

Sodexo

Planned Menu Spreadsheet

Portion Values - Detailed

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May 1, 2017 thru May 12, 2017

Liberty Hill Burden Elementary

002 - Burden Elementary

Generated on: 4/28/2017 4:22:19 PM

	Portion Size	Carb (g)
Mon - 05/01/2017		
Liberty Hill Burden Elementar	Total	
CHICKEN NUGGETS, WG, TYSON	5 EACH	16.3
WITH	1 EACH	0.0
DOUGH,WG,BREADSTICK,1 OZ,RICHS	1 EACH	14.5
SPAGHETTI W/MEATBALL	1 EACH	33.06
WITH	1 EACH	0.0
DOUGH,WG,BREADSTICK,1 OZ,RICHS	1 EACH	14.5
TACO,CHICK FAJITA-ELEMENTARY	2 EACH	32.01
SANDWICH,HAM&CHEESE WG BAIRD	1 EACH	29.85
SALAD,FUN MINNIE MOUSE, K-8	1 EACH	8.35
WITH	1 EACH	0.0
ROLL,DINNER,WG, RICHS 2.5 OZ	1 EACH	28.0
POTATO,MASHED BASIC AMERICAN	1/2 CUP	14.89
BEANS, GREEN, FROZ	1/2 CUP	4.83
SALAD MIX,TOSSED	1 CUP	3.0
CARROTS,BABY,RAW	1/2 CUP	6.0
BROCCOLI,FRESH,RAW	1/2 CUP	3.02
APPLE WHOLE:163ct	EACH	19.32
ORANGE , WHOLE, FRESH	1 EACH	15.39
PINEAPPLE,CND,DRND,TIDBIT	1/2 CUP	16.59
KETCHUP,HEINZ DISPENSER PACK	1 FL OZ	7.72
MAYONAISSSE, PC, FF,12 GR	1 EACH	3.0
MUSTARD PACKETS	1 EACH	0.0
HEINZ LIGHT RANCH DISPENSER	1 FL OZ	8.0
MILK,WHITE 1% LOWFAT, BORDEN	HALF PINT	11.99
MILK,CHOCOLATE FF 1/2 PT, BORD	HALF PINT	20.07
Weighted Daily Average		88.21
% of Calories		56.8%
Nutrient Guideline		

Tue - 05/02/2017		
Liberty Hill Burden Elementar	Total	
NACHOS, LOL CHEESE W/BEEF 2GR	SERVING	45.48
BEEF, SLOPPY JOE,JTM , BAIRD	1 EACH	42.02
BREADSTICK, CHEESE FILLED MAX	2 EACH	40.21
WRAP,CHICKEN FAJITA	1 EACH	32.17
SALAD, GREEK (FAST TAKES),EL	1 EACH	11.92
WITH	1 EACH	0.0
ROLL,DINNER,WG, RICHS 2.5 OZ	1 EACH	28.0
PEAS,FROZEN CKD	1/2 CUP	13.05
CARROTS, HERB ROASTED	1/2 CUP	4.27
SALAD MIX,TOSSED	1 CUP	3.0
CARROTS,BABY,RAW	1/2 CUP	6.0
CELERY STICKS	1/2 CUP	2.21
APPLE WHOLE:163ct	EACH	19.32
BANANAS 150ct	1 EACH	23.23
ORANGE , WHOLE, FRESH	1 EACH	15.39
PEACHES,CND,LIGHT SYRUP,DICED	1/2 CUP	16.68
KETCHUP,HEINZ DISPENSER PACK	1 FL OZ	7.72
MAYONAISSSE, PC, FF,12 GR	1 EACH	3.0
MUSTARD PACKETS	1 EACH	0.0
HEINZ LIGHT RANCH DISPENSER	1 FL OZ	8.0
MILK,CHOCOLATE FF 1/2 PT, BORD	HALF PINT	20.07
MILK,WHITE 1% LOWFAT, BORDEN	HALF PINT	11.99

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	Portion Size	Carb (g)
Weighted Daily Average % of Calories		100.81 61.2%
Nutrient Guideline		

Wed - 05/03/2017		
Liberty Hill Burden Elementar	Total	
BREAKFAST PLATE	1 EACH	15.01
HAMBURGER , RAW PATTY, BAIRD	1 EACH	31.38
LASAGNA, BEEF, SCRATCH	1 EACH	35.53
WITH	1 EACH	0.0
DOUGH,WG,BREADSTICK,1 OZ,RICHS	1 EACH	14.5
SUB, AMERICAN/BAIRDS-K-5	1 EACH	33.76
SALAD,GARDEN, ELEMENTARY	1 EACH	12.17
WITH	1 EACH	0.0
ROLL,DINNER,WG, RICHS 2.5 OZ	1 EACH	28.0
BROCCOLI.FLORETS, FROZ, STEAME	1/2 CUP	4.44
POTATO TATER TOTS	1/2 cup	13.98
SALAD MIX,TOSSED	1 CUP	3.0
CARROTS,BABY,RAW	1/2 CUP	6.0
CUCUMBER SLICES, PARED	1/2 CUP	1.88
TOMATOES, SLICED	1/2 CUP	3.53
APPLE WHOLE:163ct	EACH	19.32
BANANAS 150ct	EACH	23.23
ORANGE , WHOLE, FRESH	1 EACH	15.39
PEARS,CANNED,LIGHT SYR DICE	1/2 CUP	19.43
KETCHUP,HEINZ DISPENSER PACK	1 FL OZ	7.72
MAYONNAISE, PC, FF,12 GR	1 EACH	3.0
MUSTARD PACKETS	1 EACH	0.0
HEINZ LIGHT RANCH DISPENSER	1 FL OZ	8.0
MILK,CHOCOLATE FF 1/2 PT, BORD	HALF PINT	20.07
MILK,WHITE 1% LOWFAT, BORDEN	HALF PINT	11.99
Weighted Daily Average % of Calories		90.40 55.4%
Nutrient Guideline		

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	Portion Size	Carb (g)
Thu - 05/04/2017		
Liberty Hill Burden Elementar	Total	
CHICKEN ENCHILADA BAKE	1 EACH	20.06
WITH	1 EACH	0.0
RICE CILANTRO LIME 2/3 CUP	2/3 CUP	29.68
HOT DOG, TURKEY/ BAIRDS WW	1 EACH	35.0
SANDWICH GRILL CHEESE/BIMBO	1 EACH	32.05
WRAP, TURKEY HAM & CHEESE	1 EACH	30.94
SALAD, TURKEY CHEF, K-8	1 EACH	7.77
WITH	1 EACH	0.0
ROLL, DINNER, WG, RICHES 2.5 OZ	1 EACH	28.0
BEANS, BAKED VEGETARIAN	1/2 CUP	26.93
BEANS, GREEN, FRZ W/MARG	1/2 CUP	5.25
SALAD MIX, TOSSED	1 CUP	3.0
CARROTS, BABY, RAW	1/2 CUP	6.0
BROCCOLI, FRESH, RAW	1/2 CUP	3.02
APPLE WHOLE:163ct	EACH	19.32
ORANGE, WHOLE, FRESH	1 EACH	15.39
APPLE SAUCE, CANNED	1/2 CUP	13.71
KETCHUP, HEINZ DISPENSER PACK	1 FL OZ	7.72
MAYONNAISE, PC, FF, 12 GR	1 EACH	3.0
MUSTARD PACKETS	1 EACH	0.0
HEINZ LIGHT RANCH DISPENSER	1 FL OZ	8.0
MILK, CHOCOLATE FF 1/2 PT, BORD	HALF PINT	20.07
MILK, WHITE 1% LOWFAT, BORDEN	HALF PINT	11.99
Weighted Daily Average		89.87
% of Calories		60.8%
Nutrient Guideline		

Fri - 05/05/2017		
Liberty Hill Burden Elementar	Total	
SAND, CKN PATTY/WG BAIRDS	1 EACH	47.0
CHICKEN TERIYAKI	4 OZ.	10.08
WITH	1 EACH	0.0
RICE, BROWN, WHOLE GRAIN - 2 GR	1 CUP	40.32
PIZZA, CHEESE BD 8 CUT	1 EACH	36.0
WRAP CRISPY CHICKEN	1 EACH	36.88
SALAD, CHICKEN BLT- ELEMENTARY	1 EACH	34.07
WITH	1 EACH	0.0
DOUGH, WG, BREADSTICK, 1 OZ, RICHES	1 EACH	14.5
CORN, FRZ, STEAMED	1/2 CUP	17.74
BEANS, RANCH-STYLE	1/2 CUP	19.94
SALAD MIX, TOSSED	1 CUP	3.0
CARROTS, BABY, RAW	1/2 CUP	6.0
CUCUMBER SLICES, PARED	1/2 CUP	1.88
APPLE WHOLE:163ct	EACH	19.32
ORANGE, WHOLE, FRESH	1 EACH	15.39
FRUIT, MIXED, CANNED LIGHT SYR	1/2 CUP	18.31
KETCHUP, HEINZ DISPENSER PACK	1 FL OZ	7.72
MAYONNAISE, PC, FF, 12 GR	1 EACH	3.0
MUSTARD PACKETS	1 EACH	0.0
HEINZ LIGHT RANCH DISPENSER	1 FL OZ	8.0
MILK, CHOCOLATE FF 1/2 PT, BORD	HALF PINT	20.07
MILK, WHITE 1% LOWFAT, BORDEN	HALF PINT	11.99

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	Portion Size	Carb (g)
Weighted Daily Average % of Calories		96.25 59.7%
Nutrient Guideline		

Mon - 05/08/2017		
Liberty Hill Burden Elementar	Total	
CHICKEN NUGGETS, WG, TYSON	5 EACH	16.3
WITH	1 EACH	0.0
DOUGH,WG,BREADSTICK,1 OZ,RICHS	1 EACH	14.5
SANDWICH, BBQ RIB/BAIRD	1 EACH	37.05
ENCHILADA,CHICKEN	2 EACH	41.32
WRAP,TURKEY & CHEESE	1 EACH	31.3
SALAD,GARDEN, ELEMENTARY	1 EACH	12.17
WITH	1 EACH	0.0
ROLL,DINNER,WG, RICHS 2.5 OZ	1 EACH	28.0
POTATO,MASHED BASIC AMERICAN	1/2 CUP	14.89
BEANS, GREEN, FRZ W/MARG	1/2 CUP	5.25
SALAD MIX,TOSSED	1 CUP	3.0
CARROTS,BABY,RAW	1/2 CUP	6.0
BROCCOLI,FRESH,RAW	1/2 CUP	3.02
APPLE WHOLE:163ct	EACH	19.32
ORANGE , WHOLE, FRESH	1 EACH	15.39
PINEAPPLE,CND,DRND,TIDBIT	1/2 CUP	16.59
KETCHUP,HEINZ DISPENSER PACK	1 FL OZ	7.72
MAYONAISSSE, PC, FF,12 GR	1 EACH	3.0
MUSTARD PACKETS	1 EACH	0.0
HEINZ LIGHT RANCH DISPENSER	1 FL OZ	8.0
MILK,WHITE 1% LOWFAT, BORDEN	HALF PINT	11.99
MILK,CHOCOLATE FF 1/2 PT, BORD	HALF PINT	20.07
Weighted Daily Average % of Calories		86.57 55.6%
Nutrient Guideline		

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Liberty Hill Burden Elementary

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	Portion Size	Carb (g)
Tue - 05/09/2017		
Liberty Hill Burden Elementar	Total	
BREADSTICK, CHEESE FILLED MAX	2 EACH	40.21
CHICKEN CILANTRO LIME	1/2 CUP	12.43
WITH	1 EACH	0.0
RICE CILANTRO LIME - 2 GRAIN	1 1/3 CUP	59.94
POTATO BOWL, CHICKEN, K-8	1 EACH	47.63
WITH	1 EACH	0.0
DOUGH,WG,BREADSTICK,1 OZ,RICHS	1 EACH	14.5
SUB,HAM&CHEESE/ BAIRD K-5	1 EACH	34.76
SALAD, TURKEY CHEF, K-8	1 EACH	7.77
WITH	1 EACH	0.0
ROLL,DINNER,WG, RICHS 2.5 OZ	1 EACH	28.0
BEANS,PINTO,CANNED, SEASONED	1/2 CUP	21.17
SPINACH, FRZ, SAUTEED	1/2 CUP	6.49
SALAD MIX,TOSSED	1 CUP	3.0
CARROTS,BABY,RAW	1/2 CUP	6.0
CELERY STICKS	1/2 CUP	2.21
APPLE WHOLE:163ct	EACH	19.32
BANANAS 150ct	EACH	23.23
ORANGE , WHOLE, FRESH	1 EACH	15.39
PEACHES,CND,LIGHT SYRUP,DICED	1/2 CUP	16.68
KETCHUP,HEINZ DISPENSER PACK	1 FL OZ	7.72
MAYONNAISE, PC, FF,12 GR	1 EACH	3.0
MUSTARD PACKETS	1 EACH	0.0
HEINZ LIGHT RANCH DISPENSER	1 FL OZ	8.0
MILK,WHITE 1% LOWFAT, BORDEN	HALF PINT	11.99
MILK,CHOCOLATE FF 1/2 PT, BORD	HALF PINT	20.07
Weighted Daily Average		100.61
% of Calories		61.9%
Nutrient Guideline		

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Liberty Hill Burden Elementary

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	Portion Size	Carb (g)
Wed - 05/10/2017		
Liberty Hill Burden Elementar	Total	
PASTA ,ALFREDO PENNE	1 CUP	28.95
WITH	1 EACH	0.0
DOUGH,WG,BREADSTICK,1 OZ,RICHS	1 EACH	14.5
SAND, CKN PATTY/WG BAIRDS	1 EACH	47.0
SALAD, TACO LOCO,JTM-TKY CHILI	1 EACH	51.55
WRAP & YOGURT	1 EACH	49.6
SALAD, SPINACH PEAR CRUNCH ELE	1 EACH	40.85
WITH	1 EACH	0.0
DOUGH,WG,BREADSTICK,1 OZ,RICHS	1 EACH	14.5
POTATO WEDGE, 8 CUT, MCCAIN	1/2 CUP	20.11
BROCCOLI,FLORETS, FROZ, STEAME	1/2 CUP	4.44
SALAD MIX,TOSSED	1 CUP	3.0
CARROTS,BABY,RAW	1/2 CUP	6.0
CUCUMBER SLICES, PARED	1/2 CUP	1.88
TOMATOES, SLICED	1/2 CUP	3.53
APPLE WHOLE:163ct	EACH	19.32
BANANAS 150ct	EACH	23.23
ORANGE , WHOLE, FRESH	1 EACH	15.39
PEARS,CND,LT SYRUP,DICED,DRND	1/2 CUP	19.43
KETCHUP,HEINZ DISPENSER PACK	1 FL OZ	7.72
MAYONAISSSE, PC, FF,12 GR	1 EACH	3.0
MUSTARD PACKETS	1 EACH	0.0
HEINZ LIGHT RANCH DISPENSER	1 FL OZ	8.0
MILK,WHITE 1% LOWFAT, BORDEN	HALF PINT	11.99
MILK,CHOCOLATE FF 1/2 PT, BORD	HALF PINT	20.07
Weighted Daily Average		114.21
% of Calories		59.0%
Nutrient Guideline		

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Liberty Hill Burden Elementary

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	Portion Size	Carb (g)
Thu - 05/11/2017		
Liberty Hill Burden Elementar	Total	
PIZZA,CHEESE BD 8 CUT	1 EACH	36.0
CORN DOG,CHICKEN,WG,MINI	6 EACH	29.99
BEEF FINGERS, BRD,WG, COMMERCIAL	4 EACH	15.21
WITH DOUGH,WG,BREADSTICK,1 OZ,RICHS	1 EACH	0.0
WRAP, CHICKEN CRAISIN SALAD	1 EACH	14.5
SALAD,FUN MINNIE MOUSE, K-8	1 EACH	32.64
WITH ROLL,DINNER,WG, RICHS 2.5 OZ	1 EACH	8.35
BEANS,BAKED VEGETARIAN	1 EACH	0.0
CARROTS, HERB ROASTED	1 EACH	28.0
SALAD MIX,TOSSED	1/2 CUP	26.93
CARROTS,BABY,RAW	1/2 CUP	4.27
BROCCOLI,FRESH,RAW	1 CUP	3.0
APPLE WHOLE:163ct	1/2 CUP	6.0
ORANGE, WHOLE, FRESH	1/2 CUP	3.02
APPLESAUCE,CANNED	EACH	19.32
KETCHUP,HEINZ DISPENSER PACK	1 EACH	15.39
MAYONNAISE, PC, FF,12 GR	1/2 CUP	13.71
MUSTARD PACKETS	1 FL OZ	7.72
HEINZ LIGHT RANCH DISPENSER	1 EACH	3.0
MILK,WHITE 1% LOWFAT, BORDEN	1 EACH	0.0
MILK,CHOCOLATE FF 1/2 PT, BORD	1 FL OZ	8.0
	HALF PINT	11.99
	HALF PINT	20.07
Weighted Daily Average		82.98
% of Calories		56.6%
Nutrient Guideline		

Fri - 05/12/2017		
Liberty Hill Burden Elementar	Total	
HAMBURGER, RAW PATTY, BAIRD	1 EACH	31.38
HOT DOG,TURKEY/ BAIRDS WW	1 EACH	35.0
CHIPS, BBQ, BAKED, .88 OZ, IW	1 EACH	19.0
SALAD MIX,TOSSED	1 CUP	3.0
CARROTS,BABY,RAW	1/2 CUP	6.0
APPLE WHOLE:163ct	EACH	19.32
ORANGE, WHOLE, FRESH	1 EACH	15.39
JUICE SLUSH 100% TRIDENT	1/2 CUP	14.5
KETCHUP,HEINZ DISPENSER PACK	1 FL OZ	7.72
MAYONNAISE, PC, FF,12 GR	1 EACH	3.0
MUSTARD PACKETS	1 EACH	0.0
HEINZ LIGHT RANCH DISPENSER	1 FL OZ	8.0
MILK,WHITE 1% LOWFAT OAK FARMS	HALF PINT	12.99
MILK,CHOCOLATE FF 1/2 PT, OF	HALF PINT	20.0
Weighted Daily Average		100.19
% of Calories		57.9%
Nutrient Guideline		

Weighted Average		95.01
		58.5%

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Nutrient	Menu AVG	% of Cals	Weekly Target	Portion	Carb	Shortfall	Overage	Error Messages (if any)
				Size	(g)			
Carbohydrate (g)	95.01	58.54%						

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