

# National School District

May 5, 2025 thru Jun 6, 2025

## Base Menu Spreadsheet

NSD Lunch

## Portion Values - Detailed

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Generated on: 4/29/2025 11:46:06 AM

	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Mon - 05/05/2025				
NSD Lunch	Total	4000		
Brunch4Lunch:FrenchT.SausageL.	1 each	1500	400	37.35
Chicken, Breaded & Roll	1 each	1500	340	30.0
Sandwich, Toasted Cheese	1 each	1000	344	30.0
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
BBQ Sauce	2 tbsp	500	60	13.0
Weighted Daily Average			679	95.56
% of Calories				56.3%
Nutrient Guideline			600-650	

Tue - 05/06/2025				
NSD Lunch	Total	4000		
Alfredo Sauce with Penne Pasta	1 each	1400	475	58.0
Chicken Pattie SandwichWMuscle	1 each	1400	350	39.0
Burrito, Bean & Cheese	1 each	1200	380	46.0
Apple Slices, Bulk Fresh	1/2 CUP	1700	50	14.0
Pears, Fresh	1 each	200	101	27.11
Strawberries, fresh	1/2 cup	1500	23	5.53
Lettuce, Salad Mix 3-Way	1 CUP	1700	8	1.69
Tomatoes, Sliced, Fresh	1/2 cup	1000	16	3.5
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
Simply Ketchup, packet	1 each	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			654	93.54
% of Calories				57.2%
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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## Base Menu Spreadsheet

NSD Lunch

## Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Wed - 05/07/2025				
NSD Lunch	Total	4000		
Chicken Tenders & Cracker	2 each	1400	330	26.0
Cheeseburger, Beef SteakBurger	1 each	1600	318	31.6
Macaroni & Cheese	(6 oz scoop)	1000	280	29.0
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
Tomatoes, Sliced, Fresh	1/2 cup	1500	16	3.5
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
Mustard, packet	Pkt	100	0	0.0
Mayonnaise, Packet	Pkt	100	60	1.0
BBQ Sauce	2 tbsp	500	60	13.0
Weighted Daily Average			587	84.88
% of Calories				57.8%
Nutrient Guideline			600-650	

Thu - 05/08/2025				
NSD Lunch	Total	4000		
Orange Chicken & Veggie Rice	1 each	2000	297	45.87
Taquitos, Beef	1 EACH	1200	320	32.0
YogurtStrawBa,Granola,StringCh	1 each	800	420	61.0
Cup, Mixed Berries Wawona	1 EACH	2000	70	18.0
Bananas, Fresh	1 each	1500	105	26.95
Orange Slices, Fresh	1/2 cup	2000	42	10.58
Lettuce, Iceberg, Shredded	1 cup	1000	10	2.14
Cauliflower, Florets, Fresh	1/2 cup	1500	13	2.49
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
Salsa Molcajete Roja	2 tbsp	100	10	2.0
Crema Sauce	1 oz	100	43	1.3
Weighted Daily Average			615	103.43
% of Calories				67.3%
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

## Base Menu Spreadsheet

### Portion Values - Detailed

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May 5, 2025 thru Jun 6, 2025

NSD Lunch

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	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Fri - 05/09/2025				
NSD Lunch	Total	4000		
Tamale, Chicken	1 EACH	1500	290	26.0
Pizza 6"Pepperoni,French Bread	1 each	1000	314	32.43
Pizza,GarlicCheese,FrenchBread	1 each	1500	383	29.0
Apple, Red Fresh	1 each	1600	95	25.13
Apple, Green Fresh	1 each	500	95	25.13
Orange Slices, Fresh	1/2 cup	1700	42	10.58
Lettuce, Salad Mix 3-Way	1 CUP	1500	8	1.69
Carrots Baby, Fresh	1/2 cup	1000	40	9.34
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
Salsa Molcajete Roja	2 tbsp	100	10	2.0
Weighted Daily Average			560	78.36
% of Calories				56.0%
Nutrient Guideline			600-650	

Mon - 05/12/2025				
NSD Lunch	Total	4000		
Brunch4Lunch:FrenchT.SausageL.	1 each	1500	400	37.35
Chicken, Breaded & Roll	1 each	1500	340	30.0
Sandwich, Toasted Cheese	1 each	1000	344	30.0
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
BBQ Sauce	2 tbsp	500	60	13.0
Weighted Daily Average			679	95.56
% of Calories				56.3%
Nutrient Guideline			600-650	

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May 5, 2025 thru Jun 6, 2025

## Base Menu Spreadsheet

NSD Lunch

## Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Tue - 05/13/2025				
NSD Lunch	Total	4000		
Rotini w/ Garlic Knot	1 each	1400	509	52.81
Chicken Pattie SandwichWMuscle	1 each	1400	350	39.0
Burrito, Bean & Cheese	1 each	1200	380	46.0
Apple Slices, Bulk Fresh	1/2 CUP	1700	50	14.0
Pears, Fresh	1 each	200	101	27.11
Strawberries, fresh	1/2 cup	1500	23	5.53
Lettuce, Salad Mix 3-Way	1 CUP	1700	8	1.69
Tomatoes, Sliced, Fresh	1/2 cup	1000	16	3.5
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
Simply Ketchup, packet	1 each	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			666	91.73
% of Calories				55.1%
Nutrient Guideline			600-650	

Wed - 05/14/2025				
NSD Lunch	Total	4000		
Chicken Tenders & Cracker	2 each	1400	330	26.0
Cheeseburger, Beef SteakBurger	1 each	1600	318	31.6
Macaroni & Cheese	(6 oz scoop)	1000	280	29.0
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
Tomatoes, Sliced, Fresh	1/2 cup	1500	16	3.5
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
Mustard, packet	Pkt	100	0	0.0
Mayonnaise, Packet	Pkt	100	60	1.0
BBQ Sauce	2 tbsp	500	60	13.0
Weighted Daily Average			587	84.88
% of Calories				57.8%
Nutrient Guideline			600-650	

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NSD Lunch

## Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Thu - 05/15/2025				
NSD Lunch	Total	4000		
Teriyaki Chicken & Veggie Rice	1 EACH	2000	259	34.48
Taquitos, Beef	1 EACH	1200	320	32.0
YogurtStrawBa,Granola,StringCh	1 each	800	420	61.0
Cup, Mixed Berries Wawona	1 EACH	2000	70	18.0
Bananas, Fresh	1 each	1500	105	26.95
Orange Slices, Fresh	1/2 cup	2000	42	10.58
Lettuce, Iceberg, Shredded	1 cup	1000	10	2.14
Cauliflower, Florets, Fresh	1/2 cup	1500	13	2.49
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
Salsa Molcajete Roja	2 tbsp	100	10	2.0
Crema Sauce	1 oz	100	43	1.3
Weighted Daily Average			596	97.73
% of Calories				65.6%
Nutrient Guideline			600-650	

Fri - 05/16/2025				
NSD Lunch	Total	4000		
Tamale, Chicken	1 EACH	1500	290	26.0
Pizza 6"Pepperoni,French Bread	1 each	1000	314	32.43
Pizza, GarlicCheese,FrenchBread	1 each	1500	383	29.0
Apple, Red Fresh	1 each	1600	95	25.13
Apple, Green Fresh	1 each	500	95	25.13
Orange Slices, Fresh	1/2 cup	1700	42	10.58
Lettuce, Salad Mix 3-Way	1 CUP	1500	8	1.69
Carrots Baby, Fresh	1/2 cup	1000	40	9.34
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
Salsa Molcajete Roja	2 tbsp	100	10	2.0
Weighted Daily Average			560	78.36
% of Calories				56.0%
Nutrient Guideline			600-650	

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NSD Lunch

## Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Mon - 05/19/2025				
NSD Lunch	Total	4000		
Brunch4Lunch:FrenchT.SausageL.	1 each	1500	400	37.35
Chicken, Breaded & Roll	1 each	1500	340	30.0
Sandwich, Toasted Cheese	1 each	1000	344	30.0
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
BBQ Sauce	2 tbsp	500	60	13.0
Weighted Daily Average			679	95.56
% of Calories				56.3%
Nutrient Guideline			600-650	

Tue - 05/20/2025				
NSD Lunch	Total	4000		
Alfredo Sauce with Penne Pasta	1 each	1400	475	58.0
Chicken Pattie SandwichWMuscle	1 each	1400	350	39.0
Burrito, Bean & Cheese	1 each	1200	380	46.0
Apple Slices, Bulk Fresh	1/2 CUP	1700	50	14.0
Pears, Fresh	1 each	200	101	27.11
Strawberries, fresh	1/2 cup	1500	23	5.53
Lettuce, Salad Mix 3-Way	1 CUP	1700	8	1.69
Tomatoes, Sliced, Fresh	1/2 cup	1000	16	3.5
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
Simply Ketchup, packet	1 each	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			654	93.54
% of Calories				57.2%
Nutrient Guideline			600-650	

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NSD Lunch

## Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Wed - 05/21/2025				
NSD Lunch	Total	4000		
Chicken Tenders & Cracker	2 each	1400	330	26.0
Cheeseburger, Beef SteakBurger	1 each	1600	318	31.6
Macaroni & Cheese	(6 oz scoop)	1000	280	29.0
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
Tomatoes, Sliced, Fresh	1/2 cup	1500	16	3.5
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
Mustard, packet	Pkt	100	0	0.0
Mayonnaise, Packet	Pkt	100	60	1.0
BBQ Sauce	2 tbsp	500	60	13.0
Weighted Daily Average			587	84.88
% of Calories				57.8%
Nutrient Guideline			600-650	

Thu - 05/22/2025				
NSD Lunch	Total	4000		
Orange Chicken & Veggie Rice	1 each	2000	297	45.87
Taquitos, Beef	1 EACH	1200	320	32.0
YogurtStrawBa,Granola,StringCh	1 each	800	420	61.0
Cup, Mixed Berries Wawona	1 EACH	2000	70	18.0
Bananas, Fresh	1 each	1500	105	26.95
Orange Slices, Fresh	1/2 cup	2000	42	10.58
Lettuce, Iceberg, Shredded	1 cup	1000	10	2.14
Cauliflower, Florets, Fresh	1/2 cup	1500	13	2.49
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
Salsa Molcajete Roja	2 tbsp	100	10	2.0
Crema Sauce	1 oz	100	43	1.3
Weighted Daily Average			615	103.43
% of Calories				67.3%
Nutrient Guideline			600-650	

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Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Fri - 05/23/2025				
NSD Lunch	Total	4000		
Tamale, Chicken	1 EACH	1500	290	26.0
Pizza 6"Pepperoni,French Bread	1 each	1000	314	32.43
Pizza,GarlicCheese,FrenchBread	1 each	1500	383	29.0
Apple, Red Fresh	1 each	1600	95	25.13
Apple, Green Fresh	1 each	500	95	25.13
Orange Slices, Fresh	1/2 cup	1700	42	10.58
Lettuce, Salad Mix 3-Way	1 CUP	1500	8	1.69
Carrots Baby, Fresh	1/2 cup	1000	40	9.34
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
Salsa Molcajete Roja	2 tbsp	100	10	2.0
Weighted Daily Average			560	78.36
% of Calories				56.0%
Nutrient Guideline			600-650	

Tue - 05/27/2025				
NSD Lunch	Total	4000		
Rotini w/ Garlic Knot	1 each	1400	509	52.81
Chicken Pattie SandwichWMuscle	1 each	1400	350	39.0
Burrito, Bean & Cheese	1 each	1200	380	46.0
Apple Slices, Bulk Fresh	1/2 CUP	1700	50	14.0
Pears, Fresh	1 each	200	101	27.11
Strawberries, fresh	1/2 cup	1500	23	5.53
Lettuce, Salad Mix 3-Way	1 CUP	1700	8	1.69
Tomatoes, Sliced, Fresh	1/2 cup	1000	16	3.5
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
Simply Ketchup, packet	1 each	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			666	91.73
% of Calories				55.1%
Nutrient Guideline			600-650	

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# National School District

May 5, 2025 thru Jun 6, 2025

## Base Menu Spreadsheet

NSD Lunch

## Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Wed - 05/28/2025				
NSD Lunch	Total	4000		
Chicken Tenders & Cracker	2 each	1400	330	26.0
Cheeseburger, Beef SteakBurger	1 each	1600	318	31.6
Macaroni & Cheese	(6 oz scoop)	1000	280	29.0
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
Tomatoes, Sliced, Fresh	1/2 cup	1500	16	3.5
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
Mustard, packet	Pkt	100	0	0.0
Mayonnaise, Packet	Pkt	100	60	1.0
BBQ Sauce	2 tbsp	500	60	13.0
Weighted Daily Average			587	84.88
% of Calories				57.8%
Nutrient Guideline			600-650	

Thu - 05/29/2025				
NSD Lunch	Total	4000		
Teriyaki Chicken & Veggie Rice	1 EACH	2000	259	34.48
Taquitos, Beef	1 EACH	1200	320	32.0
YogurtStrawBa,Granola,StringCh	1 each	800	420	61.0
Cup, Mixed Berries Wawona	1 EACH	2000	70	18.0
Bananas, Fresh	1 each	1500	105	26.95
Orange Slices, Fresh	1/2 cup	2000	42	10.58
Lettuce, Iceberg, Shredded	1 cup	1000	10	2.14
Cauliflower, Florets, Fresh	1/2 cup	1500	13	2.49
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
Salsa Molcajete Roja	2 tbsp	100	10	2.0
Crema Sauce	1 oz	100	43	1.3
Weighted Daily Average			596	97.73
% of Calories				65.6%
Nutrient Guideline			600-650	

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# National School District

## Base Menu Spreadsheet

### Portion Values - Detailed

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NSD Lunch

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	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Fri - 05/30/2025				
NSD Lunch	Total	4000		
Tamale, Chicken	1 EACH	1500	290	26.0
Pizza 6"Pepperoni,French Bread	1 each	1000	314	32.43
Pizza,GarlicCheese,FrenchBread	1 each	1500	383	29.0
Apple, Red Fresh	1 each	1600	95	25.13
Apple, Green Fresh	1 each	500	95	25.13
Orange Slices, Fresh	1/2 cup	1700	42	10.58
Lettuce, Salad Mix 3-Way	1 CUP	1500	8	1.69
Carrots Baby, Fresh	1/2 cup	1000	40	9.34
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
Salsa Molcajete Roja	2 tbsp	100	10	2.0
Weighted Daily Average			560	78.36
% of Calories				56.0%
Nutrient Guideline			600-650	

Mon - 06/02/2025				
NSD Lunch	Total	4000		
Brunch4Lunch:FrenchT.SausageL.	1 each	1500	400	37.35
Chicken, Breaded & Roll	1 each	1500	340	30.0
Sandwich, Toasted Cheese	1 each	1000	344	30.0
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
BBQ Sauce	2 tbsp	500	60	13.0
Weighted Daily Average			679	95.56
% of Calories				56.3%
Nutrient Guideline			600-650	

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# National School District

May 5, 2025 thru Jun 6, 2025

## Base Menu Spreadsheet

NSD Lunch

## Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Tue - 06/03/2025				
NSD Lunch	Total	4000		
Alfredo Sauce with Penne Pasta	1 each	1400	475	58.0
Chicken Pattie SandwichWMuscle	1 each	1400	350	39.0
Burrito, Bean & Cheese	1 each	1200	380	46.0
Apple Slices, Bulk Fresh	1/2 CUP	1700	50	14.0
Pears, Fresh	1 each	200	101	27.11
Strawberries, fresh	1/2 cup	1500	23	5.53
Lettuce, Salad Mix 3-Way	1 CUP	1700	8	1.69
Tomatoes, Sliced, Fresh	1/2 cup	1000	16	3.5
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
Simply Ketchup, packet	1 each	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			654	93.54
% of Calories				57.2%
Nutrient Guideline			600-650	

Wed - 06/04/2025				
NSD Lunch	Total	4000		
Chicken Tenders & Cracker	2 each	1400	330	26.0
Cheeseburger, Beef SteakBurger	1 each	1600	318	31.6
Macaroni & Cheese	(6 oz scoop)	1000	280	29.0
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
Tomatoes, Sliced, Fresh	1/2 cup	1500	16	3.5
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
Mustard, packet	Pkt	100	0	0.0
Mayonnaise, Packet	Pkt	100	60	1.0
BBQ Sauce	2 tbsp	500	60	13.0
Weighted Daily Average			587	84.88
% of Calories				57.8%
Nutrient Guideline			600-650	

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# National School District

May 5, 2025 thru Jun 6, 2025

Base Menu Spreadsheet

NSD Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Carb (g)
Thu - 06/05/2025				
NSD Lunch	Total	4000		
Orange Chicken & Veggie Rice	1 each	2000	297	45.87
Taquitos, Beef	1 EACH	1200	320	32.0
YogurtStrawBa,Granola,StringCh	1 each	800	420	61.0
Cup, Mixed Berries Wawona	1 EACH	2000	70	18.0
Bananas, Fresh	1 each	1500	105	26.95
Orange Slices, Fresh	1/2 cup	2000	42	10.58
Lettuce, Iceberg, Shredded	1 cup	1000	10	2.14
Cauliflower, Florets, Fresh	1/2 cup	1500	13	2.49
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
Salsa Molcajete Roja	2 tbsp	100	10	2.0
Crema Sauce	1 oz	100	43	1.3
Weighted Daily Average			615	103.43
% of Calories				67.3%
Nutrient Guideline			600-650	

Fri - 06/06/2025				
NSD Lunch	Total	4000		
Tamale, Chicken	1 EACH	1500	290	26.0
Pizza 6"Pepperoni,French Bread	1 each	1000	314	32.43
Pizza, GarlicCheese,FrenchBread	1 each	1500	383	29.0
Apple, Red Fresh	1 each	1600	95	25.13
Apple, Green Fresh	1 each	500	95	25.13
Orange Slices, Fresh	1/2 cup	1700	42	10.58
Lettuce, Salad Mix 3-Way	1 CUP	1500	8	1.69
Carrots Baby, Fresh	1/2 cup	1000	40	9.34
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
Salsa Molcajete Roja	2 tbsp	100	10	2.0
Weighted Daily Average			560	78.36
% of Calories				56.0%
Nutrient Guideline			600-650	

Weighted Average			616	90.34
				58.7%

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# National School District

May 5, 2025 thru Jun 6, 2025

Base Menu Spreadsheet

NSD Lunch

Portion Values - Detailed

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Nutrient	Menu AVG	% of Cals	Weekly Target	Portion Size % of Target	Reimb Qty Miss Data	Cals (kcal) Shortfall	Carb (g) Overage	Error Messages (if any)
Calories	616		600 - 650	100%				
Carbohydrate (g)	90.34	58.68%						

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