICKEN PATTY Tyson	1 each	373	25	686	7.04	3.27	60.6	0	0.0	20.19	42.21	14.68	2.53
Salad - Chef Salad Clarke	1 Each	157	46	406	*0.92	1.09	236.8	5634	8.17	*12.69	3.94	10.35	5.39
SALAD FT Garden, with Cheese	1 salad	208	40	415	1.37	0.83	433.7	6131	12.02	15.37	4.5	15.19	8.53
Roll - 2 Oz	1 each	160	0	260	2.00	1.80	20.0	0	0.0	5.0	30.0	2.0	*N/A*
APPLE WHOLE:163ct	1 EACH	57	0	1	2.65	0.13	6.6	60	5.09	0.29	15.27	0.19	0.03
BANANAS:150ct	1 EACH	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
ORANGE FRESH	1 EACH	45	0	0	2.30	0.10	38.4	216	51.07	0.9	11.28	0.12	0.01
CARROTS BABY FRESH	1/2 cup	25	0	55	2.05	0.64	22.5	9772	1.88	0.45	5.78	0.09	0.01
MILK CHOCOLATE NONFAT	HALF PINT	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0	0.00
MILK STRAWBERRY NONFAT	HALF PINT	130	5	125	0.00	*N/A*	300.0	500	1.2	8.0	23.0	0.0	0.00
MILK WHITE SKIM	HALF PINT	90	5	130	0.00	0.00	300.0	500	2.4	8.0	13.0	0.0	0.00
MILK WHITE 1%	HALF PINT	110	10	130	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5	1.50

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Clarke County Public Schools

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: Lunch-9 thru 12-OFFER VS SERVE/Breakfast -9-12-OFFER VS SERVE

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Breakfast -9-12-OFFER VS	Total												
Cinnamon Bun WG	1 each	236	5	140	3.09	1.01	20.4	450	0.38	5.0	50.5	1.0	0.50
Parfait, Blueberry/Strawberry	1 each	243	2	109	3.03	0.72	115.2	533	27.36	5.29	50.52	3.4	0.78
BKFST OATMEAL CHOC BAR	1 each	290	20	240	3.00	1.80	20.0	110	0.0	5.0	47.0	9.0	3.00
Muffin w/Yogurt (Blueberry)	1 each	290	50	180	2.00	1.08	120.4	602	0.0	6.01	50.07	6.5	2.50
Muffin w/Yogurt (Chocolate)	1 each	290	50	180	2.00	1.44	140.4	602	0.0	7.01	52.07	6.5	2.50
CEREAL COLD VARIETY	1 bowl	101	0	149	1.85	5.29	79.0	495	8.84	1.85	21.82	1.26	0.17
TOAST BUTTERY	1 toast	89	0	161	2.00	0.72	20.0	94	0.0	3.0	14.0	3.07	0.94
GRAHAM CRACKERS CLARKE	1 EACH	90	0	130	3.00	0.72	100.0	500	0.0	2.0	18.0	2.5	0.00
JUICE APPLE SUN CUP	1 each	50	0	10	0.00	0.00	0.0	0	1.2	0.0	13.0	0.0	0.00
JUICE GRAPE SUN CUP	1 each	60	0	0	0.00	0.72	10.0	0	60.0	1.0	16.0	0.0	0.00
JUICE ORANGE SUN CUP	4 Oz. Cup	60	0	0	0.00	0.00	*N/A*	0	42.0	0.0	13.0	0.0	0.00
APPLE WHOLE:163ct	1 EACH	57	0	1	2.65	0.13	6.6	60	5.09	0.29	15.27	0.19	0.03
ORANGE WHOLE:138ct	1 EACH	63	0	0	3.20	0.13	53.3	300	70.89	1.25	15.66	0.16	0.03
CARROTS BABY FRESH	1/2 cup	25	0	55	2.05	0.64	22.5	9772	1.88	0.45	5.78	0.09	0.01
MILK CHOCOLATE NONFAT	HALF PINT	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0	0.00
MILK STRAWBERRY NONFAT	HALF PINT	130	5	125	0.00	*N/A*	300.0	500	1.2	8.0	23.0	0.0	0.00
MILK WHITE SKIM	HALF PINT	90	5	130	0.00	0.00	300.0	500	2.4	8.0	13.0	0.0	0.00
MILK WHITE 1%	HALF PINT	110	10	130	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5	1.50
Weighted Daily Average		473	42	616	*5.91	*2.59	*471.9	*2685	26.32	*22.99	70.18	11.50	*3.93
% of Calories										*19.4%	59.3%	21.9%	*7.5%
Nutrient Guideline		610-733		1055									<10.00

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Clarke County Public Schools

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: Lunch-9 thru 12-OFFER VS SERVE/Breakfast -9-12-OFFER VS SERVE

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 05/25/2017													
Lunch-9 thru 12-OFFER VS	Total												
CHICKEN BBQ BREAST Clarke	1 each	209	51	1513	0.00	2.58	0.0	256	0.0	17.83	17.4	7.12	2.04
Roll - 2 oz.	1 each	169	0	135	3.39	0.85	12.7	0	0.01	6.98	27.92	2.99	0.50
CARROTS:oven	1/2 cup	10	0	22	0.82	0.26	9.1	3909	0.75	0.18	2.31	0.03	0.01
FRUIT MIXED TROPICAL	1/2 CUP	90	0	10	1.00	0.72	40.0	400	12.0	1.0	21.0	0.0	0.00
SAND SUB TUNA Clarke 9-12	1 sub	261	23	651	3.12	2.19	62.5	24	0.53	17.58	30.65	8.64	1.33
SAND COLD HAM Clarke	1 EACH	300	61	847	6.00	2.31	520.6	*239	0.78	20.79	31.81	12.6	5.43
Sub, Turkey & Cheese 9-12	1 each	298	38	971	4.39	2.06	222.7	908	4.95	20.72	31.82	11.4	6.47
Sandwich - PB & Jelly	1 each	478	0	437	8.59	2.43	31.0	*0	0.0	16.34	58.27	25.08	3.10
PIZZA BIG DADDY PEPPERONI	1/8th slice	366	40	756	4.00	1.83	350.0	400	0.0	19.04	36.1	17.28	7.85
PIZZA BIG DADDY CHEESE	1/8th slice	340	35	670	4.00	1.80	350.0	400	0.0	18.0	36.0	15.0	7.00
PIZZA SCR CHIC BACON RANCH (F)	1/8th slice	382	57	995	3.47	2.07	*348.8	306	0.0	22.68	41.29	14.41	6.97
SAND Bacon Burger, Clarke	1 burger	394	52	787	4.00	3.16	560.7	239	0.0	24.65	31.16	18.82	8.45
SAND Cheeseburger Clarke	1 burger	321	38	658	4.00	2.88	115.9	152	0.0	20.53	30.0	13.06	5.53
SAND HOT CHICKEN PATTY Tyson	1 each	373	25	686	7.04	3.27	60.6	0	0.0	20.19	42.21	14.68	2.53
Salad - Chef Salad Clarke	1 Each	157	46	406	*0.92	1.09	236.8	5634	8.17	*12.69	3.94	10.35	5.39
SALAD FT Garden, with Cheese	1 salad	208	40	415	1.37	0.83	433.7	6131	12.02	15.37	4.5	15.19	8.53
Roll - 2 Oz	1 each	160	0	260	2.00	1.80	20.0	0	0.0	5.0	30.0	2.0	*N/A*
APPLE WHOLE:163ct	1 EACH	57	0	1	2.65	0.13	6.6	60	5.09	0.29	15.27	0.19	0.03
BANANAS:150ct	1 EACH	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
ORANGE FRESH	1 EACH	45	0	0	2.30	0.10	38.4	216	51.07	0.9	11.28	0.12	0.01
CARROTS BABY FRESH	1/2 cup	25	0	55	2.05	0.64	22.5	9772	1.88	0.45	5.78	0.09	0.01
MILK CHOCOLATE NONFAT	HALF PINT	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0	0.00
MILK STRAWBERRY NONFAT	HALF PINT	130	5	125	0.00	*N/A*	300.0	500	1.2	8.0	23.0	0.0	0.00
MILK WHITE SKIM	HALF PINT	90	5	130	0.00	0.00	300.0	500	2.4	8.0	13.0	0.0	0.00
MILK WHITE 1%	HALF PINT	110	10	130	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5	1.50

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Clarke County Public Schools

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

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Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Breakfast -9-12-OFFER VS	Total												
PIZZA BRKFST SAUSAGE WG:K12	1 slice	210	15	480	2.00	1.80	100.0	200	0.0	9.0	26.0	8.0	2.00
WAFFLES MINI MAPLE	1 package	200	0	220	3.99	2.69	99.8	499	0.0	3.99	34.93	4.99	1.50
BKFST OATMEAL CHOC BAR	1 each	290	20	240	3.00	1.80	20.0	110	0.0	5.0	47.0	9.0	3.00
Muffin w/Yogurt (Blueberry)	1 each	290	50	180	2.00	1.08	120.4	602	0.0	6.01	50.07	6.5	2.50
Muffin w/Yogurt (Chocolate)	1 each	290	50	180	2.00	1.44	140.4	602	0.0	7.01	52.07	6.5	2.50
CEREAL COLD VARIETY	1 bowl	101	0	149	1.85	5.29	79.0	495	8.84	1.85	21.82	1.26	0.17
TOAST BUTTERY	1 toast	89	0	161	2.00	0.72	20.0	94	0.0	3.0	14.0	3.07	0.94
GRAHAM CRACKERS CLARKE	1 EACH	90	0	130	3.00	0.72	100.0	500	0.0	2.0	18.0	2.5	0.00
Hash Brown	1 each	130	*N/A*	240	2.00	0.00	0.0	0	2.4	1.0	15.0	7.0	0.50
JUICE APPLE SUN CUP	1 each	50	0	10	0.00	0.00	0.0	0	1.2	0.0	13.0	0.0	0.00
JUICE GRAPE SUN CUP	1 each	60	0	0	0.00	0.72	10.0	0	60.0	1.0	16.0	0.0	0.00
JUICE ORANGE SUN CUP	4 Oz. Cup	60	0	0	0.00	0.00	*N/A*	0	42.0	0.0	13.0	0.0	0.00
APPLE WHOLE:163ct	1 EACH	57	0	1	2.65	0.13	6.6	60	5.09	0.29	15.27	0.19	0.03
ORANGE WHOLE:138ct	1 EACH	63	0	0	3.20	0.13	53.3	300	70.89	1.25	15.66	0.16	0.03
CARROTS BABY FRESH	1/2 cup	25	0	55	2.05	0.64	22.5	9772	1.88	0.45	5.78	0.09	0.01
MILK CHOCOLATE NONFAT	HALF PINT	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0	0.00
MILK STRAWBERRY NONFAT	HALF PINT	130	5	125	0.00	*N/A*	300.0	500	1.2	8.0	23.0	0.0	0.00
MILK WHITE SKIM	HALF PINT	90	5	130	0.00	0.00	300.0	500	2.4	8.0	13.0	0.0	0.00
MILK WHITE 1%	HALF PINT	110	10	130	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5	1.50
Weighted Daily Average		496	*35	899	*6.05	*2.87	*431.2	*3530	28.09	*22.43	73.85	12.11	*3.42
% of Calories										*18.1%	59.6%	22.0%	*6.2%
Nutrient Guideline		610-733		1055									<10.00

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Clarke County Public Schools

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: Lunch-9 thru 12-OFFER VS SERVE/Breakfast -9-12-OFFER VS SERVE

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 05/26/2017													
Lunch-9 thru 12-OFFER VS	Total												
SAND DoubleCheeseburger Clarke	1 burger	441	81	952	6.00	5.44	153.9	152	0.0	32.53	29.0	22.06	8.93
Potatoes,French Fries Seasoned	1/2 cup	96	0	38	1.71	0.68	15.2	9	8.68	2.17	19.88	1.7	0.43
FRUIT COCKTAIL CND	1/2 CUP	80	0	10	2.00	0.00	0.0	200	1.2	0.0	19.0	0.0	0.00
SAND SUB TUNA Clarke 9-12	1 sub	261	23	651	3.12	2.19	62.5	24	0.53	17.58	30.65	8.64	1.33
SAND COLD HAM Clarke	1 EACH	300	61	847	6.00	2.31	520.6	*239	0.78	20.79	31.81	12.6	5.43
Sub, Turkey & Cheese 9-12	1 each	298	38	971	4.39	2.06	222.7	908	4.95	20.72	31.82	11.4	6.47
Sandwich - PB & Jelly	1 each	478	0	437	8.59	2.43	31.0	*0	0.0	16.34	58.27	25.08	3.10
PIZZA BIG DADDY PEPPERONI	1/8th slice	366	40	756	4.00	1.83	350.0	400	0.0	19.04	36.1	17.28	7.85
PIZZA BIG DADDY CHEESE	1/8th slice	340	35	670	4.00	1.80	350.0	400	0.0	18.0	36.0	15.0	7.00
PIZZA SCR CHIC BACON RANCH (F)	1/8th slice	382	57	995	3.47	2.07	*348.8	306	0.0	22.68	41.29	14.41	6.97
SAND Bacon Burger, Clarke	1 burger	394	52	787	4.00	3.16	560.7	239	0.0	24.65	31.16	18.82	8.45
SAND Cheeseburger Clarke	1 burger	321	38	658	4.00	2.88	115.9	152	0.0	20.53	30.0	13.06	5.53
SAND HOT CHICKEN PATTY Tyson	1 each	373	25	686	7.04	3.27	60.6	0	0.0	20.19	42.21	14.68	2.53
Salad - Chef Salad Clarke	1 Each	157	46	406	*0.92	1.09	236.8	5634	8.17	*12.69	3.94	10.35	5.39
SALAD FT Garden, with Cheese	1 salad	208	40	415	1.37	0.83	433.7	6131	12.02	15.37	4.5	15.19	8.53
Roll - 2 Oz	1 each	160	0	260	2.00	1.80	20.0	0	0.0	5.0	30.0	2.0	*N/A*
APPLE WHOLE:163ct	1 EACH	57	0	1	2.65	0.13	6.6	60	5.09	0.29	15.27	0.19	0.03
BANANAS:150ct	1 EACH	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
ORANGE FRESH	1 EACH	45	0	0	2.30	0.10	38.4	216	51.07	0.9	11.28	0.12	0.01
CARROTS BABY FRESH	1/2 cup	25	0	55	2.05	0.64	22.5	9772	1.88	0.45	5.78	0.09	0.01
MILK CHOCOLATE NONFAT	HALF PINT	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0	0.00
MILK STRAWBERRY NONFAT	HALF PINT	130	5	125	0.00	*N/A*	300.0	500	1.2	8.0	23.0	0.0	0.00
MILK WHITE SKIM	HALF PINT	90	5	130	0.00	0.00	300.0	500	2.4	8.0	13.0	0.0	0.00
MILK WHITE 1%	HALF PINT	110	10	130	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5	1.50

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Clarke County Public Schools

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: Lunch-9 thru 12-OFFER VS SERVE/Breakfast -9-12-OFFER VS SERVE

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Breakfast -9-12-OFFER VS	Total												
Pancakes & Sausage on Stick	1 each	240	25	360	2.00	1.44	20.0	0	0.0	7.0	18.0	15.0	4.50
DONUT W/GLAZE	donut	332	0	300	2.81	0.70	14.0	73	0.0	5.0	42.76	16.0	7.00
BKFST OATMEAL CHOC BAR	1 each	290	20	240	3.00	1.80	20.0	110	0.0	5.0	47.0	9.0	3.00
Muffin w/Yogurt (Blueberry)	1 each	290	50	180	2.00	1.08	120.4	602	0.0	6.01	50.07	6.5	2.50
Muffin w/Yogurt (Chocolate)	1 each	290	50	180	2.00	1.44	140.4	602	0.0	7.01	52.07	6.5	2.50
CEREAL COLD VARIETY	1 bowl	101	0	149	1.85	5.29	79.0	495	8.84	1.85	21.82	1.26	0.17
TOAST BUTTERY	1 toast	89	0	161	2.00	0.72	20.0	94	0.0	3.0	14.0	3.07	0.94
GRAHAM CRACKERS CLARKE	1 EACH	90	0	130	3.00	0.72	100.0	500	0.0	2.0	18.0	2.5	0.00
JUICE APPLE SUN CUP	1 each	50	0	10	0.00	0.00	0.0	0	1.2	0.0	13.0	0.0	0.00
JUICE GRAPE SUN CUP	1 each	60	0	0	0.00	0.72	10.0	0	60.0	1.0	16.0	0.0	0.00
JUICE ORANGE SUN CUP	4 Oz. Cup	60	0	0	0.00	0.00	*N/A*	0	42.0	0.0	13.0	0.0	0.00
APPLE WHOLE:163ct	1 EACH	57	0	1	2.65	0.13	6.6	60	5.09	0.29	15.27	0.19	0.03
ORANGE WHOLE:138ct	1 EACH	63	0	0	3.20	0.13	53.3	300	70.89	1.25	15.66	0.16	0.03
CARROTS BABY FRESH	1/2 cup	25	0	55	2.05	0.64	22.5	9772	1.88	0.45	5.78	0.09	0.01
MILK CHOCOLATE NONFAT	HALF PINT	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0	0.00
MILK STRAWBERRY NONFAT	HALF PINT	130	5	125	0.00	*N/A*	300.0	500	1.2	8.0	23.0	0.0	0.00
MILK WHITE SKIM	HALF PINT	90	5	130	0.00	0.00	300.0	500	2.4	8.0	13.0	0.0	0.00
MILK WHITE 1%	HALF PINT	110	10	130	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5	1.50
Weighted Daily Average		492	42	681	*6.41	*3.03	*440.8	*2603	25.62	*23.77	68.80	13.69	*5.10
% of Calories										*19.3%	56.0%	25.1%	*9.3%
Nutrient Guideline		610-733		1055									<10.00

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Clarke County Public Schools

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: Lunch-9 thru 12-OFFER VS SERVE/Breakfast -9-12-OFFER VS SERVE

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 05/30/2017													
Lunch-9 thru 12-OFFER VS	Total												
FRENCH TOAST STICKS Clarke	5 pc. serving	301	0	382	2.01	1.81	60.2	75	0.0	6.02	43.17	13.05	3.01
SAUSAGE PATTY, PORK	1 EACH	70	25	260	0.00	0.36	20.0	0	0.0	7.0	0.0	5.0	1.50
Vegetables, Mixed	4oz. scoop	37	0	30	1.50	0.27	0.0	938	2.7	0.75	8.25	0.0	0.00
PEACHES DICED CND	1/2 CUP	50	0	10	0.00	0.00	0.0	300	1.2	0.0	11.99	0.0	0.00
Sub, Ham & Cheese Secondary	1 each	291	42	808	4.39	2.41	222.7	908	5.35	17.62	31.35	12.47	6.96
SAND COLD HAM Clarke	1 EACH	300	61	847	6.00	2.31	520.6	*239	0.78	20.79	31.81	12.6	5.43
Sub, Turkey & Cheese 9-12	1 each	298	38	971	4.39	2.06	222.7	908	4.95	20.72	31.82	11.4	6.47
Sandwich - PB & Jelly	1 each	478	0	437	8.59	2.43	31.0	*0	0.0	16.34	58.27	25.08	3.10
PIZZA BIG DADDY PEPPERONI	1/8th slice	366	40	756	4.00	1.83	350.0	400	0.0	19.04	36.1	17.28	7.85
PIZZA BIG DADDY CHEESE	1/8th slice	340	35	670	4.00	1.80	350.0	400	0.0	18.0	36.0	15.0	7.00
PIZZA BIG DADDY Veggie	1/8th slice	355	35	710	4.73	1.98	358.4	481	15.61	18.5	39.19	15.06	7.01
SAND Cheeseburger Clarke	1 burger	321	38	658	4.00	2.88	115.9	152	0.0	20.53	30.0	13.06	5.53
SAND HOT CHICKEN PATTY Tyson	1 each	373	25	686	7.04	3.27	60.6	0	0.0	20.19	42.21	14.68	2.53
SALAD FT CAESAR: Clarke	1 salad	144	54	307	1.21	1.19	87.5	5096	2.31	19.14	6.9	5.34	2.02
SALAD FT Garden, with Cheese	1 salad	208	40	415	1.37	0.83	433.7	6131	12.02	15.37	4.5	15.19	8.53
Roll - 2 Oz	1 each	160	0	260	2.00	1.80	20.0	0	0.0	5.0	30.0	2.0	*N/A*
APPLE WHOLE:163ct	1 EACH	57	0	1	2.65	0.13	6.6	60	5.09	0.29	15.27	0.19	0.03
BANANAS:150ct	1 EACH	0	0	0	0.00	0.00	0.0	0	0.0	0.0	0.0	0.0	0.00
ORANGE FRESH	1 EACH	45	0	0	2.30	0.10	38.4	216	51.07	0.9	11.28	0.12	0.01
CARROTS BABY FRESH	1/2 cup	25	0	55	2.05	0.64	22.5	9772	1.88	0.45	5.78	0.09	0.01
MILK CHOCOLATE NONFAT	HALF PINT	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0	0.00
MILK STRAWBERRY NONFAT	HALF PINT	130	5	125	0.00	*N/A*	300.0	500	1.2	8.0	23.0	0.0	0.00
MILK WHITE SKIM	HALF PINT	90	5	130	0.00	0.00	300.0	500	2.4	8.0	13.0	0.0	0.00
MILK WHITE 1%	HALF PINT	110	10	130	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5	1.50

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Clarke County Public Schools

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: Lunch-9 thru 12-OFFER VS SERVE/Breakfast -9-12-OFFER VS SERVE

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Breakfast -9-12-OFFER VS	Total												
SAND BK Muffin Sausage Cheese	1 sandwich	227	41	430	3.00	2.24	360.3	119	0.0	13.49	23.58	8.83	3.22
FRENCH TOAST MINI ORIGINAL	1 package	210	0	240	4.00	2.70	99.9	499	0.0	4.0	36.96	4.99	1.50
BKFST OATMEAL CHOC BAR	1 each	290	20	240	3.00	1.80	20.0	110	0.0	5.0	47.0	9.0	3.00
Muffin w/Yogurt (Blueberry)	1 each	290	50	180	2.00	1.08	120.4	602	0.0	6.01	50.07	6.5	2.50
Muffin w/Yogurt (Chocolate)	1 each	290	50	180	2.00	1.44	140.4	602	0.0	7.01	52.07	6.5	2.50
CEREAL COLD VARIETY	1 bowl	101	0	149	1.85	5.29	79.0	495	8.84	1.85	21.82	1.26	0.17
TOAST BUTTERY	1 toast	89	0	161	2.00	0.72	20.0	94	0.0	3.0	14.0	3.07	0.94
GRAHAM CRACKERS CLARKE	1 EACH	90	0	130	3.00	0.72	100.0	500	0.0	2.0	18.0	2.5	0.00
JUICE APPLE SUN CUP	1 each	50	0	10	0.00	0.00	0.0	0	1.2	0.0	13.0	0.0	0.00
JUICE GRAPE SUN CUP	1 each	60	0	0	0.00	0.72	10.0	0	60.0	1.0	16.0	0.0	0.00
JUICE ORANGE SUN CUP	4 Oz. Cup	60	0	0	0.00	0.00	*N/A*	0	42.0	0.0	13.0	0.0	0.00
APPLE WHOLE:163ct	1 EACH	57	0	1	2.65	0.13	6.6	60	5.09	0.29	15.27	0.19	0.03
ORANGE WHOLE:138ct	1 EACH	63	0	0	3.20	0.13	53.3	300	70.89	1.25	15.66	0.16	0.03
CARROTS BABY FRESH	1/2 cup	25	0	55	2.05	0.64	22.5	9772	1.88	0.45	5.78	0.09	0.01
MILK CHOCOLATE NONFAT	HALF PINT	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0	0.00
MILK STRAWBERRY NONFAT	HALF PINT	130	5	125	0.00	*N/A*	300.0	500	1.2	8.0	23.0	0.0	0.00
MILK WHITE SKIM	HALF PINT	90	5	130	0.00	0.00	300.0	500	2.4	8.0	13.0	0.0	0.00
MILK WHITE 1%	HALF PINT	110	10	130	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5	1.50
Weighted Daily Average		430	29	573	4.80	*2.27	*423.7	*2823	24.88	18.72	65.14	10.86	*3.47
% of Calories										17.4%	60.6%	22.7%	*7.3%
Nutrient Guideline		610-733		1055									<10.00

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Clarke County Public Schools

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: Lunch-9 thru 12-OFFER VS SERVE/Breakfast -9-12-OFFER VS SERVE

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 05/31/2017													
Breakfast -9-12-OFFER VS	Total												
Cinnamon Bun WG	1 each	236	5	140	3.09	1.01	20.4	450	0.38	5.0	50.5	1.0	0.50
Parfait, Blueberry/Strawberry	1 each	243	2	109	3.03	0.72	115.2	533	27.36	5.29	50.52	3.4	0.78
BKFST OATMEAL CHOC BAR	1 each	290	20	240	3.00	1.80	20.0	110	0.0	5.0	47.0	9.0	3.00
Muffin w/Yogurt (Blueberry)	1 each	290	50	180	2.00	1.08	120.4	602	0.0	6.01	50.07	6.5	2.50
Muffin w/Yogurt (Chocolate)	1 each	290	50	180	2.00	1.44	140.4	602	0.0	7.01	52.07	6.5	2.50
CEREAL COLD VARIETY	1 bowl	101	0	149	1.85	5.29	79.0	495	8.84	1.85	21.82	1.26	0.17
TOAST BUTTERY	1 toast	89	0	161	2.00	0.72	20.0	94	0.0	3.0	14.0	3.07	0.94
GRAHAM CRACKERS CLARKE	1 EACH	90	0	130	3.00	0.72	100.0	500	0.0	2.0	18.0	2.5	0.00
JUICE APPLE SUN CUP	1 each	50	0	10	0.00	0.00	0.0	0	1.2	0.0	13.0	0.0	0.00
JUICE GRAPE SUN CUP	1 each	60	0	0	0.00	0.72	10.0	0	60.0	1.0	16.0	0.0	0.00
JUICE ORANGE SUN CUP	4 Oz. Cup	60	0	0	0.00	0.00	*N/A*	0	42.0	0.0	13.0	0.0	0.00
APPLE WHOLE:163ct	1 EACH	57	0	1	2.65	0.13	6.6	60	5.09	0.29	15.27	0.19	0.03
ORANGE WHOLE:138ct	1 EACH	63	0	0	3.20	0.13	53.3	300	70.89	1.25	15.66	0.16	0.03
CARROTS BABY FRESH	1/2 cup	25	0	55	2.05	0.64	22.5	9772	1.88	0.45	5.78	0.09	0.01
MILK CHOCOLATE NONFAT	HALF PINT	120	5	180	0.00	0.00	300.0	500	1.2	8.0	20.0	0.0	0.00
MILK STRAWBERRY NONFAT	HALF PINT	130	5	125	0.00	*N/A*	300.0	500	1.2	8.0	23.0	0.0	0.00
MILK WHITE SKIM	HALF PINT	90	5	130	0.00	0.00	300.0	500	2.4	8.0	13.0	0.0	0.00
MILK WHITE 1%	HALF PINT	110	10	130	0.00	0.00	300.0	500	2.4	8.0	13.0	2.5	1.50
Weighted Daily Average		333	20	263	4.29	*1.63	*353.1	3072	42.87	11.41	63.23	4.01	1.45
% of Calories										13.7%	75.8%	10.8%	3.9%
Nutrient Guideline		610-733		1055									<10.00

Weighted Average		463	*35	695	*6.18	*2.45	*451.8	*2841	*29.77	*21.26 *18.4%	69.69 60.2%	11.18 21.7%	*3.78 *7.3%
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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

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

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Clarke County Public Schools

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: Lunch-9 thru 12-OFFER VS SERVE/Breakfast -9-12-OFFER VS SERVE

Portion Values - Detailed

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Nutrient	Menu AVG	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Error Messages (if any)
Calories	463		610 - 733	76%			147								Correction Required - Calories are Low
Cholesterol (mg)	35				Missing										
Sodium (mg)	695		1055												
Fiber (g)	6.18				Missing										
Iron (mg)	2.45				Missing										
Calcium (mg)	451.8				Missing										
Vitamin A (IU)	2841				Missing										
Vitamin C (mg)	29.77				Missing										
Protein (g)	21.26	18.37%			Missing										
Carbohydrate (g)	69.69	60.23%													
Total Fat (g)	11.18	21.73%													
Saturated Fat (g)	3.78	7.34%	<10.00%		Missing										

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