

# National School District

Mar 17, 2025 thru May 2, 2025

## Base Menu Spreadsheet

NSD Lunch

## Portion Values - Detailed

Page 1

Generated on: 3/17/2025 8:35:57 AM

	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Mon - 03/17/2025				
NSD Lunch	Total	4000		
Teriyaki Chicken & Veggie Rice	1 EACH	1500	287	42.32
Tamale, Chicken	1 EACH	1500	290	26.0
YogurtStrawBa,Granola,StringCh	1 each	1000	420	61.0
Apple, Red Fresh	1 each	2100	95	25.13
Apple, Green Fresh	1 each	1000	95	25.13
Raisins, box	1 each	1000	120	29.0
Lettuce, Salad Mix 3-Way	1 CUP	2000	8	1.69
Carrots Baby, Fresh	1/2 cup	500	40	9.34
Celery, Sticks, Fresh	1/2 cup	2000	8	1.78
Juice, Appleberry, 4 oz	1 each	2000	55	14.0
Juice, Apple, 4 oz	1 each	1300	55	14.0
Milk, 1% White	1 each	499	120	16.0
Milk, Chocolate, Fat Free	1 each	3500	110	20.0
Milk, Lactose Free 1% White	1 each	1	100	12.0
Dressing, Ranch Bulk	2 tbsp	2000	70	1.0
Salsa Molcajete Roja	2 tbsp	500	10	2.0
Weighted Daily Average			631	102.30
% of Calories				64.9%
Nutrient Guideline			600-650	

Tue - 03/18/2025				
NSD Lunch	Total	4000		
Rotini w/ Roll	1 each	1400	489	56.81
Sandwich, Tuna on Croissant	1 each	1400	434	31.17
Pupusa, Bean & Cheese	1 each	1200	290	35.0
Apple Slices, Bulk Fresh	1/2 CUP	1700	50	14.0
Bananas, Fresh	1 each	200	105	26.95
Strawberries, fresh	1/2 cup	1500	23	5.53
Lettuce, Salad Mix 3-Way	1 CUP	1700	8	1.69
Carrots Baby, Fresh	1/2 cup	1000	40	9.34
Jicama, Raw	1/2 cup	2000	23	5.29
Juice, Appleberry, 4 oz	1 each	2000	55	14.0
Juice, Apple, 4 oz	1 each	1300	55	14.0
Milk, 1% White	1 each	499	120	16.0
Milk, Chocolate, Fat Free	1 each	3500	110	20.0
Milk, Lactose Free 1% White	1 each	1	100	12.0
Dressing, Ranch Bulk	2 tbsp	2100	70	1.0
Salsa Molcajete Roja	2 tbsp	500	10	2.0
Weighted Daily Average			664	88.19
% of Calories				53.1%
Nutrient Guideline			600-650	

\*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

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NSD Lunch

## Portion Values - Detailed

Page 2

Generated on: 3/17/2025 8:35:58 AM

	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Wed - 03/19/2025				
NSD Lunch	Total	4000		
Brunch4Lunch:WaffleSausageTurk	1 each	1400	320	28.0
Chicken Tenders & Roll	2 each	1600	380	43.0
Sandwich, Toasted Cheese	1 each	1000	344	30.0
Apple Slices, Bulk Fresh	1/2 CUP	2700	50	14.0
Bananas, Fresh	1 each	500	105	26.95
Pears, Fresh	1 each	1000	101	27.11
Lettuce, Salad Mix 3-Way	1 CUP	1300	8	1.69
Cauliflower, Florets, Fresh	1/2 cup	1500	13	2.49
Broccoli, Fresh	1/2 cup	2000	12	2.36
Juice, Appleberry, 4 oz	1 each	2000	55	14.0
Juice, Apple, 4 oz	1 each	1300	55	14.0
Milk, 1% White	1 each	499	120	16.0
Milk, Chocolate, Fat Free	1 each	3500	110	20.0
Milk, Lactose Free 1% White	1 each	1	100	12.0
Dressing, Ranch Bulk	2 tbsp	1200	70	1.0
Simply Ketchup, packet	Pkt	500	10	2.0
BBQ Sauce	2 tbsp	500	60	13.0
Weighted Daily Average			622	89.98
% of Calories				57.9%
Nutrient Guideline			600-650	

Thu - 03/20/2025				
NSD Lunch	Total	4000		
Meatball, Tomato Basil & Knot	1 each	2000	367	33.02
Chicken Pattie SandwichWMuscle	1 each	1200	350	39.0
Quesadilla, Cheese	1 each	800	375	34.0
Cup, Mixed Berries Wawona	1 EACH	2000	70	18.0
Orange Slices, Fresh	1/2 cup	2000	42	10.58
Apple, Green Fresh	1 each	1500	95	25.13
Lettuce, Salad Mix 3-Way	1 CUP	1000	8	1.69
Tomatoes, Sliced, Fresh	1/2 cup	1500	16	3.5
Beans, Vegetarian, canned	1/2 cup	200	160	29.0
Juice, Appleberry, 4 oz	1 each	2000	55	14.0
Juice, Apple, 4 oz	1 each	1300	55	14.0
Milk, 1% White	1 each	499	120	16.0
Milk, Chocolate, Fat Free	1 each	3500	110	20.0
Milk, Lactose Free 1% White	1 each	1	100	12.0
Dressing, Ranch Bulk	2 tbsp	1000	70	1.0
Ketchup, packet	Pkt	900	10	2.0
Mustard, packet	Pkt	100	0	0.0
Mayonnaise, Packet	Pkt	100	60	1.0
BBQ Sauce	2 tbsp	100	60	13.0
Salsa Molcajete Roja	2 tbsp	100	10	2.0
Weighted Daily Average			651	94.06
% of Calories				57.8%
Nutrient Guideline			600-650	

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

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Mar 17, 2025 thru May 2, 2025

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NSD Lunch

## Portion Values - Detailed

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Generated on: 3/17/2025 8:35:58 AM

	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Fri - 03/21/2025				
NSD Lunch	Total	4000		
Pizza, Pepp. 8-Cut WildMike's	1 each	1500	400	37.0
Cheeseburger, Beef SteakBurger	1 each	1000	318	31.6
Pizza, Cheese 8-Cut WildMike's	1 each	1500	390	37.0
Apple, Red Fresh	1 each	1600	95	25.13
Orange Slices, Fresh	1/2 cup	1700	42	10.58
Pears, Fresh	1 each	500	101	27.11
Lettuce, Salad Mix 3-Way	1 CUP	1500	8	1.69
Tomatoes, Sliced, Fresh	1/2 cup	1000	16	3.5
Cucumbers, Sticks, Fresh	1/2 cup	1000	6	1.29
Juice, Appleberry, 4 oz	1 each	2000	55	14.0
Juice, Apple, 4 oz	1 each	1300	55	14.0
Milk, 1% White	1 each	499	120	16.0
Milk, Chocolate, Fat Free	1 each	3000	110	20.0
Milk, Lactose Free 1% White	1 each	1	100	12.0
Dressing, Ranch Bulk	2 tbsp	200	70	1.0
Ketchup, packet	Pkt	500	10	2.0
Mustard, packet	Pkt	100	0	0.0
Mayonnaise, Packet	Pkt	100	60	1.0
BBQ Sauce	2 tbsp	100	60	13.0
Weighted Daily Average			603	84.62
% of Calories				56.1%
Nutrient Guideline			600-650	

Mon - 04/07/2025				
NSD Lunch	Total	4000		
Teriyaki Chicken & Veggie Rice	1 EACH	1500	287	42.32
Tamale, Chicken	1 EACH	1500	290	26.0
YogurtStrawBa,Granola,StringCh	1 each	1000	420	61.0
Apple, Red Fresh	1 each	2100	95	25.13
Apple, Green Fresh	1 each	1000	95	25.13
Raisins, box	1 each	1000	120	29.0
Lettuce, Salad Mix 3-Way	1 CUP	2000	8	1.69
Carrots Baby, Fresh	1/2 cup	500	40	9.34
Celery, Sticks, Fresh	1/2 cup	2000	8	1.78
Juice, Appleberry, 4 oz	1 each	2000	55	14.0
Juice, Apple, 4 oz	1 each	1300	55	14.0
Milk, 1% White	1 each	499	120	16.0
Milk, Chocolate, Fat Free	1 each	3500	110	20.0
Milk, Lactose Free 1% White	1 each	1	100	12.0
Dressing, Ranch Bulk	2 tbsp	2000	70	1.0
Salsa Molcajete Roja	2 tbsp	500	10	2.0
Weighted Daily Average			631	102.30
% of Calories				64.9%
Nutrient Guideline			600-650	

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\* - denotes combined nutrient totals with either missing or incomplete nutrient data

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NSD Lunch

## Portion Values - Detailed

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Generated on: 3/17/2025 8:35:58 AM

	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Tue - 04/08/2025				
NSD Lunch	Total	4000		
Rotini w/ Roll	1 each	1400	489	56.81
Sandwich, Tuna on Croissant	1 each	1400	434	31.17
Pupusa, Bean & Cheese	1 each	1200	290	35.0
Apple Slices, Bulk Fresh	1/2 CUP	1700	50	14.0
Bananas, Fresh	1 each	200	105	26.95
Strawberries, fresh	1/2 cup	1500	23	5.53
Lettuce, Salad Mix 3-Way	1 CUP	1700	8	1.69
Carrots Baby, Fresh	1/2 cup	1000	40	9.34
Jicama, Raw	1/2 cup	2000	23	5.29
Juice, Appleberry, 4 oz	1 each	2000	55	14.0
Juice, Apple, 4 oz	1 each	1300	55	14.0
Milk, 1% White	1 each	499	120	16.0
Milk, Chocolate, Fat Free	1 each	3500	110	20.0
Milk, Lactose Free 1% White	1 each	1	100	12.0
Dressing, Ranch Bulk	2 tbsp	2100	70	1.0
Salsa Molcajete Roja	2 tbsp	500	10	2.0
Weighted Daily Average			664	88.19
% of Calories				53.1%
Nutrient Guideline			600-650	

Wed - 04/09/2025				
NSD Lunch	Total	4000		
Brunch4Lunch:WaffleSausageTurk	1 each	1400	320	28.0
Chicken Tenders & Roll	2 each	1600	380	43.0
Sandwich, Toasted Cheese	1 each	1000	344	30.0
Apple Slices, Bulk Fresh	1/2 CUP	2700	50	14.0
Bananas, Fresh	1 each	500	105	26.95
Pears, Fresh	1 each	1000	101	27.11
Lettuce, Salad Mix 3-Way	1 CUP	1300	8	1.69
Cauliflower, Florets, Fresh	1/2 cup	1500	13	2.49
Broccoli, Fresh	1/2 cup	2000	12	2.36
Juice, Appleberry, 4 oz	1 each	2000	55	14.0
Juice, Apple, 4 oz	1 each	1300	55	14.0
Milk, 1% White	1 each	499	120	16.0
Milk, Chocolate, Fat Free	1 each	3500	110	20.0
Milk, Lactose Free 1% White	1 each	1	100	12.0
Dressing, Ranch Bulk	2 tbsp	1200	70	1.0
Simply Ketchup, packet	Pkt	500	10	2.0
BBQ Sauce	2 tbsp	500	60	13.0
Weighted Daily Average			622	89.98
% of Calories				57.9%
Nutrient Guideline			600-650	

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\* - denotes combined nutrient totals with either missing or incomplete nutrient data

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NSD Lunch

## Portion Values - Detailed

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Generated on: 3/17/2025 8:35:58 AM

	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Thu - 04/10/2025				
NSD Lunch	Total	4000		
Meatball, Tomato Basil & Knot	1 each	2000	367	33.02
Chicken Pattie SandwichWMuscle	1 each	1200	350	39.0
Quesadilla, Cheese	1 each	800	375	34.0
Cup, Mixed Berries Wawona	1 EACH	2000	70	18.0
Orange Slices, Fresh	1/2 cup	2000	42	10.58
Apple, Green Fresh	1 each	1500	95	25.13
Lettuce, Salad Mix 3-Way	1 CUP	1000	8	1.69
Tomatoes, Sliced, Fresh	1/2 cup	1500	16	3.5
Beans, Vegetarian, canned	1/2 cup	200	160	29.0
Juice, Appleberry, 4 oz	1 each	2000	55	14.0
Juice, Apple, 4 oz	1 each	1300	55	14.0
Milk, 1% White	1 each	499	120	16.0
Milk, Chocolate, Fat Free	1 each	3500	110	20.0
Milk, Lactose Free 1% White	1 each	1	100	12.0
Dressing, Ranch Bulk	2 tbsp	1000	70	1.0
Ketchup, packet	Pkt	900	10	2.0
Mustard, packet	Pkt	100	0	0.0
Mayonnaise, Packet	Pkt	100	60	1.0
BBQ Sauce	2 tbsp	100	60	13.0
Salsa Molcajete Roja	2 tbsp	100	10	2.0
Weighted Daily Average			651	94.06
% of Calories				57.8%
Nutrient Guideline			600-650	

Fri - 04/11/2025				
NSD Lunch	Total	4000		
Pizza, Pepp. 8-Cut WildMike's	1 each	1500	400	37.0
Cheeseburger, Beef SteakBurger	1 each	1000	318	31.6
Pizza, Cheese 8-Cut WildMike's	1 each	1500	390	37.0
Apple, Red Fresh	1 each	1600	95	25.13
Orange Slices, Fresh	1/2 cup	1700	42	10.58
Pears, Fresh	1 each	500	101	27.11
Lettuce, Salad Mix 3-Way	1 CUP	1500	8	1.69
Tomatoes, Sliced, Fresh	1/2 cup	1000	16	3.5
Cucumbers, Sticks, Fresh	1/2 cup	1000	6	1.29
Juice, Appleberry, 4 oz	1 each	2000	55	14.0
Juice, Apple, 4 oz	1 each	1300	55	14.0
Milk, 1% White	1 each	499	120	16.0
Milk, Chocolate, Fat Free	1 each	3000	110	20.0
Milk, Lactose Free 1% White	1 each	1	100	12.0
Dressing, Ranch Bulk	2 tbsp	200	70	1.0
Ketchup, packet	Pkt	500	10	2.0
Mustard, packet	Pkt	100	0	0.0
Mayonnaise, Packet	Pkt	100	60	1.0
BBQ Sauce	2 tbsp	100	60	13.0
Weighted Daily Average			603	84.62
% of Calories				56.1%
Nutrient Guideline			600-650	

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NSD Lunch

## Portion Values - Detailed

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Generated on: 3/17/2025 8:35:58 AM

	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Mon - 04/14/2025				
NSD Lunch	Total	4000		
Teriyaki Chicken & Veggie Rice	1 EACH	1500	287	42.32
Tamale, Chicken	1 EACH	1500	290	26.0
YogurtStrawBa,Granola,StringCh	1 each	1000	420	61.0
Apple, Red Fresh	1 each	2100	95	25.13
Apple, Green Fresh	1 each	1000	95	25.13
Raisins, box	1 each	1000	120	29.0
Lettuce, Salad Mix 3-Way	1 CUP	2000	8	1.69
Carrots Baby, Fresh	1/2 cup	500	40	9.34
Celery, Sticks, Fresh	1/2 cup	2000	8	1.78
Juice, Appleberry, 4 oz	1 each	2000	55	14.0
Juice, Apple, 4 oz	1 each	1300	55	14.0
Milk, 1% White	1 each	499	120	16.0
Milk, Chocolate, Fat Free	1 each	3500	110	20.0
Milk, Lactose Free 1% White	1 each	1	100	12.0
Dressing, Ranch Bulk	2 tbsp	2000	70	1.0
Salsa Molcajete Roja	2 tbsp	500	10	2.0
Weighted Daily Average			631	102.30
% of Calories				64.9%
Nutrient Guideline			600-650	

Tue - 04/15/2025				
NSD Lunch	Total	4000		
Rotini w/ Roll	1 each	1400	489	56.81
Sandwich, Tuna on Croissant	1 each	1400	434	31.17
Pupusa, Bean & Cheese	1 each	1200	290	35.0
Apple Slices, Bulk Fresh	1/2 CUP	1700	50	14.0
Bananas, Fresh	1 each	200	105	26.95
Strawberries, fresh	1/2 cup	1500	23	5.53
Lettuce, Salad Mix 3-Way	1 CUP	1700	8	1.69
Carrots Baby, Fresh	1/2 cup	1000	40	9.34
Jicama, Raw	1/2 cup	2000	23	5.29
Juice, Appleberry, 4 oz	1 each	2000	55	14.0
Juice, Apple, 4 oz	1 each	1300	55	14.0
Milk, 1% White	1 each	499	120	16.0
Milk, Chocolate, Fat Free	1 each	3500	110	20.0
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Base Menu Spreadsheet

NSD Lunch

Portion Values - Detailed

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Wed - 04/16/2025				
NSD Lunch	Total	4000		
Brunch4Lunch:WaffleSausageTurk	1 each	1400	320	28.0
Chicken Tenders & Roll	2 each	1600	380	43.0
Sandwich, Toasted Cheese	1 each	1000	344	30.0
Apple Slices, Bulk Fresh	1/2 CUP	2700	50	14.0
Bananas, Fresh	1 each	500	105	26.95
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% of Calories				57.9%
Nutrient Guideline			600-650	

Thu - 04/17/2025				
NSD Lunch	Total	4000		
Meatball, Tomato Basil & Knot	1 each	2000	367	33.02
Chicken Pattie SandwichWMuscle	1 each	1200	350	39.0
Quesadilla, Cheese	1 each	800	375	34.0
Cup, Mixed Berries Wawona	1 EACH	2000	70	18.0
Orange Slices, Fresh	1/2 cup	2000	42	10.58
Apple, Green Fresh	1 each	1500	95	25.13
Lettuce, Salad Mix 3-Way	1 CUP	1000	8	1.69
Tomatoes, Sliced, Fresh	1/2 cup	1500	16	3.5
Beans, Vegetarian, canned	1/2 cup	200	160	29.0
Juice, Appleberry, 4 oz	1 each	2000	55	14.0
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Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Fri - 04/18/2025				
NSD Lunch	Total	4000		
Pizza, Pepp. 8-Cut WildMike's	1 each	1500	400	37.0
Cheeseburger, Beef SteakBurger	1 each	1000	318	31.6
Pizza, Cheese 8-Cut WildMike's	1 each	1500	390	37.0
Apple, Red Fresh	1 each	1600	95	25.13
Orange Slices, Fresh	1/2 cup	1700	42	10.58
Pears, Fresh	1 each	500	101	27.11
Lettuce, Salad Mix 3-Way	1 CUP	1500	8	1.69
Tomatoes, Sliced, Fresh	1/2 cup	1000	16	3.5
Cucumbers, Sticks, Fresh	1/2 cup	1000	6	1.29
Juice, Appleberry, 4 oz	1 each	2000	55	14.0
Juice, Apple, 4 oz	1 each	1300	55	14.0
Milk, 1% White	1 each	499	120	16.0
Milk, Chocolate, Fat Free	1 each	3000	110	20.0
Milk, Lactose Free 1% White	1 each	1	100	12.0
Dressing, Ranch Bulk	2 tbsp	200	70	1.0
Ketchup, packet	Pkt	500	10	2.0
Mustard, packet	Pkt	100	0	0.0
Mayonnaise, Packet	Pkt	100	60	1.0
BBQ Sauce	2 tbsp	100	60	13.0
Weighted Daily Average			603	84.62
% of Calories				56.1%
Nutrient Guideline			600-650	

Mon - 04/21/2025				
NSD Lunch	Total	4000		
Teriyaki Chicken & Veggie Rice	1 EACH	1500	287	42.32
Tamale, Chicken	1 EACH	1500	290	26.0
YogurtStrawBa,Granola,StringCh	1 each	1000	420	61.0
Apple, Red Fresh	1 each	2100	95	25.13
Apple, Green Fresh	1 each	1000	95	25.13
Raisins, box	1 each	1000	120	29.0
Lettuce, Salad Mix 3-Way	1 CUP	2000	8	1.69
Carrots Baby, Fresh	1/2 cup	500	40	9.34
Celery, Sticks, Fresh	1/2 cup	2000	8	1.78
Juice, Appleberry, 4 oz	1 each	2000	55	14.0
Juice, Apple, 4 oz	1 each	1300	55	14.0
Milk, 1% White	1 each	499	120	16.0
Milk, Chocolate, Fat Free	1 each	3500	110	20.0
Milk, Lactose Free 1% White	1 each	1	100	12.0
Dressing, Ranch Bulk	2 tbsp	2000	70	1.0
Salsa Molcajete Roja	2 tbsp	500	10	2.0
Weighted Daily Average			631	102.30
% of Calories				64.9%
Nutrient Guideline			600-650	

\*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

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# National School District

Mar 17, 2025 thru May 2, 2025

## Base Menu Spreadsheet

NSD Lunch

## Portion Values - Detailed

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Generated on: 3/17/2025 8:35:58 AM

	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Tue - 04/22/2025				
NSD Lunch	Total	4000		
Rotini w/ Roll	1 each	1400	489	56.81
Sandwich, Tuna on Croissant	1 each	1400	434	31.17
Pupusa, Bean & Cheese	1 each	1200	290	35.0
Apple Slices, Bulk Fresh	1/2 CUP	1700	50	14.0
Bananas, Fresh	1 each	200	105	26.95
Strawberries, fresh	1/2 cup	1500	23	5.53
Lettuce, Salad Mix 3-Way	1 CUP	1700	8	1.69
Carrots Baby, Fresh	1/2 cup	1000	40	9.34
Jicama, Raw	1/2 cup	2000	23	5.29
Juice, Appleberry, 4 oz	1 each	2000	55	14.0
Juice, Apple, 4 oz	1 each	1300	55	14.0
Milk, 1% White	1 each	499	120	16.0
Milk, Chocolate, Fat Free	1 each	3500	110	20.0
Milk, Lactose Free 1% White	1 each	1	100	12.0
Dressing, Ranch Bulk	2 tbsp	2100	70	1.0
Salsa Molcajete Roja	2 tbsp	500	10	2.0
Weighted Daily Average			664	88.19
% of Calories				53.1%
Nutrient Guideline			600-650	

Wed - 04/23/2025				
NSD Lunch	Total	4000		
Brunch4Lunch:WaffleSausageTurk	1 each	1400	320	28.0
Chicken Tenders & Roll	2 each	1600	380	43.0
Sandwich, Toasted Cheese	1 each	1000	344	30.0
Apple Slices, Bulk Fresh	1/2 CUP	2700	50	14.0
Bananas, Fresh	1 each	500	105	26.95
Pears, Fresh	1 each	1000	101	27.11
Lettuce, Salad Mix 3-Way	1 CUP	1300	8	1.69
Cauliflower, Florets, Fresh	1/2 cup	1500	13	2.49
Broccoli, Fresh	1/2 cup	2000	12	2.36
Juice, Appleberry, 4 oz	1 each	2000	55	14.0
Juice, Apple, 4 oz	1 each	1300	55	14.0
Milk, 1% White	1 each	499	120	16.0
Milk, Chocolate, Fat Free	1 each	3500	110	20.0
Milk, Lactose Free 1% White	1 each	1	100	12.0
Dressing, Ranch Bulk	2 tbsp	1200	70	1.0
Simply Ketchup, packet	Pkt	500	10	2.0
BBQ Sauce	2 tbsp	500	60	13.0
Weighted Daily Average			622	89.98
% of Calories				57.9%
Nutrient Guideline			600-650	

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

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# National School District

Mar 17, 2025 thru May 2, 2025

## Base Menu Spreadsheet

NSD Lunch

## Portion Values - Detailed

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Generated on: 3/17/2025 8:35:58 AM

	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Thu - 04/24/2025				
NSD Lunch	Total	4000		
Meatball, Tomato Basil & Knot	1 each	2000	367	33.02
Chicken Pattie SandwichWMuscle	1 each	1200	350	39.0
Quesadilla, Cheese	1 each	800	375	34.0
Cup, Mixed Berries Wawona	1 EACH	2000	70	18.0
Orange Slices, Fresh	1/2 cup	2000	42	10.58
Apple, Green Fresh	1 each	1500	95	25.13
Lettuce, Salad Mix 3-Way	1 CUP	1000	8	1.69
Tomatoes, Sliced, Fresh	1/2 cup	1500	16	3.5
Beans, Vegetarian, canned	1/2 cup	200	160	29.0
Juice, Appleberry, 4 oz	1 each	2000	55	14.0
Juice, Apple, 4 oz	1 each	1300	55	14.0
Milk, 1% White	1 each	499	120	16.0
Milk, Chocolate, Fat Free	1 each	3500	110	20.0
Milk, Lactose Free 1% White	1 each	1	100	12.0
Dressing, Ranch Bulk	2 tbsp	1000	70	1.0
Ketchup, packet	Pkt	900	10	2.0
Mustard, packet	Pkt	100	0	0.0
Mayonnaise, Packet	Pkt	100	60	1.0
BBQ Sauce	2 tbsp	100	60	13.0
Salsa Molcajete Roja	2 tbsp	100	10	2.0
Weighted Daily Average			651	94.06
% of Calories				57.8%
Nutrient Guideline			600-650	

Fri - 04/25/2025				
NSD Lunch	Total	4000		
Pizza, Pepp. 8-Cut WildMike's	1 each	1500	400	37.0
Cheeseburger, Beef SteakBurger	1 each	1000	318	31.6
Pizza, Cheese 8-Cut WildMike's	1 each	1500	390	37.0
Apple, Red Fresh	1 each	1600	95	25.13
Orange Slices, Fresh	1/2 cup	1700	42	10.58
Pears, Fresh	1 each	500	101	27.11
Lettuce, Salad Mix 3-Way	1 CUP	1500	8	1.69
Tomatoes, Sliced, Fresh	1/2 cup	1000	16	3.5
Cucumbers, Sticks, Fresh	1/2 cup	1000	6	1.29
Juice, Appleberry, 4 oz	1 each	2000	55	14.0
Juice, Apple, 4 oz	1 each	1300	55	14.0
Milk, 1% White	1 each	499	120	16.0
Milk, Chocolate, Fat Free	1 each	3000	110	20.0
Milk, Lactose Free 1% White	1 each	1	100	12.0
Dressing, Ranch Bulk	2 tbsp	200	70	1.0
Ketchup, packet	Pkt	500	10	2.0
Mustard, packet	Pkt	100	0	0.0
Mayonnaise, Packet	Pkt	100	60	1.0
BBQ Sauce	2 tbsp	100	60	13.0
Weighted Daily Average			603	84.62
% of Calories				56.1%
Nutrient Guideline			600-650	

\*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

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# National School District

Mar 17, 2025 thru May 2, 2025

## Base Menu Spreadsheet

NSD Lunch

## Portion Values - Detailed

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Generated on: 3/17/2025 8:35:58 AM

	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Mon - 04/28/2025				
NSD Lunch	Total	4000		
Teriyaki Chicken & Veggie Rice	1 EACH	1500	287	42.32
Tamale, Chicken	1 EACH	1500	290	26.0
YogurtStrawBa,Granola,StringCh	1 each	1000	420	61.0
Apple, Red Fresh	1 each	2100	95	25.13
Apple, Green Fresh	1 each	1000	95	25.13
Raisins, box	1 each	1000	120	29.0
Lettuce, Salad Mix 3-Way	1 CUP	2000	8	1.69
Carrots Baby, Fresh	1/2 cup	500	40	9.34
Celery, Sticks, Fresh	1/2 cup	2000	8	1.78
Juice, Appleberry, 4 oz	1 each	2000	55	14.0
Juice, Apple, 4 oz	1 each	1300	55	14.0
Milk, 1% White	1 each	499	120	16.0
Milk, Chocolate, Fat Free	1 each	3500	110	20.0
Milk, Lactose Free 1% White	1 each	1	100	12.0
Dressing, Ranch Bulk	2 tbsp	2000	70	1.0
Salsa Molcajete Roja	2 tbsp	500	10	2.0
Weighted Daily Average			631	102.30
% of Calories				64.9%
Nutrient Guideline			600-650	

Tue - 04/29/2025				
NSD Lunch	Total	4000		
Rotini w/ Roll	1 each	1400	489	56.81
Sandwich, Tuna on Croissant	1 each	1400	434	31.17
Pupusa, Bean & Cheese	1 each	1200	290	35.0
Apple Slices, Bulk Fresh	1/2 CUP	1700	50	14.0
Bananas, Fresh	1 each	200	105	26.95
Strawberries, fresh	1/2 cup	1500	23	5.53
Lettuce, Salad Mix 3-Way	1 CUP	1700	8	1.69
Carrots Baby, Fresh	1/2 cup	1000	40	9.34
Jicama, Raw	1/2 cup	2000	23	5.29
Juice, Appleberry, 4 oz	1 each	2000	55	14.0
Juice, Apple, 4 oz	1 each	1300	55	14.0
Milk, 1% White	1 each	499	120	16.0
Milk, Chocolate, Fat Free	1 each	3500	110	20.0
Milk, Lactose Free 1% White	1 each	1	100	12.0
Dressing, Ranch Bulk	2 tbsp	2100	70	1.0
Salsa Molcajete Roja	2 tbsp	500	10	2.0
Weighted Daily Average			664	88.19
% of Calories				53.1%
Nutrient Guideline			600-650	

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# National School District

Mar 17, 2025 thru May 2, 2025

## Base Menu Spreadsheet

NSD Lunch

## Portion Values - Detailed

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Generated on: 3/17/2025 8:35:58 AM

	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Wed - 04/30/2025				
NSD Lunch	Total	4000		
Brunch4Lunch:WaffleSausageTurk	1 each	1400	320	28.0
Chicken Tenders & Roll	2 each	1600	380	43.0
Sandwich, Toasted Cheese	1 each	1000	344	30.0
Apple Slices, Bulk Fresh	1/2 CUP	2700	50	14.0
Bananas, Fresh	1 each	500	105	26.95
Pears, Fresh	1 each	1000	101	27.11
Lettuce, Salad Mix 3-Way	1 CUP	1300	8	1.69
Cauliflower, Florets, Fresh	1/2 cup	1500	13	2.49
Broccoli, Fresh	1/2 cup	2000	12	2.36
Juice, Appleberry, 4 oz	1 each	2000	55	14.0
Juice, Apple, 4 oz	1 each	1300	55	14.0
Milk, 1% White	1 each	499	120	16.0
Milk, Chocolate, Fat Free	1 each	3500	110	20.0
Milk, Lactose Free 1% White	1 each	1	100	12.0
Dressing, Ranch Bulk	2 tbsp	1200	70	1.0
Simply Ketchup, packet	Pkt	500	10	2.0
BBQ Sauce	2 tbsp	500	60	13.0
Weighted Daily Average			622	89.98
% of Calories				57.9%
Nutrient Guideline			600-650	

Thu - 05/01/2025				
NSD Lunch	Total	4000		
Meatball, Tomato Basil & Knot	1 each	2000	367	33.02
Chicken Pattie SandwichWMuscle	1 each	1200	350	39.0
Quesadilla, Cheese	1 each	800	375	34.0
Cup, Mixed Berries Wawona	1 EACH	2000	70	18.0
Orange Slices, Fresh	1/2 cup	2000	42	10.58
Apple, Green Fresh	1 each	1500	95	25.13
Lettuce, Salad Mix 3-Way	1 CUP	1000	8	1.69
Tomatoes, Sliced, Fresh	1/2 cup	1500	16	3.5
Beans, Vegetarian, canned	1/2 cup	200	160	29.0
Juice, Appleberry, 4 oz	1 each	2000	55	14.0
Juice, Apple, 4 oz	1 each	1300	55	14.0
Milk, 1% White	1 each	499	120	16.0
Milk, Chocolate, Fat Free	1 each	3500	110	20.0
Milk, Lactose Free 1% White	1 each	1	100	12.0
Dressing, Ranch Bulk	2 tbsp	1000	70	1.0
Ketchup, packet	Pkt	900	10	2.0
Mustard, packet	Pkt	100	0	0.0
Mayonnaise, Packet	Pkt	100	60	1.0
BBQ Sauce	2 tbsp	100	60	13.0
Salsa Molcajete Roja	2 tbsp	100	10	2.0
Weighted Daily Average			651	94.06
% of Calories				57.8%
Nutrient Guideline			600-650	

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# National School District

Mar 17, 2025 thru May 2, 2025

Base Menu Spreadsheet

NSD Lunch

Portion Values - Detailed

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Generated on: 3/17/2025 8:35:58 AM

	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Fri - 05/02/2025				
NSD Lunch	Total	4000		
Pizza, Pepp. 8-Cut WildMike's	1 each	1500	400	37.0
Cheeseburger, Beef SteakBurger	1 each	1000	318	31.6
Pizza, Cheese 8-Cut WildMike's	1 each	1500	390	37.0
Apple, Red Fresh	1 each	1600	95	25.13
Orange Slices, Fresh	1/2 cup	1700	42	10.58
Pears, Fresh	1 each	500	101	27.11
Lettuce, Salad Mix 3-Way	1 CUP	1500	8	1.69
Tomatoes, Sliced, Fresh	1/2 cup	1000	16	3.5
Cucumbers, Sticks, Fresh	1/2 cup	1000	6	1.29
Juice, Appleberry, 4 oz	1 each	2000	55	14.0
Juice, Apple, 4 oz	1 each	1300	55	14.0
Milk, 1% White	1 each	499	120	16.0
Milk, Chocolate, Fat Free	1 each	3000	110	20.0
Milk, Lactose Free 1% White	1 each	1	100	12.0
Dressing, Ranch Bulk	2 tbsp	200	70	1.0
Ketchup, packet	Pkt	500	10	2.0
Mustard, packet	Pkt	100	0	0.0
Mayonnaise, Packet	Pkt	100	60	1.0
BBQ Sauce	2 tbsp	100	60	13.0
Weighted Daily Average			603	84.62
% of Calories				56.1%
Nutrient Guideline			600-650	

Weighted Average			634	91.83
				57.9%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	634		600 - 650	100%				
Carbohydrate (g)	91.83	57.91%						

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