

# Palm Springs Unified School District

Nov 3, 2014 thru Nov 28, 2014

Base Menu Spreadsheet

LUNCH:High School

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 11/03/2014								
LUNCH:High School	Total							
*Adult	*	0	0	0.00	0.0	0.0	0.0	0.00
*Employee	*	0	0	0.00	0.0	0.0	0.0	0.00
Breadstick,WC (2) Sauce,(CK)	Serving	350	676	2.66	18.98	36.53	14.52	6.36
Burrito,Ultra Spicy Bean & Che	1 Each	312	447	7.62	15.3	41.28	10.64	4.71
Salad, Chicken Caesar,(CK)	1 Each	381	1286	3.97	29.32	32.17	15.4	1.53
Salad, Greek	Salad	552	1801	12.82	22.49	53.66	32.01	10.15
Bowl,Chicken,Teriyaki,(WH)	2 oz mt/1 c ric	342	891	1.00	23.67	45.43	7.62	0.00
Chicken, Spicy,/Bun,(CK)	1 Each	363	671	3.88	20.52	42.75	12.92	2.50
Cheeseburger,(WH)#	1 Ea	396	730	2.96	19.57	31.93	20.85	8.65
Hot Dog on Bun**	1 Each	321	741	2.53	11.34	27.86	18.19	6.49
Pizza,16",Pepp.,(WH)	Serving	340	610	4.00	19.0	36.0	14.0	6.00
Wrap,Turkey/Cheese Ranch	1 Each	461	908	4.97	23.51	41.38	21.89	8.04
Yogurt Parfait, HS/MS	Each	454	234	2.98	11.97	80.28	8.47	2.49
Jamwich,LG, (WH)	1 each	590	660	8.00	20.0	65.0	31.0	5.00
Sandwich,(CK), (Alt Meal),	1 each	375	797	2.88	16.72	33.35	19.12	10.00
**Leftover Entree	*	0	0	0.00	0.0	0.0	0.0	0.00
**SIDES	.	0	0	0.00	0.0	0.0	0.0	0.00
Carrots,3oz,100,(WH)	Serving	33	57	3.00	0.0	9.0	0.0	0.00
Lettuce Garnish,(CK)	1 Each	4	2	0.49	0.29	0.77	0.07	0.01
Salad, Side,(CK)	Serving	91	249	1.18	1.64	4.2	7.16	1.02
*Leftover Fresh Veggie	1 Each	11	25	1.05	0.87	2.37	0.08	0.02
Oranges,(WH)	1 Each	86	0	4.42	1.73	21.62	0.22	0.04
Juice,Asst,4oz,(DAIRY)	1 Each	60	4	0.00	0.33	14.0	0.0	0.00
Applesauce,(CK)	1/2 cup	54	2	1.58	0.22	14.52	0.06	0.01
Fruit Snack, (144)WH	Serving	22	0	0.55	0.18	5.75	0.04	0.00
Chips, Asst.(2)	1 pkg	130	180	2.00	2.0	19.5	5.0	0.75
Milk,8 oz,0% Fat,Ch	1 Each	120	200	0.00	7.0	23.0	0.0	0.00
Milk,8 oz,1% Fat,White	1 Each	120	160	0.00	11.0	16.0	2.5	1.50
Catsup,Paks,2	2 paks	17	201	0.05	0.31	4.51	0.07	0.01
Mayonnaise,Paks,1	1 pak	90	65	0.00	0.0	0.0	10.0	1.50
Mustard,Paks,1	1 pak	3	63	0.22	0.24	0.22	0.22	0.00
Taco Sauce,Paks,1	1 pak	4	64	0.10	0.09	1.05	0.03	0.00
Weighted Daily Average		830	1423	10.83	30.51	116.66	28.51	6.27
% of Calories					14.7%	56.2%	30.9%	6.8%
Nutrient Guideline		750-850	1420					<10.00

\*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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# Palm Springs Unified School District

Nov 3, 2014 thru Nov 28, 2014

Base Menu Spreadsheet

LUNCH:High School

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Fiber (g)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 11/04/2014								
LUNCH:High School	Total							
*Adult	*	0	0	0.00	0.0	0.0	0.0	0.00
*Employee	*	0	0	0.00	0.0	0.0	0.0	0.00
Breadstick,WC (2) Sauce,(CK)	Serving	350	676	2.66	18.98	36.53	14.52	6.36
Burrito, Pork,(CK)	1 Each	486	979	6.43	25.14	44.86	22.7	8.28
Salad, Asian	Salad	580	1379	10.69	29.06	65.22	23.24	3.99
Salad, Mediterranean	Salad	368	534	*13.25	17.22	66.03	10.33	0.77
Bowl,Chicken,Orange,Rice,(WH)	Serving	490	280	2.00	19.0	93.0	5.0	0.50
Chicken, Spicy,/Bun,(CK)	1 Each	363	671	3.88	20.52	42.75	12.92	2.50
Cheeseburger,(WH)#	1 Ea	396	730	2.96	19.57	31.93	20.85	8.65
Hot Dog on Bun**	1 Each	321	741	2.53	11.34	27.86	18.19	6.49
Pizza,16",Pepp.,(WH)	Serving	340	610	4.00	19.0	36.0	14.0	6.00
Wrap,Ham/Cheese Ranch	1 Each	475	1455	4.97	24.49	41.59	22.76	7.99
Yogurt Parfait, HS/MS	Each	454	234	2.98	11.97	80.28	8.47	2.49
Jamwich,LG, (WH)	1 each	590	660	8.00	20.0	65.0	31.0	5.00
Sandwich,(CK), (Alt Meal),	1 each	375	797	2.88	16.72	33.35	19.12	10.00
**Leftover Entree	*	0	0	0.00	0.0	0.0	0.0	0.00
**SIDES	.	0	0	0.00	0.0	0.0	0.0	0.00
Corn,Cn,(CK)	1/2 cup	4	1	0.11	0.13	0.9	0.05	0.00
Lettuce Garnish,(CK)	1 Each	4	2	0.49	0.29	0.77	0.07	0.01
Salad, Side,(CK)	Serving	91	249	1.18	1.64	4.2	7.16	1.02
*Leftover Fresh Veggie	1 Each	11	25	1.05	0.87	2.37	0.08	0.02
Bananas,Fresh,(WH)	Each	101	1	2.96	1.24	26.04	0.38	0.13
Juice,Asst,4oz,(DAIRY)	1 Each	60	4	0.00	0.33	14.0	0.0	0.00
Peaches,Cn,(CK)	1/2 cup	53	6	1.30	0.5	13.99	0.13	0.00
Fruit Snack, (144)WH	Serving	22	0	0.55	0.18	5.75	0.04	0.00
Chips, Asst.(2)	1 pkg	130	180	2.00	2.0	19.5	5.0	0.75
Milk,8 oz,0% Fat,Ch	1 Each	120	200	0.00	7.0	23.0	0.0	0.00
Milk,8 oz,1% Fat,White	1 Each	120	160	0.00	11.0	16.0	2.5	1.50
Catsup,Paks,2	2 paks	17	201	0.05	0.31	4.51	0.07	0.01
Mayonnaise,Paks,1	1 pak	90	65	0.00	0.0	0.0	10.0	1.50
Mustard,Paks,1	1 pak	3	63	0.22	0.24	0.22	0.22	0.00
Taco Sauce,Paks,1	1 pak	4	64	0.10	0.09	1.05	0.03	0.00
Weighted Daily Average		803	1339	*7.93	29.61	110.28	28.15	6.13
% of Calories					14.8%	55.0%	31.6%	6.9%
Nutrient Guideline		750-850	1420					<10.00

\*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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# Palm Springs Unified School District

Nov 3, 2014 thru Nov 28, 2014

Base Menu Spreadsheet

LUNCH:High School

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Fiber (g)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 11/05/2014								
LUNCH:High School	Total							
*Adult	*	0	0	0.00	0.0	0.0	0.0	0.00
*Employee	*	0	0	0.00	0.0	0.0	0.0	0.00
Breadstick,WC (2) Sauce,(CK)	Serving	350	676	2.66	18.98	36.53	14.52	6.36
Burrito,Ultra Spicy Bean & Che	1 Each	312	447	7.62	15.3	41.28	10.64	4.71
Salad, Chef,W Roll	Salad	389	1093	4.25	23.69	46.76	12.99	4.53
Salad, Greek	Salad	552	1801	12.82	22.49	53.66	32.01	10.15
Bowl, Beef & Brocc. (WH)	2.9oz/1 c ric	398	878	1.86	17.78	52.48	13.3	5.25
Chicken, Spicy,/Bun,(CK)	1 Each	363	671	3.88	20.52	42.75	12.92	2.50
Cheeseburger,(WH)#	1 Ea	396	730	2.96	19.57	31.93	20.85	8.65
Hot Dog on Bun**	1 Each	321	741	2.53	11.34	27.86	18.19	6.49
Pizza,16",Pepp.,(WH)	Serving	340	610	4.00	19.0	36.0	14.0	6.00
Wrap Caesar Chicken	1 Each	441	703	4.97	11.16	40.08	26.78	3.53
Yogurt Parfait, HS/MS	Each	454	234	2.98	11.97	80.28	8.47	2.49
Jamwich,LG, (WH)	1 each	590	660	8.00	20.0	65.0	31.0	5.00
Sandwich,(CK), (Alt Meal),	1 each	375	797	2.88	16.72	33.35	19.12	10.00
**Leftover Entree	*	0	0	0.00	0.0	0.0	0.0	0.00
**SIDES	.	0	0	0.00	0.0	0.0	0.0	0.00
Cucumber, (CK)	1 Each	8	1	0.26	0.34	1.89	0.06	0.02
Lettuce Garnish,(CK)	1 Each	4	2	0.49	0.29	0.77	0.07	0.01
Salad, Side,(CK)	Serving	91	249	1.18	1.64	4.2	7.16	1.02
*Leftover Fresh Veggie	1 Each	11	25	1.05	0.87	2.37	0.08	0.02
Apple,Fresh,(WH)	1 each	74	1	3.40	0.37	19.58	0.24	0.03
Juice,Asst,4oz,(DAIRY)	1 Each	60	4	0.00	0.33	14.0	0.0	0.00
Pineapple, (CK)	1/2 cup	72	1	0.96	0.5	18.87	0.1	0.01
Fruit Snack, (144)WH	Serving	22	0	0.55	0.18	5.75	0.04	0.00
Chips, Asst.(2)	1 pkg	130	180	2.00	2.0	19.5	5.0	0.75
Milk,8 oz,0% Fat,Ch	1 Each	120	200	0.00	7.0	23.0	0.0	0.00
Milk,8 oz,1% Fat,White	1 Each	120	160	0.00	11.0	16.0	2.5	1.50
Catsup,Paks,2	2 paks	17	201	0.05	0.31	4.51	0.07	0.01
Mayonnaise,Paks,1	1 pak	90	65	0.00	0.0	0.0	10.0	1.50
Mustard,Paks,1	1 pak	3	63	0.22	0.24	0.22	0.22	0.00
Taco Sauce,Paks,1	1 pak	4	64	0.10	0.09	1.05	0.03	0.00
Weighted Daily Average		809	1349	9.02	27.55	114.13	28.60	6.60
% of Calories					13.6%	56.4%	31.8%	7.3%
Nutrient Guideline		750-850	1420					<10.00

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# Palm Springs Unified School District

Nov 3, 2014 thru Nov 28, 2014

Base Menu Spreadsheet

LUNCH:High School

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 11/06/2014								
LUNCH:High School	Total							
*Adult	*	0	0	0.00	0.0	0.0	0.0	0.00
*Employee	*	0	0	0.00	0.0	0.0	0.0	0.00
Breadstick,WC (2) Sauce,(CK)	Serving	350	676	2.66	18.98	36.53	14.52	6.36
Burrito, Pork,(CK)	1 Each	486	979	6.43	25.14	44.86	22.7	8.28
Salad, Italian, Croutons	Salad	565	1701	4.29	18.55	32.99	37.81	5.97
Salad, Mediterranean	Salad	368	534	*13.25	17.22	66.03	10.33	0.77
Bowl,Chicken, Buffalo,(WH)	Serving	455	544	2.00	19.0	85.0	5.0	0.50
Chicken, Spicy,/Bun,(CK)	1 Each	363	671	3.88	20.52	42.75	12.92	2.50
Cheeseburger,(WH)#	1 Ea	396	730	2.96	19.57	31.93	20.85	8.65
Hot Dog on Bun**	1 Each	321	741	2.53	11.34	27.86	18.19	6.49
Pizza, 16",Pepp.,(WH)	Serving	340	610	4.00	19.0	36.0	14.0	6.00
Wrap, Southwest Chicken	1 Each	404	873	9.19	16.18	65.7	9.84	2.81
Yogurt Parfait, HS/MS	Each	454	234	2.98	11.97	80.28	8.47	2.49
Jamwich,LG, (WH)	1 each	590	660	8.00	20.0	65.0	31.0	5.00
CK Special	Serving	405	580	5.75	20.89	48.57	15.02	4.33
Sandwich,(CK), (Alt Meal),	1 each	375	797	2.88	16.72	33.35	19.12	10.00
**Leftover Entree	*	0	0	0.00	0.0	0.0	0.0	0.00
**SIDES	.	0	0	0.00	0.0	0.0	0.0	0.00
Broccoli,W Ranch,(CK)	1 Each	62	116	1.12	1.14	2.83	5.18	0.64
Lettuce Garnish,(CK)	1 Each	4	2	0.49	0.29	0.77	0.07	0.01
Salad, Side,(CK)	Serving	91	249	1.18	1.64	4.2	7.16	1.02
*Leftover Fresh Veggie	1 Each	11	25	1.05	0.87	2.37	0.08	0.02
Asst. Seasonal Fruit,(WH)	1 piece	47	4	1.87	0.85	11.68	0.32	0.03
Juice,Asst,4oz,(DAIRY)	1 Each	60	4	0.00	0.33	14.0	0.0	0.00
Fruit,Mixed,(CK)	1/2 cup	72	8	1.55	0.53	18.54	0.1	0.01
Fruit Snack, (144)WH	Serving	22	0	0.55	0.18	5.75	0.04	0.00
Chips, Asst.(2)	1 pkg	130	180	2.00	2.0	19.5	5.0	0.75
Milk,8 oz,0% Fat,Ch	1 Each	120	200	0.00	7.0	23.0	0.0	0.00
Milk,8 oz,1% Fat,White	1 Each	120	160	0.00	11.0	16.0	2.5	1.50
Catsup,Paks,2	2 paks	17	201	0.05	0.31	4.51	0.07	0.01
Mayonnaise,Paks,1	1 pak	90	65	0.00	0.0	0.0	10.0	1.50
Mustard,Paks,1	1 pak	3	63	0.22	0.24	0.22	0.22	0.00
Taco Sauce,Paks,1	1 pak	4	64	0.10	0.09	1.05	0.03	0.00
Weighted Daily Average		847	1391	*9.27	29.47	117.45	30.28	6.30
% of Calories					13.9%	55.5%	32.2%	6.7%
Nutrient Guideline		750-850	1420					<10.00

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# Palm Springs Unified School District

Nov 3, 2014 thru Nov 28, 2014

Base Menu Spreadsheet

LUNCH:High School

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Fiber (g)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 11/07/2014								
LUNCH:High School	Total							
*Adult	*	0	0	0.00	0.0	0.0	0.0	0.00
*Employee	*	0	0	0.00	0.0	0.0	0.0	0.00
Breadstick,WC (2) Sauce,(CK)	Serving	350	676	2.66	18.98	36.53	14.52	6.36
Burrito,Ultra Spicy Bean & Che	1 Each	312	447	7.62	15.3	41.28	10.64	4.71
Salad Entree*Cook Choice	1 Salad	399	1014	5.88	21.88	41.75	17.19	4.61
*Cook Choice Rice Bowl	1 each	291	503	1.22	12.32	47.21	5.95	1.56
Chicken, Spicy,/Bun,(CK)	1 Each	363	671	3.88	20.52	42.75	12.92	2.50
Cheeseburger,(WH)#	1 Ea	396	730	2.96	19.57	31.93	20.85	8.65
Hot Dog on Bun**	1 Each	321	741	2.53	11.34	27.86	18.19	6.49
Pizza,16",Pepp.,(WH)	Serving	340	610	4.00	19.0	36.0	14.0	6.00
Wrap's, Asst	1 Each	445	985	6.03	18.83	47.19	20.32	5.59
Yogurt Parfait, HS/MS	Each	454	234	2.98	11.97	80.28	8.47	2.49
Jamwich,LG, (WH)	1 each	590	660	8.00	20.0	65.0	31.0	5.00
Sandwich,(CK), (Alt Meal),	1 each	375	797	2.88	16.72	33.35	19.12	10.00
**Leftover Entree	*	0	0	0.00	0.0	0.0	0.0	0.00
**SIDES	.	0	0	0.00	0.0	0.0	0.0	0.00
Beans,Refried,1/2 cup(CK)	1/2 cup	144	370	11.30	6.16	24.65	2.57	1.03
Lettuce Garnish,(CK)	1 Each	4	2	0.49	0.29	0.77	0.07	0.01
Salad, Side,(CK)	Serving	91	249	1.18	1.64	4.2	7.16	1.02
*Leftover Fresh Veggie	1 Each	11	25	1.05	0.87	2.37	0.08	0.02
Asst Fruit,Fresh	1 each	84	1	3.44	1.14	21.4	0.27	0.06
Juice,Asst,4oz,(DAIRY)	1 Each	60	4	0.00	0.33	14.0	0.0	0.00
Pears,Cn,(CK)	1/2 cup	72	6	2.01	0.24	19.04	0.04	0.00
Fruit Snack, (144)WH	Serving	22	0	0.55	0.18	5.75	0.04	0.00
Chips, Asst.(2)	1 pkg	130	180	2.00	2.0	19.5	5.0	0.75
Milk,8 oz,0% Fat,Ch	1 Each	120	200	0.00	7.0	23.0	0.0	0.00
Milk,8 oz,1% Fat,White	1 Each	120	160	0.00	11.0	16.0	2.5	1.50
Catsup,Paks,2	2 paks	17	201	0.05	0.31	4.51	0.07	0.01
Mayonnaise,Paks,1	1 pak	90	65	0.00	0.0	0.0	10.0	1.50
Mustard,Paks,1	1 pak	3	63	0.22	0.24	0.22	0.22	0.00
Taco Sauce,Paks,1	1 pak	4	64	0.10	0.09	1.05	0.03	0.00
Weighted Daily Average		842	1396	12.95	29.51	122.10	27.67	6.32
% of Calories					14.0%	58.0%	29.6%	6.7%
Nutrient Guideline		750-850	1420					<10.00

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Nov 3, 2014 thru Nov 28, 2014

Base Menu Spreadsheet

LUNCH:High School

Portion Values - Detailed

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Wed - 11/12/2014								
LUNCH:High School	Total							
*Adult	*	0	0	0.00	0.0	0.0	0.0	0.00
*Employee	*	0	0	0.00	0.0	0.0	0.0	0.00
Breadstick,WC (2) Sauce,(CK)	Serving	350	676	2.66	18.98	36.53	14.52	6.36
Burrito, Pork,(CK)	1 Each	486	979	6.43	25.14	44.86	22.7	8.28
Salad, Chef, Croutons	Salad	265	970	2.65	19.74	21.28	12.28	4.18
Salad, Greek	Salad	552	1801	12.82	22.49	53.66	32.01	10.15
Bowl,Chicken,Orange,Rice,(WH)	Serving	490	280	2.00	19.0	93.0	5.0	0.50
Chicken, Spicy./Bun,(CK)	1 Each	363	671	3.88	20.52	42.75	12.92	2.50
Cheeseburger,(WH)#	1 Ea	396	730	2.96	19.57	31.93	20.85	8.65
Hot Dog on Bun**	1 Each	321	741	2.53	11.34	27.86	18.19	6.49
Pizza, 16",Pepp.,(WH)	Serving	340	610	4.00	19.0	36.0	14.0	6.00
Wrap,Ham/Cheese Ranch	1 Each	475	1455	4.97	24.49	41.59	22.76	7.99
Yogurt Parfait, HS/MS	Each	454	234	2.98	11.97	80.28	8.47	2.49
Jamwich,LG, (WH)	1 each	590	660	8.00	20.0	65.0	31.0	5.00
Sandwich,(CK), (Alt Meal),	1 each	375	797	2.88	16.72	33.35	19.12	10.00
**Leftover Entree	*	0	0	0.00	0.0	0.0	0.0	0.00
**SIDES	.	0	0	0.00	0.0	0.0	0.0	0.00
Corn,Cn,(CK)	1/2 cup	4	1	0.11	0.13	0.9	0.05	0.00
Lettuce Garnish,(CK)	1 Each	4	2	0.49	0.29	0.77	0.07	0.01
Salad, Side,(CK)	Serving	91	249	1.18	1.64	4.2	7.16	1.02
*Leftover Fresh Veggie	1 Each	11	25	1.05	0.87	2.37	0.08	0.02
Fruity Jello, (CK)	1 Each	131	92	2.10	1.39	32.75	0.13	0.00
Bananas,Fresh,(WH)	Each	101	1	2.96	1.24	26.04	0.38	0.13
Juice,Asst,4oz,(DAIRY)	1 Each	60	4	0.00	0.33	14.0	0.0	0.00
Peaches,Cn,(CK)	1/2 cup	53	6	1.30	0.5	13.99	0.13	0.00
Fruit Snack, (144)WH	Serving	22	0	0.55	0.18	5.75	0.04	0.00
Chips, Asst.(2)	1 pkg	130	180	2.00	2.0	19.5	5.0	0.75
Milk,8 oz,0% Fat,Ch	1 Each	120	200	0.00	7.0	23.0	0.0	0.00
Milk,8 oz,1% Fat,White	1 Each	120	160	0.00	11.0	16.0	2.5	1.50
Catsup,Paks,2	2 paks	17	201	0.05	0.31	4.51	0.07	0.01
Mayonnaise,Paks,1	1 pak	90	65	0.00	0.0	0.0	10.0	1.50
Mustard,Paks,1	1 pak	3	63	0.22	0.24	0.22	0.22	0.00
Taco Sauce,Paks,1	1 pak	4	64	0.10	0.09	1.05	0.03	0.00
Weighted Daily Average		896	1428	9.56	30.53	132.69	28.87	6.65
% of Calories					13.6%	59.2%	29.0%	6.7%
Nutrient Guideline		750-850	1420					<10.00

\*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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# Palm Springs Unified School District

Nov 3, 2014 thru Nov 28, 2014

Base Menu Spreadsheet

LUNCH:High School

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 11/13/2014								
LUNCH:High School	Total							
*Adult	*	0	0	0.00	0.0	0.0	0.0	0.00
*Employee	*	0	0	0.00	0.0	0.0	0.0	0.00
Breadstick,WC (2) Sauce,(CK)	Serving	350	676	2.66	18.98	36.53	14.52	6.36
Burrito, Pork,(CK)	1 Each	486	979	6.43	25.14	44.86	22.7	8.28
Salad, Italian, Croutons	Salad	565	1701	4.29	18.55	32.99	37.81	5.97
Salad, Mediterranean	Salad	368	534	*13.25	17.22	66.03	10.33	0.77
Bowl,Chicken, Buffalo,(WH)	Serving	455	544	2.00	19.0	85.0	5.0	0.50
Chicken, Spicy./Bun,(CK)	1 Each	363	671	3.88	20.52	42.75	12.92	2.50
Cheeseburger,(WH)#	1 Ea	396	730	2.96	19.57	31.93	20.85	8.65
Hot Dog on Bun**	1 Each	321	741	2.53	11.34	27.86	18.19	6.49
Pizza, 16",Pepp.,(WH)	Serving	340	610	4.00	19.0	36.0	14.0	6.00
Wrap, Southwest Chicken	1 Each	404	873	9.19	16.18	65.7	9.84	2.81
Yogurt Parfait, HS/MS	Each	454	234	2.98	11.97	80.28	8.47	2.49
Jamwich,LG, (WH)	1 each	590	660	8.00	20.0	65.0	31.0	5.00
CK Special	Serving	405	580	5.75	20.89	48.57	15.02	4.33
Sandwich,(CK), (Alt Meal),	1 each	375	797	2.88	16.72	33.35	19.12	10.00
**Leftover Entree	*	0	0	0.00	0.0	0.0	0.0	0.00
**SIDES	.	0	0	0.00	0.0	0.0	0.0	0.00
Broccoli,W Ranch,(CK)	1 Each	62	116	1.12	1.14	2.83	5.18	0.64
Lettuce Garnish,(CK)	1 Each	4	2	0.49	0.29	0.77	0.07	0.01
Salad, Side,(CK)	Serving	91	249	1.18	1.64	4.2	7.16	1.02
*Leftover Fresh Veggie	1 Each	11	25	1.05	0.87	2.37	0.08	0.02
Asst. Seasonal Fruit,(WH)	1 piece	47	4	1.87	0.85	11.68	0.32	0.03
Juice,Asst,4oz,(DAIRY)	1 Each	60	4	0.00	0.33	14.0	0.0	0.00
Fruit,Mixed,(CK)	1/2 cup	72	8	1.55	0.53	18.54	0.1	0.01
Fruit Snack, (144)WH	Serving	22	0	0.55	0.18	5.75	0.04	0.00
Chips, Asst.(2)	1 pkg	130	180	2.00	2.0	19.5	5.0	0.75
Milk,8 oz,0% Fat,Ch	1 Each	120	200	0.00	7.0	23.0	0.0	0.00
Milk,8 oz,1% Fat,White	1 Each	120	160	0.00	11.0	16.0	2.5	1.50
Catsup,Paks,2	2 paks	17	201	0.05	0.31	4.51	0.07	0.01
Mayonnaise,Paks,1	1 pak	90	65	0.00	0.0	0.0	10.0	1.50
Mustard,Paks,1	1 pak	3	63	0.22	0.24	0.22	0.22	0.00
Taco Sauce,Paks,1	1 pak	4	64	0.10	0.09	1.05	0.03	0.00
Weighted Daily Average		847	1391	*9.27	29.47	117.45	30.28	6.30
% of Calories					13.9%	55.5%	32.2%	6.7%
Nutrient Guideline		750-850	1420					<10.00

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# Palm Springs Unified School District

Nov 3, 2014 thru Nov 28, 2014

Base Menu Spreadsheet

LUNCH:High School

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Fiber (g)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 11/14/2014								
LUNCH:High School	Total							
*Adult	*	0	0	0.00	0.0	0.0	0.0	0.00
*Employee	*	0	0	0.00	0.0	0.0	0.0	0.00
Breadstick,WC (2) Sauce,(CK)	Serving	350	676	2.66	18.98	36.53	14.52	6.36
Burrito,Ultra Spicy Bean & Che	1 Each	312	447	7.62	15.3	41.28	10.64	4.71
Salad Entree*Cook Choice	1 Salad	399	1014	5.88	21.88	41.75	17.19	4.61
*Cook Choice Rice Bowl	1 each	291	503	1.22	12.32	47.21	5.95	1.56
Chicken, Spicy,/Bun,(CK)	1 Each	363	671	3.88	20.52	42.75	12.92	2.50
Cheeseburger,(WH)#	1 Ea	396	730	2.96	19.57	31.93	20.85	8.65
Hot Dog on Bun**	1 Each	321	741	2.53	11.34	27.86	18.19	6.49
Pizza,16",Pepp.,(WH)	Serving	340	610	4.00	19.0	36.0	14.0	6.00
Wrap's, Asst	1 Each	445	985	6.03	18.83	47.19	20.32	5.59
Yogurt Parfait, HS/MS	Each	454	234	2.98	11.97	80.28	8.47	2.49
Jamwich,LG, (WH)	1 each	590	660	8.00	20.0	65.0	31.0	5.00
Sandwich,(CK), (Alt Meal),	1 each	375	797	2.88	16.72	33.35	19.12	10.00
**Leftover Entree	*	0	0	0.00	0.0	0.0	0.0	0.00
**SIDES	.	0	0	0.00	0.0	0.0	0.0	0.00
Beans,Refried,1/2 cup(CK)	1/2 cup	144	370	11.30	6.16	24.65	2.57	1.03
Lettuce Garnish,(CK)	1 Each	4	2	0.49	0.29	0.77	0.07	0.01
Salad, Side,(CK)	Serving	91	249	1.18	1.64	4.2	7.16	1.02
*Leftover Fresh Veggie	1 Each	11	25	1.05	0.87	2.37	0.08	0.02
Asst Fruit,Fresh	1 each	84	1	3.44	1.14	21.4	0.27	0.06
Juice,Asst,4oz,(DAIRY)	1 Each	60	4	0.00	0.33	14.0	0.0	0.00
Pears,Cn,(CK)	1/2 cup	72	6	2.01	0.24	19.04	0.04	0.00
Fruit Snack, (144)WH	Serving	22	0	0.55	0.18	5.75	0.04	0.00
Chips, Asst.(2)	1 pkg	130	180	2.00	2.0	19.5	5.0	0.75
Milk,8 oz,0% Fat,Ch	1 Each	120	200	0.00	7.0	23.0	0.0	0.00
Milk,8 oz,1% Fat,White	1 Each	120	160	0.00	11.0	16.0	2.5	1.50
Catsup,Paks,2	2 paks	17	201	0.05	0.31	4.51	0.07	0.01
Mayonnaise,Paks,1	1 pak	90	65	0.00	0.0	0.0	10.0	1.50
Mustard,Paks,1	1 pak	3	63	0.22	0.24	0.22	0.22	0.00
Taco Sauce,Paks,1	1 pak	4	64	0.10	0.09	1.05	0.03	0.00
Weighted Daily Average		842	1396	12.95	29.51	122.10	27.67	6.32
% of Calories					14.0%	58.0%	29.6%	6.7%
Nutrient Guideline		750-850	1420					<10.00

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# Palm Springs Unified School District

Nov 3, 2014 thru Nov 28, 2014

Base Menu Spreadsheet

LUNCH:High School

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Sodm (mg)	Fiber (g)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 11/17/2014								
LUNCH:High School	Total							
*Adult	*	0	0	0.00	0.0	0.0	0.0	0.00
*Employee	*	0	0	0.00	0.0	0.0	0.0	0.00
Breadstick,WC (2) Sauce,(CK)	Serving	350	676	2.66	18.98	36.53	14.52	6.36
Burrito,Ultra Spicy Bean & Che	1 Each	312	447	7.62	15.3	41.28	10.64	4.71
Salad, Chicken Caesar,(CK)	1 Each	381	1286	3.97	29.32	32.17	15.4	1.53
Salad, Greek	Salad	552	1801	12.82	22.49	53.66	32.01	10.15
Bowl,Chicken, Teriyaki,(WH)	2 oz mt/1 c ric	342	891	1.00	23.67	45.43	7.62	0.00
Chicken, Spicy,/Bun,(CK)	1 Each	363	671	3.88	20.52	42.75	12.92	2.50
Cheeseburger,(WH)#	1 Ea	396	730	2.96	19.57	31.93	20.85	8.65
Hot Dog on Bun**	1 Each	321	741	2.53	11.34	27.86	18.19	6.49
Pizza,16",Pepp.,(WH)	Serving	340	610	4.00	19.0	36.0	14.0	6.00
Wrap,Turkey/Cheese Ranch	1 Each	461	908	4.97	23.51	41.38	21.89	8.04
Yogurt Parfait, HS/MS	Each	454	234	2.98	11.97	80.28	8.47	2.49
Jamwich,LG, (WH)	1 each	590	660	8.00	20.0	65.0	31.0	5.00
Sandwich,(CK), (Alt Meal),	1 each	375	797	2.88	16.72	33.35	19.12	10.00
**Leftover Entree	*	0	0	0.00	0.0	0.0	0.0	0.00
**SIDES	.	0	0	0.00	0.0	0.0	0.0	0.00
Carrots,3oz,100,(WH)	Serving	33	57	3.00	0.0	9.0	0.0	0.00
Lettuce Garnish,(CK)	1 Each	4	2	0.49	0.29	0.77	0.07	0.01
Salad, Side,(CK)	Serving	91	249	1.18	1.64	4.2	7.16	1.02
*Leftover Fresh Veggie	1 Each	11	25	1.05	0.87	2.37	0.08	0.02
Oranges,(WH)	1 Each	86	0	4.42	1.73	21.62	0.22	0.04
Juice,Asst,4oz,(DAIRY)	1 Each	60	4	0.00	0.33	14.0	0.0	0.00
Applesauce,(CK)	1/2 cup	54	2	1.58	0.22	14.52	0.06	0.01
Fruit Snack, (144)WH	Serving	22	0	0.55	0.18	5.75	0.04	0.00
Chips, Asst.(2)	1 pkg	130	180	2.00	2.0	19.5	5.0	0.75
Milk,8 oz,0% Fat,Ch	1 Each	120	200	0.00	7.0	23.0	0.0	0.00
Milk,8 oz,1% Fat,White	1 Each	120	160	0.00	11.0	16.0	2.5	1.50
Catsup,Paks,2	2 paks	17	201	0.05	0.31	4.51	0.07	0.01
Mayonnaise,Paks,1	1 pak	90	65	0.00	0.0	0.0	10.0	1.50
Mustard,Paks,1	1 pak	3	63	0.22	0.24	0.22	0.22	0.00
Taco Sauce,Paks,1	1 pak	4	64	0.10	0.09	1.05	0.03	0.00
Weighted Daily Average		830	1423	10.83	30.51	116.66	28.51	6.27
% of Calories					14.7%	56.2%	30.9%	6.8%
Nutrient Guideline		750-850	1420					<10.00

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# Palm Springs Unified School District

Nov 3, 2014 thru Nov 28, 2014

Base Menu Spreadsheet

LUNCH:High School

Portion Values - Detailed

	Portion Size	Cals (kcal)	Sodm (mg)	Fiber (g)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 11/18/2014								
LUNCH:High School	Total							
*Adult	*	0	0	0.00	0.0	0.0	0.0	0.00
*Employee	*	0	0	0.00	0.0	0.0	0.0	0.00
Breadstick,WC (2) Sauce,(CK)	Serving	350	676	2.66	18.98	36.53	14.52	6.36
Burrito, Pork,(CK)	1 Each	486	979	6.43	25.14	44.86	22.7	8.28
Salad, Asian	Salad	580	1379	10.69	29.06	65.22	23.24	3.99
Salad, Mediterranean	Salad	368	534	*13.25	17.22	66.03	10.33	0.77
Bowl,Chicken,Orange,Rice,(WH)	Serving	490	280	2.00	19.0	93.0	5.0	0.50
Chicken, Spicy./Bun,(CK)	1 Each	363	671	3.88	20.52	42.75	12.92	2.50
Cheeseburger,(WH)#	1 Ea	396	730	2.96	19.57	31.93	20.85	8.65
Hot Dog on Bun**	1 Each	321	741	2.53	11.34	27.86	18.19	6.49
Pizza, 16",Pepp.,(WH)	Serving	340	610	4.00	19.0	36.0	14.0	6.00
Wrap,Ham/Cheese Ranch	1 Each	475	1455	4.97	24.49	41.59	22.76	7.99
Yogurt Parfait, HS/MS	Each	454	234	2.98	11.97	80.28	8.47	2.49
Jamwich,LG, (WH)	1 each	590	660	8.00	20.0	65.0	31.0	5.00
Sandwich,(CK), (Alt Meal),	1 each	375	797	2.88	16.72	33.35	19.12	10.00
**Leftover Entree	*	0	0	0.00	0.0	0.0	0.0	0.00
**SIDES	.	0	0	0.00	0.0	0.0	0.0	0.00
Corn,Cn,(CK)	1/2 cup	4	1	0.11	0.13	0.9	0.05	0.00
Lettuce Garnish,(CK)	1 Each	4	2	0.49	0.29	0.77	0.07	0.01
Salad, Side,(CK)	Serving	91	249	1.18	1.64	4.2	7.16	1.02
*Leftover Fresh Veggie	1 Each	11	25	1.05	0.87	2.37	0.08	0.02
Bananas,Fresh,(WH)	Each	101	1	2.96	1.24	26.04	0.38	0.13
Juice,Asst,4oz,(DAIRY)	1 Each	60	4	0.00	0.33	14.0	0.0	0.00
Peaches,Cn,(CK)	1/2 cup	53	6	1.30	0.5	13.99	0.13	0.00
Fruit Snack, (144)WH	Serving	22	0	0.55	0.18	5.75	0.04	0.00
Chips, Asst.(2)	1 pkg	130	180	2.00	2.0	19.5	5.0	0.75
Milk,8 oz,0% Fat,Ch	1 Each	120	200	0.00	7.0	23.0	0.0	0.00
Milk,8 oz,1% Fat,White	1 Each	120	160	0.00	11.0	16.0	2.5	1.50
Catsup,Paks,2	2 paks	17	201	0.05	0.31	4.51	0.07	0.01
Mayonnaise,Paks,1	1 pak	90	65	0.00	0.0	0.0	10.0	1.50
Mustard,Paks,1	1 pak	3	63	0.22	0.24	0.22	0.22	0.00
Taco Sauce,Paks,1	1 pak	4	64	0.10	0.09	1.05	0.03	0.00
Weighted Daily Average		803	1339	*7.93	29.61	110.28	28.15	6.13
% of Calories					14.8%	55.0%	31.6%	6.9%
Nutrient Guideline		750-850	1420					<10.00

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# Palm Springs Unified School District

Nov 3, 2014 thru Nov 28, 2014

Base Menu Spreadsheet

LUNCH:High School

Portion Values - Detailed

	Portion Size	Cals (kcal)	Sodm (mg)	Fiber (g)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 11/19/2014								
LUNCH:High School	Total							
*Adult	*	0	0	0.00	0.0	0.0	0.0	0.00
*Employee	*	0	0	0.00	0.0	0.0	0.0	0.00
Breadstick,WC (2) Sauce,(CK)	Serving	350	676	2.66	18.98	36.53	14.52	6.36
Burrito,Ultra Spicy Bean & Che	1 Each	312	447	7.62	15.3	41.28	10.64	4.71
Salad, Chef,W Roll	Salad	389	1093	4.25	23.69	46.76	12.99	4.53
Salad, Greek	Salad	552	1801	12.82	22.49	53.66	32.01	10.15
Bowl, Beef & Brocc. (WH)	2.9oz/1 c ric	398	878	1.86	17.78	52.48	13.3	5.25
Chicken, Spicy,/Bun,(CK)	1 Each	363	671	3.88	20.52	42.75	12.92	2.50
Cheeseburger,(WH)#	1 Ea	396	730	2.96	19.57	31.93	20.85	8.65
Hot Dog on Bun**	1 Each	321	741	2.53	11.34	27.86	18.19	6.49
Pizza,16",Pepp.,(WH)	Serving	340	610	4.00	19.0	36.0	14.0	6.00
Wrap Caesar Chicken	1 Each	441	703	4.97	11.16	40.08	26.78	3.53
Yogurt Parfait, HS/MS	Each	454	234	2.98	11.97	80.28	8.47	2.49
Jamwich,LG, (WH)	1 each	590	660	8.00	20.0	65.0	31.0	5.00
Sandwich,(CK), (Alt Meal),	1 each	375	797	2.88	16.72	33.35	19.12	10.00
**Leftover Entree	*	0	0	0.00	0.0	0.0	0.0	0.00
**SIDES	.	0	0	0.00	0.0	0.0	0.0	0.00
Cucumber, (CK)	1 Each	8	1	0.26	0.34	1.89	0.06	0.02
Lettuce Garnish,(CK)	1 Each	4	2	0.49	0.29	0.77	0.07	0.01
Salad, Side,(CK)	Serving	91	249	1.18	1.64	4.2	7.16	1.02
*Leftover Fresh Veggie	1 Each	11	25	1.05	0.87	2.37	0.08	0.02
Apple,Fresh,(WH)	1 each	74	1	3.40	0.37	19.58	0.24	0.03
Juice,Asst,4oz,(DAIRY)	1 Each	60	4	0.00	0.33	14.0	0.0	0.00
Pineapple, (CK)	1/2 cup	72	1	0.96	0.5	18.87	0.1	0.01
Fruit Snack, (144)WH	Serving	22	0	0.55	0.18	5.75	0.04	0.00
Chips, Asst.(2)	1 pkg	130	180	2.00	2.0	19.5	5.0	0.75
Milk,8 oz,0% Fat,Ch	1 Each	120	200	0.00	7.0	23.0	0.0	0.00
Milk,8 oz,1% Fat,White	1 Each	120	160	0.00	11.0	16.0	2.5	1.50
Catsup,Paks,2	2 paks	17	201	0.05	0.31	4.51	0.07	0.01
Mayonnaise,Paks,1	1 pak	90	65	0.00	0.0	0.0	10.0	1.50
Mustard,Paks,1	1 pak	3	63	0.22	0.24	0.22	0.22	0.00
Taco Sauce,Paks,1	1 pak	4	64	0.10	0.09	1.05	0.03	0.00
Weighted Daily Average		809	1349	9.02	27.55	114.13	28.60	6.60
% of Calories					13.6%	56.4%	31.8%	7.3%
Nutrient Guideline		750-850	1420					<10.00

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# Palm Springs Unified School District

Nov 3, 2014 thru Nov 28, 2014

Base Menu Spreadsheet

LUNCH:High School

Portion Values - Detailed

	Portion Size	Cals (kcal)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 11/20/2014								
LUNCH:High School	Total							
*Adult	*	0	0	0.00	0.0	0.0	0.0	0.00
*Employee	*	0	0	0.00	0.0	0.0	0.0	0.00
Breadstick,WC (2) Sauce,(CK)	Serving	350	676	2.66	18.98	36.53	14.52	6.36
Burrito, Pork,(CK)	1 Each	486	979	6.43	25.14	44.86	22.7	8.28
Salad, Italian, Croutons	Salad	565	1701	4.29	18.55	32.99	37.81	5.97
Salad, Mediterranean	Salad	368	534	*13.25	17.22	66.03	10.33	0.77
Bowl,Chicken, Buffalo,(WH)	Serving	455	544	2.00	19.0	85.0	5.0	0.50
Chicken, Spicy,/Bun,(CK)	1 Each	363	671	3.88	20.52	42.75	12.92	2.50
Cheeseburger,(WH)#	1 Ea	396	730	2.96	19.57	31.93	20.85	8.65
Hot Dog on Bun**	1 Each	321	741	2.53	11.34	27.86	18.19	6.49
Pizza, 16",Pepp.,(WH)	Serving	340	610	4.00	19.0	36.0	14.0	6.00
Wrap, Southwest Chicken	1 Each	404	873	9.19	16.18	65.7	9.84	2.81
Yogurt Parfait, HS/MS	Each	454	234	2.98	11.97	80.28	8.47	2.49
Jamwich,LG, (WH)	1 each	590	660	8.00	20.0	65.0	31.0	5.00
CK Special	Serving	405	580	5.75	20.89	48.57	15.02	4.33
Sandwich,(CK), (Alt Meal),	1 each	375	797	2.88	16.72	33.35	19.12	10.00
**Leftover Entree	*	0	0	0.00	0.0	0.0	0.0	0.00
**SIDES	.	0	0	0.00	0.0	0.0	0.0	0.00
Broccoli,W Ranch,(CK)	1 Each	62	116	1.12	1.14	2.83	5.18	0.64
Lettuce Garnish,(CK)	1 Each	4	2	0.49	0.29	0.77	0.07	0.01
Salad, Side,(CK)	Serving	91	249	1.18	1.64	4.2	7.16	1.02
*Leftover Fresh Veggie	1 Each	11	25	1.05	0.87	2.37	0.08	0.02
Asst. Seasonal Fruit,(WH)	1 piece	47	4	1.87	0.85	11.68	0.32	0.03
Juice,Asst,4oz,(DAIRY)	1 Each	60	4	0.00	0.33	14.0	0.0	0.00
Fruit,Mixed,(CK)	1/2 cup	72	8	1.55	0.53	18.54	0.1	0.01
Fruit Snack, (144)WH	Serving	22	0	0.55	0.18	5.75	0.04	0.00
Chips, Asst.(2)	1 pkg	130	180	2.00	2.0	19.5	5.0	0.75
Milk,8 oz,0% Fat,Ch	1 Each	120	200	0.00	7.0	23.0	0.0	0.00
Milk,8 oz,1% Fat,White	1 Each	120	160	0.00	11.0	16.0	2.5	1.50
Catsup,Paks,2	2 paks	17	201	0.05	0.31	4.51	0.07	0.01
Mayonnaise,Paks,1	1 pak	90	65	0.00	0.0	0.0	10.0	1.50
Mustard,Paks,1	1 pak	3	63	0.22	0.24	0.22	0.22	0.00
Taco Sauce,Paks,1	1 pak	4	64	0.10	0.09	1.05	0.03	0.00
Weighted Daily Average		847	1391	*9.27	29.47	117.45	30.28	6.30
% of Calories					13.9%	55.5%	32.2%	6.7%
Nutrient Guideline		750-850	1420					<10.00

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**Palm Springs Unified School District**

**Nov 3, 2014 thru Nov 28, 2014**

Base Menu Spreadsheet

LUNCH:High School

Portion Values - Detailed

	Portion Size	Cals (kcal)	Sodm (mg)	Fiber (g)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 11/21/2014								
LUNCH:High School	Total							
*Adult	*	0	0	0.00	0.0	0.0	0.0	0.00
*Employee	*	0	0	0.00	0.0	0.0	0.0	0.00
Breadstick,WC (2) Sauce,(CK)	Serving	350	676	2.66	18.98	36.53	14.52	6.36
Burrito,Ultra Spicy Bean & Che	1 Each	312	447	7.62	15.3	41.28	10.64	4.71
Salad Entree*Cook Choice	1 Salad	399	1014	5.88	21.88	41.75	17.19	4.61
*Cook Choice Rice Bowl	1 each	291	503	1.22	12.32	47.21	5.95	1.56
Chicken, Spicy,/Bun,(CK)	1 Each	363	671	3.88	20.52	42.75	12.92	2.50
Cheeseburger,(WH)#	1 Ea	396	730	2.96	19.57	31.93	20.85	8.65
Hot Dog on Bun**	1 Each	321	741	2.53	11.34	27.86	18.19	6.49
Pizza,16",Pepp.,(WH)	Serving	340	610	4.00	19.0	36.0	14.0	6.00
Wrap's, Asst	1 Each	445	985	6.03	18.83	47.19	20.32	5.59
Yogurt Parfait, HS/MS	Each	454	234	2.98	11.97	80.28	8.47	2.49
Jamwich,LG, (WH)	1 each	590	660	8.00	20.0	65.0	31.0	5.00
Sandwich,(CK), (Alt Meal),	1 each	375	797	2.88	16.72	33.35	19.12	10.00
**Leftover Entree	*	0	0	0.00	0.0	0.0	0.0	0.00
**SIDES	.	0	0	0.00	0.0	0.0	0.0	0.00
Beans,Refried,1/2 cup(CK)	1/2 cup	144	370	11.30	6.16	24.65	2.57	1.03
Lettuce Garnish,(CK)	1 Each	4	2	0.49	0.29	0.77	0.07	0.01
Salad, Side,(CK)	Serving	91	249	1.18	1.64	4.2	7.16	1.02
*Leftover Fresh Veggie	1 Each	11	25	1.05	0.87	2.37	0.08	0.02
Asst Fruit,Fresh	1 each	84	1	3.44	1.14	21.4	0.27	0.06
Juice,Asst,4oz,(DAIRY)	1 Each	60	4	0.00	0.33	14.0	0.0	0.00
Pears,Cn,(CK)	1/2 cup	72	6	2.01	0.24	19.04	0.04	0.00
Fruit Snack, (144)WH	Serving	22	0	0.55	0.18	5.75	0.04	0.00
Chips, Asst.(2)	1 pkg	130	180	2.00	2.0	19.5	5.0	0.75
Milk,8 oz,0% Fat,Ch	1 Each	120	200	0.00	7.0	23.0	0.0	0.00
Milk,8 oz,1% Fat,White	1 Each	120	160	0.00	11.0	16.0	2.5	1.50
Catsup,Paks,2	2 paks	17	201	0.05	0.31	4.51	0.07	0.01
Mayonnaise,Paks,1	1 pak	90	65	0.00	0.0	0.0	10.0	1.50
Mustard,Paks,1	1 pak	3	63	0.22	0.24	0.22	0.22	0.00
Taco Sauce,Paks,1	1 pak	4	64	0.10	0.09	1.05	0.03	0.00
Weighted Daily Average		842	1396	12.95	29.51	122.10	27.67	6.32
% of Calories					14.0%	58.0%	29.6%	6.7%
Nutrient Guideline		750-850	1420					<10.00

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**Palm Springs Unified School District**

**Nov 3, 2014 thru Nov 28, 2014**

Base Menu Spreadsheet

LUNCH:High School

Portion Values - Detailed

	Portion Size	Cals (kcal)	Sodm (mg)	Fiber (g)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 11/24/2014								
LUNCH:High School	Total							
*Adult	*	0	0	0.00	0.0	0.0	0.0	0.00
*Employee	*	0	0	0.00	0.0	0.0	0.0	0.00
Breadstick,WC (2) Sauce,(CK)	Serving	350	676	2.66	18.98	36.53	14.52	6.36
Burrito,Ultra Spicy Bean & Che	1 Each	312	447	7.62	15.3	41.28	10.64	4.71
Salad, Chicken Caesar,(CK)	1 Each	381	1286	3.97	29.32	32.17	15.4	1.53
Salad, Greek	Salad	552	1801	12.82	22.49	53.66	32.01	10.15
Bowl,Chicken,Teriyaki,(WH)	2 oz mt/1 c ric	342	891	1.00	23.67	45.43	7.62	0.00
Chicken, Spicy,/Bun,(CK)	1 Each	363	671	3.88	20.52	42.75	12.92	2.50
Cheeseburger,(WH)#	1 Ea	396	730	2.96	19.57	31.93	20.85	8.65
Hot Dog on Bun**	1 Each	321	741	2.53	11.34	27.86	18.19	6.49
Pizza,16",Pepp.,(WH)	Serving	340	610	4.00	19.0	36.0	14.0	6.00
Wrap,Turkey/Cheese Ranch	1 Each	461	908	4.97	23.51	41.38	21.89	8.04
Yogurt Parfait, HS/MS	Each	454	234	2.98	11.97	80.28	8.47	2.49
Jamwich,LG, (WH)	1 each	590	660	8.00	20.0	65.0	31.0	5.00
Sandwich,(CK), (Alt Meal),	1 each	375	797	2.88	16.72	33.35	19.12	10.00
**Leftover Entree	*	0	0	0.00	0.0	0.0	0.0	0.00
**SIDES	.	0	0	0.00	0.0	0.0	0.0	0.00
Carrots,3oz,100,(WH)	Serving	33	57	3.00	0.0	9.0	0.0	0.00
Lettuce Garnish,(CK)	1 Each	4	2	0.49	0.29	0.77	0.07	0.01
Salad, Side,(CK)	Serving	91	249	1.18	1.64	4.2	7.16	1.02
*Leftover Fresh Veggie	1 Each	11	25	1.05	0.87	2.37	0.08	0.02
Oranges,(WH)	1 Each	86	0	4.42	1.73	21.62	0.22	0.04
Juice,Asst,4oz,(DAIRY)	1 Each	60	4	0.00	0.33	14.0	0.0	0.00
Applesauce,(CK)	1/2 cup	54	2	1.58	0.22	14.52	0.06	0.01
Fruit Snack, (144)WH	Serving	22	0	0.55	0.18	5.75	0.04	0.00
Chips, Asst.(2)	1 pkg	130	180	2.00	2.0	19.5	5.0	0.75
Milk,8 oz,0% Fat,Ch	1 Each	120	200	0.00	7.0	23.0	0.0	0.00
Milk,8 oz,1% Fat,White	1 Each	120	160	0.00	11.0	16.0	2.5	1.50
Catsup,Paks,2	2 paks	17	201	0.05	0.31	4.51	0.07	0.01
Mayonnaise,Paks,1	1 pak	90	65	0.00	0.0	0.0	10.0	1.50
Mustard,Paks,1	1 pak	3	63	0.22	0.24	0.22	0.22	0.00
Taco Sauce,Paks,1	1 pak	4	64	0.10	0.09	1.05	0.03	0.00
Weighted Daily Average		830	1423	10.83	30.51	116.66	28.51	6.27
% of Calories					14.7%	56.2%	30.9%	6.8%
Nutrient Guideline		750-850	1420					<10.00

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# Palm Springs Unified School District

Nov 3, 2014 thru Nov 28, 2014

Base Menu Spreadsheet

LUNCH:High School

Portion Values - Detailed

	Portion Size	Cals (kcal)	Sodm (mg)	Fiber (g)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Tue - 11/25/2014								
LUNCH:High School	Total							
*Adult	*	0	0	0.00	0.0	0.0	0.0	0.00
*Employee	*	0	0	0.00	0.0	0.0	0.0	0.00
Breadstick,WC (2) Sauce,(CK)	Serving	350	676	2.66	18.98	36.53	14.52	6.36
Burrito, Pork,(CK)	1 Each	486	979	6.43	25.14	44.86	22.7	8.28
Salad, Asian	Salad	580	1379	10.69	29.06	65.22	23.24	3.99
Salad, Mediterranean	Salad	368	534	*13.25	17.22	66.03	10.33	0.77
Bowl,Chicken,Orange,Rice,(WH)	Serving	490	280	2.00	19.0	93.0	5.0	0.50
Chicken, Spicy,/Bun,(CK)	1 Each	363	671	3.88	20.52	42.75	12.92	2.50
Cheeseburger,(WH)#	1 Ea	396	730	2.96	19.57	31.93	20.85	8.65
Hot Dog on Bun**	1 Each	321	741	2.53	11.34	27.86	18.19	6.49
Pizza, 16",Pepp.,(WH)	Serving	340	610	4.00	19.0	36.0	14.0	6.00
Wrap,Ham/Cheese Ranch	1 Each	475	1455	4.97	24.49	41.59	22.76	7.99
Yogurt Parfait, HS/MS	Each	454	234	2.98	11.97	80.28	8.47	2.49
Jamwich,LG, (WH)	1 each	590	660	8.00	20.0	65.0	31.0	5.00
Sandwich,(CK), (Alt Meal),	1 each	375	797	2.88	16.72	33.35	19.12	10.00
**Leftover Entree	*	0	0	0.00	0.0	0.0	0.0	0.00
**SIDES	.	0	0	0.00	0.0	0.0	0.0	0.00
Corn,Cn,(CK)	1/2 cup	4	1	0.11	0.13	0.9	0.05	0.00
Lettuce Garnish,(CK)	1 Each	4	2	0.49	0.29	0.77	0.07	0.01
Salad, Side,(CK)	Serving	91	249	1.18	1.64	4.2	7.16	1.02
*Leftover Fresh Veggie	1 Each	11	25	1.05	0.87	2.37	0.08	0.02
Bananas,Fresh,(WH)	Each	101	1	2.96	1.24	26.04	0.38	0.13
Juice,Asst,4oz,(DAIRY)	1 Each	60	4	0.00	0.33	14.0	0.0	0.00
Apricots,Cn,CK,1/2 cup	1/2 cup	60	5	1.99	0.78	15.32	0.05	0.00
Fruit Snack, (144)WH	Serving	22	0	0.55	0.18	5.75	0.04	0.00
Chips, Asst.(2)	1 pkg	130	180	2.00	2.0	19.5	5.0	0.75
Milk,8 oz,0% Fat,Ch	1 Each	120	200	0.00	7.0	23.0	0.0	0.00
Milk,8 oz,1% Fat,White	1 Each	120	160	0.00	11.0	16.0	2.5	1.50
Catsup,Paks,2	2 paks	17	201	0.05	0.31	4.51	0.07	0.01
Mayonnaise,Paks,1	1 pak	90	65	0.00	0.0	0.0	10.0	1.50
Mustard,Paks,1	1 pak	3	63	0.22	0.24	0.22	0.22	0.00
Taco Sauce,Paks,1	1 pak	4	64	0.10	0.09	1.05	0.03	0.00
Weighted Daily Average		805	1339	*8.20	29.73	110.82	28.11	6.13
% of Calories					14.8%	55.1%	31.4%	6.9%
Nutrient Guideline		750-850	1420					<10.00

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# Palm Springs Unified School District

Nov 3, 2014 thru Nov 28, 2014

Base Menu Spreadsheet

LUNCH:High School

Portion Values - Detailed

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Generated on: 10/16/2014 1:38:43 PM

	Portion Size	Cals (kcal)	Sodm (mg)	Fiber (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Average		832	1385	*10.06	29.54 14.2%	117.40 56.4%	28.66 31.0%	6.33 6.8%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	832		750 - 850	100%				
Sodium (mg)	1385		1420					
Fiber (g)	10.06				Missing			
Protein (g)	29.54	14.20%						
Carbohydrate (g)	117.40	56.43%						
Total Fat (g)	28.66	30.99%						
Saturated Fat (g)	6.33	6.84%	<10.00%					

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