

Watertown City School District

Jan 7, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

Case Middle School- Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 01/07/2019										
Case Middle School- Lunch	Total	430								
Breaded Pork Steak	1 each	385	290	50	420	1	16.0	17.0	17.0	4.50
Peanut Butter And Jelly- large	1 each	15	593	0	583	22	19.78	68.24	30.66	4.45
Sub, ham- 1.75 roll	1 each	15	281	51	1276	6	21.31	26.83	9.37	3.50
Yogurt Parfait with Strawberry	1 each	15	239	5	107	34	7.48	49.05	1.62	1.01
Mashed Potato-H	1/2 cup	375	115	0	215	*0	1.67	14.14	5.28	0.81
BROCCOLI, frozen	3/4 CUP	25	39	0	33	2	4.5	7.5	0.0	0.00
Granola packet	1 each	15	250	0	180	13	5.0	43.0	7.0	1.00
Fresh Fruit	1 each	250	64	0	1	11	0.6	16.72	0.2	0.04
Mixed Berry Cup	1 each	75	90	0	0	16	0.0	20.0	0.0	0.00
Milk-variety- L	cups	410	119	3	194	18	8.6	19.4	0.75	0.45
Hot Sauce	1 tsp	25	0	0	118	*N/A*	0.0	1.18	0.0	0.00
Beef Glaze	2 oz	370	26	0	274	*0	0.06	5.67	0.42	0.05
Veggie Cup	1/2 cup	20	16	0	22	*1	1.01	3.39	0.1	0.03
Ranch Dressing, pc-E	pc	20	27	2	108	*N/A*	0.11	1.7	2.21	0.35
Weighted Daily Average			601	50	1074	*30	26.56	71.40	22.83	5.59
% of Calories						*20.1%	17.7%	47.5%	34.2%	8.4%
Nutrient Guideline			600-700		1360					<10.00

Tue - 01/08/2019										
Case Middle School- Lunch	Total	430								
Peanut Butter And Jelly- large	1 each	20	593	0	583	22	19.78	68.24	30.66	4.45
Fresh Fruit	1 each	220	64	0	1	11	0.6	16.72	0.2	0.04
Pears-E	1/2 cup	125	58	0	2	12	0.37	15.02	0.12	0.00
Milk-variety- L	cups	400	119	3	194	18	8.6	19.4	0.75	0.45
Veggie Cup	1/2 cup	75	16	0	22	*1	1.01	3.39	0.1	0.03
Hot Sauce	1 tsp	10	0	0	118	*N/A*	0.0	1.18	0.0	0.00
Sub, tuna salad- 1.75 oz roll	1 each	10	371	60	853	*3	28.42	23.23	18.06	3.19
Calzone, Pepperoni WG IW	1 each	380	340	30	510	5	20.0	35.0	13.0	5.00
Romaine Salad-C	1 cup	275	29	0	105	*1	0.81	3.82	1.38	0.20
Spaghetti Sauce	2 oz	340	54	1	342	*7	3.46	10.01	0.4	0.26
Ranch Dressing, pc-E	pc	70	27	2	108	*N/A*	0.11	1.7	2.21	0.35
Chef Salad Dressing-C	pc	20	159	5	422	3	0.5	7.4	14.0	2.15
Chef Salad-ham-C	12 oz	20	136	35	443	*5	10.73	11.01	7.35	3.80
Whole Wheat Dinner Roll	roll	20	90	0	210	2	3.0	16.0	1.0	0.00
Croutons	1 oz	20	121	0	283	*N/A*	0.0	20.25	4.05	0.00

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Watertown City School District

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Base Menu Spreadsheet

Case Middle School- Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average			589	34	1104	*38	31.78	79.40	16.97	5.81
% of Calories						*25.8%	21.6%	54.0%	25.9%	8.9%
Nutrient Guideline			600-700		1360					<10.00

Wed - 01/09/2019										
Case Middle School- Lunch	Total	420								
Peanut Butter And Jelly- large	1 each	25	593	0	583	22	19.78	68.24	30.66	4.45
Fresh Fruit	1 each	255	64	0	1	11	0.6	16.72	0.2	0.04
Canned Fruit- Assorted	1/2 cup	110	61	0	5	12	0.2	14.93	0.03	0.00
Milk-variety- L	cups	400	119	3	194	18	8.6	19.4	0.75	0.45
Hot Sauce	1 tsp	20	0	0	118	*N/A*	0.0	1.18	0.0	0.00
Sub, ham- 1.75 roll	1 each	40	281	51	1276	6	21.31	26.83	9.37	3.50
French Toast-C	2 each	320	401	217	566	22	13.15	50.48	15.95	3.78
Sausage Patty	2 oz	320	142	57	354	0	15.59	1.42	8.5	2.13
Hashbrown	patty	360	100	0	105	0	1.0	16.0	3.5	0.00
Catsup-H	2 tbsp	220	31	0	79	6	0.0	6.3	0.0	0.00
CARROTS, glazed-H	3/4 CUP	24	104	0	180	*7	0.74	13.04	5.72	1.05
Yogurt Parfait with Blueberry	1 each	35	234	5	105	*28	7.53	47.09	1.5	1.00
Granola packet	1 each	35	250	0	180	13	5.0	43.0	7.0	1.00
Veggie Cup	1/2 cup	30	16	0	22	*1	1.01	3.39	0.1	0.03
Weighted Daily Average			794	217	1216	*53	35.73	104.26	26.24	5.78
% of Calories						*26.6%	18.0%	52.5%	29.8%	6.6%
Nutrient Guideline			600-700		1360					<10.00

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Watertown City School District

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Base Menu Spreadsheet

Case Middle School- Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 01/10/2019										
Case Middle School- Lunch	Total	430								
Peanut Butter And Jelly- large	1 each	15	593	0	583	22	19.78	68.24	30.66	4.45
Fresh Fruit	1 each	250	64	0	1	11	0.6	16.72	0.2	0.04
Peaches-E	1/2 cup	105	60	0	5	13	0.0	14.0	0.0	0.00
Milk-variety- L	cups	410	119	3	194	18	8.6	19.4	0.75	0.45
Veggie Cup	1/2 cup	70	16	0	22	*1	1.01	3.39	0.1	0.03
Hot Sauce	1 tsp	15	0	0	118	*N/A*	0.0	1.18	0.0	0.00
Sub, turkey 1.75 oz roll	1 each	15	299	53	928	4	27.75	28.84	8.04	3.51
Pizza, Ind. Pan	1 each	380	330	30	480	10	17.0	38.0	12.0	6.00
Romaine Salad-C	1 cup	225	29	0	105	*1	0.81	3.82	1.38	0.20
Mayonnaise, pc	1 each	15	60	4	60	0	0.0	1.0	6.0	1.00
Ranch Dressing, pc-E	pc	55	27	2	108	*N/A*	0.11	1.7	2.21	0.35
Chef Salad Dressing-C	pc	20	159	5	422	3	0.5	7.4	14.0	2.15
Chef Salad-turkey-C	12 oz	20	204	61	647	*5	19.1	10.26	9.0	3.39
Croutons	1 oz	20	121	0	283	*N/A*	0.0	20.25	4.05	0.00
Whole Wheat Dinner Roll	roll	20	90	0	210	2	3.0	16.0	1.0	0.00
Weighted Daily Average			538	35	815	*38	26.88	73.96	15.32	6.48
% of Calories						*27.9%	20.0%	55.0%	25.6%	10.8%
Nutrient Guideline			600-700		1360					<10.00

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Base Menu Spreadsheet

Case Middle School- Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Fri - 01/11/2019										
Case Middle School- Lunch	Total	430								
Peanut Butter And Jelly- large	1 each	10	593	0	583	22	19.78	68.24	30.66	4.45
Fresh Fruit	1 each	220	64	0	1	11	0.6	16.72	0.2	0.04
Fruit Mix-E	1/2 cup	75	60	0	5	12	0.0	15.0	0.0	0.00
Milk-variety- L	cups	410	119	3	194	18	8.6	19.4	0.75	0.45
Hot Sauce	1 tsp	25	0	0	118	*N/A*	0.0	1.18	0.0	0.00
Sub, ham- 1.75 roll	1 each	10	281	51	1276	6	21.31	26.83	9.37	3.50
Yogurt Parfait with Strawberry	1 each	10	239	5	107	34	7.48	49.05	1.62	1.01
Granola packet	1 each	10	250	0	180	13	5.0	43.0	7.0	1.00
Cyclone Sampler-C w/ pizza log	1 each	400	388	53	560	1	19.8	36.8	18.3	4.60
Breadstick, WG	1 each	345	169	0	169	2	1.98	24.81	5.95	0.99
Mixed Vegetables	1/2 cup	25	74	0	40	*N/A*	3.24	14.83	0.0	0.00
Spaghetti Sauce	2 oz	325	54	1	342	*7	3.46	10.01	0.4	0.26
Tater Tots-1/2 c	1/2 cup	380	91	0	171	0	1.01	14.09	3.52	0.00
Mayonnaise, pc	1 each	10	60	4	60	0	0.0	1.0	6.0	1.00
Mustard pc	pkt	5	5	0	70	*N/A*	0.0	0.99	0.0	0.00
Ranch Dressing, pc-E	pc	60	27	2	108	*N/A*	0.11	1.7	2.21	0.35
Veggie Cup	1/2 cup	30	16	0	22	*1	1.01	3.39	0.1	0.03
Weighted Daily Average			816	55	1330	*35	33.54	109.60	27.62	6.03
% of Calories						*17.2%	16.4%	53.7%	30.5%	6.6%
Nutrient Guideline			600-700		1360					<10.00

Mon - 01/14/2019										
Case Middle School- Lunch	Total	420								
Chicken Quesadilla	1 each	340	300	15	790	2	17.0	37.0	10.0	2.00
Peanut Butter And Jelly- large	1 each	30	593	0	583	22	19.78	68.24	30.66	4.45
Sub, turkey 1.75 oz roll	1 each	30	299	53	928	4	27.75	28.84	8.04	3.51
Yogurt Parfait with Strawberry	1 each	20	239	5	107	34	7.48	49.05	1.62	1.01
Granola packet	1 each	18	250	0	180	13	5.0	43.0	7.0	1.00
Mexican bean salad	1/2 cup	140	318	0	604	*8	10.19	37.38	14.5	1.82
Green Bean	1/2 cup	20	24	0	206	1	1.47	4.42	0.0	0.00
Fresh Fruit	1 each	225	64	0	1	11	0.6	16.72	0.2	0.04
Strawberry Cup	4.5 oz	275	90	0	0	18	1.0	21.99	0.0	0.00
Milk-variety- L	cups	300	119	3	194	18	8.6	19.4	0.75	0.45
Catsup,pc	pkt	275	10	0	25	2	0.0	2.0	0.0	0.00
Mayonnaise, pc	1 each	75	60	4	60	0	0.0	1.0	6.0	1.00
Salsa-E	2 oz	120	20	0	137	1	0.0	3.96	0.0	0.00

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Base Menu Spreadsheet

Case Middle School- Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average			637	19	1177	*41	28.31	93.57	17.78	3.41
% of Calories						*25.7%	17.8%	58.8%	25.1%	4.8%
Nutrient Guideline			600-700		1360					<10.00

Tue - 01/15/2019										
Case Middle School- Lunch	Total	435								
Mashed Potato bowl	1 each	390	408	81	702	*0	19.67	31.14	22.28	3.81
Chicken Gravy	2 oz	375	82	0	448	*0	1.47	7.22	5.51	0.93
Peanut Butter And Jelly- large	1 each	15	593	0	583	22	19.78	68.24	30.66	4.45
Sub, tuna salad- 1.75 oz roll	1 each	10	371	60	853	*3	28.42	23.23	18.06	3.19
Chef Salad-ham-C	12 oz	20	136	35	443	*5	10.73	11.01	7.35	3.80
Whole Wheat Dinner Roll	roll	390	90	0	210	2	3.0	16.0	1.0	0.00
Corn, canned	1/2 cup	48	65	0	15	3	2.0	15.0	1.0	0.00
Veggie Cup	1/2 cup	30	16	0	22	*1	1.01	3.39	0.1	0.03
Fresh Fruit	1 each	225	64	0	1	11	0.6	16.72	0.2	0.04
Pears-E	1/2 cup	75	58	0	2	12	0.37	15.02	0.12	0.00
Milk-variety- L	cups	380	119	3	194	18	8.6	19.4	0.75	0.45
Hot Sauce	1 tsp	15	0	0	118	*N/A*	0.0	1.18	0.0	0.00
Cheese cup, cheddar	.5 oz	325	46	10	106	0	3.54	0.51	3.04	2.03
Chef Salad Dressing-C	pc	20	159	5	422	3	0.5	7.4	14.0	2.15
Croutons	1 oz	20	121	0	283	*N/A*	0.0	20.25	4.05	0.00
Weighted Daily Average			755	86	1554	*27	34.27	83.64	31.43	6.65
% of Calories						*14.3%	18.1%	44.3%	37.5%	7.9%
Nutrient Guideline			600-700		1360					<10.00

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 01/16/2019										
Case Middle School- Lunch	Total	415								
Peanut Butter And Jelly- large	1 each	20	593	0	583	22	19.78	68.24	30.66	4.45
Fresh Fruit	1 each	200	64	0	1	11	0.6	16.72	0.2	0.04
Canned Fruit- Assorted	1/2 cup	75	61	0	5	12	0.2	14.93	0.03	0.00
Milk-variety- L	cups	340	119	3	194	18	8.6	19.4	0.75	0.45
Veggie Cup	1/2 cup	30	16	0	22	*1	1.01	3.39	0.1	0.03
Hot Sauce	1 tsp	10	0	0	118	*N/A*	0.0	1.18	0.0	0.00
Sub, ham- 1.75 roll	1 each	50	281	51	1276	6	21.31	26.83	9.37	3.50
Yogurt Parfait with Blueberry	1 each	30	234	5	105	*28	7.53	47.09	1.5	1.00
Oriental Vegetable	1/2 cup	25	17	0	10	*N/A*	0.67	2.67	0.0	0.00
Asian Rice Bowl-C	1 each	315	452	81	711	*0	20.8	42.21	22.49	3.87
Asian Sauce	2 oz	255	124	0	858	*14	0.0	29.26	0.0	0.00
Granola packet	1 each	30	250	0	180	13	5.0	43.0	7.0	1.00
Weighted Daily Average			658	70	1435	*36	27.69	90.14	21.02	4.11
% of Calories						*21.9%	16.8%	54.8%	28.7%	5.6%
Nutrient Guideline			600-700		1360					<10.00

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 01/17/2019										
Case Middle School- Lunch	Total	1								
Sloppy Joe	3 oz	1	228	59	109	*7	16.57	9.32	13.74	4.55
Roll, hamburger-1.75 oz	1 each	1	140	0	310	3	7.0	23.0	2.0	0.00
Sweets and Beets	1/2 cup	1	68	0	156	*1	1.11	12.72	1.47	0.22
Coleslaw	1/4 cup	1	56	5	111	*2	0.36	2.94	4.89	0.74
Apple, Honeycrisp	1 each	1	80	0	0	16	0.0	22.0	0.0	0.00
Berry Cobbler	1/2 cup	1	344	0	144	*24	4.45	64.02	7.1	1.02
Milk-variety- L	cups	1	119	3	194	18	8.6	19.4	0.75	0.45
Weighted Daily Average			1034	67	1024	*71	38.09	153.40	29.96	6.98
% of Calories						*27.4%	14.7%	59.3%	26.1%	6.1%
Nutrient Guideline			600-700		1360					<10.00

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Fri - 01/18/2019										
Case Middle School- Lunch	Total	430								
Pizza Hut Pepperoni Pizza	slice	375	290	25	570	1	21.0	29.0	11.0	4.40
Peanut Butter And Jelly- large	1 each	15	593	0	583	22	19.78	68.24	30.66	4.45
Sub, turkey 1.75 oz roll	1 each	15	299	53	928	4	27.75	28.84	8.04	3.51
Chef Salad-turkey-C	12 oz	25	204	61	647	*5	19.1	10.26	9.0	3.39
Whole Wheat Dinner Roll	roll	25	90	0	210	2	3.0	16.0	1.0	0.00
Romaine Salad-C	1 cup	200	29	0	105	*1	0.81	3.82	1.38	0.20
Veggie Cup	1/2 cup	60	16	0	22	*1	1.01	3.39	0.1	0.03
Fresh Fruit	1 each	220	64	0	1	11	0.6	16.72	0.2	0.04
Peaches-E	1/2 cup	74	60	0	5	13	0.0	14.0	0.0	0.00
Milk-variety- L	cups	355	119	3	194	18	8.6	19.4	0.75	0.45
Hot Sauce	1 tsp	30	0	0	118	*N/A*	0.0	1.18	0.0	0.00
Ranch Dressing, pc-E	pc	100	27	2	108	*N/A*	0.11	1.7	2.21	0.35
Chef Salad Dressing-C	pc	25	159	5	422	3	0.5	7.4	14.0	2.15
Croutons	1 oz	25	121	0	283	*N/A*	0.0	20.25	4.05	0.00
Weighted Daily Average			481	30	887	*26	29.24	61.52	14.47	5.00
% of Calories						*21.3%	24.3%	51.2%	27.1%	9.4%
Nutrient Guideline			600-700		1360					<10.00

Tue - 01/22/2019										
Case Middle School- Lunch	Total	430								
Breaded Pork Steak	1 each	385	290	50	420	1	16.0	17.0	17.0	4.50
Peanut Butter And Jelly- large	1 each	15	593	0	583	22	19.78	68.24	30.66	4.45
Sub, ham- 1.75 roll	1 each	15	281	51	1276	6	21.31	26.83	9.37	3.50
Yogurt Parfait with Strawberry	1 each	15	239	5	107	34	7.48	49.05	1.62	1.01
Mashed Potato-H	1/2 cup	375	115	0	215	*0	1.67	14.14	5.28	0.81
BROCCOLI, frozen	3/4 CUP	25	39	0	33	2	4.5	7.5	0.0	0.00
Granola packet	1 each	15	250	0	180	13	5.0	43.0	7.0	1.00
Fresh Fruit	1 each	250	64	0	1	11	0.6	16.72	0.2	0.04
Fruit Mix-E	1/2 cup	75	60	0	5	12	0.0	15.0	0.0	0.00
Milk-variety- L	cups	410	119	3	194	18	8.6	19.4	0.75	0.45
Hot Sauce	1 tsp	25	0	0	118	*N/A*	0.0	1.18	0.0	0.00
Beef Glaze	2 oz	370	26	0	274	*0	0.06	5.67	0.42	0.05
Veggie Cup	1/2 cup	20	16	0	22	*1	1.01	3.39	0.1	0.03
Ranch Dressing, pc-E	pc	20	27	2	108	*N/A*	0.11	1.7	2.21	0.35

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Watertown City School District

Jan 7, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

Case Middle School- Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average			596	50	1075	*29	26.56	70.53	22.83	5.59
% of Calories						*19.8%	17.8%	47.4%	34.5%	8.5%
Nutrient Guideline			600-700		1360					<10.00

Wed - 01/23/2019										
Case Middle School- Lunch	Total	420								
Peanut Butter And Jelly- large	1 each	30	593	0	583	22	19.78	68.24	30.66	4.45
Fresh Fruit	1 each	200	64	0	1	11	0.6	16.72	0.2	0.04
Canned Fruit- Assorted	1/2 cup	75	61	0	5	12	0.2	14.93	0.03	0.00
Milk-variety- L	cups	380	119	3	194	18	8.6	19.4	0.75	0.45
Hot Sauce	1 tsp	15	0	0	118	*N/A*	0.0	1.18	0.0	0.00
Sub, ham- 1.75 roll	1 each	35	281	51	1276	6	21.31	26.83	9.37	3.50
Yogurt Parfait with Blueberry	1 each	35	234	5	105	*28	7.53	47.09	1.5	1.00
Nacho Chips	2 oz	160	380	0	560	0	6.0	56.0	14.0	2.00
Nachos for prepack w/turk taco	3.5 oz	320	174	43	267	2	16.2	4.05	10.12	2.03
Refried Beans-C	1/2 cup	25	177	8	598	3	10.08	24.97	3.55	1.69
Lettuce, shredded- 1/2 cup	1/2 cup	155	5	0	4	1	0.32	1.07	0.05	0.01
Cheese Cup-E	.5 oz	220	46	10	86	0	3.54	0.0	3.54	2.53
Fajita Shell	2 each	160	160	0	440	0	6.0	30.0	3.0	1.00
Corn Bread Muffin	1 muffin	150	109	*19	104	*7	4.48	20.52	1.31	0.31
Veggie Cup	1/2 cup	25	16	0	22	*1	1.01	3.39	0.1	0.03
Granola packet	1 each	35	250	0	180	13	5.0	43.0	7.0	1.00
Weighted Daily Average			670	*52	1058	*34	33.48	88.10	21.21	5.43
% of Calories						*20.2%	20.0%	52.6%	28.5%	7.3%
Nutrient Guideline			600-700		1360					<10.00

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Watertown City School District

Jan 7, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

Case Middle School- Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Thu - 01/24/2019										
Case Middle School- Lunch	Total	430								
Pizza, 4 Meat Big daddy	slice	180	370	40	650	9	20.0	36.0	17.0	7.00
Pizza, Buffalo Big Daddy	slice	180	390	45	750	8	20.0	35.0	19.0	7.00
Peanut Butter And Jelly- large	1 each	25	593	0	583	22	19.78	68.24	30.66	4.45
Sub, turkey 1.75 oz roll	1 each	25	299	53	928	4	27.75	28.84	8.04	3.51
Chef Salad-turkey-C	12 oz	20	204	61	647	*5	19.1	10.26	9.0	3.39
Whole Wheat Dinner Roll	roll	20	90	0	210	2	3.0	16.0	1.0	0.00
Romaine Salad-C	1 cup	220	29	0	105	*1	0.81	3.82	1.38	0.20
Fresh Fruit	1 each	225	64	0	1	11	0.6	16.72	0.2	0.04
Veggie Cup	1/2 cup	20	16	0	22	*1	1.01	3.39	0.1	0.03
Peaches-E	1/2 cup	120	60	0	5	13	0.0	14.0	0.0	0.00
Milk-variety- L	cups	400	119	3	194	18	8.6	19.4	0.75	0.45
Hot Sauce	1 tsp	25	0	0	118	*N/A*	0.0	1.18	0.0	0.00
Ranch Dressing, pc-E	pc	175	27	2	108	*N/A*	0.11	1.7	2.21	0.35
Chef Salad Dressing-C	pc	20	159	5	422	3	0.5	7.4	14.0	2.15
Croutons	1 oz	20	121	0	283	*N/A*	0.0	20.25	4.05	0.00
Weighted Daily Average			584	45	1035	*36	29.38	71.45	21.04	7.26
% of Calories						*24.4%	20.1%	48.9%	32.4%	11.2%
Nutrient Guideline			600-700		1360					<10.00

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Mon - 01/28/2019										
Case Middle School- Lunch	Total	420								
Bosco Stick- pizza wg	2 each	340	480	50	1000	6	22.0	58.0	18.0	9.00
Peanut Butter And Jelly- large	1 each	30	593	0	583	22	19.78	68.24	30.66	4.45
Sub, turkey 1.75 oz roll	1 each	30	299	53	928	4	27.75	28.84	8.04	3.51
Yogurt Parfait with Strawberry	1 each	20	239	5	107	34	7.48	49.05	1.62	1.01
Granola packet	1 each	18	250	0	180	13	5.0	43.0	7.0	1.00
Three Bean Salad	1/2 cup	75	204	0	474	*8	9.31	31.77	4.38	0.67
Fresh Fruit	1 each	225	64	0	1	11	0.6	16.72	0.2	0.04
Applesauce-E	1/2 cup	140	51	0	2	11	0.0	14.0	0.06	0.01
Sidekicks	1 each	350	90	0	30	18	0.0	22.0	0.0	0.00
Milk-variety- L	cups	375	119	3	194	18	8.6	19.4	0.75	0.45
Mayonnaise, pc	1 each	75	60	4	60	0	0.0	1.0	6.0	1.00
Spaghetti Sauce	2 oz	300	54	1	342	*7	3.46	10.01	0.4	0.26
Catsup,pc	pkt	275	10	0	25	2	0.0	2.0	0.0	0.00

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Watertown City School District

Jan 7, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

Case Middle School- Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Daily Average			799	49	1486	*57	33.91	121.65	20.65	8.86
% of Calories						*28.7%	17.0%	60.9%	23.3%	10.0%
Nutrient Guideline			600-700		1360					<10.00

Tue - 01/29/2019										
Case Middle School- Lunch	Total	430								
Chicken Nuggets-H	5 each	380	200	45	480	0	17.0	16.0	7.0	1.50
Peanut Butter And Jelly- large	1 each	20	593	0	583	22	19.78	68.24	30.66	4.45
Sub, tuna salad- 1.75 oz roll	1 each	10	371	60	853	*3	28.42	23.23	18.06	3.19
Chef Salad-ham-C	12 oz	20	136	35	443	*5	10.73	11.01	7.35	3.80
Whole Wheat Dinner Roll	roll	400	90	0	210	2	3.0	16.0	1.0	0.00
Mashed Potato-H	1/2 cup	410	115	0	215	*0	1.67	14.14	5.28	0.81
Squash	1/2 cup	45	110	0	40	*9	1.14	20.35	3.66	0.67
Veggie Cup	1/2 cup	20	16	0	22	*1	1.01	3.39	0.1	0.03
Fresh Fruit	1 each	220	64	0	1	11	0.6	16.72	0.2	0.04
Pears-E	1/2 cup	78	58	0	2	12	0.37	15.02	0.12	0.00
Milk-variety- L	cups	70	119	3	194	18	8.6	19.4	0.75	0.45
Hot Sauce	1 tsp	20	0	0	118	*N/A*	0.0	1.18	0.0	0.00
Chicken Glaze	2 oz	385	24	0	277	*0	0.52	4.87	0.26	0.00
Ranch Dressing, pc-E	pc	20	27	2	108	*N/A*	0.11	1.7	2.21	0.35
Chef Salad Dressing-C	pc	20	159	5	422	3	0.5	7.4	14.0	2.15
Croutons	1 oz	20	121	0	283	*N/A*	0.0	20.25	4.05	0.00
Weighted Daily Average			523	44	1221	*15	23.91	69.23	16.15	2.84
% of Calories						*11.7%	18.3%	52.9%	27.8%	4.9%
Nutrient Guideline			600-700		1360					<10.00

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Watertown City School District

Jan 7, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

Case Middle School- Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Wed - 01/30/2019										
Case Middle School- Lunch	Total	430								
Peanut Butter And Jelly- large	1 each	20	593	0	583	22	19.78	68.24	30.66	4.45
Fresh Fruit	1 each	225	64	0	1	11	0.6	16.72	0.2	0.04
Canned Fruit- Assorted	1/2 cup	102	61	0	5	12	0.2	14.93	0.03	0.00
Milk-variety- L	cups	395	119	3	194	18	8.6	19.4	0.75	0.45
Veggie Cup	1/2 cup	40	16	0	22	*1	1.01	3.39	0.1	0.03
Hot Sauce	1 tsp	10	0	0	118	*N/A*	0.0	1.18	0.0	0.00
Sub, ham- 1.75 roll	1 each	40	281	51	1276	6	21.31	26.83	9.37	3.50
Yogurt Parfait with Blueberry	1 each	25	234	5	105	*28	7.53	47.09	1.5	1.00
Spaghetti	1 cup	340	222	0	2	*N/A*	8.12	43.2	1.3	0.24
Spaghetti Sauce	4 oz	340	108	3	684	*14	6.92	20.01	0.79	0.52
Meatballs-4 each	4 each	345	139	40	288	0	12.92	3.98	8.95	3.98
Green Bean	1/2 cup	32	24	0	206	1	1.47	4.42	0.0	0.00
Breadstick, WG	1 each	300	169	0	169	2	1.98	24.81	5.95	0.99
Weighted Daily Average			718	42	1243	*41	35.45	109.67	16.18	5.51
% of Calories						*22.9%	19.8%	61.1%	20.3%	6.9%
Nutrient Guideline			600-700		1360					<10.00

Thu - 01/31/2019										
Case Middle School- Lunch	Total	420								
Pizza, Stuffed Crust	1 each	360	320	35	700	5	17.0	38.0	12.0	6.00
Peanut Butter And Jelly- large	1 each	20	593	0	583	22	19.78	68.24	30.66	4.45
Sub, turkey 1.75 oz roll	1 each	20	299	53	928	4	27.75	28.84	8.04	3.51
Chef Salad-turkey-C	12 oz	20	204	61	647	*5	19.1	10.26	9.0	3.39
Whole Wheat Dinner Roll	roll	20	90	0	210	2	3.0	16.0	1.0	0.00
Romaine Salad-C	1 cup	195	29	0	105	*1	0.81	3.82	1.38	0.20
Veggie Cup	1/2 cup	55	16	0	22	*1	1.01	3.39	0.1	0.03
Fresh Fruit	1 each	225	64	0	1	11	0.6	16.72	0.2	0.04
Peaches-E	1/2 cup	110	60	0	5	13	0.0	14.0	0.0	0.00
Milk-variety- L	cups	400	119	3	194	18	8.6	19.4	0.75	0.45
Hot Sauce	1 tsp	15	0	0	118	*N/A*	0.0	1.18	0.0	0.00
Chef Salad Dressing-C	pc	20	159	5	422	3	0.5	7.4	14.0	2.15
Croutons	1 oz	20	121	0	283	*N/A*	0.0	20.25	4.05	0.00
Weighted Daily Average			523	38	989	*33	26.93	73.12	14.94	6.33
% of Calories						*25.2%	20.6%	55.9%	25.7%	10.9%
Nutrient Guideline			600-700		1360					<10.00

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Watertown City School District

Jan 7, 2019 thru Jan 31, 2019

Base Menu Spreadsheet

Case Middle School- Lunch

Portion Values - Detailed

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	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)
Weighted Average			666	*58	1160	*38 *50.8%	30.69 18.4%	89.68 53.9%	20.98 28.4%	5.75 7.8%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	666		600 - 700	100%				
Cholesterol (mg)	58				Missing			
Sodium 1 (mg)	1160		1360					
Sodium 2 (mg)	1160		1035				125	Correction Required - Sodium too High
Sugars (g)	38	22.60%			Missing			
Protein (g)	30.69	18.44%						
Carbohydrate (g)	89.68	53.90%						
Total Fat (g)	20.98	28.37%						
Saturated Fat (g)	5.75	7.77%	<10.00%					

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