

Asheboro City Schools

Dec 1, 2017 thru Dec 21, 2017

Base Menu Spreadsheet

ES Lunch, FF&V, Condiments

Portion Values - Detailed

Page 1

Generated on: 12/1/2017 9:45:43 AM

Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
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**N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient
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Fri - 12/01/2017																
ES Lunch, FF&V, Condiment	Total	1														
NC Cheeseburger-Advance	1 Each	1	294	43	721	3.12	3.40	205.7	358	0.1	5	22.3	29.7	9.32	3.28	0.00
NC Chicken Quesadilla-ES	1 Quesadilla	1	331	82	1101	2.02	1.84	431.5	298	0.02	1	31.54	18.8	14.3	6.51	0.00
NC PB & J Sandwich-Monarch	1 Sandwich	1	544	0	521	7.59	2.73	156.9	10	0.0	18	24.05	45.16	32.15	6.20	0.00
NC Potato Tots	1 Serving	1	138	0	328	2.12	0.00	0.0	0	3.81	0	2.12	16.93	6.35	1.06	0.00
NC Fiesta Black Beans	1/2 Cup	1	113	0	481	4.10	1.84	41.0	0	0.0	2	5.12	20.48	1.02	0.00	0.00
NC Peach Cup, Frz-Cmdty	1 Each	1	80	0	0	1.00	0.36	0.0	300	112.2	16	1.0	19.0	0.0	0.00	0.00
NC Milk, 1% Low Fat	1/2 Pint	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
NC Milk, FF Chocolate	1/2 Pint	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
NC Milk, FF Strawberry	1/2 Pint	1	110	5	125	0.00	0.00	300.0	500	1.2	18	8.0	19.0	0.0	0.00	0.00
NC Milk, Skim	1/2 Pint	1	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
NC-CON Sld Dress, Ranch, 12g	1 Each	1	70	5	95	0.00	0.00	0.0	0	0.0	0	0.0	1.0	7.0	1.00	0.00
NC-CON Hot Sauce, 7g	1 Each	1	0	0	100	0.00	0.00	0.0	100	1.2	20	0.0	1.0	0.0	0.00	0.00
NC-CON Ketchup, 9g, Heinz	1 Each	1	10	0	85	0.00	0.00	0.0	0	0.0	2	0.0	3.0	0.0	0.00	0.00
NC-CON Lettuce, Shredded	1 Serving, 0.63oz	1	3	0	2	0.21	0.07	3.2	90	0.5	0	0.16	0.53	0.03	0.00	0.00
NC-CON Mayonnaise, FF, 12g	1 Each	1	10	5	100	0.00	0.00	0.0	5	0.0	1	0.0	3.0	0.0	0.00	0.00
NC-CON Mustard, Yellow, PC	1 Each	1	0	0	70	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
NC-CON Onions, Sliced	1 Slice	1	6	0	1	0.24	0.03	3.2	0	1.04	1	0.15	1.31	0.01	0.01	0.00
NC-CON Sld Dress, Ranch, 12g	1 Each	1	70	5	95	0.00	0.00	0.0	0	0.0	0	0.0	1.0	7.0	1.00	0.00
NC-CON Tomatoes, Sliced	1 Slice	1	4	0	1	0.24	0.05	2.0	167	2.74	1	0.18	0.78	0.04	0.01	0.00
NC Apple Slices, 2oz, IW	1 Each	1	29	0	1	1.40	0.07	3.0	31	2.6	6	0.15	7.83	0.1	0.02	0.00
NC Apple, Golden, Fresh, 125 ct	1 Each	1	96	0	3	4.06	0.22	10.1	86	0.0	17	0.47	22.98	0.25	0.00	0.00
NC Apple, Red Del, Fresh, 125ct	1 Each	1	106	0	3	3.31	0.20	9.9	99	6.62	20	0.0	26.47	0.0	0.00	0.00
NC Apples & Grapes, IW-DOD	1 Bag, 1/2 Cup	1	40	0	0	2.00	0.36	0.0	50	109.8	8	0.0	11.0	0.0	0.00	0.00
NC Bananas, 150ct	1 Each	1	105	0	1	3.07	0.31	5.9	76	10.27	14	1.29	26.95	0.39	0.13	0.00
NC Blueberries, Frozen-Cmdty	1/2 Cup	1	49	0	1	2.91	0.00	0.0	0	0.0	10	1.45	11.64	0.0	0.00	0.00
NC Broccoli Florets, Fresh	1/2 Cup	1	32	0	31	2.42	0.68	43.7	579	82.94	2	2.62	6.17	0.34	0.03	0.00
NC Carrots & Celery, IW-DOD	1 Bag, 1/2 Cup	1	20	0	61	2.02	0.18	10.1	1367	0.61	2	0.0	4.05	0.0	0.00	0.00
NC Carrots, 2.6oz, IW	1 Bag, 1/2 Cup	1	26	0	58	2.63	0.00	0.0	20	3.49	4	0.0	6.58	0.0	0.00	0.00
NC Carrots, Fresh, Bulk	1/2 Cup	1	25	0	55	2.06	0.63	22.7	9773	1.84	3	0.45	5.84	0.09	0.01	0.00
NC Cauliflower Florets, Fresh	1/2 Cup	1	12	0	15	1.00	0.21	11.0	5	24.05	1	0.96	2.48	0.14	0.03	0.00
NC Celery Sticks, Fresh	1/2 Cup	1	11	0	53	1.05	0.13	26.3	295	2.04	1	0.45	1.95	0.11	0.03	0.00
NC Clementines, Fresh-DOD	1 Each, 2/Serving	1	70	0	2	2.60	0.36	40.0	0	72.0	14	1.26	17.78	0.22	0.00	0.00
NC Cole Slaw	1/2 Cup	1	155	5	247	2.06	0.74	41.2	412	4.95	16	1.03	19.59	8.25	1.55	0.00
NC Cole Slaw, Fresh	1/2 Cup	1	51	8	188	0.69	0.06	17.7	112	13.61	1	0.46	2.83	4.18	0.42	0.00

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

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ES Lunch, FF&V, Condiments

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 12/01/2017																
NC Cucumber Slices, Fresh	1/2 Cup	1	11	0	1	0.37	0.21	12.0	79	2.1	1	0.49	2.72	0.08	0.02	0.00
NC Grapefruit, Fresh-DOD	1/2 Cup	1	52	0	0	1.97	0.10	27.1	1415	38.38	8	0.95	13.11	0.17	0.02	0.00
NC Grapes, Fresh	1/2 Cup	1	58	0	2	0.78	0.25	12.1	86	3.45	14	0.54	14.78	0.3	0.09	0.00
NC Grapes, Fresh, IW-DOD	Bag, 1/2 Cup	1	38	0	1	0.51	0.16	7.9	57	2.27	9	0.36	9.72	0.2	0.00	0.00
NC Grapple, Fresh-DOD	1 Each	1	95	0	0	4.00	0.18	10.0	100	8.4	19	0.0	25.0	0.0	0.00	0.00
NC Kiwi, Fresh-DOD	Each, 2/Serving	1	84	0	4	4.14	0.43	46.9	120	127.93	12	1.57	20.23	0.72	0.04	0.00
NC Mandarin Oranges, Fresh-DOD	Servings	1	104	0	4	3.53	0.29	72.5	1335	52.33	21	1.59	26.15	0.61	0.08	0.00
NC Mango, Fresh, IW-DOD	Bag, 1/2 Cup	1	33	0	1	0.87	0.09	6.0	599	19.6	7	0.45	8.16	0.21	0.00	0.00
NC Mixed Fruit, Fresh-DOD	1/2 Cup	1	44	0	9	0.89	0.32	8.9	1000	18.67	9	0.89	10.67	0.0	0.00	0.00
NC Mixed Vegetables, Fresh	Bags	1	44	0	97	3.99	0.27	21.7	747	13.86	6	0.84	10.26	0.06	0.01	0.00
NC Oranges, 113 ct	1 Each	1	47	0	1	2.11	0.12	38.4	240	57.02	8	0.87	12.04	0.14	0.02	0.00
NC Oranges, Fresh, IW-DOD	Bags, 1/2 Cup	1	28	0	1	1.25	0.07	24.4	140	33.5	5	0.52	7.11	0.09	0.00	0.00
NC Oranges, Scored	1 Each	1	47	0	1	2.11	0.12	38.4	240	57.02	8	0.87	12.04	0.14	0.02	0.00
NC Peaches, Fresh-DOD	1/2 Cup, 2 ea	1	101	0	0	3.90	0.65	15.6	848	17.16	22	2.37	24.8	0.65	0.03	0.00
NC Pears, Fresh	1 Each	1	120	0	3	5.09	0.46	22.9	64	10.93	18	0.0	27.97	0.0	0.00	0.00
NC Peas, Snap, Fresh-DOD	1/2 Cup	1	26	0	2	1.58	1.76	24.4	670	26.33	2	1.71	4.6	0.24	0.00	0.00
NC Salad, Side Romaine	1/2 Cup	1	22	0	28	2.02	0.81	29.5	8505	3.37	2	0.94	4.89	0.21	0.03	0.00
NC Salad, Tossed	1 Each	1	10	0	7	0.85	0.29	12.8	356	1.98	1	0.64	2.1	0.1	0.01	0.00
NC Spinach, Salad-DOD	Servings	1	26	0	88	2.46	3.04	110.9	10502	31.47	0	3.2	4.07	0.44	0.07	0.00
NC Squash, Raw	1/2 Cup	1	23	0	269	1.59	0.41	30.6	240	6.24	3	1.03	4.89	0.35	0.07	0.00
NC Starfruit, Fresh-DOD	1/2 Cup	1	30	0	2	2.73	0.08	2.9	59	33.55	4	1.01	6.56	0.32	0.02	0.00
NC Strawberries, Fresh-DOD	1/2 Cup	1	29	0	1	1.81	0.37	14.5	11	53.34	4	0.61	6.97	0.27	0.01	0.00
NC Sugar Snaps & Grape Tom-DOD	1 Each	1	14	0	3	0.80	0.43	11.0	481	14.5	2	0.77	2.64	0.4	0.00	0.00
NC Tangelos, Minneola	1 Each	1	70	0	0	2.00	0.00	0.0	0	60.0	9	1.0	13.0	1.0	0.00	0.00
NC Tangerines, Fresh	1 Each	1	94	0	4	3.20	0.00	60.0	1100	46.8	18	1.4	24.0	0.6	0.00	0.00
NC Tomatoes, Grape	1/2 Cup	1	14	0	4	1.03	0.19	5.2	647	9.94	2	0.52	3.11	0.0	0.00	0.00
NC Tomatoes, Grape, IW-DOD	Bag, 1/2 Cup	1	12	0	12	0.81	0.20	8.1	575	9.31	2	0.61	2.67	0.0	0.00	0.00
NC Watermelon, Cubes-DOD	1/2 Cup	1	46	0	2	0.61	0.37	10.7	871	12.4	9	0.93	11.56	0.23	0.02	0.00
NC Watermelon, Slices-DOD	Wedge	1	86	0	3	1.14	0.69	20.0	1627	23.17	18	1.74	21.59	0.43	0.03	0.00
NC Zucchini, Sliced, Fresh	1/2 cup	1	13	0	13	0.85	0.07	8.4	0	0.0	0	0.85	1.71	0.0	0.00	0.00

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ES Lunch, FF&V, Condiments

Portion Values - Detailed

Page 4

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average % of Calories			4347	178	5547	112.92	26.90	2998.9	48947	1258.6	493 45.4%	158.48 14.6%	739.95 68.1%	101.76 21.1%	23.36 4.8%	0.00 0.0%
Nutrient Guideline			550-650		1230										<10.00	

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Mon - 12/04/2017																
ES Lunch, FF&V, Condiment	Total	1														
NC Corn Dog Nuggets, WG	Servings	1	250	15	630	1.00	3.60	0.0	40	0.0	8	11.0	31.0	10.0	1.50	0.00
NC Quesadilla-ES	1 Each	1	270	32	712	2.00	1.08	546.5	372	0.0	1	18.92	16.64	13.88	7.33	0.00
NC PB & J Sandwich-Cmdty	Sandwich	1	526	0	521	7.59	2.73	156.9	10	0.0	18	20.5	50.47	30.37	5.32	0.00
NC Pinto Beans	1/2 Cup	1	91	0	122	4.83	1.54	46.6	3	1.05	1	5.1	16.19	0.85	0.18	0.00
NC Sweet Potato Puffs	Servings, 3oz	1	135	0	208	2.08	0.37	20.8	3115	3.74	8	1.04	23.88	3.63	0.00	0.00
NC Blueberries, Frozen-Cmdty	1/2 Cup	1	49	0	1	2.91	0.00	0.0	0	0.0	10	1.45	11.64	0.0	0.00	0.00
NC Milk, 1% Low Fat	1/2 Pint	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
NC Milk, FF Chocolate	1/2 Pint	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
NC Milk, FF Strawberry	1/2 Pint	1	110	5	125	0.00	0.00	300.0	500	1.2	18	8.0	19.0	0.0	0.00	0.00
NC Milk, Skim	1/2 Pint	1	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
NC-CON Hot Sauce, 7g	1 Each	1	0	0	100	0.00	0.00	0.0	100	1.2	20	0.0	1.0	0.0	0.00	0.00
NC-CON Ketchup, 9g, Heinz	1 Each	1	10	0	85	0.00	0.00	0.0	0	0.0	2	0.0	3.0	0.0	0.00	0.00
NC-CON Lettuce, Shredded	Serving, 0.63oz	1	3	0	2	0.21	0.07	3.2	90	0.5	0	0.16	0.53	0.03	0.00	0.00
NC-CON Mayonnaise, FF, 12g	1 Each	1	10	5	100	0.00	0.00	0.0	5	0.0	1	0.0	3.0	0.0	0.00	0.00
NC-CON Mustard, Yellow, PC	1 Each	1	0	0	70	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
NC-CON Onions, Sliced	Slice	1	6	0	1	0.24	0.03	3.2	0	1.04	1	0.15	1.31	0.01	0.01	0.00
NC-CON Sld Dress, Ranch, 12g	1 Each	1	70	5	95	0.00	0.00	0.0	0	0.0	0	0.0	1.0	7.0	1.00	0.00
NC-CON Tomatoes, Sliced	Slice	1	4	0	1	0.24	0.05	2.0	167	2.74	1	0.18	0.78	0.04	0.01	0.00
NC Apple Slices, 2oz, IW	1 Each	1	29	0	1	1.40	0.07	3.0	31	2.6	6	0.15	7.83	0.1	0.02	0.00
NC Apple, Golden, Fresh, 125 ct	1 Each	1	96	0	3	4.06	0.22	10.1	86	0.0	17	0.47	22.98	0.25	0.00	0.00
NC Apple, Red Del, Fresh, 125ct	1 Each	1	106	0	3	3.31	0.20	9.9	99	6.62	20	0.0	26.47	0.0	0.00	0.00
NC Apples & Grapes, IW-DOD	Bag, 1/2 Cup	1	40	0	0	2.00	0.36	0.0	50	109.8	8	0.0	11.0	0.0	0.00	0.00
NC Bananas, 150ct	1 Each	1	105	0	1	3.07	0.31	5.9	76	10.27	14	1.29	26.95	0.39	0.13	0.00
NC Blueberries, Frozen-Cmdty	1/2 Cup	1	49	0	1	2.91	0.00	0.0	0	0.0	10	1.45	11.64	0.0	0.00	0.00
NC Broccoli Florets, Fresh	1/2 Cup	1	32	0	31	2.42	0.68	43.7	579	82.94	2	2.62	6.17	0.34	0.03	0.00
NC Carrots & Celery, IW-DOD	Bag, 1/2 Cup	1	20	0	61	2.02	0.18	10.1	1367	0.61	2	0.0	4.05	0.0	0.00	0.00
NC Carrots, 2.6oz, IW	Bag, 1/2 Cup	1	26	0	58	2.63	0.00	0.0	20	3.49	4	0.0	6.58	0.0	0.00	0.00
NC Carrots, Fresh, Bulk	1/2 Cup	1	25	0	55	2.06	0.63	22.7	9773	1.84	3	0.45	5.84	0.09	0.01	0.00
NC Cauliflower Florets, Fresh	1/2 Cup	1	12	0	15	1.00	0.21	11.0	5	24.05	1	0.96	2.48	0.14	0.03	0.00
NC Celery Sticks, Fresh	1/2 Cup	1	11	0	53	1.05	0.13	26.3	295	2.04	1	0.45	1.95	0.11	0.03	0.00
NC Clementines, Fresh-DOD	Each, 2/Serving	1	70	0	2	2.60	0.36	40.0	0	72.0	14	1.26	17.78	0.22	0.00	0.00
NC Cole Slaw	1/2 Cup	1	155	5	247	2.06	0.74	41.2	412	4.95	16	1.03	19.59	8.25	1.55	0.00
NC Cole Slaw, Fresh	1/2 Cup	1	51	8	188	0.69	0.06	17.7	112	13.61	1	0.46	2.83	4.18	0.42	0.00

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Mon - 12/04/2017																
NC Cucumber Slices, Fresh	1/2 Cup	1	11	0	1	0.37	0.21	12.0	79	2.1	1	0.49	2.72	0.08	0.02	0.00
NC Grapefruit, Fresh-DOD	1/2 Cup	1	52	0	0	1.97	0.10	27.1	1415	38.38	8	0.95	13.11	0.17	0.02	0.00
NC Grapes, Fresh	1/2 Cup	1	58	0	2	0.78	0.25	12.1	86	3.45	14	0.54	14.78	0.3	0.09	0.00
NC Grapes, Fresh, IW-DOD	Bag, 1/2 Cup	1	38	0	1	0.51	0.16	7.9	57	2.27	9	0.36	9.72	0.2	0.00	0.00
NC Grapple, Fresh-DOD	1 Each	1	95	0	0	4.00	0.18	10.0	100	8.4	19	0.0	25.0	0.0	0.00	0.00
NC Kiwi, Fresh-DOD	Each, 2/Serving	1	84	0	4	4.14	0.43	46.9	120	127.93	12	1.57	20.23	0.72	0.04	0.00
NC Mandarin Oranges, Fresh-DOD	Servings	1	104	0	4	3.53	0.29	72.5	1335	52.33	21	1.59	26.15	0.61	0.08	0.00
NC Mango, Fresh, IW-DOD	Bag, 1/2 Cup	1	33	0	1	0.87	0.09	6.0	599	19.6	7	0.45	8.16	0.21	0.00	0.00
NC Mixed Fruit, Fresh-DOD	1/2 Cup	1	44	0	9	0.89	0.32	8.9	1000	18.67	9	0.89	10.67	0.0	0.00	0.00
NC Mixed Vegetables, Fresh	Bags	1	44	0	97	3.99	0.27	21.7	747	13.86	6	0.84	10.26	0.06	0.01	0.00
NC Oranges, 113 ct	1 Each	1	47	0	1	2.11	0.12	38.4	240	57.02	8	0.87	12.04	0.14	0.02	0.00
NC Oranges, Fresh, IW-DOD	Bags, 1/2 Cup	1	28	0	1	1.25	0.07	24.4	140	33.5	5	0.52	7.11	0.09	0.00	0.00
NC Oranges, Scored	1 Each	1	47	0	1	2.11	0.12	38.4	240	57.02	8	0.87	12.04	0.14	0.02	0.00
NC Peaches, Fresh-DOD	1/2 Cup, 2 ea	1	101	0	0	3.90	0.65	15.6	848	17.16	22	2.37	24.8	0.65	0.03	0.00
NC Pears, Fresh	1 Each	1	120	0	3	5.09	0.46	22.9	64	10.93	18	0.0	27.97	0.0	0.00	0.00
NC Peas, Snap, Fresh-DOD	1/2 Cup	1	26	0	2	1.58	1.76	24.4	670	26.33	2	1.71	4.6	0.24	0.00	0.00
NC Salad, Side Romaine	1/2 Cup	1	22	0	28	2.02	0.81	29.5	8505	3.37	2	0.94	4.89	0.21	0.03	0.00
NC Salad, Tossed	1 Each	1	10	0	7	0.85	0.29	12.8	356	1.98	1	0.64	2.1	0.1	0.01	0.00
NC Spinach, Salad-DOD	Servings	1	26	0	88	2.46	3.04	110.9	10502	31.47	0	3.2	4.07	0.44	0.07	0.00
NC Squash, Raw	1/2 Cup	1	23	0	269	1.59	0.41	30.6	240	6.24	3	1.03	4.89	0.35	0.07	0.00
NC Starfruit, Fresh-DOD	1/2 Cup	1	30	0	2	2.73	0.08	2.9	59	33.55	4	1.01	6.56	0.32	0.02	0.00
NC Strawberries, Fresh-DOD	1/2 Cup	1	29	0	1	1.81	0.37	14.5	11	53.34	4	0.61	6.97	0.27	0.01	0.00
NC Sugar Snaps & Grape Tom-DOD	1 Each	1	14	0	3	0.80	0.43	11.0	481	14.5	2	0.77	2.64	0.4	0.00	0.00
NC Tangelos, Minneola	1 Each	1	70	0	0	2.00	0.00	0.0	0	60.0	9	1.0	13.0	1.0	0.00	0.00
NC Tangerines, Fresh	1 Each	1	94	0	4	3.20	0.00	60.0	1100	46.8	18	1.4	24.0	0.6	0.00	0.00
NC Tomatoes, Grape	1/2 Cup	1	14	0	4	1.03	0.19	5.2	647	9.94	2	0.52	3.11	0.0	0.00	0.00
NC Tomatoes, Grape, IW-DOD	Bag, 1/2 Cup	1	12	0	12	0.81	0.20	8.1	575	9.31	2	0.61	2.67	0.0	0.00	0.00
NC Watermelon, Cubes-DOD	1/2 Cup	1	46	0	2	0.61	0.37	10.7	871	12.4	9	0.93	11.56	0.23	0.02	0.00
NC Watermelon, Slices-DOD	Wedge	1	86	0	3	1.14	0.69	20.0	1627	23.17	18	1.74	21.59	0.43	0.03	0.00
NC Zucchini, Sliced, Fresh	1/2 cup	1	13	0	13	0.85	0.07	8.4	0	0.0	0	0.85	1.71	0.0	0.00	0.00

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Asheboro City Schools

Dec 1, 2017 thru Dec 21, 2017

Base Menu Spreadsheet

ES Lunch, FF&V, Condiments

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average % of Calories			4099	96	4494	113.38	26.05	2934.6	51522	1147.2	497 48.5%	130.37 12.7%	738.71 72.1%	90.36 19.8%	19.63 4.3%	0.00 0.0%
Nutrient Guideline			550-650		1230											<10.00

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Asheboro City Schools

Dec 1, 2017 thru Dec 21, 2017

Base Menu Spreadsheet

ES Lunch, FF&V, Condiments

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 12/05/2017																
ES Lunch, FF&V, Condiment	Total	1														
NC Spght w/ Meat Sauce & GBS	Servings	1	443	45	528	6.20	3.74	40.8	57	1.2	7	24.46	57.24	14.22	4.48	0.00
NC Sand, H&C, Hot-Cmdty	Sandwich	1	313	57	1105	4.05	2.99	285.0	223	0.0	4	28.1	28.3	11.97	4.09	0.00
NC PB & J Sandwich-Cmdty	Sandwich	1	526	0	521	7.59	2.73	156.9	10	0.0	18	20.5	50.47	30.37	5.32	0.00
NC Squash, Steamed, Frz	1/2 Cup	1	22	0	7	1.46	0.02	0.7	0	0.04	3	1.47	4.51	0.0	0.00	0.00
NC Carrots, Herb Roasted	1/2 Cup	1	34	0	110	3.08	0.42	33.8	13214	2.36	4	0.73	7.36	0.43	0.04	0.00
NC Pears, Cnd, LS, Sliced	1/2 Cup	1	56	0	2	1.94	0.25	7.8	56	2.2	11	0.37	14.71	0.12	0.00	0.00
NC Milk, 1% Low Fat	1/2 Pint	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
NC Milk, FF Chocolate	1/2 Pint	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
NC Milk, FF Strawberry	1/2 Pint	1	110	5	125	0.00	0.00	300.0	500	1.2	18	8.0	19.0	0.0	0.00	0.00
NC Milk, Skim	1/2 Pint	1	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
NC-CON Hot Sauce, 7g	1 Each	1	0	0	100	0.00	0.00	0.0	100	1.2	20	0.0	1.0	0.0	0.00	0.00
NC-CON Ketchup, 9g, Heinz	1 Each	1	10	0	85	0.00	0.00	0.0	0	0.0	2	0.0	3.0	0.0	0.00	0.00
NC-CON Sld Dress, Ranch, 12g	1 Each	1	70	5	95	0.00	0.00	0.0	0	0.0	0	0.0	1.0	7.0	1.00	0.00
NC-CON Sld Dress, 1000 Island	1 Each	1	190	20	370	0.00	0.00	0.0	0	0.0	4	0.0	6.0	18.0	3.00	0.00
NC-CON Sld Dress, French	1 Each	1	130	0	300	0.00	0.36	0.0	100	0.0	13	0.0	14.0	8.0	1.00	0.00
NC-CON Sld Dress, Italian	1 Each	1	15	0	700	1.00	0.00	0.0	0	0.0	3	0.0	5.0	0.0	0.00	0.00
NC-CON Sld Dress, Ranch, 1.5oz	1 Each	1	30	0	350	0.00	0.00	10.0	0	0.0	3	1.0	6.0	0.0	0.00	0.00
NC Apple Slices, 2oz, IW	1 Each	1	29	0	1	1.40	0.07	3.0	31	2.6	6	0.15	7.83	0.1	0.02	0.00
NC Apple, Golden, Fresh, 125 ct	1 Each	1	96	0	3	4.06	0.22	10.1	86	0.0	17	0.47	22.98	0.25	0.00	0.00
NC Apple, Red Del, Fresh, 125ct	1 Each	1	106	0	3	3.31	0.20	9.9	99	6.62	20	0.0	26.47	0.0	0.00	0.00
NC Apples & Grapes, IW-DOD	Bag, 1/2 Cup	1	40	0	0	2.00	0.36	0.0	50	109.8	8	0.0	11.0	0.0	0.00	0.00
NC Bananas, 150ct	1 Each	1	105	0	1	3.07	0.31	5.9	76	10.27	14	1.29	26.95	0.39	0.13	0.00
NC Blueberries, Frozen-Cmdty	1/2 Cup	1	49	0	1	2.91	0.00	0.0	0	0.0	10	1.45	11.64	0.0	0.00	0.00
NC Broccoli Florets, Fresh	1/2 Cup	1	32	0	31	2.42	0.68	43.7	579	82.94	2	2.62	6.17	0.34	0.03	0.00
NC Carrots & Celery, IW-DOD	Bag, 1/2 Cup	1	20	0	61	2.02	0.18	10.1	1367	0.61	2	0.0	4.05	0.0	0.00	0.00
NC Carrots, 2.6oz, IW	Bag, 1/2 Cup	1	26	0	58	2.63	0.00	0.0	20	3.49	4	0.0	6.58	0.0	0.00	0.00
NC Carrots, Fresh, Bulk	1/2 Cup	1	25	0	55	2.06	0.63	22.7	9773	1.84	3	0.45	5.84	0.09	0.01	0.00
NC Cauliflower Florets, Fresh	1/2 Cup	1	12	0	15	1.00	0.21	11.0	5	24.05	1	0.96	2.48	0.14	0.03	0.00
NC Celery Sticks, Fresh	1/2 Cup	1	11	0	53	1.05	0.13	26.3	295	2.04	1	0.45	1.95	0.11	0.03	0.00
NC Clementines, Fresh-DOD	Each, 2/Serving	1	70	0	2	2.60	0.36	40.0	0	72.0	14	1.26	17.78	0.22	0.00	0.00
NC Cole Slaw	1/2 Cup	1	155	5	247	2.06	0.74	41.2	412	4.95	16	1.03	19.59	8.25	1.55	0.00
NC Cole Slaw, Fresh	1/2 Cup	1	51	8	188	0.69	0.06	17.7	112	13.61	1	0.46	2.83	4.18	0.42	0.00
NC Cucumber Slices, Fresh	1/2 Cup	1	11	0	1	0.37	0.21	12.0	79	2.1	1	0.49	2.72	0.08	0.02	0.00
NC Grapefruit, Fresh-DOD	1/2 Cup	1	52	0	0	1.97	0.10	27.1	1415	38.38	8	0.95	13.11	0.17	0.02	0.00
NC Grapes, Fresh	1/2 Cup	1	58	0	2	0.78	0.25	12.1	86	3.45	14	0.54	14.78	0.3	0.09	0.00

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Asheboro City Schools

Dec 1, 2017 thru Dec 21, 2017

Base Menu Spreadsheet

ES Lunch, FF&V, Condiments

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 12/05/2017																
NC Grapes, Fresh, IW-DOD	Bag, 1/2 Cup	1	38	0	1	0.51	0.16	7.9	57	2.27	9	0.36	9.72	0.2	0.00	0.00
NC Grapple, Fresh-DOD	1 Each	1	95	0	0	4.00	0.18	10.0	100	8.4	19	0.0	25.0	0.0	0.00	0.00
NC Kiwi, Fresh-DOD	Each, 2/Serving	1	84	0	4	4.14	0.43	46.9	120	127.93	12	1.57	20.23	0.72	0.04	0.00
NC Mandarin Oranges, Fresh-DOD	Servings	1	104	0	4	3.53	0.29	72.5	1335	52.33	21	1.59	26.15	0.61	0.08	0.00
NC Mango, Fresh, IW-DOD	Bag, 1/2 Cup	1	33	0	1	0.87	0.09	6.0	599	19.6	7	0.45	8.16	0.21	0.00	0.00
NC Mixed Fruit, Fresh-DOD	1/2 Cup	1	44	0	9	0.89	0.32	8.9	1000	18.67	9	0.89	10.67	0.0	0.00	0.00
NC Mixed Vegetables, Fresh	Bags	1	44	0	97	3.99	0.27	21.7	747	13.86	6	0.84	10.26	0.06	0.01	0.00
NC Oranges, 113 ct	1 Each	1	47	0	1	2.11	0.12	38.4	240	57.02	8	0.87	12.04	0.14	0.02	0.00
NC Oranges, Fresh, IW-DOD	Bags, 1/2 Cup	1	28	0	1	1.25	0.07	24.4	140	33.5	5	0.52	7.11	0.09	0.00	0.00
NC Oranges, Scored	1 Each	1	47	0	1	2.11	0.12	38.4	240	57.02	8	0.87	12.04	0.14	0.02	0.00
NC Peaches, Fresh-DOD	1/2 Cup, 2 ea	1	101	0	0	3.90	0.65	15.6	848	17.16	22	2.37	24.8	0.65	0.03	0.00
NC Pears, Fresh	1 Each	1	120	0	3	5.09	0.46	22.9	64	10.93	18	0.0	27.97	0.0	0.00	0.00
NC Peas, Snap, Fresh-DOD	1/2 Cup	1	26	0	2	1.58	1.76	24.4	670	26.33	2	1.71	4.6	0.24	0.00	0.00
NC Salad, Side Romaine	1/2 Cup	1	22	0	28	2.02	0.81	29.5	8505	3.37	2	0.94	4.89	0.21	0.03	0.00
NC Salad, Tossed	1 Each	1	10	0	7	0.85	0.29	12.8	356	1.98	1	0.64	2.1	0.1	0.01	0.00
NC Spinach, Salad-DOD	Servings	1	26	0	88	2.46	3.04	110.9	10502	31.47	0	3.2	4.07	0.44	0.07	0.00
NC Squash, Raw	1/2 Cup	1	23	0	269	1.59	0.41	30.6	240	6.24	3	1.03	4.89	0.35	0.07	0.00
NC Starfruit, Fresh-DOD	1/2 Cup	1	30	0	2	2.73	0.08	2.9	59	33.55	4	1.01	6.56	0.32	0.02	0.00
NC Strawberries, Fresh-DOD	1/2 Cup	1	29	0	1	1.81	0.37	14.5	11	53.34	4	0.61	6.97	0.27	0.01	0.00
NC Sugar Snaps & Grape Tom-DOD	1 Each	1	14	0	3	0.80	0.43	11.0	481	14.5	2	0.77	2.64	0.4	0.00	0.00
NC Tangelos, Minneola	1 Each	1	70	0	0	2.00	0.00	0.0	0	60.0	9	1.0	13.0	1.0	0.00	0.00
NC Tangerines, Fresh	1 Each	1	94	0	4	3.20	0.00	60.0	1100	46.8	18	1.4	24.0	0.6	0.00	0.00
NC Tomatoes, Grape	1/2 Cup	1	14	0	4	1.03	0.19	5.2	647	9.94	2	0.52	3.11	0.0	0.00	0.00
NC Tomatoes, Grape, IW-DOD	Bag, 1/2 Cup	1	12	0	12	0.81	0.20	8.1	575	9.31	2	0.61	2.67	0.0	0.00	0.00
NC Watermelon, Cubes-DOD	1/2 Cup	1	46	0	2	0.61	0.37	10.7	871	12.4	9	0.93	11.56	0.23	0.02	0.00
NC Watermelon, Slices-DOD	Wedge	1	86	0	3	1.14	0.69	20.0	1627	23.17	18	1.74	21.59	0.43	0.03	0.00
NC Zucchini, Sliced, Fresh	1/2 cup	1	13	0	13	0.85	0.07	8.4	0	0.0	0	0.85	1.71	0.0	0.00	0.00
Weighted Daily Average			4515	166	6119	117.61	27.08	2690.4	61380	1144.0	519	148.51	776.86	114.66	23.22	0.00
% of Calories											46.0%	13.2%	68.8%	22.9%	4.6%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

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Asheboro City Schools

Dec 1, 2017 thru Dec 21, 2017

Base Menu Spreadsheet

ES Lunch, FF&V, Condiments

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 12/06/2017																
ES Lunch, FF&V, Condiment	Total	1														
NC Pizza, 4x6 Cheese	1 Each	1	300	25	440	4.00	2.70	250.0	300	0.0	10	16.0	33.0	11.0	5.00	0.00
NC Salad, Baja Fish Salad-ES	Salad	1	485	35	1014	11.90	4.79	119.9	11567	6.01	5	20.75	68.56	14.5	1.57	0.00
NC PB & J Sandwich-Cmdty	Sandwiche	1	526	0	521	7.59	2.73	156.9	10	0.0	18	20.5	50.47	30.37	5.32	0.00
NC Spinach, Steamed, Frz	1/2 Cup	1	63	0	190	6.27	3.29	252.9	19539	3.82	1	6.82	9.56	1.43	0.25	0.00
NC Corn, Roasted	1/2 Cup	1	100	0	8	2.42	0.49	4.9	253	7.26	3	3.44	23.54	0.9	0.13	0.00
NC Peaches, Cnd, LS, Sliced	1/2 Cup	1	48	0	5	1.17	0.34	5.4	306	3.42	12	0.45	12.05	0.11	0.00	0.00
NC Milk, 1% Low Fat	1/2 Pint	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
NC Milk, FF Chocolate	1/2 Pint	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
NC Milk, FF Strawberry	1/2 Pint	1	110	5	125	0.00	0.00	300.0	500	1.2	18	8.0	19.0	0.0	0.00	0.00
NC Milk, Skim	1/2 Pint	1	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
NC-CON Hot Sauce, 7g	1 Each	1	0	0	100	0.00	0.00	0.0	100	1.2	20	0.0	1.0	0.0	0.00	0.00
NC-CON Ketchup, 9g, Heinz	1 Each	1	10	0	85	0.00	0.00	0.0	0	0.0	2	0.0	3.0	0.0	0.00	0.00
NC-CON Sld Dress, Ranch, 12g	1 Each	1	70	5	95	0.00	0.00	0.0	0	0.0	0	0.0	1.0	7.0	1.00	0.00
NC-CON Sld Dress, 1000 Island	1 Each	1	190	20	370	0.00	0.00	0.0	0	0.0	4	0.0	6.0	18.0	3.00	0.00
NC-CON Sld Dress, French	1 Each	1	130	0	300	0.00	0.36	0.0	100	0.0	13	0.0	14.0	8.0	1.00	0.00
NC-CON Sld Dress, Italian	1 Each	1	15	0	700	1.00	0.00	0.0	0	0.0	3	0.0	5.0	0.0	0.00	0.00
NC-CON Sld Dress, Ranch, 1.5oz	1 Each	1	30	0	350	0.00	0.00	10.0	0	0.0	3	1.0	6.0	0.0	0.00	0.00
NC Apple Slices, 2oz, IW	1 Each	1	29	0	1	1.40	0.07	3.0	31	2.6	6	0.15	7.83	0.1	0.02	0.00
NC Apple, Golden, Fresh, 125 ct	1 Each	1	96	0	3	4.06	0.22	10.1	86	0.0	17	0.47	22.98	0.25	0.00	0.00
NC Apple, Red Del, Fresh, 125ct	1 Each	1	106	0	3	3.31	0.20	9.9	99	6.62	20	0.0	26.47	0.0	0.00	0.00
NC Apples & Grapes, IW-DOD	Bag, 1/2 Cup	1	40	0	0	2.00	0.36	0.0	50	109.8	8	0.0	11.0	0.0	0.00	0.00
NC Bananas, 150ct	1 Each	1	105	0	1	3.07	0.31	5.9	76	10.27	14	1.29	26.95	0.39	0.13	0.00
NC Blueberries, Frozen-Cmdty	1/2 Cup	1	49	0	1	2.91	0.00	0.0	0	0.0	10	1.45	11.64	0.0	0.00	0.00
NC Broccoli Florets, Fresh	1/2 Cup	1	32	0	31	2.42	0.68	43.7	579	82.94	2	2.62	6.17	0.34	0.03	0.00
NC Carrots & Celery, IW-DOD	Bag, 1/2 Cup	1	20	0	61	2.02	0.18	10.1	1367	0.61	2	0.0	4.05	0.0	0.00	0.00
NC Carrots, 2.6oz, IW	Bag, 1/2 Cup	1	26	0	58	2.63	0.00	0.0	20	3.49	4	0.0	6.58	0.0	0.00	0.00
NC Carrots, Fresh, Bulk	1/2 Cup	1	25	0	55	2.06	0.63	22.7	9773	1.84	3	0.45	5.84	0.09	0.01	0.00
NC Cauliflower Florets, Fresh	1/2 Cup	1	12	0	15	1.00	0.21	11.0	5	24.05	1	0.96	2.48	0.14	0.03	0.00
NC Celery Sticks, Fresh	1/2 Cup	1	11	0	53	1.05	0.13	26.3	295	2.04	1	0.45	1.95	0.11	0.03	0.00
NC Clementines, Fresh-DOD	Each, 2/Serving	1	70	0	2	2.60	0.36	40.0	0	72.0	14	1.26	17.78	0.22	0.00	0.00
NC Cole Slaw	1/2 Cup	1	155	5	247	2.06	0.74	41.2	412	4.95	16	1.03	19.59	8.25	1.55	0.00
NC Cole Slaw, Fresh	1/2 Cup	1	51	8	188	0.69	0.06	17.7	112	13.61	1	0.46	2.83	4.18	0.42	0.00
NC Cucumber Slices, Fresh	1/2 Cup	1	11	0	1	0.37	0.21	12.0	79	2.1	1	0.49	2.72	0.08	0.02	0.00
NC Grapefruit, Fresh-DOD	1/2 Cup	1	52	0	0	1.97	0.10	27.1	1415	38.38	8	0.95	13.11	0.17	0.02	0.00
NC Grapes, Fresh	1/2 Cup	1	58	0	2	0.78	0.25	12.1	86	3.45	14	0.54	14.78	0.3	0.09	0.00

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Asheboro City Schools

Dec 1, 2017 thru Dec 21, 2017

Base Menu Spreadsheet

ES Lunch, FF&V, Condiments

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 12/06/2017																
NC Grapes, Fresh, IW-DOD	Bag, 1/2 Cup	1	38	0	1	0.51	0.16	7.9	57	2.27	9	0.36	9.72	0.2	0.00	0.00
NC Grapple, Fresh-DOD	1 Each	1	95	0	0	4.00	0.18	10.0	100	8.4	19	0.0	25.0	0.0	0.00	0.00
NC Kiwi, Fresh-DOD	Each, 2/Serving	1	84	0	4	4.14	0.43	46.9	120	127.93	12	1.57	20.23	0.72	0.04	0.00
NC Mandarin Oranges, Fresh-DOD	Servings	1	104	0	4	3.53	0.29	72.5	1335	52.33	21	1.59	26.15	0.61	0.08	0.00
NC Mango, Fresh, IW-DOD	Bag, 1/2 Cup	1	33	0	1	0.87	0.09	6.0	599	19.6	7	0.45	8.16	0.21	0.00	0.00
NC Mixed Fruit, Fresh-DOD	1/2 Cup	1	44	0	9	0.89	0.32	8.9	1000	18.67	9	0.89	10.67	0.0	0.00	0.00
NC Mixed Vegetables, Fresh	Bags	1	44	0	97	3.99	0.27	21.7	747	13.86	6	0.84	10.26	0.06	0.01	0.00
NC Oranges, 113 ct	1 Each	1	47	0	1	2.11	0.12	38.4	240	57.02	8	0.87	12.04	0.14	0.02	0.00
NC Oranges, Fresh, IW-DOD	Bags, 1/2 Cup	1	28	0	1	1.25	0.07	24.4	140	33.5	5	0.52	7.11	0.09	0.00	0.00
NC Oranges, Scored	1 Each	1	47	0	1	2.11	0.12	38.4	240	57.02	8	0.87	12.04	0.14	0.02	0.00
NC Peaches, Fresh-DOD	1/2 Cup, 2 ea	1	101	0	0	3.90	0.65	15.6	848	17.16	22	2.37	24.8	0.65	0.03	0.00
NC Pears, Fresh	1 Each	1	120	0	3	5.09	0.46	22.9	64	10.93	18	0.0	27.97	0.0	0.00	0.00
NC Peas, Snap, Fresh-DOD	1/2 Cup	1	26	0	2	1.58	1.76	24.4	670	26.33	2	1.71	4.6	0.24	0.00	0.00
NC Salad, Side Romaine	1/2 Cup	1	22	0	28	2.02	0.81	29.5	8505	3.37	2	0.94	4.89	0.21	0.03	0.00
NC Salad, Tossed	1 Each	1	10	0	7	0.85	0.29	12.8	356	1.98	1	0.64	2.1	0.1	0.01	0.00
NC Spinach, Salad-DOD	Servings	1	26	0	88	2.46	3.04	110.9	10502	31.47	0	3.2	4.07	0.44	0.07	0.00
NC Squash, Raw	1/2 Cup	1	23	0	269	1.59	0.41	30.6	240	6.24	3	1.03	4.89	0.35	0.07	0.00
NC Starfruit, Fresh-DOD	1/2 Cup	1	30	0	2	2.73	0.08	2.9	59	33.55	4	1.01	6.56	0.32	0.02	0.00
NC Strawberries, Fresh-DOD	1/2 Cup	1	29	0	1	1.81	0.37	14.5	11	53.34	4	0.61	6.97	0.27	0.01	0.00
NC Sugar Snaps & Grape Tom-DOD	1 Each	1	14	0	3	0.80	0.43	11.0	481	14.5	2	0.77	2.64	0.4	0.00	0.00
NC Tangelos, Minneola	1 Each	1	70	0	0	2.00	0.00	0.0	0	60.0	9	1.0	13.0	1.0	0.00	0.00
NC Tangerines, Fresh	1 Each	1	94	0	4	3.20	0.00	60.0	1100	46.8	18	1.4	24.0	0.6	0.00	0.00
NC Tomatoes, Grape	1/2 Cup	1	14	0	4	1.03	0.19	5.2	647	9.94	2	0.52	3.11	0.0	0.00	0.00
NC Tomatoes, Grape, IW-DOD	Bag, 1/2 Cup	1	12	0	12	0.81	0.20	8.1	575	9.31	2	0.61	2.67	0.0	0.00	0.00
NC Watermelon, Cubes-DOD	1/2 Cup	1	46	0	2	0.61	0.37	10.7	871	12.4	9	0.93	11.56	0.23	0.02	0.00
NC Watermelon, Slices-DOD	Wedge	1	86	0	3	1.14	0.69	20.0	1627	23.17	18	1.74	21.59	0.43	0.03	0.00
NC Zucchini, Sliced, Fresh	1/2 cup	1	13	0	13	0.85	0.07	8.4	0	0.0	0	0.85	1.71	0.0	0.00	0.00
Weighted Daily Average			4643	123	6024	126.63	31.28	2955.3	79795	1158.7	520	140.84	811.44	115.86	21.55	0.00
% of Calories											44.8%	12.1%	69.9%	22.5%	4.2%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

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Asheboro City Schools

Dec 1, 2017 thru Dec 21, 2017

Base Menu Spreadsheet

ES Lunch, FF&V, Condiments

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 12/07/2017																
ES Lunch, FF&V, Condiment	Total	1														
NC Chicken Pie	1 Each	1	311	55	948	2.41	2.55	40.3	95	2.27	3	20.4	35.81	11.78	6.03	0.00
NC Sandwich, Grilled Cheese	Sanwich	1	288	30	831	4.05	1.82	695.5	271	0.0	6	20.1	28.3	12.8	5.65	0.00
NC PB & J Sandwich-Cmdty	Sandwiche	1	526	0	521	7.59	2.73	156.9	10	0.0	18	20.5	50.47	30.37	5.32	0.00
NC Black Eye Peas	1/2 Cup	1	92	0	156	4.00	1.16	24.0	16	3.2	96	5.69	16.36	0.66	0.17	0.00
NC Green Beans, Frozen	1/2 Cup	1	23	0	54	2.35	0.70	39.0	439	3.27	0	1.21	5.22	0.13	0.03	0.00
NC Fruit Cocktail, CND, LS	1/2 Cup	1	56	0	7	1.31	0.30	4.9	10	3.12	14	0.42	14.67	0.08	0.02	0.00
NC Milk, 1% Low Fat	1/2 Pint	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
NC Milk, FF Chocolate	1/2 Pint	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
NC Milk, FF Strawberry	1/2 Pint	1	110	5	125	0.00	0.00	300.0	500	1.2	18	8.0	19.0	0.0	0.00	0.00
NC Milk, Skim	1/2 Pint	1	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
NC-CON Hot Sauce, 7g	1 Each	1	0	0	100	0.00	0.00	0.0	100	1.2	20	0.0	1.0	0.0	0.00	0.00
NC-CON Sld Dress, Ranch, 12g	1 Each	1	70	5	95	0.00	0.00	0.0	0	0.0	0	0.0	1.0	7.0	1.00	0.00
NC Apple Slices, 2oz, IW	1 Each	1	29	0	1	1.40	0.07	3.0	31	2.6	6	0.15	7.83	0.1	0.02	0.00
NC Apple, Golden, Fresh,125 ct	1 Each	1	96	0	3	4.06	0.22	10.1	86	0.0	17	0.47	22.98	0.25	0.00	0.00
NC Apple, Red Del, Fresh,125ct	1 Each	1	106	0	3	3.31	0.20	9.9	99	6.62	20	0.0	26.47	0.0	0.00	0.00
NC Apples & Grapes, IW-DOD	Bag, 1/2 Cup	1	40	0	0	2.00	0.36	0.0	50	109.8	8	0.0	11.0	0.0	0.00	0.00
NC Bananas,150ct	1 Each	1	105	0	1	3.07	0.31	5.9	76	10.27	14	1.29	26.95	0.39	0.13	0.00
NC Blueberries, Frozen-Cmdty	1/2 Cup	1	49	0	1	2.91	0.00	0.0	0	0.0	10	1.45	11.64	0.0	0.00	0.00
NC Broccoli Florets, Fresh	1/2 Cup	1	32	0	31	2.42	0.68	43.7	579	82.94	2	2.62	6.17	0.34	0.03	0.00
NC Carrots & Celery, IW-DOD	Bag, 1/2 Cup	1	20	0	61	2.02	0.18	10.1	1367	0.61	2	0.0	4.05	0.0	0.00	0.00
NC Carrots, 2.6oz, IW	Bag, 1/2 Cup	1	26	0	58	2.63	0.00	0.0	20	3.49	4	0.0	6.58	0.0	0.00	0.00
NC Carrots, Fresh, Bulk	1/2 Cup	1	25	0	55	2.06	0.63	22.7	9773	1.84	3	0.45	5.84	0.09	0.01	0.00
NC Cauliflower Florets, Fresh	1/2 Cup	1	12	0	15	1.00	0.21	11.0	5	24.05	1	0.96	2.48	0.14	0.03	0.00
NC Celery Sticks, Fresh	1/2 Cup	1	11	0	53	1.05	0.13	26.3	295	2.04	1	0.45	1.95	0.11	0.03	0.00
NC Clementines, Fresh-DOD	Each, 2/Serving	1	70	0	2	2.60	0.36	40.0	0	72.0	14	1.26	17.78	0.22	0.00	0.00
NC Cole Slaw	1/2 Cup	1	155	5	247	2.06	0.74	41.2	412	4.95	16	1.03	19.59	8.25	1.55	0.00
NC Cole Slaw, Fresh	1/2 Cup	1	51	8	188	0.69	0.06	17.7	112	13.61	1	0.46	2.83	4.18	0.42	0.00
NC Cucumber Slices, Fresh	1/2 Cup	1	11	0	1	0.37	0.21	12.0	79	2.1	1	0.49	2.72	0.08	0.02	0.00
NC Grapefruit, Fresh-DOD	1/2 Cup	1	52	0	0	1.97	0.10	27.1	1415	38.38	8	0.95	13.11	0.17	0.02	0.00
NC Grapes, Fresh	1/2 Cup	1	58	0	2	0.78	0.25	12.1	86	3.45	14	0.54	14.78	0.3	0.09	0.00
NC Grapes, Fresh, IW-DOD	Bag, 1/2 Cup	1	38	0	1	0.51	0.16	7.9	57	2.27	9	0.36	9.72	0.2	0.00	0.00
NC Grapple, Fresh-DOD	1 Each	1	95	0	0	4.00	0.18	10.0	100	8.4	19	0.0	25.0	0.0	0.00	0.00
NC Kiwi, Fresh-DOD	Each, 2/Serving	1	84	0	4	4.14	0.43	46.9	120	127.93	12	1.57	20.23	0.72	0.04	0.00

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Asheboro City Schools

Dec 1, 2017 thru Dec 21, 2017

Base Menu Spreadsheet

ES Lunch, FF&V, Condiments

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 12/07/2017																
NC Mandarin Oranges, Fresh-DOD	Servings	1	104	0	4	3.53	0.29	72.5	1335	52.33	21	1.59	26.15	0.61	0.08	0.00
NC Mango, Fresh, IW-DOD	Bag, 1/2 Cup	1	33	0	1	0.87	0.09	6.0	599	19.6	7	0.45	8.16	0.21	0.00	0.00
NC Mixed Fruit, Fresh-DOD	1/2 Cup	1	44	0	9	0.89	0.32	8.9	1000	18.67	9	0.89	10.67	0.0	0.00	0.00
NC Mixed Vegetables, Fresh	Bags	1	44	0	97	3.99	0.27	21.7	747	13.86	6	0.84	10.26	0.06	0.01	0.00
NC Oranges, 113 ct	1 Each	1	47	0	1	2.11	0.12	38.4	240	57.02	8	0.87	12.04	0.14	0.02	0.00
NC Oranges, Fresh, IW-DOD	Bag, 1/2 Cup	1	28	0	1	1.25	0.07	24.4	140	33.5	5	0.52	7.11	0.09	0.00	0.00
NC Oranges, Scored	1 Each	1	47	0	1	2.11	0.12	38.4	240	57.02	8	0.87	12.04	0.14	0.02	0.00
NC Peaches, Fresh-DOD	1/2 Cup, 2 ea	1	101	0	0	3.90	0.65	15.6	848	17.16	22	2.37	24.8	0.65	0.03	0.00
NC Pears, Fresh	1 Each	1	120	0	3	5.09	0.46	22.9	64	10.93	18	0.0	27.97	0.0	0.00	0.00
NC Peas, Snap, Fresh-DOD	1/2 Cup	1	26	0	2	1.58	1.76	24.4	670	26.33	2	1.71	4.6	0.24	0.00	0.00
NC Salad, Side Romaine	1/2 Cup	1	22	0	28	2.02	0.81	29.5	8505	3.37	2	0.94	4.89	0.21	0.03	0.00
NC Salad, Tossed	1 Each	1	10	0	7	0.85	0.29	12.8	356	1.98	1	0.64	2.1	0.1	0.01	0.00
NC Spinach, Salad-DOD	Servings	1	26	0	88	2.46	3.04	110.9	10502	31.47	0	3.2	4.07	0.44	0.07	0.00
NC Squash, Raw	1/2 Cup	1	23	0	269	1.59	0.41	30.6	240	6.24	3	1.03	4.89	0.35	0.07	0.00
NC Starfruit, Fresh-DOD	1/2 Cup	1	30	0	2	2.73	0.08	2.9	59	33.55	4	1.01	6.56	0.32	0.02	0.00
NC Strawberries, Fresh-DOD	1/2 Cup	1	29	0	1	1.81	0.37	14.5	11	53.34	4	0.61	6.97	0.27	0.01	0.00
NC Sugar Snaps & Grape Tom-DOD	1 Each	1	14	0	3	0.80	0.43	11.0	481	14.5	2	0.77	2.64	0.4	0.00	0.00
NC Tangelos, Minneola	1 Each	1	70	0	0	2.00	0.00	0.0	0	60.0	9	1.0	13.0	1.0	0.00	0.00
NC Tangerines, Fresh	1 Each	1	94	0	4	3.20	0.00	60.0	1100	46.8	18	1.4	24.0	0.6	0.00	0.00
NC Tomatoes, Grape	1/2 Cup	1	14	0	4	1.03	0.19	5.2	647	9.94	2	0.52	3.11	0.0	0.00	0.00
NC Tomatoes, Grape, IW-DOD	Bag, 1/2 Cup	1	12	0	12	0.81	0.20	8.1	575	9.31	2	0.61	2.67	0.0	0.00	0.00
NC Watermelon, Cubes-DOD	1/2 Cup	1	46	0	2	0.61	0.37	10.7	871	12.4	9	0.93	11.56	0.23	0.02	0.00
NC Watermelon, Slices-DOD	Wedge	1	86	0	3	1.14	0.69	20.0	1627	23.17	18	1.74	21.59	0.43	0.03	0.00
NC Zucchini, Sliced, Fresh	1/2 cup	1	13	0	13	0.85	0.07	8.4	0	0.0	0	0.85	1.71	0.0	0.00	0.00
Weighted Daily Average			4042	128	4558	113.99	25.84	3116.0	48561	1150.0	584	140.19	731.09	87.37	22.50	0.00
% of Calories											57.8%	13.9%	72.4%	19.5%	5.0%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

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Asheboro City Schools

Dec 1, 2017 thru Dec 21, 2017

Base Menu Spreadsheet

ES Lunch, FF&V, Condiments

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 12/08/2017																
ES Lunch, FF&V, Condiment	Total	1														
NC Pancakes & Sausage-Cmdty	Serving	1	360	65	510	3.00	2.16	60.0	0	0.0	15	19.0	38.0	16.0	4.00	0.00
NC Fish Sticks w/ Hushpuppies	Servings	1	371	50	511	3.01	1.80	20.0	100	1.21	6	17.01	43.09	15.03	2.51	0.00
NC PB & J Sandwich-Cmdty	Sandwiche	1	526	0	521	7.59	2.73	156.9	10	0.0	18	20.5	50.47	30.37	5.32	0.00
NC Potato Tots	Serving	1	138	0	328	2.12	0.00	0.0	0	3.81	0	2.12	16.93	6.35	1.06	0.00
NC Collards, Frozen	1/2 Cup	1	40	0	284	2.94	1.20	215.2	11730	26.95	1	3.19	7.92	0.43	0.06	0.00
NC Apple Slices, Bkd, w/ Cinn	1/2 Cup	1	70	0	7	1.00	1.44	8.7	133	1.13	27	0.02	17.61	0.04	0.03	0.00
NC Milk, 1% Low Fat	1/2 Pint	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
NC Milk, FF Chocolate	1/2 Pint	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
NC Milk, FF Strawberry	1/2 Pint	1	110	5	125	0.00	0.00	300.0	500	1.2	18	8.0	19.0	0.0	0.00	0.00
NC Milk, Skim	1/2 Pint	1	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
NC-CON Hot Sauce, 7g	1 Each	1	0	0	100	0.00	0.00	0.0	100	1.2	20	0.0	1.0	0.0	0.00	0.00
NC-CON Ketchup, 9g, Heinz	1 Each	1	10	0	85	0.00	0.00	0.0	0	0.0	2	0.0	3.0	0.0	0.00	0.00
NC-CON Pancake Syrup, 1.5oz	1 Each	1	120	0	45	0.00	0.00	0.0	105	0.0	21	0.0	31.0	0.0	0.00	0.00
NC-CON Tartar Sauce, 12g	1 Each	1	50	5	95	0.00	0.00	0.0	0	0.0	0	0.0	1.0	5.0	0.50	0.00
NC-CON Sld Dress, Ranch, 12g	1 Each	1	70	5	95	0.00	0.00	0.0	0	0.0	0	0.0	1.0	7.0	1.00	0.00
NC Apple Slices, 2oz, IW	1 Each	1	29	0	1	1.40	0.07	3.0	31	2.6	6	0.15	7.83	0.1	0.02	0.00
NC Apple, Golden, Fresh, 125 ct	1 Each	1	96	0	3	4.06	0.22	10.1	86	0.0	17	0.47	22.98	0.25	0.00	0.00
NC Apple, Red Del, Fresh, 125ct	1 Each	1	106	0	3	3.31	0.20	9.9	99	6.62	20	0.0	26.47	0.0	0.00	0.00
NC Apples & Grapes, IW-DOD	Bag, 1/2 Cup	1	40	0	0	2.00	0.36	0.0	50	109.8	8	0.0	11.0	0.0	0.00	0.00
NC Bananas, 150ct	1 Each	1	105	0	1	3.07	0.31	5.9	76	10.27	14	1.29	26.95	0.39	0.13	0.00
NC Blueberries, Frozen-Cmdty	1/2 Cup	1	49	0	1	2.91	0.00	0.0	0	0.0	10	1.45	11.64	0.0	0.00	0.00
NC Broccoli Florets, Fresh	1/2 Cup	1	32	0	31	2.42	0.68	43.7	579	82.94	2	2.62	6.17	0.34	0.03	0.00
NC Carrots & Celery, IW-DOD	Bag, 1/2 Cup	1	20	0	61	2.02	0.18	10.1	1367	0.61	2	0.0	4.05	0.0	0.00	0.00
NC Carrots, 2.6oz, IW	Bag, 1/2 Cup	1	26	0	58	2.63	0.00	0.0	20	3.49	4	0.0	6.58	0.0	0.00	0.00
NC Carrots, Fresh, Bulk	1/2 Cup	1	25	0	55	2.06	0.63	22.7	9773	1.84	3	0.45	5.84	0.09	0.01	0.00
NC Cauliflower Florets, Fresh	1/2 Cup	1	12	0	15	1.00	0.21	11.0	5	24.05	1	0.96	2.48	0.14	0.03	0.00
NC Celery Sticks, Fresh	1/2 Cup	1	11	0	53	1.05	0.13	26.3	295	2.04	1	0.45	1.95	0.11	0.03	0.00
NC Clementines, Fresh-DOD	Each, 2/Serving	1	70	0	2	2.60	0.36	40.0	0	72.0	14	1.26	17.78	0.22	0.00	0.00
NC Cole Slaw	1/2 Cup	1	155	5	247	2.06	0.74	41.2	412	4.95	16	1.03	19.59	8.25	1.55	0.00
NC Cole Slaw, Fresh	1/2 Cup	1	51	8	188	0.69	0.06	17.7	112	13.61	1	0.46	2.83	4.18	0.42	0.00
NC Cucumber Slices, Fresh	1/2 Cup	1	11	0	1	0.37	0.21	12.0	79	2.1	1	0.49	2.72	0.08	0.02	0.00
NC Grapefruit, Fresh-DOD	1/2 Cup	1	52	0	0	1.97	0.10	27.1	1415	38.38	8	0.95	13.11	0.17	0.02	0.00
NC Grapes, Fresh	1/2 Cup	1	58	0	2	0.78	0.25	12.1	86	3.45	14	0.54	14.78	0.3	0.09	0.00
NC Grapes, Fresh, IW-DOD	Bag, 1/2 Cup	1	38	0	1	0.51	0.16	7.9	57	2.27	9	0.36	9.72	0.2	0.00	0.00

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Asheboro City Schools

Dec 1, 2017 thru Dec 21, 2017

Base Menu Spreadsheet

ES Lunch, FF&V, Condiments

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 12/08/2017																
NC Grapple, Fresh-DOD	1 Each	1	95	0	0	4.00	0.18	10.0	100	8.4	19	0.0	25.0	0.0	0.00	0.00
NC Kiwi, Fresh-DOD	Each, 2/Serving	1	84	0	4	4.14	0.43	46.9	120	127.93	12	1.57	20.23	0.72	0.04	0.00
NC Mandarin Oranges, Fresh-DOD	Servings	1	104	0	4	3.53	0.29	72.5	1335	52.33	21	1.59	26.15	0.61	0.08	0.00
NC Mango, Fresh, IW-DOD	Bag, 1/2 Cup	1	33	0	1	0.87	0.09	6.0	599	19.6	7	0.45	8.16	0.21	0.00	0.00
NC Mixed Fruit, Fresh-DOD	1/2 Cup	1	44	0	9	0.89	0.32	8.9	1000	18.67	9	0.89	10.67	0.0	0.00	0.00
NC Mixed Vegetables, Fresh	Bags	1	44	0	97	3.99	0.27	21.7	747	13.86	6	0.84	10.26	0.06	0.01	0.00
NC Nectarines, Fresh-DOD	1 Each	1	62	0	0	2.41	0.40	8.5	471	7.67	11	1.51	14.98	0.45	0.03	0.00
NC Oranges, 113 ct	1 Each	1	47	0	1	2.11	0.12	38.4	240	57.02	8	0.87	12.04	0.14	0.02	0.00
NC Oranges, Fresh, IW-DOD	Bags, 1/2 Cup	1	28	0	1	1.25	0.07	24.4	140	33.5	5	0.52	7.11	0.09	0.00	0.00
NC Oranges, Scored	1 Each	1	47	0	1	2.11	0.12	38.4	240	57.02	8	0.87	12.04	0.14	0.02	0.00
NC Peaches, Fresh-DOD	1/2 Cup, 2 ea	1	101	0	0	3.90	0.65	15.6	848	17.16	22	2.37	24.8	0.65	0.03	0.00
NC Pears, Fresh	1 Each	1	120	0	3	5.09	0.46	22.9	64	10.93	18	0.0	27.97	0.0	0.00	0.00
NC Peas, Snap, Fresh-DOD	1/2 Cup	1	26	0	2	1.58	1.76	24.4	670	26.33	2	1.71	4.6	0.24	0.00	0.00
NC Salad, Side Romaine	1/2 Cup	1	22	0	28	2.02	0.81	29.5	8505	3.37	2	0.94	4.89	0.21	0.03	0.00
NC Salad, Tossed	1 Each	1	10	0	7	0.85	0.29	12.8	356	1.98	1	0.64	2.1	0.1	0.01	0.00
NC Spinach, Salad-DOD	Servings	1	26	0	88	2.46	3.04	110.9	10502	31.47	0	3.2	4.07	0.44	0.07	0.00
NC Squash, Raw	1/2 Cup	1	23	0	269	1.59	0.41	30.6	240	6.24	3	1.03	4.89	0.35	0.07	0.00
NC Starfruit, Fresh-DOD	1/2 Cup	1	30	0	2	2.73	0.08	2.9	59	33.55	4	1.01	6.56	0.32	0.02	0.00
NC Strawberries, Fresh-DOD	1/2 Cup	1	29	0	1	1.81	0.37	14.5	11	53.34	4	0.61	6.97	0.27	0.01	0.00
NC Sugar Snaps & Grape Tom-DOD	1 Each	1	14	0	3	0.80	0.43	11.0	481	14.5	2	0.77	2.64	0.4	0.00	0.00
NC Tangelos, Minneola	1 Each	1	70	0	0	2.00	0.00	0.0	0	60.0	9	1.0	13.0	1.0	0.00	0.00
NC Tangerines, Fresh	1 Each	1	94	0	4	3.20	0.00	60.0	1100	46.8	18	1.4	24.0	0.6	0.00	0.00
NC Tomatoes, Grape	1/2 Cup	1	14	0	4	1.03	0.19	5.2	647	9.94	2	0.52	3.11	0.0	0.00	0.00
NC Tomatoes, Grape, IW-DOD	Bag, 1/2 Cup	1	12	0	12	0.81	0.20	8.1	575	9.31	2	0.61	2.67	0.0	0.00	0.00
NC Watermelon, Cubes-DOD	1/2 Cup	1	46	0	2	0.61	0.37	10.7	871	12.4	9	0.93	11.56	0.23	0.02	0.00
NC Watermelon, Slices-DOD	Wedge	1	86	0	3	1.14	0.69	20.0	1627	23.17	18	1.74	21.59	0.43	0.03	0.00
NC Zucchini, Sliced, Fresh	1/2 cup	1	13	0	13	0.85	0.07	8.4	0	0.0	0	0.85	1.71	0.0	0.00	0.00
Weighted Daily Average			4492	163	4428	114.35	26.31	2624.7	60270	1178.9	547	135.21	804.28	105.21	18.79	0.00
% of Calories											48.7%	12.0%	71.6%	21.1%	3.8%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

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Asheboro City Schools

Dec 1, 2017 thru Dec 21, 2017

Base Menu Spreadsheet

ES Lunch, FF&V, Condiments

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 12/11/2017																
ES Lunch, FF&V, Condiment	Total	1														
NC Hot Dog	1 Each	1	270	35	930	3.00	0.36	40.0	20	2.4	4	13.0	30.0	11.5	3.50	0.00
NC Chicken Tend & Roll-Cmdty	Servings	1	419	25	649	4.99	3.24	39.9	50	3.6	1	19.97	42.97	18.47	3.00	0.00
NC PB & J Sandwich-Cmdty	Sandwiche	1	526	0	521	7.59	2.73	156.9	10	0.0	18	20.5	50.47	30.37	5.32	0.00
NC Carrots, Herb Roasted	1/2 Cup	1	34	0	110	3.08	0.42	33.8	13214	2.36	4	0.73	7.36	0.43	0.04	0.00
NC Green Beans, Frozen	1/2 Cup	1	23	0	54	2.35	0.70	39.0	439	3.27	0	1.21	5.22	0.13	0.03	0.00
NC Peaches, Cnd, LS, Sliced	1/2 Cup	1	48	0	5	1.17	0.34	5.4	306	3.42	12	0.45	12.05	0.11	0.00	0.00
NC Milk, 1% Low Fat	1/2 Pint	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
NC Milk, FF Chocolate	1/2 Pint	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
NC Milk, FF Strawberry	1/2 Pint	1	110	5	125	0.00	0.00	300.0	500	1.2	18	8.0	19.0	0.0	0.00	0.00
NC Milk, Skim	1/2 Pint	1	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
NC-CON Hot Sauce, 7g	1 Each	1	0	0	100	0.00	0.00	0.0	100	1.2	20	0.0	1.0	0.0	0.00	0.00
NC-CON Ketchup, 9g, Heinz	1 Each	1	10	0	85	0.00	0.00	0.0	0	0.0	2	0.0	3.0	0.0	0.00	0.00
NC-CON Lettuce, Shredded	Serving, 0.63oz	1	3	0	2	0.21	0.07	3.2	90	0.5	0	0.16	0.53	0.03	0.00	0.00
NC-CON Mayonnaise, FF, 12g	1 Each	1	10	5	100	0.00	0.00	0.0	5	0.0	1	0.0	3.0	0.0	0.00	0.00
NC-CON Mustard, Yellow, PC	1 Each	1	0	0	70	0.00	0.00	0.0	0	0.0	0	0.0	0.0	0.0	0.00	0.00
NC-CON Onions, Sliced	Slice	1	6	0	1	0.24	0.03	3.2	0	1.04	1	0.15	1.31	0.01	0.01	0.00
NC-CON Sld Dress, Ranch, 12g	1 Each	1	70	5	95	0.00	0.00	0.0	0	0.0	0	0.0	1.0	7.0	1.00	0.00
NC-CON Tomatoes, Sliced	Slice	1	4	0	1	0.24	0.05	2.0	167	2.74	1	0.18	0.78	0.04	0.01	0.00
NC Apple Slices, 2oz, IW	1 Each	1	29	0	1	1.40	0.07	3.0	31	2.6	6	0.15	7.83	0.1	0.02	0.00
NC Apple, Golden, Fresh, 125 ct	1 Each	1	96	0	3	4.06	0.22	10.1	86	0.0	17	0.47	22.98	0.25	0.00	0.00
NC Apple, Red Del, Fresh, 125ct	1 Each	1	106	0	3	3.31	0.20	9.9	99	6.62	20	0.0	26.47	0.0	0.00	0.00
NC Apples & Grapes, IW-DOD	Bag, 1/2 Cup	1	40	0	0	2.00	0.36	0.0	50	109.8	8	0.0	11.0	0.0	0.00	0.00
NC Bananas, 150ct	1 Each	1	105	0	1	3.07	0.31	5.9	76	10.27	14	1.29	26.95	0.39	0.13	0.00
NC Blueberries, Frozen-Cmdty	1/2 Cup	1	49	0	1	2.91	0.00	0.0	0	0.0	10	1.45	11.64	0.0	0.00	0.00
NC Broccoli Florets, Fresh	1/2 Cup	1	32	0	31	2.42	0.68	43.7	579	82.94	2	2.62	6.17	0.34	0.03	0.00
NC Carrots & Celery, IW-DOD	Bag, 1/2 Cup	1	20	0	61	2.02	0.18	10.1	1367	0.61	2	0.0	4.05	0.0	0.00	0.00
NC Carrots, 2.6oz, IW	Bag, 1/2 Cup	1	26	0	58	2.63	0.00	0.0	20	3.49	4	0.0	6.58	0.0	0.00	0.00
NC Carrots, Fresh, Bulk	1/2 Cup	1	25	0	55	2.06	0.63	22.7	9773	1.84	3	0.45	5.84	0.09	0.01	0.00
NC Cauliflower Florets, Fresh	1/2 Cup	1	12	0	15	1.00	0.21	11.0	5	24.05	1	0.96	2.48	0.14	0.03	0.00
NC Celery Sticks, Fresh	1/2 Cup	1	11	0	53	1.05	0.13	26.3	295	2.04	1	0.45	1.95	0.11	0.03	0.00
NC Clementines, Fresh-DOD	Each, 2/Serving	1	70	0	2	2.60	0.36	40.0	0	72.0	14	1.26	17.78	0.22	0.00	0.00
NC Cole Slaw	1/2 Cup	1	155	5	247	2.06	0.74	41.2	412	4.95	16	1.03	19.59	8.25	1.55	0.00
NC Cole Slaw, Fresh	1/2 Cup	1	51	8	188	0.69	0.06	17.7	112	13.61	1	0.46	2.83	4.18	0.42	0.00
NC Cucumber Slices, Fresh	1/2 Cup	1	11	0	1	0.37	0.21	12.0	79	2.1	1	0.49	2.72	0.08	0.02	0.00

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Asheboro City Schools

Dec 1, 2017 thru Dec 21, 2017

Base Menu Spreadsheet

ES Lunch, FF&V, Condiments

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 12/11/2017																
NC Grapefruit, Fresh-DOD	1/2 Cup	1	52	0	0	1.97	0.10	27.1	1415	38.38	8	0.95	13.11	0.17	0.02	0.00
NC Grapes, Fresh	1/2 Cup	1	58	0	2	0.78	0.25	12.1	86	3.45	14	0.54	14.78	0.3	0.09	0.00
NC Grapes, Fresh, IW-DOD	Bag, 1/2 Cup	1	38	0	1	0.51	0.16	7.9	57	2.27	9	0.36	9.72	0.2	0.00	0.00
NC Grapple, Fresh-DOD	1 Each	1	95	0	0	4.00	0.18	10.0	100	8.4	19	0.0	25.0	0.0	0.00	0.00
NC Kiwi, Fresh-DOD	Each, 2/Serving	1	84	0	4	4.14	0.43	46.9	120	127.93	12	1.57	20.23	0.72	0.04	0.00
NC Mandarin Oranges, Fresh-DOD	Servings	1	104	0	4	3.53	0.29	72.5	1335	52.33	21	1.59	26.15	0.61	0.08	0.00
NC Mango, Fresh, IW-DOD	Bag, 1/2 Cup	1	33	0	1	0.87	0.09	6.0	599	19.6	7	0.45	8.16	0.21	0.00	0.00
NC Mixed Fruit, Fresh-DOD	1/2 Cup	1	44	0	9	0.89	0.32	8.9	1000	18.67	9	0.89	10.67	0.0	0.00	0.00
NC Mixed Vegetables, Fresh	Bags	1	44	0	97	3.99	0.27	21.7	747	13.86	6	0.84	10.26	0.06	0.01	0.00
NC Oranges, 113 ct	1 Each	1	47	0	1	2.11	0.12	38.4	240	57.02	8	0.87	12.04	0.14	0.02	0.00
NC Oranges, Fresh, IW-DOD	Bags, 1/2 Cup	1	28	0	1	1.25	0.07	24.4	140	33.5	5	0.52	7.11	0.09	0.00	0.00
NC Oranges, Scored	1 Each	1	47	0	1	2.11	0.12	38.4	240	57.02	8	0.87	12.04	0.14	0.02	0.00
NC Peaches, Fresh-DOD	1/2 Cup, 2 ea	1	101	0	0	3.90	0.65	15.6	848	17.16	22	2.37	24.8	0.65	0.03	0.00
NC Pears, Fresh	1 Each	1	120	0	3	5.09	0.46	22.9	64	10.93	18	0.0	27.97	0.0	0.00	0.00
NC Peas, Snap, Fresh-DOD	1/2 Cup	1	26	0	2	1.58	1.76	24.4	670	26.33	2	1.71	4.6	0.24	0.00	0.00
NC Salad, Side Romaine	1/2 Cup	1	22	0	28	2.02	0.81	29.5	8505	3.37	2	0.94	4.89	0.21	0.03	0.00
NC Salad, Tossed	1 Each	1	10	0	7	0.85	0.29	12.8	356	1.98	1	0.64	2.1	0.1	0.01	0.00
NC Spinach, Salad-DOD	Servings	1	26	0	88	2.46	3.04	110.9	10502	31.47	0	3.2	4.07	0.44	0.07	0.00
NC Squash, Raw	1/2 Cup	1	23	0	269	1.59	0.41	30.6	240	6.24	3	1.03	4.89	0.35	0.07	0.00
NC Starfruit, Fresh-DOD	1/2 Cup	1	30	0	2	2.73	0.08	2.9	59	33.55	4	1.01	6.56	0.32	0.02	0.00
NC Strawberries, Fresh-DOD	1/2 Cup	1	29	0	1	1.81	0.37	14.5	11	53.34	4	0.61	6.97	0.27	0.01	0.00
NC Sugar Snaps & Grape Tom-DOD	1 Each	1	14	0	3	0.80	0.43	11.0	481	14.5	2	0.77	2.64	0.4	0.00	0.00
NC Tangelos, Minneola	1 Each	1	70	0	0	2.00	0.00	0.0	0	60.0	9	1.0	13.0	1.0	0.00	0.00
NC Tangerines, Fresh	1 Each	1	94	0	4	3.20	0.00	60.0	1100	46.8	18	1.4	24.0	0.6	0.00	0.00
NC Tomatoes, Grape	1/2 Cup	1	14	0	4	1.03	0.19	5.2	647	9.94	2	0.52	3.11	0.0	0.00	0.00
NC Tomatoes, Grape, IW-DOD	Bag, 1/2 Cup	1	12	0	12	0.81	0.20	8.1	575	9.31	2	0.61	2.67	0.0	0.00	0.00
NC Watermelon, Cubes-DOD	1/2 Cup	1	46	0	2	0.61	0.37	10.7	871	12.4	9	0.93	11.56	0.23	0.02	0.00
NC Watermelon, Slices-DOD	Wedge	1	86	0	3	1.14	0.69	20.0	1627	23.17	18	1.74	21.59	0.43	0.03	0.00
NC Zucchini, Sliced, Fresh	1/2 cup	1	13	0	13	0.85	0.07	8.4	0	0.0	0	0.85	1.71	0.0	0.00	0.00
Weighted Daily Average			4097	108	4569	115.15	24.52	2478.8	62020	1157.5	490	128.23	736.95	92.63	17.19	0.00
% of Calories											47.8%	12.5%	71.9%	20.3%	3.8%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

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Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
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Asheboro City Schools

Dec 1, 2017 thru Dec 21, 2017

Base Menu Spreadsheet

ES Lunch, FF&V, Condiments

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 12/12/2017																
ES Lunch, FF&V, Condiment	Total	1														
NC Last Minute Chili w/ CrnBrd	Servings, 1 Cup	1	512	43	858	11.61	5.25	364.8	429	7.59	24	22.38	75.65	14.54	4.32	0.00
NC Salisbury Steak & Rice-ES	Serving	1	341	39	367	2.65	2.19	41.3	0	1.23	1	15.81	37.3	13.57	5.16	0.00
NC PB & J Sandwich-Cmdty	Sandwiche	1	526	0	521	7.59	2.73	156.9	10	0.0	18	20.5	50.47	30.37	5.32	0.00
NC Corn, Roasted	1/2 Cup	1	100	0	8	2.42	0.49	4.9	253	7.26	3	3.44	23.54	0.9	0.13	0.00
NC Collards, Frozen	1/2 Cup	1	40	0	284	2.94	1.20	215.2	11730	26.95	1	3.19	7.92	0.43	0.06	0.00
NC Fruit Cocktail, CND, LS	1/2 Cup	1	56	0	7	1.31	0.30	4.9	10	3.12	14	0.42	14.67	0.08	0.02	0.00
NC Milk, 1% Low Fat	1/2 Pint	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
NC Milk, FF Chocolate	1/2 Pint	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
NC Milk, FF Strawberry	1/2 Pint	1	110	5	125	0.00	0.00	300.0	500	1.2	18	8.0	19.0	0.0	0.00	0.00
NC Milk, Skim	1/2 Pint	1	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
NC-CON Hot Sauce, 7g	1 Each	1	0	0	100	0.00	0.00	0.0	100	1.2	20	0.0	1.0	0.0	0.00	0.00
NC-CON Ketchup, 9g, Heinz	1 Each	1	10	0	85	0.00	0.00	0.0	0	0.0	2	0.0	3.0	0.0	0.00	0.00
NC-CON Sld Dress, Ranch, 12g	1 Each	1	70	5	95	0.00	0.00	0.0	0	0.0	0	0.0	1.0	7.0	1.00	0.00
NC Apple Slices, 2oz, IW	1 Each	1	29	0	1	1.40	0.07	3.0	31	2.6	6	0.15	7.83	0.1	0.02	0.00
NC Apple, Golden, Fresh, 125 ct	1 Each	1	96	0	3	4.06	0.22	10.1	86	0.0	17	0.47	22.98	0.25	0.00	0.00
NC Apple, Red Del, Fresh, 125ct	1 Each	1	106	0	3	3.31	0.20	9.9	99	6.62	20	0.0	26.47	0.0	0.00	0.00
NC Apples & Grapes, IW-DOD	Bag, 1/2 Cup	1	40	0	0	2.00	0.36	0.0	50	109.8	8	0.0	11.0	0.0	0.00	0.00
NC Bananas, 150ct	1 Each	1	105	0	1	3.07	0.31	5.9	76	10.27	14	1.29	26.95	0.39	0.13	0.00
NC Blueberries, Frozen-Cmdty	1/2 Cup	1	49	0	1	2.91	0.00	0.0	0	0.0	10	1.45	11.64	0.0	0.00	0.00
NC Broccoli Florets, Fresh	1/2 Cup	1	32	0	31	2.42	0.68	43.7	579	82.94	2	2.62	6.17	0.34	0.03	0.00
NC Carrots & Celery, IW-DOD	Bag, 1/2 Cup	1	20	0	61	2.02	0.18	10.1	1367	0.61	2	0.0	4.05	0.0	0.00	0.00
NC Carrots, 2.6oz, IW	Bag, 1/2 Cup	1	26	0	58	2.63	0.00	0.0	20	3.49	4	0.0	6.58	0.0	0.00	0.00
NC Carrots, Fresh, Bulk	1/2 Cup	1	25	0	55	2.06	0.63	22.7	9773	1.84	3	0.45	5.84	0.09	0.01	0.00
NC Cauliflower Florets, Fresh	1/2 Cup	1	12	0	15	1.00	0.21	11.0	5	24.05	1	0.96	2.48	0.14	0.03	0.00
NC Celery Sticks, Fresh	1/2 Cup	1	11	0	53	1.05	0.13	26.3	295	2.04	1	0.45	1.95	0.11	0.03	0.00
NC Clementines, Fresh-DOD	Each, 2/Serving	1	70	0	2	2.60	0.36	40.0	0	72.0	14	1.26	17.78	0.22	0.00	0.00
NC Cole Slaw	1/2 Cup	1	155	5	247	2.06	0.74	41.2	412	4.95	16	1.03	19.59	8.25	1.55	0.00
NC Cole Slaw, Fresh	1/2 Cup	1	51	8	188	0.69	0.06	17.7	112	13.61	1	0.46	2.83	4.18	0.42	0.00
NC Cucumber Slices, Fresh	1/2 Cup	1	11	0	1	0.37	0.21	12.0	79	2.1	1	0.49	2.72	0.08	0.02	0.00
NC Grapefruit, Fresh-DOD	1/2 Cup	1	52	0	0	1.97	0.10	27.1	1415	38.38	8	0.95	13.11	0.17	0.02	0.00
NC Grapes, Fresh	1/2 Cup	1	58	0	2	0.78	0.25	12.1	86	3.45	14	0.54	14.78	0.3	0.09	0.00
NC Grapes, Fresh, IW-DOD	Bag, 1/2 Cup	1	38	0	1	0.51	0.16	7.9	57	2.27	9	0.36	9.72	0.2	0.00	0.00
NC Grapple, Fresh-DOD	1 Each	1	95	0	0	4.00	0.18	10.0	100	8.4	19	0.0	25.0	0.0	0.00	0.00

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Asheboro City Schools

Dec 1, 2017 thru Dec 21, 2017

Base Menu Spreadsheet

ES Lunch, FF&V, Condiments

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 12/12/2017																
NC Kiwi, Fresh-DOD	Each, 2/Serving	1	84	0	4	4.14	0.43	46.9	120	127.93	12	1.57	20.23	0.72	0.04	0.00
NC Mandarin Oranges, Fresh-DOD	Servings	1	104	0	4	3.53	0.29	72.5	1335	52.33	21	1.59	26.15	0.61	0.08	0.00
NC Mango, Fresh, IW-DOD	Bag, 1/2 Cup	1	33	0	1	0.87	0.09	6.0	599	19.6	7	0.45	8.16	0.21	0.00	0.00
NC Mixed Fruit, Fresh-DOD	1/2 Cup	1	44	0	9	0.89	0.32	8.9	1000	18.67	9	0.89	10.67	0.0	0.00	0.00
NC Mixed Vegetables, Fresh	Bags	1	44	0	97	3.99	0.27	21.7	747	13.86	6	0.84	10.26	0.06	0.01	0.00
NC Oranges, 113 ct	1 Each	1	47	0	1	2.11	0.12	38.4	240	57.02	8	0.87	12.04	0.14	0.02	0.00
NC Oranges, Fresh, IW-DOD	Bags, 1/2 Cup	1	28	0	1	1.25	0.07	24.4	140	33.5	5	0.52	7.11	0.09	0.00	0.00
NC Oranges, Scored	1 Each	1	47	0	1	2.11	0.12	38.4	240	57.02	8	0.87	12.04	0.14	0.02	0.00
NC Peaches, Fresh-DOD	1/2 Cup, 2 ea	1	101	0	0	3.90	0.65	15.6	848	17.16	22	2.37	24.8	0.65	0.03	0.00
NC Pears, Fresh	1 Each	1	120	0	3	5.09	0.46	22.9	64	10.93	18	0.0	27.97	0.0	0.00	0.00
NC Peas, Snap, Fresh-DOD	1/2 Cup	1	26	0	2	1.58	1.76	24.4	670	26.33	2	1.71	4.6	0.24	0.00	0.00
NC Salad, Side Romaine	1/2 Cup	1	22	0	28	2.02	0.81	29.5	8505	3.37	2	0.94	4.89	0.21	0.03	0.00
NC Salad, Tossed	1 Each	1	10	0	7	0.85	0.29	12.8	356	1.98	1	0.64	2.1	0.1	0.01	0.00
NC Spinach, Salad-DOD	Servings	1	26	0	88	2.46	3.04	110.9	10502	31.47	0	3.2	4.07	0.44	0.07	0.00
NC Squash, Raw	1/2 Cup	1	23	0	269	1.59	0.41	30.6	240	6.24	3	1.03	4.89	0.35	0.07	0.00
NC Starfruit, Fresh-DOD	1/2 Cup	1	30	0	2	2.73	0.08	2.9	59	33.55	4	1.01	6.56	0.32	0.02	0.00
NC Strawberries, Fresh-DOD	1/2 Cup	1	29	0	1	1.81	0.37	14.5	11	53.34	4	0.61	6.97	0.27	0.01	0.00
NC Sugar Snaps & Grape Tom-DOD	1 Each	1	14	0	3	0.80	0.43	11.0	481	14.5	2	0.77	2.64	0.4	0.00	0.00
NC Tangelos, Minneola	1 Each	1	70	0	0	2.00	0.00	0.0	0	60.0	9	1.0	13.0	1.0	0.00	0.00
NC Tangerines, Fresh	1 Each	1	94	0	4	3.20	0.00	60.0	1100	46.8	18	1.4	24.0	0.6	0.00	0.00
NC Tomatoes, Grape	1/2 Cup	1	14	0	4	1.03	0.19	5.2	647	9.94	2	0.52	3.11	0.0	0.00	0.00
NC Tomatoes, Grape, IW-DOD	Bag, 1/2 Cup	1	12	0	12	0.81	0.20	8.1	575	9.31	2	0.61	2.67	0.0	0.00	0.00
NC Watermelon, Cubes-DOD	1/2 Cup	1	46	0	2	0.61	0.37	10.7	871	12.4	9	0.93	11.56	0.23	0.02	0.00
NC Watermelon, Slices-DOD	Wedge	1	86	0	3	1.14	0.69	20.0	1627	23.17	18	1.74	21.59	0.43	0.03	0.00
NC Zucchini, Sliced, Fresh	1/2 cup	1	13	0	13	0.85	0.07	8.4	0	0.0	0	0.85	1.71	0.0	0.00	0.00
Weighted Daily Average % of Calories			4331	125	4171	120.80	28.74	2943.4	60151	1184.3	510 47.1%	137.60 12.7%	792.82 73.2%	91.44 19.0%	20.31 4.2%	0.00 0.0%
Nutrient Guideline			550-650		1230											<10.00

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Asheboro City Schools

Dec 1, 2017 thru Dec 21, 2017

Base Menu Spreadsheet

ES Lunch, FF&V, Condiments

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 12/13/2017																
ES Lunch, FF&V, Condiment	Total	1														
NC Pizza, Chix Quesadilla	1 Each	1	320	20	770	4.00	2.70	200.0	300	0.0	5	18.0	38.0	11.0	2.50	0.00
NC Salad, Minnie Mouse-ES	Salad	1	320	30	822	6.02	2.33	605.7	7032	16.94	8	17.19	37.87	11.46	6.07	0.00
NC PB & J Sandwich-Cmdty	Sandwiche	1	526	0	521	7.59	2.73	156.9	10	0.0	18	20.5	50.47	30.37	5.32	0.00
NC Spinach & Mozz Cheese, Frz	1/2 Cup	1	89	6	178	6.17	3.33	332.2	19775	3.71	1	9.3	8.87	3.13	1.45	0.00
NC Sweet Potato Puffs	Servings, 3oz	1	135	0	208	2.08	0.37	20.8	3115	3.74	8	1.04	23.88	3.63	0.00	0.00
NC Pineapple Tibets	1/2 Cup	1	59	0	10	0.99	0.35	0.0	37	14.78	15	0.0	14.78	0.0	0.00	0.00
NC Milk, 1% Low Fat	1/2 Pint	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
NC Milk, FF Chocolate	1/2 Pint	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
NC Milk, FF Strawberry	1/2 Pint	1	110	5	125	0.00	0.00	300.0	500	1.2	18	8.0	19.0	0.0	0.00	0.00
NC Milk, Skim	1/2 Pint	1	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
NC-CON Hot Sauce, 7g	1 Each	1	0	0	100	0.00	0.00	0.0	100	1.2	20	0.0	1.0	0.0	0.00	0.00
NC-CON Ketchup, 9g, Heinz	1 Each	1	10	0	85	0.00	0.00	0.0	0	0.0	2	0.0	3.0	0.0	0.00	0.00
NC-CON Sld Dress, Ranch, 12g	1 Each	1	70	5	95	0.00	0.00	0.0	0	0.0	0	0.0	1.0	7.0	1.00	0.00
NC-CON Sld Dress, 1000 Island	1 Each	1	190	20	370	0.00	0.00	0.0	0	0.0	4	0.0	6.0	18.0	3.00	0.00
NC-CON Sld Dress, French	1 Each	1	130	0	300	0.00	0.36	0.0	100	0.0	13	0.0	14.0	8.0	1.00	0.00
NC-CON Sld Dress, Italian	1 Each	1	15	0	700	1.00	0.00	0.0	0	0.0	3	0.0	5.0	0.0	0.00	0.00
NC-CON Sld Dress, Ranch, 1.5oz	1 Each	1	30	0	350	0.00	0.00	10.0	0	0.0	3	1.0	6.0	0.0	0.00	0.00
NC Apple Slices, 2oz, IW	1 Each	1	29	0	1	1.40	0.07	3.0	31	2.6	6	0.15	7.83	0.1	0.02	0.00
NC Apple, Golden, Fresh, 125 ct	1 Each	1	96	0	3	4.06	0.22	10.1	86	0.0	17	0.47	22.98	0.25	0.00	0.00
NC Apple, Red Del, Fresh, 125ct	1 Each	1	106	0	3	3.31	0.20	9.9	99	6.62	20	0.0	26.47	0.0	0.00	0.00
NC Apples & Grapes, IW-DOD	Bag, 1/2 Cup	1	40	0	0	2.00	0.36	0.0	50	109.8	8	0.0	11.0	0.0	0.00	0.00
NC Bananas, 150ct	1 Each	1	105	0	1	3.07	0.31	5.9	76	10.27	14	1.29	26.95	0.39	0.13	0.00
NC Blueberries, Frozen-Cmdty	1/2 Cup	1	49	0	1	2.91	0.00	0.0	0	0.0	10	1.45	11.64	0.0	0.00	0.00
NC Broccoli Florets, Fresh	1/2 Cup	1	32	0	31	2.42	0.68	43.7	579	82.94	2	2.62	6.17	0.34	0.03	0.00
NC Carrots & Celery, IW-DOD	Bag, 1/2 Cup	1	20	0	61	2.02	0.18	10.1	1367	0.61	2	0.0	4.05	0.0	0.00	0.00
NC Carrots, 2.6oz, IW	Bag, 1/2 Cup	1	26	0	58	2.63	0.00	0.0	20	3.49	4	0.0	6.58	0.0	0.00	0.00
NC Carrots, Fresh, Bulk	1/2 Cup	1	25	0	55	2.06	0.63	22.7	9773	1.84	3	0.45	5.84	0.09	0.01	0.00
NC Cauliflower Florets, Fresh	1/2 Cup	1	12	0	15	1.00	0.21	11.0	5	24.05	1	0.96	2.48	0.14	0.03	0.00
NC Celery Sticks, Fresh	1/2 Cup	1	11	0	53	1.05	0.13	26.3	295	2.04	1	0.45	1.95	0.11	0.03	0.00
NC Clementines, Fresh-DOD	Each, 2/Serving	1	70	0	2	2.60	0.36	40.0	0	72.0	14	1.26	17.78	0.22	0.00	0.00
NC Cole Slaw	1/2 Cup	1	155	5	247	2.06	0.74	41.2	412	4.95	16	1.03	19.59	8.25	1.55	0.00
NC Cole Slaw, Fresh	1/2 Cup	1	51	8	188	0.69	0.06	17.7	112	13.61	1	0.46	2.83	4.18	0.42	0.00
NC Cucumber Slices, Fresh	1/2 Cup	1	11	0	1	0.37	0.21	12.0	79	2.1	1	0.49	2.72	0.08	0.02	0.00
NC Grapefruit, Fresh-DOD	1/2 Cup	1	52	0	0	1.97	0.10	27.1	1415	38.38	8	0.95	13.11	0.17	0.02	0.00

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Asheboro City Schools

Dec 1, 2017 thru Dec 21, 2017

Base Menu Spreadsheet

ES Lunch, FF&V, Condiments

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 12/13/2017																
NC Grapes, Fresh	1/2 Cup	1	58	0	2	0.78	0.25	12.1	86	3.45	14	0.54	14.78	0.3	0.09	0.00
NC Grapes, Fresh, IW-DOD	Bag, 1/2 Cup	1	38	0	1	0.51	0.16	7.9	57	2.27	9	0.36	9.72	0.2	0.00	0.00
NC Grapple, Fresh-DOD	1 Each	1	95	0	0	4.00	0.18	10.0	100	8.4	19	0.0	25.0	0.0	0.00	0.00
NC Kiwi, Fresh-DOD	Each, 2/Serving	1	84	0	4	4.14	0.43	46.9	120	127.93	12	1.57	20.23	0.72	0.04	0.00
NC Mandarin Oranges, Fresh-DOD	Servings	1	104	0	4	3.53	0.29	72.5	1335	52.33	21	1.59	26.15	0.61	0.08	0.00
NC Mango, Fresh, IW-DOD	Bag, 1/2 Cup	1	33	0	1	0.87	0.09	6.0	599	19.6	7	0.45	8.16	0.21	0.00	0.00
NC Mixed Fruit, Fresh-DOD	1/2 Cup	1	44	0	9	0.89	0.32	8.9	1000	18.67	9	0.89	10.67	0.0	0.00	0.00
NC Mixed Vegetables, Fresh	Bags	1	44	0	97	3.99	0.27	21.7	747	13.86	6	0.84	10.26	0.06	0.01	0.00
NC Oranges, 113 ct	1 Each	1	47	0	1	2.11	0.12	38.4	240	57.02	8	0.87	12.04	0.14	0.02	0.00
NC Oranges, Fresh, IW-DOD	Bags, 1/2 Cup	1	28	0	1	1.25	0.07	24.4	140	33.5	5	0.52	7.11	0.09	0.00	0.00
NC Oranges, Scored	1 Each	1	47	0	1	2.11	0.12	38.4	240	57.02	8	0.87	12.04	0.14	0.02	0.00
NC Peaches, Fresh-DOD	1/2 Cup, 2 ea	1	101	0	0	3.90	0.65	15.6	848	17.16	22	2.37	24.8	0.65	0.03	0.00
NC Pears, Fresh	1 Each	1	120	0	3	5.09	0.46	22.9	64	10.93	18	0.0	27.97	0.0	0.00	0.00
NC Peas, Snap, Fresh-DOD	1/2 Cup	1	26	0	2	1.58	1.76	24.4	670	26.33	2	1.71	4.6	0.24	0.00	0.00
NC Salad, Side Romaine	1/2 Cup	1	22	0	28	2.02	0.81	29.5	8505	3.37	2	0.94	4.89	0.21	0.03	0.00
NC Salad, Tossed	1 Each	1	10	0	7	0.85	0.29	12.8	356	1.98	1	0.64	2.1	0.1	0.01	0.00
NC Spinach, Salad-DOD	Servings	1	26	0	88	2.46	3.04	110.9	10502	31.47	0	3.2	4.07	0.44	0.07	0.00
NC Squash, Raw	1/2 Cup	1	23	0	269	1.59	0.41	30.6	240	6.24	3	1.03	4.89	0.35	0.07	0.00
NC Starfruit, Fresh-DOD	1/2 Cup	1	30	0	2	2.73	0.08	2.9	59	33.55	4	1.01	6.56	0.32	0.02	0.00
NC Strawberries, Fresh-DOD	1/2 Cup	1	29	0	1	1.81	0.37	14.5	11	53.34	4	0.61	6.97	0.27	0.01	0.00
NC Sugar Snaps & Grape Tom-DOD	1 Each	1	14	0	3	0.80	0.43	11.0	481	14.5	2	0.77	2.64	0.4	0.00	0.00
NC Tangelos, Minneola	1 Each	1	70	0	0	2.00	0.00	0.0	0	60.0	9	1.0	13.0	1.0	0.00	0.00
NC Tangerines, Fresh	1 Each	1	94	0	4	3.20	0.00	60.0	1100	46.8	18	1.4	24.0	0.6	0.00	0.00
NC Tomatoes, Grape	1/2 Cup	1	14	0	4	1.03	0.19	5.2	647	9.94	2	0.52	3.11	0.0	0.00	0.00
NC Tomatoes, Grape, IW-DOD	Bag, 1/2 Cup	1	12	0	12	0.81	0.20	8.1	575	9.31	2	0.61	2.67	0.0	0.00	0.00
NC Watermelon, Cubes-DOD	1/2 Cup	1	46	0	2	0.61	0.37	10.7	871	12.4	9	0.93	11.56	0.23	0.02	0.00
NC Watermelon, Slices-DOD	Wedge	1	86	0	3	1.14	0.69	20.0	1627	23.17	18	1.74	21.59	0.43	0.03	0.00
NC Zucchini, Sliced, Fresh	1/2 cup	1	13	0	13	0.85	0.07	8.4	0	0.0	0	0.85	1.71	0.0	0.00	0.00
Weighted Daily Average			4571	119	6355	120.13	28.75	3480.9	78089	1177.3	527	138.89	788.15	117.14	24.63	0.00
% of Calories											46.1%	12.2%	69.0%	23.1%	4.8%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

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Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
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Asheboro City Schools

Dec 1, 2017 thru Dec 21, 2017

Base Menu Spreadsheet

ES Lunch, FF&V, Condiments

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 12/14/2017																
ES Lunch, FF&V, Condiment	Total	1														
NC Turkey Roast w/ WG Roll	2oz Servings	1	250	30	631	2.00	1.80	0.8	0	3.6	0	15.0	28.5	7.03	1.58	0.00
NC Sandwich, Grilled Cheese	Sanwich	1	288	30	831	4.05	1.82	695.5	271	0.0	6	20.1	28.3	12.8	5.65	0.00
NC PB & J Sandwich-Cmdty	Sandwiche	1	526	0	521	7.59	2.73	156.9	10	0.0	18	20.5	50.47	30.37	5.32	0.00
NC Pinto Beans	1/2 Cup	1	91	0	122	4.83	1.54	46.6	3	1.05	1	5.1	16.19	0.85	0.18	0.00
NC Mashed Potatoes w/ Gravy	1/2 Cup	1	98	0	477	1.73	0.31	4.2	13	7.78	3	1.97	19.68	1.54	0.00	0.00
NC Blueberries, Frozen-Cmdty	1/2 Cup	1	49	0	1	2.91	0.00	0.0	0	0.0	10	1.45	11.64	0.0	0.00	0.00
NC Milk, 1% Low Fat	1/2 Pint	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
NC Milk, FF Chocolate	1/2 Pint	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
NC Milk, FF Strawberry	1/2 Pint	1	110	5	125	0.00	0.00	300.0	500	1.2	18	8.0	19.0	0.0	0.00	0.00
NC Milk, Skim	1/2 Pint	1	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
NC-CON Hot Sauce, 7g	1 Each	1	0	0	100	0.00	0.00	0.0	100	1.2	20	0.0	1.0	0.0	0.00	0.00
NC-CON Sld Dress, Ranch, 12g	1 Each	1	70	5	95	0.00	0.00	0.0	0	0.0	0	0.0	1.0	7.0	1.00	0.00
NC-CON Ketchup, 9g, Heinz	1 Each	1	10	0	85	0.00	0.00	0.0	0	0.0	2	0.0	3.0	0.0	0.00	0.00
NC-CON BBQ Sauce Cup, 1oz	1 Each	1	35	0	380	1.00	0.36	0.0	100	0.0	20	1.0	7.0	0.0	0.00	0.00
NC-CON Honey Mustard Cup, 1oz	1 Each	1	40	0	160	0.00	0.36	20.0	0	0.0	5	1.0	9.0	0.0	0.00	0.00
NC Apple Slices, 2oz, IW	1 Each	1	29	0	1	1.40	0.07	3.0	31	2.6	6	0.15	7.83	0.1	0.02	0.00
NC Apple, Golden, Fresh, 125 ct	1 Each	1	96	0	3	4.06	0.22	10.1	86	0.0	17	0.47	22.98	0.25	0.00	0.00
NC Apple, Red Del, Fresh, 125ct	1 Each	1	106	0	3	3.31	0.20	9.9	99	6.62	20	0.0	26.47	0.0	0.00	0.00
NC Apples & Grapes, IW-DOD	Bag, 1/2 Cup	1	40	0	0	2.00	0.36	0.0	50	109.8	8	0.0	11.0	0.0	0.00	0.00
NC Bananas, 150ct	1 Each	1	105	0	1	3.07	0.31	5.9	76	10.27	14	1.29	26.95	0.39	0.13	0.00
NC Blueberries, Frozen-Cmdty	1/2 Cup	1	49	0	1	2.91	0.00	0.0	0	0.0	10	1.45	11.64	0.0	0.00	0.00
NC Broccoli Florets, Fresh	1/2 Cup	1	32	0	31	2.42	0.68	43.7	579	82.94	2	2.62	6.17	0.34	0.03	0.00
NC Carrots & Celery, IW-DOD	Bag, 1/2 Cup	1	20	0	61	2.02	0.18	10.1	1367	0.61	2	0.0	4.05	0.0	0.00	0.00
NC Carrots, 2.6oz, IW	Bag, 1/2 Cup	1	26	0	58	2.63	0.00	0.0	20	3.49	4	0.0	6.58	0.0	0.00	0.00
NC Carrots, Fresh, Bulk	1/2 Cup	1	25	0	55	2.06	0.63	22.7	9773	1.84	3	0.45	5.84	0.09	0.01	0.00
NC Cauliflower Florets, Fresh	1/2 Cup	1	12	0	15	1.00	0.21	11.0	5	24.05	1	0.96	2.48	0.14	0.03	0.00
NC Celery Sticks, Fresh	1/2 Cup	1	11	0	53	1.05	0.13	26.3	295	2.04	1	0.45	1.95	0.11	0.03	0.00
NC Clementines, Fresh-DOD	Each, 2/Serving	1	70	0	2	2.60	0.36	40.0	0	72.0	14	1.26	17.78	0.22	0.00	0.00
NC Cole Slaw	1/2 Cup	1	155	5	247	2.06	0.74	41.2	412	4.95	16	1.03	19.59	8.25	1.55	0.00
NC Cole Slaw, Fresh	1/2 Cup	1	51	8	188	0.69	0.06	17.7	112	13.61	1	0.46	2.83	4.18	0.42	0.00
NC Cucumber Slices, Fresh	1/2 Cup	1	11	0	1	0.37	0.21	12.0	79	2.1	1	0.49	2.72	0.08	0.02	0.00
NC Grapefruit, Fresh-DOD	1/2 Cup	1	52	0	0	1.97	0.10	27.1	1415	38.38	8	0.95	13.11	0.17	0.02	0.00
NC Grapes, Fresh	1/2 Cup	1	58	0	2	0.78	0.25	12.1	86	3.45	14	0.54	14.78	0.3	0.09	0.00
NC Grapes, Fresh, IW-DOD	Bag, 1/2	1	38	0	1	0.51	0.16	7.9	57	2.27	9	0.36	9.72	0.2	0.00	0.00

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Asheboro City Schools

Dec 1, 2017 thru Dec 21, 2017

Base Menu Spreadsheet

ES Lunch, FF&V, Condiments

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 12/14/2017	Cup															
NC Grapple, Fresh-DOD	1 Each	1	95	0	0	4.00	0.18	10.0	100	8.4	19	0.0	25.0	0.0	0.00	0.00
NC Kiwi, Fresh-DOD	Each, 2/Serving	1	84	0	4	4.14	0.43	46.9	120	127.93	12	1.57	20.23	0.72	0.04	0.00
NC Mandarin Oranges, Fresh-DOD	Servings	1	104	0	4	3.53	0.29	72.5	1335	52.33	21	1.59	26.15	0.61	0.08	0.00
NC Mango, Fresh, IW-DOD	Bag, 1/2 Cup	1	33	0	1	0.87	0.09	6.0	599	19.6	7	0.45	8.16	0.21	0.00	0.00
NC Mixed Fruit, Fresh-DOD	1/2 Cup	1	44	0	9	0.89	0.32	8.9	1000	18.67	9	0.89	10.67	0.0	0.00	0.00
NC Mixed Vegetables, Fresh	Bags	1	44	0	97	3.99	0.27	21.7	747	13.86	6	0.84	10.26	0.06	0.01	0.00
NC Oranges, 113 ct	1 Each	1	47	0	1	2.11	0.12	38.4	240	57.02	8	0.87	12.04	0.14	0.02	0.00
NC Oranges, Fresh, IW-DOD	Bags, 1/2 Cup	1	28	0	1	1.25	0.07	24.4	140	33.5	5	0.52	7.11	0.09	0.00	0.00
NC Oranges, Scored	1 Each	1	47	0	1	2.11	0.12	38.4	240	57.02	8	0.87	12.04	0.14	0.02	0.00
NC Peaches, Fresh-DOD	1/2 Cup, 2 ea	1	101	0	0	3.90	0.65	15.6	848	17.16	22	2.37	24.8	0.65	0.03	0.00
NC Pears, Fresh	1 Each	1	120	0	3	5.09	0.46	22.9	64	10.93	18	0.0	27.97	0.0	0.00	0.00
NC Peas, Snap, Fresh-DOD	1/2 Cup	1	26	0	2	1.58	1.76	24.4	670	26.33	2	1.71	4.6	0.24	0.00	0.00
NC Salad, Side Romaine	1/2 Cup	1	22	0	28	2.02	0.81	29.5	8505	3.37	2	0.94	4.89	0.21	0.03	0.00
NC Salad, Tossed	1 Each	1	10	0	7	0.85	0.29	12.8	356	1.98	1	0.64	2.1	0.1	0.01	0.00
NC Spinach, Salad-DOD	Servings	1	26	0	88	2.46	3.04	110.9	10502	31.47	0	3.2	4.07	0.44	0.07	0.00
NC Squash, Raw	1/2 Cup	1	23	0	269	1.59	0.41	30.6	240	6.24	3	1.03	4.89	0.35	0.07	0.00
NC Starfruit, Fresh-DOD	1/2 Cup	1	30	0	2	2.73	0.08	2.9	59	33.55	4	1.01	6.56	0.32	0.02	0.00
NC Strawberries, Fresh-DOD	1/2 Cup	1	29	0	1	1.81	0.37	14.5	11	53.34	4	0.61	6.97	0.27	0.01	0.00
NC Sugar Snaps & Grape Tom-DOD	1 Each	1	14	0	3	0.80	0.43	11.0	481	14.5	2	0.77	2.64	0.4	0.00	0.00
NC Tangelos, Minneola	1 Each	1	70	0	0	2.00	0.00	0.0	0	60.0	9	1.0	13.0	1.0	0.00	0.00
NC Tangerines, Fresh	1 Each	1	94	0	4	3.20	0.00	60.0	1100	46.8	18	1.4	24.0	0.6	0.00	0.00
NC Tomatoes, Grape	1/2 Cup	1	14	0	4	1.03	0.19	5.2	647	9.94	2	0.52	3.11	0.0	0.00	0.00
NC Tomatoes, Grape, IW-DOD	Bag, 1/2 Cup	1	12	0	12	0.81	0.20	8.1	575	9.31	2	0.61	2.67	0.0	0.00	0.00
NC Watermelon, Cubes-DOD	1/2 Cup	1	46	0	2	0.61	0.37	10.7	871	12.4	9	0.93	11.56	0.23	0.02	0.00
NC Watermelon, Slices-DOD	Wedge	1	86	0	3	1.14	0.69	20.0	1627	23.17	18	1.74	21.59	0.43	0.03	0.00
NC Zucchini, Sliced, Fresh	1/2 cup	1	13	0	13	0.85	0.07	8.4	0	0.0	0	0.85	1.71	0.0	0.00	0.00
Weighted Daily Average			4133	103	5249	116.39	25.49	3079.4	48117	1150.6	511	137.99	754.05	84.13	18.01	0.00
% of Calories											49.4%	13.4%	73.0%	18.3%	3.9%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

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Asheboro City Schools

Dec 1, 2017 thru Dec 21, 2017

Base Menu Spreadsheet

ES Lunch, FF&V, Condiments

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 12/15/2017																
ES Lunch, FF&V, Condiment	Total	1														
NC Country Beef Patty w/ HP	Servings	1	441	35	501	4.00	2.16	40.0	100	2.41	7	17.01	39.09	25.03	5.51	0.00
NC Fish Sticks w/ Hushpuppies	Servings	1	371	50	511	3.01	1.80	20.0	100	1.21	6	17.01	43.09	15.03	2.51	0.00
NC PB & J Sandwich-Cmdty	Sandwiche	1	526	0	521	7.59	2.73	156.9	10	0.0	18	20.5	50.47	30.37	5.32	0.00
NC Black Eye Peas	1/2 Cup	1	92	0	156	4.00	1.16	24.0	16	3.2	96	5.69	16.36	0.66	0.17	0.00
NC Cauliflower & Parm, Rstd	1/2 Cup	1	28	1	123	2.32	0.55	33.3	31	49.19	2	2.4	4.72	0.64	0.23	0.00
NC Pear Crisp	Servings	1	403	0	150	3.93	1.72	35.7	853	2.46	41	3.8	64.61	15.25	5.33	0.00
NC Milk, 1% Low Fat	1/2 Pint	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
NC Milk, FF Chocolate	1/2 Pint	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
NC Milk, FF Strawberry	1/2 Pint	1	110	5	125	0.00	0.00	300.0	500	1.2	18	8.0	19.0	0.0	0.00	0.00
NC Milk, Skim	1/2 Pint	1	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
NC-CON Hot Sauce, 7g	1 Each	1	0	0	100	0.00	0.00	0.0	100	1.2	20	0.0	1.0	0.0	0.00	0.00
NC-CON Ketchup, 9g, Heinz	1 Each	1	10	0	85	0.00	0.00	0.0	0	0.0	2	0.0	3.0	0.0	0.00	0.00
NC-CON Tartar Sauce, 12g	1 Each	1	50	5	95	0.00	0.00	0.0	0	0.0	0	0.0	1.0	5.0	0.50	0.00
NC-CON Sld Dress, Ranch, 12g	1 Each	1	70	5	95	0.00	0.00	0.0	0	0.0	0	0.0	1.0	7.0	1.00	0.00
NC Apple Slices, 2oz, IW	1 Each	1	29	0	1	1.40	0.07	3.0	31	2.6	6	0.15	7.83	0.1	0.02	0.00
NC Apple, Golden, Fresh, 125 ct	1 Each	1	96	0	3	4.06	0.22	10.1	86	0.0	17	0.47	22.98	0.25	0.00	0.00
NC Apple, Red Del, Fresh, 125ct	1 Each	1	106	0	3	3.31	0.20	9.9	99	6.62	20	0.0	26.47	0.0	0.00	0.00
NC Apples & Grapes, IW-DOD	Bag, 1/2 Cup	1	40	0	0	2.00	0.36	0.0	50	109.8	8	0.0	11.0	0.0	0.00	0.00
NC Bananas, 150ct	1 Each	1	105	0	1	3.07	0.31	5.9	76	10.27	14	1.29	26.95	0.39	0.13	0.00
NC Blueberries, Frozen-Cmdty	1/2 Cup	1	49	0	1	2.91	0.00	0.0	0	0.0	10	1.45	11.64	0.0	0.00	0.00
NC Broccoli Florets, Fresh	1/2 Cup	1	32	0	31	2.42	0.68	43.7	579	82.94	2	2.62	6.17	0.34	0.03	0.00
NC Carrots & Celery, IW-DOD	Bag, 1/2 Cup	1	20	0	61	2.02	0.18	10.1	1367	0.61	2	0.0	4.05	0.0	0.00	0.00
NC Carrots, 2.6oz, IW	Bag, 1/2 Cup	1	26	0	58	2.63	0.00	0.0	20	3.49	4	0.0	6.58	0.0	0.00	0.00
NC Carrots, Fresh, Bulk	1/2 Cup	1	25	0	55	2.06	0.63	22.7	9773	1.84	3	0.45	5.84	0.09	0.01	0.00
NC Cauliflower Florets, Fresh	1/2 Cup	1	12	0	15	1.00	0.21	11.0	5	24.05	1	0.96	2.48	0.14	0.03	0.00
NC Celery Sticks, Fresh	1/2 Cup	1	11	0	53	1.05	0.13	26.3	295	2.04	1	0.45	1.95	0.11	0.03	0.00
NC Clementines, Fresh-DOD	Each, 2/Serving	1	70	0	2	2.60	0.36	40.0	0	72.0	14	1.26	17.78	0.22	0.00	0.00
NC Cole Slaw	1/2 Cup	1	155	5	247	2.06	0.74	41.2	412	4.95	16	1.03	19.59	8.25	1.55	0.00
NC Cole Slaw, Fresh	1/2 Cup	1	51	8	188	0.69	0.06	17.7	112	13.61	1	0.46	2.83	4.18	0.42	0.00
NC Cucumber Slices, Fresh	1/2 Cup	1	11	0	1	0.37	0.21	12.0	79	2.1	1	0.49	2.72	0.08	0.02	0.00
NC Grapefruit, Fresh-DOD	1/2 Cup	1	52	0	0	1.97	0.10	27.1	1415	38.38	8	0.95	13.11	0.17	0.02	0.00
NC Grapes, Fresh	1/2 Cup	1	58	0	2	0.78	0.25	12.1	86	3.45	14	0.54	14.78	0.3	0.09	0.00
NC Grapes, Fresh, IW-DOD	Bag, 1/2 Cup	1	38	0	1	0.51	0.16	7.9	57	2.27	9	0.36	9.72	0.2	0.00	0.00
NC Grapple, Fresh-DOD	1 Each	1	95	0	0	4.00	0.18	10.0	100	8.4	19	0.0	25.0	0.0	0.00	0.00

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Asheboro City Schools

Dec 1, 2017 thru Dec 21, 2017

Base Menu Spreadsheet

ES Lunch, FF&V, Condiments

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 12/15/2017																
NC Kiwi, Fresh-DOD	Each, 2/Serving	1	84	0	4	4.14	0.43	46.9	120	127.93	12	1.57	20.23	0.72	0.04	0.00
NC Mandarin Oranges, Fresh-DOD	Servings	1	104	0	4	3.53	0.29	72.5	1335	52.33	21	1.59	26.15	0.61	0.08	0.00
NC Mango, Fresh, IW-DOD	Bag, 1/2 Cup	1	33	0	1	0.87	0.09	6.0	599	19.6	7	0.45	8.16	0.21	0.00	0.00
NC Mixed Fruit, Fresh-DOD	1/2 Cup	1	44	0	9	0.89	0.32	8.9	1000	18.67	9	0.89	10.67	0.0	0.00	0.00
NC Mixed Vegetables, Fresh	Bags	1	44	0	97	3.99	0.27	21.7	747	13.86	6	0.84	10.26	0.06	0.01	0.00
NC Oranges, 113 ct	1 Each	1	47	0	1	2.11	0.12	38.4	240	57.02	8	0.87	12.04	0.14	0.02	0.00
NC Oranges, Fresh, IW-DOD	Bags, 1/2 Cup	1	28	0	1	1.25	0.07	24.4	140	33.5	5	0.52	7.11	0.09	0.00	0.00
NC Oranges, Scored	1 Each	1	47	0	1	2.11	0.12	38.4	240	57.02	8	0.87	12.04	0.14	0.02	0.00
NC Peaches, Fresh-DOD	1/2 Cup, 2 ea	1	101	0	0	3.90	0.65	15.6	848	17.16	22	2.37	24.8	0.65	0.03	0.00
NC Pears, Fresh	1 Each	1	120	0	3	5.09	0.46	22.9	64	10.93	18	0.0	27.97	0.0	0.00	0.00
NC Peas, Snap, Fresh-DOD	1/2 Cup	1	26	0	2	1.58	1.76	24.4	670	26.33	2	1.71	4.6	0.24	0.00	0.00
NC Salad, Side Romaine	1/2 Cup	1	22	0	28	2.02	0.81	29.5	8505	3.37	2	0.94	4.89	0.21	0.03	0.00
NC Salad, Tossed	1 Each	1	10	0	7	0.85	0.29	12.8	356	1.98	1	0.64	2.1	0.1	0.01	0.00
NC Spinach, Salad-DOD	Servings	1	26	0	88	2.46	3.04	110.9	10502	31.47	0	3.2	4.07	0.44	0.07	0.00
NC Squash, Raw	1/2 Cup	1	23	0	269	1.59	0.41	30.6	240	6.24	3	1.03	4.89	0.35	0.07	0.00
NC Starfruit, Fresh-DOD	1/2 Cup	1	30	0	2	2.73	0.08	2.9	59	33.55	4	1.01	6.56	0.32	0.02	0.00
NC Strawberries, Fresh-DOD	1/2 Cup	1	29	0	1	1.81	0.37	14.5	11	53.34	4	0.61	6.97	0.27	0.01	0.00
NC Sugar Snaps & Grape Tom-DOD	1 Each	1	14	0	3	0.80	0.43	11.0	481	14.5	2	0.77	2.64	0.4	0.00	0.00
NC Tangelos, Minneola	1 Each	1	70	0	0	2.00	0.00	0.0	0	60.0	9	1.0	13.0	1.0	0.00	0.00
NC Tangerines, Fresh	1 Each	1	94	0	4	3.20	0.00	60.0	1100	46.8	18	1.4	24.0	0.6	0.00	0.00
NC Tomatoes, Grape	1/2 Cup	1	14	0	4	1.03	0.19	5.2	647	9.94	2	0.52	3.11	0.0	0.00	0.00
NC Tomatoes, Grape, IW-DOD	Bag, 1/2 Cup	1	12	0	12	0.81	0.20	8.1	575	9.31	2	0.61	2.67	0.0	0.00	0.00
NC Watermelon, Cubes-DOD	1/2 Cup	1	46	0	2	0.61	0.37	10.7	871	12.4	9	0.93	11.56	0.23	0.02	0.00
NC Watermelon, Slices-DOD	Wedge	1	86	0	3	1.14	0.69	20.0	1627	23.17	18	1.74	21.59	0.43	0.03	0.00
NC Zucchini, Sliced, Fresh	1/2 cup	1	13	0	13	0.85	0.07	8.4	0	0.0	0	0.85	1.71	0.0	0.00	0.00
Weighted Daily Average % of Calories			4667	134	4184	117.13	26.69	2465.3	48831	1196.6	619 53.1%	138.27 11.9%	802.61 68.8%	123.53 23.8%	24.84 4.8%	0.00 0.0%
Nutrient Guideline			550-650		1230											<10.00

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Asheboro City Schools

Dec 1, 2017 thru Dec 21, 2017

Base Menu Spreadsheet

ES Lunch, FF&V, Condiments

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 12/18/2017																
ES Lunch, FF&V, Condiment	Total	1														
NC Nachos Beef Taco, Doritos	Servings	1	314	53	752	4.27	2.63	151.0	1014	6.8	2	20.54	27.0	13.67	4.77	0.00
NC Soft Taco, Beef-ES	1 Each	1	291	51	772	4.27	3.29	212.0	918	6.8	3	23.23	21.45	11.77	4.66	0.00
NC PB & J Sandwich-Cmdty	Sandwiche	1	526	0	521	7.59	2.73	156.9	10	0.0	18	20.5	50.47	30.37	5.32	0.00
NC Refried Beans	1/2 Cup	1	121	10	278	6.82	2.14	46.1	15	7.7	3	7.05	20.32	1.61	0.61	0.00
NC Corn, Steamed	1/2 Cup	1	75	0	4	1.84	0.43	6.7	166	5.62	2	2.63	17.53	0.66	0.10	0.00
NC Peaches, Cnd, LS, Sliced	1/2 Cup	1	48	0	5	1.17	0.34	5.4	306	3.42	12	0.45	12.05	0.11	0.00	0.00
NC Milk, 1% Low Fat	1/2 Pint	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
NC Milk, FF Chocolate	1/2 Pint	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
NC Milk, FF Strawberry	1/2 Pint	1	110	5	125	0.00	0.00	300.0	500	1.2	18	8.0	19.0	0.0	0.00	0.00
NC Milk, Skim	1/2 Pint	1	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
NC-CON Hot Sauce, 7g	1 Each	1	0	0	100	0.00	0.00	0.0	100	1.2	20	0.0	1.0	0.0	0.00	0.00
NC-CON Sld Dress, Ranch, 12g	1 Each	1	70	5	95	0.00	0.00	0.0	0	0.0	0	0.0	1.0	7.0	1.00	0.00
NC-CON Salsa	1 oz	1	10	0	32	0.39	0.64	3.4	157	1.14	1	0.43	2.0	0.06	0.01	0.00
NC-CON Taco Sauce, 9g	1 Each	1	5	0	55	0.00	0.00	0.0	0	0.0	0	0.0	1.0	0.0	0.00	0.00
NC-CON Sour Cream, Bulk	Serving, 2 Tbl	1	60	20	30	0.00	0.00	40.0	200	0.0	1	1.0	2.0	5.0	3.50	0.00
NC-CON Sour Cream, FF, PC, 1oz	1 Each	1	25	0	30	0.00	0.00	60.0	200	0.0	40	2.0	4.0	0.0	0.00	0.00
NC Apple Slices, 2oz, IW	1 Each	1	29	0	1	1.40	0.07	3.0	31	2.6	6	0.15	7.83	0.1	0.02	0.00
NC Apple, Golden, Fresh, 125 ct	1 Each	1	96	0	3	4.06	0.22	10.1	86	0.0	17	0.47	22.98	0.25	0.00	0.00
NC Apple, Red Del, Fresh, 125ct	1 Each	1	106	0	3	3.31	0.20	9.9	99	6.62	20	0.0	26.47	0.0	0.00	0.00
NC Apples & Grapes, IW-DOD	Bag, 1/2 Cup	1	40	0	0	2.00	0.36	0.0	50	109.8	8	0.0	11.0	0.0	0.00	0.00
NC Bananas, 150ct	1 Each	1	105	0	1	3.07	0.31	5.9	76	10.27	14	1.29	26.95	0.39	0.13	0.00
NC Blueberries, Frozen-Cmdty	1/2 Cup	1	49	0	1	2.91	0.00	0.0	0	0.0	10	1.45	11.64	0.0	0.00	0.00
NC Broccoli Florets, Fresh	1/2 Cup	1	32	0	31	2.42	0.68	43.7	579	82.94	2	2.62	6.17	0.34	0.03	0.00
NC Carrots & Celery, IW-DOD	Bag, 1/2 Cup	1	20	0	61	2.02	0.18	10.1	1367	0.61	2	0.0	4.05	0.0	0.00	0.00
NC Carrots, 2.6oz, IW	Bag, 1/2 Cup	1	26	0	58	2.63	0.00	0.0	20	3.49	4	0.0	6.58	0.0	0.00	0.00
NC Carrots, Fresh, Bulk	1/2 Cup	1	25	0	55	2.06	0.63	22.7	9773	1.84	3	0.45	5.84	0.09	0.01	0.00
NC Cauliflower Florets, Fresh	1/2 Cup	1	12	0	15	1.00	0.21	11.0	5	24.05	1	0.96	2.48	0.14	0.03	0.00
NC Celery Sticks, Fresh	1/2 Cup	1	11	0	53	1.05	0.13	26.3	295	2.04	1	0.45	1.95	0.11	0.03	0.00
NC Clementines, Fresh-DOD	Each, 2/Serving	1	70	0	2	2.60	0.36	40.0	0	72.0	14	1.26	17.78	0.22	0.00	0.00
NC Cole Slaw	1/2 Cup	1	155	5	247	2.06	0.74	41.2	412	4.95	16	1.03	19.59	8.25	1.55	0.00
NC Cole Slaw, Fresh	1/2 Cup	1	51	8	188	0.69	0.06	17.7	112	13.61	1	0.46	2.83	4.18	0.42	0.00
NC Cucumber Slices, Fresh	1/2 Cup	1	11	0	1	0.37	0.21	12.0	79	2.1	1	0.49	2.72	0.08	0.02	0.00
NC Grapefruit, Fresh-DOD	1/2 Cup	1	52	0	0	1.97	0.10	27.1	1415	38.38	8	0.95	13.11	0.17	0.02	0.00
NC Grapes, Fresh	1/2 Cup	1	58	0	2	0.78	0.25	12.1	86	3.45	14	0.54	14.78	0.3	0.09	0.00

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Mon - 12/18/2017																
NC Grapes, Fresh, IW-DOD	Bag, 1/2 Cup	1	38	0	1	0.51	0.16	7.9	57	2.27	9	0.36	9.72	0.2	0.00	0.00
NC Grapple, Fresh-DOD	1 Each	1	95	0	0	4.00	0.18	10.0	100	8.4	19	0.0	25.0	0.0	0.00	0.00
NC Kiwi, Fresh-DOD	Each, 2/Serving	1	84	0	4	4.14	0.43	46.9	120	127.93	12	1.57	20.23	0.72	0.04	0.00
NC Mandarin Oranges, Fresh-DOD	Servings	1	104	0	4	3.53	0.29	72.5	1335	52.33	21	1.59	26.15	0.61	0.08	0.00
NC Mango, Fresh, IW-DOD	Bag, 1/2 Cup	1	33	0	1	0.87	0.09	6.0	599	19.6	7	0.45	8.16	0.21	0.00	0.00
NC Mixed Fruit, Fresh-DOD	1/2 Cup	1	44	0	9	0.89	0.32	8.9	1000	18.67	9	0.89	10.67	0.0	0.00	0.00
NC Mixed Vegetables, Fresh	Bags	1	44	0	97	3.99	0.27	21.7	747	13.86	6	0.84	10.26	0.06	0.01	0.00
NC Oranges, 113 ct	1 Each	1	47	0	1	2.11	0.12	38.4	240	57.02	8	0.87	12.04	0.14	0.02	0.00
NC Oranges, Fresh, IW-DOD	Bags, 1/2 Cup	1	28	0	1	1.25	0.07	24.4	140	33.5	5	0.52	7.11	0.09	0.00	0.00
NC Oranges, Scored	1 Each	1	47	0	1	2.11	0.12	38.4	240	57.02	8	0.87	12.04	0.14	0.02	0.00
NC Peaches, Fresh-DOD	1/2 Cup, 2 ea	1	101	0	0	3.90	0.65	15.6	848	17.16	22	2.37	24.8	0.65	0.03	0.00
NC Pears, Fresh	1 Each	1	120	0	3	5.09	0.46	22.9	64	10.93	18	0.0	27.97	0.0	0.00	0.00
NC Peas, Snap, Fresh-DOD	1/2 Cup	1	26	0	2	1.58	1.76	24.4	670	26.33	2	1.71	4.6	0.24	0.00	0.00
NC Salad, Side Romaine	1/2 Cup	1	22	0	28	2.02	0.81	29.5	8505	3.37	2	0.94	4.89	0.21	0.03	0.00
NC Salad, Tossed	1 Each	1	10	0	7	0.85	0.29	12.8	356	1.98	1	0.64	2.1	0.1	0.01	0.00
NC Spinach, Salad-DOD	Servings	1	26	0	88	2.46	3.04	110.9	10502	31.47	0	3.2	4.07	0.44	0.07	0.00
NC Squash, Raw	1/2 Cup	1	23	0	269	1.59	0.41	30.6	240	6.24	3	1.03	4.89	0.35	0.07	0.00
NC Starfruit, Fresh-DOD	1/2 Cup	1	30	0	2	2.73	0.08	2.9	59	33.55	4	1.01	6.56	0.32	0.02	0.00
NC Strawberries, Fresh-DOD	1/2 Cup	1	29	0	1	1.81	0.37	14.5	11	53.34	4	0.61	6.97	0.27	0.01	0.00
NC Sugar Snaps & Grape Tom-DOD	1 Each	1	14	0	3	0.80	0.43	11.0	481	14.5	2	0.77	2.64	0.4	0.00	0.00
NC Tangelos, Minneola	1 Each	1	70	0	0	2.00	0.00	0.0	0	60.0	9	1.0	13.0	1.0	0.00	0.00
NC Tangerines, Fresh	1 Each	1	94	0	4	3.20	0.00	60.0	1100	46.8	18	1.4	24.0	0.6	0.00	0.00
NC Tomatoes, Grape	1/2 Cup	1	14	0	4	1.03	0.19	5.2	647	9.94	2	0.52	3.11	0.0	0.00	0.00
NC Tomatoes, Grape, IW-DOD	Bag, 1/2 Cup	1	12	0	12	0.81	0.20	8.1	575	9.31	2	0.61	2.67	0.0	0.00	0.00
NC Watermelon, Cubes-DOD	1/2 Cup	1	46	0	2	0.61	0.37	10.7	871	12.4	9	0.93	11.56	0.23	0.02	0.00
NC Watermelon, Slices-DOD	Wedge	1	86	0	3	1.14	0.69	20.0	1627	23.17	18	1.74	21.59	0.43	0.03	0.00
NC Zucchini, Sliced, Fresh	1/2 cup	1	13	0	13	0.85	0.07	8.4	0	0.0	0	0.85	1.71	0.0	0.00	0.00
Weighted Daily Average			4221	178	4520	118.62	28.77	2837.0	50707	1169.7	529	149.71	738.10	94.79	24.25	0.00
% of Calories											50.1%	14.2%	69.9%	20.2%	5.2%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

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Asheboro City Schools

Dec 1, 2017 thru Dec 21, 2017

Base Menu Spreadsheet

ES Lunch, FF&V, Condiments

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 12/19/2017																
ES Lunch, FF&V, Condiment	Total	1														
NC Chicken Poppers w/ Roll	1 serving	1	413	56	665	4.03	3.27	20.3	0	3.6	1	28.31	42.2	14.65	2.53	0.00
NC Meatloaf w/ Biscuit	1 Each	1	350	40	700	3.00	3.24	40.0	100	4.8	4	19.0	33.0	18.0	9.00	0.00
NC PB & J Sandwich-Cmdty	Sandwich	1	526	0	521	7.59	2.73	156.9	10	0.0	18	20.5	50.47	30.37	5.32	0.00
NC Green Beans, Frozen	1/2 Cup	1	23	0	54	2.35	0.70	39.0	439	3.27	0	1.21	5.22	0.13	0.03	0.00
NC Mashed Potatoes w/ Gravy	1/2 Cup	1	98	0	477	1.73	0.31	4.2	13	7.78	3	1.97	19.68	1.54	0.00	0.00
NC Apple Crisp	Servings	1	405	0	157	3.55	4.02	27.0	961	2.15	63	3.38	64.33	15.12	5.33	0.00
NC Milk, 1% Low Fat	1/2 Pint	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
NC Milk, FF Chocolate	1/2 Pint	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
NC Milk, FF Strawberry	1/2 Pint	1	110	5	125	0.00	0.00	300.0	500	1.2	18	8.0	19.0	0.0	0.00	0.00
NC Milk, Skim	1/2 Pint	1	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
NC-CON BBQ Sauce Cup, 1oz	1 Each	1	35	0	380	1.00	0.36	0.0	100	0.0	20	1.0	7.0	0.0	0.00	0.00
NC-CON Honey Mustard Cup, 1oz	1 Each	1	40	0	160	0.00	0.36	20.0	0	0.0	5	1.0	9.0	0.0	0.00	0.00
NC-CON Hot Sauce, 7g	1 Each	1	0	0	100	0.00	0.00	0.0	100	1.2	20	0.0	1.0	0.0	0.00	0.00
NC-CON Ketchup, 9g, Heinz	1 Each	1	10	0	85	0.00	0.00	0.0	0	0.0	2	0.0	3.0	0.0	0.00	0.00
NC-CON Sld Dress, Ranch, 12g	1 Each	1	70	5	95	0.00	0.00	0.0	0	0.0	0	0.0	1.0	7.0	1.00	0.00
NC Apple Slices, 2oz, IW	1 Each	1	29	0	1	1.40	0.07	3.0	31	2.6	6	0.15	7.83	0.1	0.02	0.00
NC Apple, Golden, Fresh, 125 ct	1 Each	1	96	0	3	4.06	0.22	10.1	86	0.0	17	0.47	22.98	0.25	0.00	0.00
NC Apple, Red Del, Fresh, 125ct	1 Each	1	106	0	3	3.31	0.20	9.9	99	6.62	20	0.0	26.47	0.0	0.00	0.00
NC Apples & Grapes, IW-DOD	Bag, 1/2 Cup	1	40	0	0	2.00	0.36	0.0	50	109.8	8	0.0	11.0	0.0	0.00	0.00
NC Bananas, 150ct	1 Each	1	105	0	1	3.07	0.31	5.9	76	10.27	14	1.29	26.95	0.39	0.13	0.00
NC Blueberries, Frozen-Cmdty	1/2 Cup	1	49	0	1	2.91	0.00	0.0	0	0.0	10	1.45	11.64	0.0	0.00	0.00
NC Broccoli Florets, Fresh	1/2 Cup	1	32	0	31	2.42	0.68	43.7	579	82.94	2	2.62	6.17	0.34	0.03	0.00
NC Carrots & Celery, IW-DOD	Bag, 1/2 Cup	1	20	0	61	2.02	0.18	10.1	1367	0.61	2	0.0	4.05	0.0	0.00	0.00
NC Carrots, 2.6oz, IW	Bag, 1/2 Cup	1	26	0	58	2.63	0.00	0.0	20	3.49	4	0.0	6.58	0.0	0.00	0.00
NC Carrots, Fresh, Bulk	1/2 Cup	1	25	0	55	2.06	0.63	22.7	9773	1.84	3	0.45	5.84	0.09	0.01	0.00
NC Cauliflower Florets, Fresh	1/2 Cup	1	12	0	15	1.00	0.21	11.0	5	24.05	1	0.96	2.48	0.14	0.03	0.00
NC Celery Sticks, Fresh	1/2 Cup	1	11	0	53	1.05	0.13	26.3	295	2.04	1	0.45	1.95	0.11	0.03	0.00
NC Clementines, Fresh-DOD	Each, 2/Serving	1	70	0	2	2.60	0.36	40.0	0	72.0	14	1.26	17.78	0.22	0.00	0.00
NC Cole Slaw	1/2 Cup	1	155	5	247	2.06	0.74	41.2	412	4.95	16	1.03	19.59	8.25	1.55	0.00
NC Cole Slaw, Fresh	1/2 Cup	1	51	8	188	0.69	0.06	17.7	112	13.61	1	0.46	2.83	4.18	0.42	0.00
NC Cucumber Slices, Fresh	1/2 Cup	1	11	0	1	0.37	0.21	12.0	79	2.1	1	0.49	2.72	0.08	0.02	0.00
NC Grapefruit, Fresh-DOD	1/2 Cup	1	52	0	0	1.97	0.10	27.1	1415	38.38	8	0.95	13.11	0.17	0.02	0.00
NC Grapes, Fresh	1/2 Cup	1	58	0	2	0.78	0.25	12.1	86	3.45	14	0.54	14.78	0.3	0.09	0.00
NC Grapes, Fresh, IW-DOD	Bag, 1/2 Cup	1	38	0	1	0.51	0.16	7.9	57	2.27	9	0.36	9.72	0.2	0.00	0.00

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Asheboro City Schools

Dec 1, 2017 thru Dec 21, 2017

Base Menu Spreadsheet

ES Lunch, FF&V, Condiments

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 12/19/2017																
NC Grapple, Fresh-DOD	1 Each	1	95	0	0	4.00	0.18	10.0	100	8.4	19	0.0	25.0	0.0	0.00	0.00
NC Kiwi, Fresh-DOD	Each, 2/Serving	1	84	0	4	4.14	0.43	46.9	120	127.93	12	1.57	20.23	0.72	0.04	0.00
NC Mandarin Oranges, Fresh-DOD	Servings	1	104	0	4	3.53	0.29	72.5	1335	52.33	21	1.59	26.15	0.61	0.08	0.00
NC Mango, Fresh, IW-DOD	Bag, 1/2 Cup	1	33	0	1	0.87	0.09	6.0	599	19.6	7	0.45	8.16	0.21	0.00	0.00
NC Mixed Fruit, Fresh-DOD	1/2 Cup	1	44	0	9	0.89	0.32	8.9	1000	18.67	9	0.89	10.67	0.0	0.00	0.00
NC Mixed Vegetables, Fresh	Bags	1	44	0	97	3.99	0.27	21.7	747	13.86	6	0.84	10.26	0.06	0.01	0.00
NC Oranges, 113 ct	1 Each	1	47	0	1	2.11	0.12	38.4	240	57.02	8	0.87	12.04	0.14	0.02	0.00
NC Oranges, Fresh, IW-DOD	Bags, 1/2 Cup	1	28	0	1	1.25	0.07	24.4	140	33.5	5	0.52	7.11	0.09	0.00	0.00
NC Oranges, Scored	1 Each	1	47	0	1	2.11	0.12	38.4	240	57.02	8	0.87	12.04	0.14	0.02	0.00
NC Peaches, Fresh-DOD	1/2 Cup, 2 ea	1	101	0	0	3.90	0.65	15.6	848	17.16	22	2.37	24.8	0.65	0.03	0.00
NC Pears, Fresh	1 Each	1	120	0	3	5.09	0.46	22.9	64	10.93	18	0.0	27.97	0.0	0.00	0.00
NC Peas, Snap, Fresh-DOD	1/2 Cup	1	26	0	2	1.58	1.76	24.4	670	26.33	2	1.71	4.6	0.24	0.00	0.00
NC Salad, Side Romaine	1/2 Cup	1	22	0	28	2.02	0.81	29.5	8505	3.37	2	0.94	4.89	0.21	0.03	0.00
NC Salad, Tossed	1 Each	1	10	0	7	0.85	0.29	12.8	356	1.98	1	0.64	2.1	0.1	0.01	0.00
NC Spinach, Salad-DOD	Servings	1	26	0	88	2.46	3.04	110.9	10502	31.47	0	3.2	4.07	0.44	0.07	0.00
NC Squash, Raw	1/2 Cup	1	23	0	269	1.59	0.41	30.6	240	6.24	3	1.03	4.89	0.35	0.07	0.00
NC Starfruit, Fresh-DOD	1/2 Cup	1	30	0	2	2.73	0.08	2.9	59	33.55	4	1.01	6.56	0.32	0.02	0.00
NC Strawberries, Fresh-DOD	1/2 Cup	1	29	0	1	1.81	0.37	14.5	11	53.34	4	0.61	6.97	0.27	0.01	0.00
NC Sugar Snaps & Grape Tom-DOD	1 Each	1	14	0	3	0.80	0.43	11.0	481	14.5	2	0.77	2.64	0.4	0.00	0.00
NC Tangelos, Minneola	1 Each	1	70	0	0	2.00	0.00	0.0	0	60.0	9	1.0	13.0	1.0	0.00	0.00
NC Tangerines, Fresh	1 Each	1	94	0	4	3.20	0.00	60.0	1100	46.8	18	1.4	24.0	0.6	0.00	0.00
NC Tomatoes, Grape	1/2 Cup	1	14	0	4	1.03	0.19	5.2	647	9.94	2	0.52	3.11	0.0	0.00	0.00
NC Tomatoes, Grape, IW-DOD	Bag, 1/2 Cup	1	12	0	12	0.81	0.20	8.1	575	9.31	2	0.61	2.67	0.0	0.00	0.00
NC Watermelon, Cubes-DOD	1/2 Cup	1	46	0	2	0.61	0.37	10.7	871	12.4	9	0.93	11.56	0.23	0.02	0.00
NC Watermelon, Slices-DOD	Wedge	1	86	0	3	1.14	0.69	20.0	1627	23.17	18	1.74	21.59	0.43	0.03	0.00
NC Zucchini, Sliced, Fresh	1/2 cup	1	13	0	13	0.85	0.07	8.4	0	0.0	0	0.85	1.71	0.0	0.00	0.00
Weighted Daily Average			4647	139	5241	115.52	31.56	2462.7	49343	1159.8	562	148.24	814.16	111.34	27.50	0.00
% of Calories											48.4%	12.8%	70.1%	21.6%	5.3%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

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Asheboro City Schools

Dec 1, 2017 thru Dec 21, 2017

Base Menu Spreadsheet

ES Lunch, FF&V, Condiments

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 12/20/2017																
ES Lunch, FF&V, Condiment	Total	1														
NC Pizza, 4x6 Pepperoni	1 Each	1	300	25	530	4.00	2.70	200.0	300	0.0	10	16.0	33.0	12.0	5.00	0.00
NC Salad, Big Hero 6 Veg-ES	1 Salad	1	332	32	859	6.90	2.66	563.5	7223	15.65	5	21.25	32.66	12.86	7.58	0.00
NC PB & J Sandwich-Cmdty	1 Sandwich	1	526	0	521	7.59	2.73	156.9	10	0.0	18	20.5	50.47	30.37	5.32	0.00
NC Mixed Vegetables	1/2 Cup	1	75	0	40	5.00	0.94	28.4	4896	3.63	4	3.26	14.91	0.17	0.00	0.00
NC Sweet Potato Puffs	1 Servings, 3oz	1	135	0	208	2.08	0.37	20.8	3115	3.74	8	1.04	23.88	3.63	0.00	0.00
NC Applesauce, Cnd, Unswt	1/2 Cup	1	57	0	2	1.53	0.15	4.4	39	1.53	16	0.21	15.04	0.07	0.03	0.00
NC Milk, 1% Low Fat	1/2 Pint	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
NC Milk, FF Chocolate	1/2 Pint	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
NC Milk, FF Strawberry	1/2 Pint	1	110	5	125	0.00	0.00	300.0	500	1.2	18	8.0	19.0	0.0	0.00	0.00
NC Milk, Skim	1/2 Pint	1	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
NC-CON Hot Sauce, 7g	1 Each	1	0	0	100	0.00	0.00	0.0	100	1.2	20	0.0	1.0	0.0	0.00	0.00
NC-CON Ketchup, 9g, Heinz	1 Each	1	10	0	85	0.00	0.00	0.0	0	0.0	2	0.0	3.0	0.0	0.00	0.00
NC-CON Sld Dress, Ranch, 12g	1 Each	1	70	5	95	0.00	0.00	0.0	0	0.0	0	0.0	1.0	7.0	1.00	0.00
NC-CON Sld Dress, 1000 Island	1 Each	1	190	20	370	0.00	0.00	0.0	0	0.0	4	0.0	6.0	18.0	3.00	0.00
NC-CON Sld Dress, French	1 Each	1	130	0	300	0.00	0.36	0.0	100	0.0	13	0.0	14.0	8.0	1.00	0.00
NC-CON Sld Dress, Italian	1 Each	1	15	0	700	1.00	0.00	0.0	0	0.0	3	0.0	5.0	0.0	0.00	0.00
NC-CON Sld Dress, Ranch, 1.5oz	1 Each	1	30	0	350	0.00	0.00	10.0	0	0.0	3	1.0	6.0	0.0	0.00	0.00
NC Apple Slices, 2oz, IW	1 Each	1	29	0	1	1.40	0.07	3.0	31	2.6	6	0.15	7.83	0.1	0.02	0.00
NC Apple, Golden, Fresh, 125 ct	1 Each	1	96	0	3	4.06	0.22	10.1	86	0.0	17	0.47	22.98	0.25	0.00	0.00
NC Apple, Red Del, Fresh, 125ct	1 Each	1	106	0	3	3.31	0.20	9.9	99	6.62	20	0.0	26.47	0.0	0.00	0.00
NC Apples & Grapes, IW-DOD	1 Bag, 1/2 Cup	1	40	0	0	2.00	0.36	0.0	50	109.8	8	0.0	11.0	0.0	0.00	0.00
NC Bananas, 150ct	1 Each	1	105	0	1	3.07	0.31	5.9	76	10.27	14	1.29	26.95	0.39	0.13	0.00
NC Blueberries, Frozen-Cmdty	1/2 Cup	1	49	0	1	2.91	0.00	0.0	0	0.0	10	1.45	11.64	0.0	0.00	0.00
NC Broccoli Florets, Fresh	1/2 Cup	1	32	0	31	2.42	0.68	43.7	579	82.94	2	2.62	6.17	0.34	0.03	0.00
NC Carrots & Celery, IW-DOD	1 Bag, 1/2 Cup	1	20	0	61	2.02	0.18	10.1	1367	0.61	2	0.0	4.05	0.0	0.00	0.00
NC Carrots, 2.6oz, IW	1 Bag, 1/2 Cup	1	26	0	58	2.63	0.00	0.0	20	3.49	4	0.0	6.58	0.0	0.00	0.00
NC Carrots, Fresh, Bulk	1/2 Cup	1	25	0	55	2.06	0.63	22.7	9773	1.84	3	0.45	5.84	0.09	0.01	0.00
NC Cauliflower Florets, Fresh	1/2 Cup	1	12	0	15	1.00	0.21	11.0	5	24.05	1	0.96	2.48	0.14	0.03	0.00
NC Celery Sticks, Fresh	1/2 Cup	1	11	0	53	1.05	0.13	26.3	295	2.04	1	0.45	1.95	0.11	0.03	0.00
NC Clementines, Fresh-DOD	1 Each, 2/Serving	1	70	0	2	2.60	0.36	40.0	0	72.0	14	1.26	17.78	0.22	0.00	0.00
NC Cole Slaw	1/2 Cup	1	155	5	247	2.06	0.74	41.2	412	4.95	16	1.03	19.59	8.25	1.55	0.00
NC Cole Slaw, Fresh	1/2 Cup	1	51	8	188	0.69	0.06	17.7	112	13.61	1	0.46	2.83	4.18	0.42	0.00
NC Cucumber Slices, Fresh	1/2 Cup	1	11	0	1	0.37	0.21	12.0	79	2.1	1	0.49	2.72	0.08	0.02	0.00
NC Grapefruit, Fresh-DOD	1/2 Cup	1	52	0	0	1.97	0.10	27.1	1415	38.38	8	0.95	13.11	0.17	0.02	0.00

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Asheboro City Schools

Dec 1, 2017 thru Dec 21, 2017

Base Menu Spreadsheet

ES Lunch, FF&V, Condiments

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 12/20/2017																
NC Grapes, Fresh	1/2 Cup	1	58	0	2	0.78	0.25	12.1	86	3.45	14	0.54	14.78	0.3	0.09	0.00
NC Grapes, Fresh, IW-DOD	Bag, 1/2 Cup	1	38	0	1	0.51	0.16	7.9	57	2.27	9	0.36	9.72	0.2	0.00	0.00
NC Grapple, Fresh-DOD	1 Each	1	95	0	0	4.00	0.18	10.0	100	8.4	19	0.0	25.0	0.0	0.00	0.00
NC Kiwi, Fresh-DOD	Each, 2/Serving	1	84	0	4	4.14	0.43	46.9	120	127.93	12	1.57	20.23	0.72	0.04	0.00
NC Mandarin Oranges, Fresh-DOD	Servings	1	104	0	4	3.53	0.29	72.5	1335	52.33	21	1.59	26.15	0.61	0.08	0.00
NC Mango, Fresh, IW-DOD	Bag, 1/2 Cup	1	33	0	1	0.87	0.09	6.0	599	19.6	7	0.45	8.16	0.21	0.00	0.00
NC Mixed Fruit, Fresh-DOD	1/2 Cup	1	44	0	9	0.89	0.32	8.9	1000	18.67	9	0.89	10.67	0.0	0.00	0.00
NC Mixed Vegetables, Fresh	Bags	1	44	0	97	3.99	0.27	21.7	747	13.86	6	0.84	10.26	0.06	0.01	0.00
NC Oranges, 113 ct	1 Each	1	47	0	1	2.11	0.12	38.4	240	57.02	8	0.87	12.04	0.14	0.02	0.00
NC Oranges, Fresh, IW-DOD	Bags, 1/2 Cup	1	28	0	1	1.25	0.07	24.4	140	33.5	5	0.52	7.11	0.09	0.00	0.00
NC Oranges, Scored	1 Each	1	47	0	1	2.11	0.12	38.4	240	57.02	8	0.87	12.04	0.14	0.02	0.00
NC Peaches, Fresh-DOD	1/2 Cup, 2 ea	1	101	0	0	3.90	0.65	15.6	848	17.16	22	2.37	24.8	0.65	0.03	0.00
NC Pears, Fresh	1 Each	1	120	0	3	5.09	0.46	22.9	64	10.93	18	0.0	27.97	0.0	0.00	0.00
NC Peas, Snap, Fresh-DOD	1/2 Cup	1	26	0	2	1.58	1.76	24.4	670	26.33	2	1.71	4.6	0.24	0.00	0.00
NC Salad, Side Romaine	1/2 Cup	1	22	0	28	2.02	0.81	29.5	8505	3.37	2	0.94	4.89	0.21	0.03	0.00
NC Salad, Tossed	1 Each	1	10	0	7	0.85	0.29	12.8	356	1.98	1	0.64	2.1	0.1	0.01	0.00
NC Spinach, Salad-DOD	Servings	1	26	0	88	2.46	3.04	110.9	10502	31.47	0	3.2	4.07	0.44	0.07	0.00
NC Squash, Raw	1/2 Cup	1	23	0	269	1.59	0.41	30.6	240	6.24	3	1.03	4.89	0.35	0.07	0.00
NC Starfruit, Fresh-DOD	1/2 Cup	1	30	0	2	2.73	0.08	2.9	59	33.55	4	1.01	6.56	0.32	0.02	0.00
NC Strawberries, Fresh-DOD	1/2 Cup	1	29	0	1	1.81	0.37	14.5	11	53.34	4	0.61	6.97	0.27	0.01	0.00
NC Sugar Snaps & Grape Tom-DOD	1 Each	1	14	0	3	0.80	0.43	11.0	481	14.5	2	0.77	2.64	0.4	0.00	0.00
NC Tangelos, Minneola	1 Each	1	70	0	0	2.00	0.00	0.0	0	60.0	9	1.0	13.0	1.0	0.00	0.00
NC Tangerines, Fresh	1 Each	1	94	0	4	3.20	0.00	60.0	1100	46.8	18	1.4	24.0	0.6	0.00	0.00
NC Tomatoes, Grape	1/2 Cup	1	14	0	4	1.03	0.19	5.2	647	9.94	2	0.52	3.11	0.0	0.00	0.00
NC Tomatoes, Grape, IW-DOD	Bag, 1/2 Cup	1	12	0	12	0.81	0.20	8.1	575	9.31	2	0.61	2.67	0.0	0.00	0.00
NC Watermelon, Cubes-DOD	1/2 Cup	1	46	0	2	0.61	0.37	10.7	871	12.4	9	0.93	11.56	0.23	0.02	0.00
NC Watermelon, Slices-DOD	Wedge	1	86	0	3	1.14	0.69	20.0	1627	23.17	18	1.74	21.59	0.43	0.03	0.00
NC Zucchini, Sliced, Fresh	1/2 cup	1	13	0	13	0.85	0.07	8.4	0	0.0	0	0.85	1.71	0.0	0.00	0.00
Weighted Daily Average			4545	120	6006	120.37	26.48	3139.3	63404	1162.7	533	135.12	784.24	116.65	27.22	0.00
% of Calories											46.9%	11.9%	69.0%	23.1%	5.4%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

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Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
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Asheboro City Schools

Dec 1, 2017 thru Dec 21, 2017

Base Menu Spreadsheet

ES Lunch, FF&V, Condiments

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 12/21/2017																
ES Lunch, FF&V, Condiment	Total	1														
NC Fish Sticks w/ Hushpuppies	Servings	1	371	50	511	3.01	1.80	20.0	100	1.21	6	17.01	43.09	15.03	2.51	0.00
NC Teryaki Beef Dippers w/Roll	Serving	1	313	36	687	3.02	3.27	20.4	102	3.6	4	17.21	33.11	11.64	4.06	0.00
NC PB & J Sandwich-Cmdty	Sandwiche	1	526	0	521	7.59	2.73	156.9	10	0.0	18	20.5	50.47	30.37	5.32	0.00
NC Black Eye Peas	1/2 Cup	1	92	0	156	4.00	1.16	24.0	16	3.2	96	5.69	16.36	0.66	0.17	0.00
NC Collards, Frozen	1/2 Cup	1	40	0	284	2.94	1.20	215.2	11730	26.95	1	3.19	7.92	0.43	0.06	0.00
NC Blueberries, Frozen-Cmdty	1/2 Cup	1	49	0	1	2.91	0.00	0.0	0	0.0	10	1.45	11.64	0.0	0.00	0.00
NC Milk, 1% Low Fat	1/2 Pint	1	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
NC Milk, FF Chocolate	1/2 Pint	1	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
NC Milk, FF Strawberry	1/2 Pint	1	110	5	125	0.00	0.00	300.0	500	1.2	18	8.0	19.0	0.0	0.00	0.00
NC Milk, Skim	1/2 Pint	1	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
NC-CON Hot Sauce, 7g	1 Each	1	0	0	100	0.00	0.00	0.0	100	1.2	20	0.0	1.0	0.0	0.00	0.00
NC-CON Sld Dress, Ranch, 12g	1 Each	1	70	5	95	0.00	0.00	0.0	0	0.0	0	0.0	1.0	7.0	1.00	0.00
NC-CON Salsa	1 oz	1	10	0	32	0.39	0.64	3.4	157	1.14	1	0.43	2.0	0.06	0.01	0.00
NC-CON Taco Sauce, 9g	1 Each	1	5	0	55	0.00	0.00	0.0	0	0.0	0	0.0	1.0	0.0	0.00	0.00
NC-CON Sour Cream, Bulk	Serving, 2 Tbl	1	60	20	30	0.00	0.00	40.0	200	0.0	1	1.0	2.0	5.0	3.50	0.00
NC-CON Sour Cream, FF, PC, 1oz	1 Each	1	25	0	30	0.00	0.00	60.0	200	0.0	40	2.0	4.0	0.0	0.00	0.00
NC Apple Slices, 2oz, IW	1 Each	1	29	0	1	1.40	0.07	3.0	31	2.6	6	0.15	7.83	0.1	0.02	0.00
NC Apple, Golden, Fresh,125 ct	1 Each	1	96	0	3	4.06	0.22	10.1	86	0.0	17	0.47	22.98	0.25	0.00	0.00
NC Apple, Red Del, Fresh,125ct	1 Each	1	106	0	3	3.31	0.20	9.9	99	6.62	20	0.0	26.47	0.0	0.00	0.00
NC Apples & Grapes, IW-DOD	Bag, 1/2 Cup	1	40	0	0	2.00	0.36	0.0	50	109.8	8	0.0	11.0	0.0	0.00	0.00
NC Bananas,150ct	1 Each	1	105	0	1	3.07	0.31	5.9	76	10.27	14	1.29	26.95	0.39	0.13	0.00
NC Blueberries, Frozen-Cmdty	1/2 Cup	1	49	0	1	2.91	0.00	0.0	0	0.0	10	1.45	11.64	0.0	0.00	0.00
NC Broccoli Florets, Fresh	1/2 Cup	1	32	0	31	2.42	0.68	43.7	579	82.94	2	2.62	6.17	0.34	0.03	0.00
NC Carrots & Celery, IW-DOD	Bag, 1/2 Cup	1	20	0	61	2.02	0.18	10.1	1367	0.61	2	0.0	4.05	0.0	0.00	0.00
NC Carrots, 2.6oz, IW	Bag, 1/2 Cup	1	26	0	58	2.63	0.00	0.0	20	3.49	4	0.0	6.58	0.0	0.00	0.00
NC Carrots, Fresh, Bulk	1/2 Cup	1	25	0	55	2.06	0.63	22.7	9773	1.84	3	0.45	5.84	0.09	0.01	0.00
NC Cauliflower Florets, Fresh	1/2 Cup	1	12	0	15	1.00	0.21	11.0	5	24.05	1	0.96	2.48	0.14	0.03	0.00
NC Celery Sticks, Fresh	1/2 Cup	1	11	0	53	1.05	0.13	26.3	295	2.04	1	0.45	1.95	0.11	0.03	0.00
NC Clementines, Fresh-DOD	Each, 2/Serving	1	70	0	2	2.60	0.36	40.0	0	72.0	14	1.26	17.78	0.22	0.00	0.00
NC Cole Slaw	1/2 Cup	1	155	5	247	2.06	0.74	41.2	412	4.95	16	1.03	19.59	8.25	1.55	0.00
NC Cole Slaw, Fresh	1/2 Cup	1	51	8	188	0.69	0.06	17.7	112	13.61	1	0.46	2.83	4.18	0.42	0.00
NC Cucumber Slices, Fresh	1/2 Cup	1	11	0	1	0.37	0.21	12.0	79	2.1	1	0.49	2.72	0.08	0.02	0.00
NC Grapefruit, Fresh-DOD	1/2 Cup	1	52	0	0	1.97	0.10	27.1	1415	38.38	8	0.95	13.11	0.17	0.02	0.00
NC Grapes, Fresh	1/2 Cup	1	58	0	2	0.78	0.25	12.1	86	3.45	14	0.54	14.78	0.3	0.09	0.00

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Asheboro City Schools

Dec 1, 2017 thru Dec 21, 2017

Base Menu Spreadsheet

ES Lunch, FF&V, Condiments

Portion Values - Detailed

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 12/21/2017																
NC Grapes, Fresh, IW-DOD	Bag, 1/2 Cup	1	38	0	1	0.51	0.16	7.9	57	2.27	9	0.36	9.72	0.2	0.00	0.00
NC Grapple, Fresh-DOD	1 Each	1	95	0	0	4.00	0.18	10.0	100	8.4	19	0.0	25.0	0.0	0.00	0.00
NC Kiwi, Fresh-DOD	Each, 2/Serving	1	84	0	4	4.14	0.43	46.9	120	127.93	12	1.57	20.23	0.72	0.04	0.00
NC Mandarin Oranges, Fresh-DOD	Servings	1	104	0	4	3.53	0.29	72.5	1335	52.33	21	1.59	26.15	0.61	0.08	0.00
NC Mango, Fresh, IW-DOD	Bag, 1/2 Cup	1	33	0	1	0.87	0.09	6.0	599	19.6	7	0.45	8.16	0.21	0.00	0.00
NC Mixed Fruit, Fresh-DOD	1/2 Cup	1	44	0	9	0.89	0.32	8.9	1000	18.67	9	0.89	10.67	0.0	0.00	0.00
NC Mixed Vegetables, Fresh	Bags	1	44	0	97	3.99	0.27	21.7	747	13.86	6	0.84	10.26	0.06	0.01	0.00
NC Oranges, 113 ct	1 Each	1	47	0	1	2.11	0.12	38.4	240	57.02	8	0.87	12.04	0.14	0.02	0.00
NC Oranges, Fresh, IW-DOD	Bags, 1/2 Cup	1	28	0	1	1.25	0.07	24.4	140	33.5	5	0.52	7.11	0.09	0.00	0.00
NC Oranges, Scored	1 Each	1	47	0	1	2.11	0.12	38.4	240	57.02	8	0.87	12.04	0.14	0.02	0.00
NC Peaches, Fresh-DOD	1/2 Cup, 2 ea	1	101	0	0	3.90	0.65	15.6	848	17.16	22	2.37	24.8	0.65	0.03	0.00
NC Pears, Fresh	1 Each	1	120	0	3	5.09	0.46	22.9	64	10.93	18	0.0	27.97	0.0	0.00	0.00
NC Peas, Snap, Fresh-DOD	1/2 Cup	1	26	0	2	1.58	1.76	24.4	670	26.33	2	1.71	4.6	0.24	0.00	0.00
NC Salad, Side Romaine	1/2 Cup	1	22	0	28	2.02	0.81	29.5	8505	3.37	2	0.94	4.89	0.21	0.03	0.00
NC Salad, Tossed	1 Each	1	10	0	7	0.85	0.29	12.8	356	1.98	1	0.64	2.1	0.1	0.01	0.00
NC Spinach, Salad-DOD	Servings	1	26	0	88	2.46	3.04	110.9	10502	31.47	0	3.2	4.07	0.44	0.07	0.00
NC Squash, Raw	1/2 Cup	1	23	0	269	1.59	0.41	30.6	240	6.24	3	1.03	4.89	0.35	0.07	0.00
NC Starfruit, Fresh-DOD	1/2 Cup	1	30	0	2	2.73	0.08	2.9	59	33.55	4	1.01	6.56	0.32	0.02	0.00
NC Strawberries, Fresh-DOD	1/2 Cup	1	29	0	1	1.81	0.37	14.5	11	53.34	4	0.61	6.97	0.27	0.01	0.00
NC Sugar Snaps & Grape Tom-DOD	1 Each	1	14	0	3	0.80	0.43	11.0	481	14.5	2	0.77	2.64	0.4	0.00	0.00
NC Tangelos, Minneola	1 Each	1	70	0	0	2.00	0.00	0.0	0	60.0	9	1.0	13.0	1.0	0.00	0.00
NC Tangerines, Fresh	1 Each	1	94	0	4	3.20	0.00	60.0	1100	46.8	18	1.4	24.0	0.6	0.00	0.00
NC Tomatoes, Grape	1/2 Cup	1	14	0	4	1.03	0.19	5.2	647	9.94	2	0.52	3.11	0.0	0.00	0.00
NC Tomatoes, Grape, IW-DOD	Bag, 1/2 Cup	1	12	0	12	0.81	0.20	8.1	575	9.31	2	0.61	2.67	0.0	0.00	0.00
NC Watermelon, Cubes-DOD	1/2 Cup	1	46	0	2	0.61	0.37	10.7	871	12.4	9	0.93	11.56	0.23	0.02	0.00
NC Watermelon, Slices-DOD	Wedge	1	86	0	3	1.14	0.69	20.0	1627	23.17	18	1.74	21.59	0.43	0.03	0.00
NC Zucchini, Sliced, Fresh	1/2 cup	1	13	0	13	0.85	0.07	8.4	0	0.0	0	0.85	1.71	0.0	0.00	0.00
Weighted Daily Average			4237	149	4349	116.13	27.38	2695.3	60235	1174.3	623	140.35	751.85	94.73	20.92	0.00
% of Calories											58.9%	13.2%	71.0%	20.1%	4.4%	0.0%
Nutrient Guideline			550-650		1230										<10.00	

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Asheboro City Schools

Dec 1, 2017 thru Dec 21, 2017

Base Menu Spreadsheet

ES Lunch, FF&V, Condiments

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Average			4373	136	5054	117.27	27.46	2860.1	58092	1171.4	538 110.7%	140.53 12.9%	771.02 70.5%	102.77 21.2%	22.26 4.6%	0.00 0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	4373		550 - 650	673%			3723	Correction Required - Calories too High
Cholesterol (mg)	136							
Sodium (mg)	5054		1230				3824	Correction Required - Sodium too High
Fiber (g)	117.27							
Iron (mg)	27.46							
Calcium (mg)	2860.1							
Vitamin A (IU)	58092							
Sugars (g)	538	49.18%						
Vitamin C (mg)	1171.40							
Protein (g)	140.53	12.86%						
Carbohydrate (g)	771.02	70.53%						
Total Fat (g)	102.77	21.15%						
Saturated Fat (g)	22.26	4.58%	<10.00%					
Trans Fat ¹ (g)	0.00	0.00%						

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