

# Lodi Unified School District

Base Menu Spreadsheet

Portion Values - Detailed

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Jun 3, 2024 thru Jul 26, 2024

SUMMER SEAMLESS K-8 LUNCH

Generated on: 5/28/2024 1:48:09 PM

|                                | Portion Size | Cals (kcal) | Sodm (mg) | Sugars (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat <sup>1</sup> (g) |
|--------------------------------|--------------|-------------|-----------|------------|----------|-----------|-----------|-------------------------|
| Mon - 06/03/2024               |              |             |           |            |          |           |           |                         |
| SUMMER SEAMLESS K-8 L          | Total        |             |           |            |          |           |           |                         |
| CHICKEN PATTY ON BUN, REV.     | 1 EACH       | 380         | 810       | 5          | 49.0     | 10.0      | 1.50      | 0.00                    |
| LASAGNA, ROLLS W/ BREAD, REV.  | 1 EACH       | 368         | 464       | *4         | 54.13    | 10.06     | 4.88      | *0.00                   |
| CARROTS, BABY 2.6 OZ.          | 1/2 CUP      | 38          | 44        | *N/A*      | 9.0      | 0.0       | 0.00      | *N/A*                   |
| RADISH, SLICED                 | 1/2 CUP      | 6           | 27        | 1          | 2.0      | 0.0       | 0.00      | 0.00                    |
| FRUIT, FRESH-SUMMER 1/2 cup    | 1/2 CUP      | 68          | 6         | 13         | 17.4     | 0.28      | 0.06      | 0.00                    |
| DRIED FRUIT                    | 1 EACH       | 100         | 3         | *16        | 23.51    | 0.63      | 0.05      | 0.00                    |
| KETCHUP:                       | TBSP.        | 18          | 162       | 4          | 4.88     | 0.02      | 0.00      | 0.00                    |
| MUSTARD, PREPARED,INDIVIDUAL   | TBSP.        | 11          | 188       | *N/A*      | 0.96     | 0.66      | 0.03      | *N/A*                   |
| RANCH DRESSING/RF/HELLMAN      | 2 TBSP       | 69          | 277       | *N/A*      | 2.88     | 5.85      | 0.86      | 0.00                    |
| MILK, LOWFAT 1% WHITE          | 1 CUP        | 130         | 160       | *N/A*      | 16.0     | 2.5       | 1.50      | 0.00                    |
| MILK, NONFAT CHOCOLATE, 8 OZ.  | 1 CUP        | 120         | 150       | *N/A*      | 22.0     | 0.0       | 0.00      | 0.00                    |
| MEALS, SS EMERGENCY LUNCH K-12 | 1 EACH       | 952         | 1081      | *49        | 141.49   | 29.17     | 7.07      | 0.02                    |
| Weighted Daily Average         |              | 580         | 832       | *16        | 93.80    | 12.01     | 4.44      | *0.00                   |
| % of Calories                  |              |             |           | *11.0%     | 64.7%    | 18.6%     | 6.9%      | *0.0%                   |
| Nutrient Guideline             |              | 600-650     | 1230      |            |          | <=30.0    | <10.00    |                         |

|                                | Portion Size | Cals (kcal) | Sodm (mg) | Sugars (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat <sup>1</sup> (g) |
|--------------------------------|--------------|-------------|-----------|------------|----------|-----------|-----------|-------------------------|
| Tue - 06/04/2024               |              |             |           |            |          |           |           |                         |
| SUMMER SEAMLESS K-8 L          | Total        |             |           |            |          |           |           |                         |
| CHAR. CUP, VEG W/ CRACKERS, RE | 1 EACH       | 461         | 658       | *5         | 51.03    | 22.66     | 4.90      | *0.04                   |
| MEAL, PROTEIN BOX W/WOW SAND.  | 1 EACH       | 486         | 494       | *14        | 47.42    | 24.84     | 8.07      | 0.18                    |
| CUCUMBER, SLICED               | 1/2 CUP      | 8           | 2         | 1          | 1.66     | 0.12      | 0.06      | 0.00                    |
| TOMATOES                       | 1/2 CUP      | 16          | 4         | 2          | 3.41     | 0.18      | 0.02      | 0.00                    |
| FRUIT, FRESH-SUMMER 1/2 cup    | 1/2 CUP      | 68          | 6         | 13         | 17.4     | 0.28      | 0.06      | 0.00                    |
| FRUIT JUICE CUP, FROZEN        | 1 EACH       | 70          | 5         | 16         | 19.0     | 0.0       | 0.00      | 0.00                    |
| KETCHUP:                       | TBSP.        | 18          | 162       | 4          | 4.88     | 0.02      | 0.00      | 0.00                    |
| MUSTARD, PREPARED,INDIVIDUAL   | TBSP.        | 11          | 188       | *N/A*      | 0.96     | 0.66      | 0.03      | *N/A*                   |
| RANCH DRESSING/RF/HELLMAN      | 2 TBSP       | 69          | 277       | *N/A*      | 2.88     | 5.85      | 0.86      | 0.00                    |
| MILK, LOWFAT 1% WHITE          | 1 CUP        | 130         | 160       | *N/A*      | 16.0     | 2.5       | 1.50      | 0.00                    |
| MILK, NONFAT CHOCOLATE, 8 OZ.  | 1 CUP        | 120         | 150       | *N/A*      | 22.0     | 0.0       | 0.00      | 0.00                    |
| MEALS, SS EMERGENCY LUNCH K-12 | 1 EACH       | 952         | 1081      | *49        | 141.49   | 29.17     | 7.07      | 0.02                    |
| Weighted Daily Average         |              | 665         | 725       | *28        | 85.23    | 26.18     | 7.69      | *0.14                   |
| % of Calories                  |              |             |           | *16.7%     | 51.2%    | 35.4%     | 10.4%     | *0.2%                   |
| Nutrient Guideline             |              | 600-650     | 1230      |            |          | <=30.0    | <10.00    |                         |

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

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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# Lodi Unified School District

## Base Menu Spreadsheet

### Portion Values - Detailed

Jun 3, 2024 thru Jul 26, 2024

SUMMER SEAMLESS K-8 LUNCH

Generated on: 5/28/2024 1:48:09 PM

|                                | Portion Size | Cals (kcal) | Sodm (mg) | Sugars (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat <sup>1</sup> (g) |
|--------------------------------|--------------|-------------|-----------|------------|----------|-----------|-----------|-------------------------|
| Wed - 06/05/2024               |              |             |           |            |          |           |           |                         |
| SUMMER SEAMLESS K-8 L          | Total        |             |           |            |          |           |           |                         |
| SALAD,CHICKEN,FAJI TACO 7-12TH | 1 EACH       | 543         | 1434      | *2         | 53.22    | 22.47     | 4.77      | *0.00                   |
| SALAD, CHICKEN CAESAR          | 1 EACH       | 516         | 1371      | *1         | 39.77    | 25.72     | 8.39      | *0.00                   |
| SALAD,CHICKEN CRISPY           | 1 EACH       | 612         | 1165      | *4         | 49.76    | 33.8      | 5.07      | 0.00                    |
| SMOOTHIE, ORANGE DREAM, MUFFIN | 1 EACH       | 656         | 470       | *23        | 113.83   | 17.28     | 5.02      | *0.00                   |
| SMOOTHIE, MANGO CHAMOY &MUFFIN | 1 EACH       | 670         | 798       | *24        | 117.0    | 17.29     | 5.02      | *0.00                   |
| BROCCOLI, FLOWERETS, FRESH     | 1/2 CUP      | 11          | 10        | 1          | 2.11     | 0.12      | 0.04      | 0.00                    |
| JICAMA STICKS                  | 1/2 CUP      | 32          | 53        | *N/A*      | 7.39     | 0.19      | 0.03      | 0.00                    |
| FRUIT, FRESH-SUMMER 1/2 cup    | 1/2 CUP      | 68          | 6         | 13         | 17.4     | 0.28      | 0.06      | 0.00                    |
| DRIED FRUIT                    | 1 EACH       | 100         | 3         | *16        | 23.51    | 0.63      | 0.05      | 0.00                    |
| KETCHUP:                       | TBSP.        | 18          | 162       | 4          | 4.88     | 0.02      | 0.00      | 0.00                    |
| MUSTARD, PREPARED,INDIVIDUAL   | TBSP.        | 11          | 188       | *N/A*      | 0.96     | 0.66      | 0.03      | *N/A*                   |
| RANCH DRESSING/RF/HELLMAN      | 2 TBSP       | 69          | 277       | *N/A*      | 2.88     | 5.85      | 0.86      | 0.00                    |
| MILK, LOWFAT 1% WHITE          | 1 CUP        | 130         | 160       | *N/A*      | 16.0     | 2.5       | 1.50      | 0.00                    |
| MILK, NONFAT CHOCOLATE, 8 OZ.  | 1 CUP        | 120         | 150       | *N/A*      | 22.0     | 0.0       | 0.00      | 0.00                    |
| MEALS, SS EMERGENCY LUNCH K-12 | 1 EACH       | 952         | 1081      | *49        | 141.49   | 29.17     | 7.07      | 0.02                    |
| Weighted Daily Average         |              | 734         | 1372      | *18        | 92.63    | 25.87     | 7.81      | *0.00                   |
| % of Calories                  |              |             |           | *9.9%      | 50.4%    | 31.7%     | 9.6%      | *0.0%                   |
| Nutrient Guideline             |              | 600-650     | 1230      |            |          | <=30.0    | <10.00    |                         |

|                                | Portion Size | Cals (kcal) | Sodm (mg) | Sugars (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat <sup>1</sup> (g) |
|--------------------------------|--------------|-------------|-----------|------------|----------|-----------|-----------|-------------------------|
| Thu - 06/06/2024               |              |             |           |            |          |           |           |                         |
| SUMMER SEAMLESS K-8 L          | Total        |             |           |            |          |           |           |                         |
| DELI HAM & CHEESE SAND K-12th  | 1 EACH       | 373         | 1346      | *6         | 39.86    | 14.81     | 6.06      | *0.32                   |
| DELI TURKEY SANDWICH K-12th    | 1 EACH       | 352         | 1199      | 6          | 39.32    | 14.11     | 5.76      | 0.34                    |
| SANDWICH, CHICKEN SALAD        | 1 EACH       | 407         | 1218      | *3         | 37.49    | 17.03     | 2.52      | *0.00                   |
| MEAL, PRO, SUNFLOWER/WOWCUP,SS | 1 EACH       | 600         | 442       | *11        | 51.78    | 38.72     | 6.13      | 0.04                    |
| RADISH, SLICED                 | 1/2 CUP      | 6           | 27        | 1          | 2.0      | 0.0       | 0.00      | 0.00                    |
| GARBONZO SALAD W/DRESSING 1/2c | 1 EACH       | 137         | 219       | *1         | 22.24    | 3.42      | 0.44      | 0.01                    |
| FRUIT, FRESH-SUMMER 1/2 cup    | 1/2 CUP      | 68          | 6         | 13         | 17.4     | 0.28      | 0.06      | 0.00                    |
| FRUIT, FRESH-SUMMER 1/2 cup    | 1/2 CUP      | 68          | 6         | 13         | 17.4     | 0.28      | 0.06      | 0.00                    |
| KETCHUP:                       | TBSP.        | 18          | 162       | 4          | 4.88     | 0.02      | 0.00      | 0.00                    |
| MUSTARD, PREPARED,INDIVIDUAL   | TBSP.        | 11          | 188       | *N/A*      | 0.96     | 0.66      | 0.03      | *N/A*                   |
| RANCH DRESSING/RF/HELLMAN      | 2 TBSP       | 69          | 277       | *N/A*      | 2.88     | 5.85      | 0.86      | 0.00                    |
| MILK, LOWFAT 1% WHITE          | 1 CUP        | 130         | 160       | *N/A*      | 16.0     | 2.5       | 1.50      | 0.00                    |
| MILK, NONFAT CHOCOLATE, 8 OZ.  | 1 CUP        | 120         | 150       | *N/A*      | 22.0     | 0.0       | 0.00      | 0.00                    |
| MEALS, SS EMERGENCY LUNCH K-12 | 1 EACH       | 952         | 1081      | *49        | 141.49   | 29.17     | 7.07      | 0.02                    |

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

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

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Portion Values - Detailed

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Jun 3, 2024 thru Jul 26, 2024

SUMMER SEAMLESS K-8 LUNCH

Generated on: 5/28/2024 1:48:09 PM

|                        | Portion Size | Cals (kcal) | Sodm (mg) | Sugars (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat <sup>1</sup> (g) |
|------------------------|--------------|-------------|-----------|------------|----------|-----------|-----------|-------------------------|
| Weighted Daily Average |              | 595         | 1617      | *21        | 81.03    | 18.10     | 5.84      | *0.26                   |
| % of Calories          |              |             |           | *13.9%     | 54.4%    | 27.4%     | 8.8%      | *0.4%                   |
| Nutrient Guideline     |              | 600-650     | 1230      |            |          | <=30.0    | <10.00    |                         |

| Fri - 06/07/2024               |         |         |      |        |        |        |        |       |
|--------------------------------|---------|---------|------|--------|--------|--------|--------|-------|
| SUMMER SEAMLESS K-8 L          | Total   |         |      |        |        |        |        |       |
| TERIYAKI CHIX RICE BOWL K-12   | 1 EACH  | 494     | 1603 | *0     | 79.9   | 7.56   | 1.91   | *0.00 |
| PIZZA, TONY'S CHEESE WEDGE K-8 | 1 EACH  | 300     | 480  | 8      | 35.0   | 11.0   | 4.00   | 0.00  |
| CELERY STICKS                  | 1/2 CUP | 10      | 54   | 1      | 2.02   | 0.12   | 0.03   | 0.00  |
| CARROTS, BABY 2.6 OZ.          | 1/2 CUP | 38      | 44   | *N/A*  | 9.0    | 0.0    | 0.00   | *N/A* |
| FRUIT, FRESH-SUMMER 1/2 cup    | 1/2 CUP | 68      | 6    | 13     | 17.4   | 0.28   | 0.06   | 0.00  |
| FRUIT, FRESH-SUMMER 1/2 cup    | 1/2 CUP | 68      | 6    | 13     | 17.4   | 0.28   | 0.06   | 0.00  |
| KETCHUP:                       | TBSP.   | 18      | 162  | 4      | 4.88   | 0.02   | 0.00   | 0.00  |
| MUSTARD, PREPARED, INDIVIDUAL  | TBSP.   | 11      | 188  | *N/A*  | 0.96   | 0.66   | 0.03   | *N/A* |
| RANCH DRESSING/RF/HELLMAN      | 2 TBSP  | 69      | 277  | *N/A*  | 2.88   | 5.85   | 0.86   | 0.00  |
| MILK, LOWFAT 1% WHITE          | 1 CUP   | 130     | 160  | *N/A*  | 16.0   | 2.5    | 1.50   | 0.00  |
| MILK, NONFAT CHOCOLATE, 8 OZ.  | 1 CUP   | 120     | 150  | *N/A*  | 22.0   | 0.0    | 0.00   | 0.00  |
| MEALS, SS EMERGENCY LUNCH K-12 | 1 EACH  | 952     | 1081 | *49    | 141.49 | 29.17  | 7.07   | 0.02  |
| Weighted Daily Average         |         | 510     | 819  | *21    | 76.77  | 12.71  | 4.23   | *0.00 |
| % of Calories                  |         |         |      | *16.5% | 60.2%  | 22.4%  | 7.5%   | *0.0% |
| Nutrient Guideline             |         | 600-650 | 1230 |        |        | <=30.0 | <10.00 |       |

| Mon - 06/10/2024               |         |     |      |       |        |       |      |       |
|--------------------------------|---------|-----|------|-------|--------|-------|------|-------|
| SUMMER SEAMLESS K-8 L          | Total   |     |      |       |        |       |      |       |
| BURGER, PUB MEGA.ADVANC        | 1 EACH  | 390 | 570  | *4    | 31.0   | 19.01 | 7.00 | 1.00  |
| BURRITO, CH. & BEAN WG.FIESTA  | 1 EACH  | 343 | 575  | 1     | 54.43  | 8.06  | 3.53 | 0.00  |
| CARROTS, BABY 2.6 OZ.          | 1/2 CUP | 38  | 44   | *N/A* | 9.0    | 0.0   | 0.00 | *N/A* |
| RADISH, SLICED                 | 1/2 CUP | 6   | 27   | 1     | 2.0    | 0.0   | 0.00 | 0.00  |
| FRUIT, FRESH-SUMMER 1/2 cup    | 1/2 CUP | 68  | 6    | 13    | 17.4   | 0.28  | 0.06 | 0.00  |
| DRIED FRUIT                    | 1 EACH  | 100 | 3    | *16   | 23.51  | 0.63  | 0.05 | 0.00  |
| KETCHUP:                       | TBSP.   | 18  | 162  | 4     | 4.88   | 0.02  | 0.00 | 0.00  |
| MUSTARD, PREPARED, INDIVIDUAL  | TBSP.   | 11  | 188  | *N/A* | 0.96   | 0.66  | 0.03 | *N/A* |
| RANCH DRESSING/RF/HELLMAN      | 2 TBSP  | 69  | 277  | *N/A* | 2.88   | 5.85  | 0.86 | 0.00  |
| MILK, LOWFAT 1% WHITE          | 1 CUP   | 130 | 160  | *N/A* | 16.0   | 2.5   | 1.50 | 0.00  |
| MILK, NONFAT CHOCOLATE, 8 OZ.  | 1 CUP   | 120 | 150  | *N/A* | 22.0   | 0.0   | 0.00 | 0.00  |
| MEALS, SS EMERGENCY LUNCH K-12 | 1 EACH  | 952 | 1081 | *49   | 141.49 | 29.17 | 7.07 | 0.02  |

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\* - denotes combined nutrient totals with either missing or incomplete nutrient data

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Portion Values - Detailed

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Jun 3, 2024 thru Jul 26, 2024

SUMMER SEAMLESS K-8 LUNCH

Generated on: 5/28/2024 1:48:10 PM

|                        | Portion Size | Cals (kcal) | Sodm (mg) | Sugars (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat <sup>1</sup> (g) |
|------------------------|--------------|-------------|-----------|------------|----------|-----------|-----------|-------------------------|
| Weighted Daily Average |              | 566         | 892       | *16        | 81.69    | 15.69     | 5.69      | *0.50                   |
| % of Calories          |              |             |           | *11.2%     | 57.8%    | 25.0%     | 9.1%      | *0.8%                   |
| Nutrient Guideline     |              | 600-650     | 1230      |            |          | <=30.0    | <10.00    |                         |

| Tue - 06/11/2024               |         |         |      |        |        |        |        |       |
|--------------------------------|---------|---------|------|--------|--------|--------|--------|-------|
| SUMMER SEAMLESS K-8 L          | Total   |         |      |        |        |        |        |       |
| WRAP, BBQ CHIX FAJI 12' 9-12   | 1 EACH  | 519     | 1239 | *3     | 56.4   | 21.38  | 8.51   | *0.00 |
| WRAP, CHINESE CHICKEN, WHOLE   | 1 EACH  | 536     | 1525 | *2     | 58.58  | 19.7   | 4.97   | *0.00 |
| WRAP, CHICKEN CAESAR           | 1 EACH  | 536     | 1555 | 3      | 52.64  | 22.92  | 8.45   | *0.00 |
| WRAP, HUMMUS, FULL,REV.        | 1 EACH  | 745     | 1274 | *5     | 94.55  | 29.69  | 7.11   | *0.00 |
| MEAL, PROTEIN, YOGURT CUP, REV | 1 EACH  | 350     | 557  | *12    | 49.78  | 10.72  | 3.63   | 0.04  |
| CUCUMBER, SLICED               | 1/2 CUP | 8       | 2    | 1      | 1.66   | 0.12   | 0.06   | 0.00  |
| TOMATOES                       | 1/2 CUP | 16      | 4    | 2      | 3.41   | 0.18   | 0.02   | 0.00  |
| FRUIT, FRESH-SUMMER 1/2 cup    | 1/2 CUP | 68      | 6    | 13     | 17.4   | 0.28   | 0.06   | 0.00  |
| FRUIT JUICE CUP, FROZEN        | 1 EACH  | 70      | 5    | 16     | 19.0   | 0.0    | 0.00   | 0.00  |
| KETCHUP:                       | TBSP.   | 18      | 162  | 4      | 4.88   | 0.02   | 0.00   | 0.00  |
| MUSTARD, PREPARED,INDIVIDUAL   | TBSP.   | 11      | 188  | *N/A*  | 0.96   | 0.66   | 0.03   | *N/A* |
| RANCH DRESSING/RF/HELLMAN      | 2 TBSP  | 69      | 277  | *N/A*  | 2.88   | 5.85   | 0.86   | 0.00  |
| MILK, LOWFAT 1% WHITE          | 1 CUP   | 130     | 160  | *N/A*  | 16.0   | 2.5    | 1.50   | 0.00  |
| MILK, NONFAT CHOCOLATE, 8 OZ.  | 1 CUP   | 120     | 150  | *N/A*  | 22.0   | 0.0    | 0.00   | 0.00  |
| MEALS, SS EMERGENCY LUNCH K-12 | 1 EACH  | 952     | 1081 | *49    | 141.49 | 29.17  | 7.07   | 0.02  |
| Weighted Daily Average         |         | 671     | 1254 | *21    | 93.85  | 20.49  | 6.75   | *0.01 |
| % of Calories                  |         |         |      | *12.7% | 56.0%  | 27.5%  | 9.1%   | *0.0% |
| Nutrient Guideline             |         | 600-650 | 1230 |        |        | <=30.0 | <10.00 |       |

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

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

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Jun 3, 2024 thru Jul 26, 2024

SUMMER SEAMLESS K-8 LUNCH

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|                                | Portion Size | Cals (kcal) | Sodm (mg) | Sugars (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat <sup>1</sup> (g) |
|--------------------------------|--------------|-------------|-----------|------------|----------|-----------|-----------|-------------------------|
| Wed - 06/12/2024               |              |             |           |            |          |           |           |                         |
| SUMMER SEAMLESS K-8 L          | Total        |             |           |            |          |           |           |                         |
| CHICKEN BITES W/ BISC          | 1 EACH       | 494         | 970       | 4          | 46.8     | 20.58     | 8.34      | 0.00                    |
| BREADSTICK, MOZZARELLA STUFFED | 1 EACH       | 300         | 440       | 2          | 34.0     | 10.0      | 5.00      | 0.00                    |
| BROCCOLI, FLOWERETS, FRESH     | 1/2 CUP      | 11          | 10        | 1          | 2.11     | 0.12      | 0.04      | 0.00                    |
| JICAMA STICKS                  | 1/2 CUP      | 32          | 53        | *N/A*      | 7.39     | 0.19      | 0.03      | 0.00                    |
| FRUIT, FRESH-SUMMER 1/2 cup    | 1/2 CUP      | 68          | 6         | 13         | 17.4     | 0.28      | 0.06      | 0.00                    |
| DRIED FRUIT                    | 1 EACH       | 100         | 3         | *16        | 23.51    | 0.63      | 0.05      | 0.00                    |
| KETCHUP:                       | TBSP.        | 18          | 162       | 4          | 4.88     | 0.02      | 0.00      | 0.00                    |
| MUSTARD, PREPARED,INDIVIDUAL   | TBSP.        | 11          | 188       | *N/A*      | 0.96     | 0.66      | 0.03      | *N/A*                   |
| RANCH DRESSING/RF/HELLMAN      | 2 TBSP       | 69          | 277       | *N/A*      | 2.88     | 5.85      | 0.86      | 0.00                    |
| MILK, LOWFAT 1% WHITE          | 1 CUP        | 130         | 160       | *N/A*      | 16.0     | 2.5       | 1.50      | 0.00                    |
| MILK, NONFAT CHOCOLATE, 8 OZ.  | 1 CUP        | 120         | 150       | *N/A*      | 22.0     | 0.0       | 0.00      | 0.00                    |
| MEALS, SS EMERGENCY LUNCH K-12 | 1 EACH       | 952         | 1081      | *49        | 141.49   | 29.17     | 7.07      | 0.02                    |
| Weighted Daily Average         |              | 580         | 911       | *15        | 75.32    | 17.38     | 7.11      | *0.00                   |
| % of Calories                  |              |             |           | *10.4%     | 52.0%    | 27.0%     | 11.0%     | *0.0%                   |
| Nutrient Guideline             |              | 600-650     | 1230      |            |          | <=30.0    | <10.00    |                         |

|                                | Portion Size | Cals (kcal) | Sodm (mg) | Sugars (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat <sup>1</sup> (g) |
|--------------------------------|--------------|-------------|-----------|------------|----------|-----------|-----------|-------------------------|
| Thu - 06/13/2024               |              |             |           |            |          |           |           |                         |
| SUMMER SEAMLESS K-8 L          | Total        |             |           |            |          |           |           |                         |
| DELI HAM & CHEESE SAND K-12th  | 1 EACH       | 373         | 1346      | *6         | 39.86    | 14.81     | 6.06      | *0.32                   |
| DELI TURKEY SANDWICH K-12th    | 1 EACH       | 352         | 1199      | 6          | 39.32    | 14.11     | 5.76      | 0.34                    |
| SANDWICH, CHICKEN SALAD        | 1 EACH       | 407         | 1218      | *3         | 37.49    | 17.03     | 2.52      | *0.00                   |
| SMOOTHIE, STRAWBERRY, 2/2      | 1 EACH       | 743         | 447       | *53        | 127.52   | 20.52     | 5.38      | *0.00                   |
| SMOOTHIE, STRW/BAN &CHOCMUFFIN | 1 EACH       | 611         | 516       | *41        | 110.36   | 13.95     | 4.59      | *0.00                   |
| RADISH, SLICED                 | 1/2 CUP      | 6           | 27        | 1          | 2.0      | 0.0       | 0.00      | 0.00                    |
| GARBONZO SALAD W/DRESSING 1/2c | 1 EACH       | 137         | 219       | *1         | 22.24    | 3.42      | 0.44      | 0.01                    |
| FRUIT, FRESH-SUMMER 1/2 cup    | 1/2 CUP      | 68          | 6         | 13         | 17.4     | 0.28      | 0.06      | 0.00                    |
| FRUIT, FRESH-SUMMER 1/2 cup    | 1/2 CUP      | 68          | 6         | 13         | 17.4     | 0.28      | 0.06      | 0.00                    |
| KETCHUP:                       | TBSP.        | 18          | 162       | 4          | 4.88     | 0.02      | 0.00      | 0.00                    |
| MUSTARD, PREPARED,INDIVIDUAL   | TBSP.        | 11          | 188       | *N/A*      | 0.96     | 0.66      | 0.03      | *N/A*                   |
| RANCH DRESSING/RF/HELLMAN      | 2 TBSP       | 69          | 277       | *N/A*      | 2.88     | 5.85      | 0.86      | 0.00                    |
| MILK, LOWFAT 1% WHITE          | 1 CUP        | 130         | 160       | *N/A*      | 16.0     | 2.5       | 1.50      | 0.00                    |
| MILK, NONFAT CHOCOLATE, 8 OZ.  | 1 CUP        | 120         | 150       | *N/A*      | 22.0     | 0.0       | 0.00      | 0.00                    |
| MEALS, SS EMERGENCY LUNCH K-12 | 1 EACH       | 952         | 1081      | *49        | 141.49   | 29.17     | 7.07      | 0.02                    |
| Weighted Daily Average         |              | 712         | 1180      | *37        | 113.88   | 17.83     | 4.62      | *0.07                   |
| % of Calories                  |              |             |           | *20.9%     | 63.9%    | 22.5%     | 5.8%      | *0.1%                   |
| Nutrient Guideline             |              | 600-650     | 1230      |            |          | <=30.0    | <10.00    |                         |

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

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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# Lodi Unified School District

Base Menu Spreadsheet

Portion Values - Detailed

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Jun 3, 2024 thru Jul 26, 2024

SUMMER SEAMLESS K-8 LUNCH

Generated on: 5/28/2024 1:48:10 PM

|                                | Portion Size | Cals (kcal) | Sodm (mg) | Sugars (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat <sup>1</sup> (g) |
|--------------------------------|--------------|-------------|-----------|------------|----------|-----------|-----------|-------------------------|
| Fri - 06/14/2024               |              |             |           |            |          |           |           |                         |
| SUMMER SEAMLESS K-8 L          | Total        |             |           |            |          |           |           |                         |
| HOT DOG, ALL NATURAL ON WG BUN | 1 EACH       | 283         | 730       | 4          | 30.41    | 13.18     | 4.00      | 0.00                    |
| NACHO CHEESE W/CHIPS (2 OZ) RV | 1 EACH       | 485         | 1078      | *1         | 37.27    | 29.67     | 13.13     | *0.65                   |
| NACHO CHEESE W/CHIPS, TRANSP.  | 1 EACH       | 431         | 1176      | *1         | 31.33    | 27.67     | 10.39     | *0.65                   |
| CELERY STICKS                  | 1/2 CUP      | 10          | 54        | 1          | 2.02     | 0.12      | 0.03      | 0.00                    |
| CARROTS, BABY 2.6 OZ.          | 1/2 CUP      | 38          | 44        | *N/A*      | 9.0      | 0.0       | 0.00      | *N/A*                   |
| FRUIT, FRESH-SUMMER 1/2 cup    | 1/2 CUP      | 68          | 6         | 13         | 17.4     | 0.28      | 0.06      | 0.00                    |
| FRUIT, FRESH-SUMMER 1/2 cup    | 1/2 CUP      | 68          | 6         | 13         | 17.4     | 0.28      | 0.06      | 0.00                    |
| KETCHUP:                       | TBSP.        | 18          | 162       | 4          | 4.88     | 0.02      | 0.00      | 0.00                    |
| MUSTARD, PREPARED,INDIVIDUAL   | TBSP.        | 11          | 188       | *N/A*      | 0.96     | 0.66      | 0.03      | *N/A*                   |
| RANCH DRESSING/RF/HELLMAN      | 2 TBSP       | 69          | 277       | *N/A*      | 2.88     | 5.85      | 0.86      | 0.00                    |
| MILK, LOWFAT 1% WHITE          | 1 CUP        | 130         | 160       | *N/A*      | 16.0     | 2.5       | 1.50      | 0.00                    |
| MILK, NONFAT CHOCOLATE, 8 OZ.  | 1 CUP        | 120         | 150       | *N/A*      | 22.0     | 0.0       | 0.00      | 0.00                    |
| MEALS, SS EMERGENCY LUNCH K-12 | 1 EACH       | 952         | 1081      | *49        | 141.49   | 29.17     | 7.07      | 0.02                    |
| Weighted Daily Average         |              | 569         | 1240      | *18        | 71.49    | 23.08     | 8.33      | *0.32                   |
| % of Calories                  |              |             |           | *12.6%     | 50.2%    | 36.5%     | 13.2%     | *0.5%                   |
| Nutrient Guideline             |              | 600-650     | 1230      |            |          | <=30.0    | <10.00    |                         |

|                                |         |         |      |        |        |        |        |       |
|--------------------------------|---------|---------|------|--------|--------|--------|--------|-------|
| Mon - 06/17/2024               |         |         |      |        |        |        |        |       |
| SUMMER SEAMLESS K-8 L          | Total   |         |      |        |        |        |        |       |
| CHICKEN PATTY ON BUN, REV.     | 1 EACH  | 380     | 810  | 5      | 49.0   | 10.0   | 1.50   | 0.00  |
| LASAGNA, ROLLS W/ BREAD, REV.  | 1 EACH  | 368     | 464  | *4     | 54.13  | 10.06  | 4.88   | *0.00 |
| CARROTS, BABY 2.6 OZ.          | 1/2 CUP | 38      | 44   | *N/A*  | 9.0    | 0.0    | 0.00   | *N/A* |
| RADISH, SLICED                 | 1/2 CUP | 6       | 27   | 1      | 2.0    | 0.0    | 0.00   | 0.00  |
| FRUIT, FRESH-SUMMER 1/2 cup    | 1/2 CUP | 68      | 6    | 13     | 17.4   | 0.28   | 0.06   | 0.00  |
| DRIED FRUIT                    | 1 EACH  | 100     | 3    | *16    | 23.51  | 0.63   | 0.05   | 0.00  |
| KETCHUP:                       | TBSP.   | 18      | 162  | 4      | 4.88   | 0.02   | 0.00   | 0.00  |
| MUSTARD, PREPARED,INDIVIDUAL   | TBSP.   | 11      | 188  | *N/A*  | 0.96   | 0.66   | 0.03   | *N/A* |
| RANCH DRESSING/RF/HELLMAN      | 2 TBSP  | 69      | 277  | *N/A*  | 2.88   | 5.85   | 0.86   | 0.00  |
| MILK, LOWFAT 1% WHITE          | 1 CUP   | 130     | 160  | *N/A*  | 16.0   | 2.5    | 1.50   | 0.00  |
| MILK, NONFAT CHOCOLATE, 8 OZ.  | 1 CUP   | 120     | 150  | *N/A*  | 22.0   | 0.0    | 0.00   | 0.00  |
| MEALS, SS EMERGENCY LUNCH K-12 | 1 EACH  | 952     | 1081 | *49    | 141.49 | 29.17  | 7.07   | 0.02  |
| Weighted Daily Average         |         | 580     | 832  | *16    | 93.80  | 12.01  | 4.44   | *0.00 |
| % of Calories                  |         |         |      | *11.0% | 64.7%  | 18.6%  | 6.9%   | *0.0% |
| Nutrient Guideline             |         | 600-650 | 1230 |        |        | <=30.0 | <10.00 |       |

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

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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# Lodi Unified School District

Base Menu Spreadsheet

Portion Values - Detailed

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Jun 3, 2024 thru Jul 26, 2024

SUMMER SEAMLESS K-8 LUNCH

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|  | Portion Size | Cals (kcal) | Sodm (mg) | Sugars (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat <sup>1</sup> (g) |
|--|--------------|-------------|-----------|------------|----------|-----------|-----------|-------------------------|
| Tue - 06/18/2024   |              |             |           |            |          |           |           |                         |
| SUMMER SEAMLESS K-8 L  | Total        |             |           |            |          |           |           |                         |
| CHAR. CUP, VEG W/ CRACKERS, RE MEAL, PROTEIN BOX W/WOW SAND. | 1 EACH       | 461         | 658       | *5         | 51.03    | 22.66     | 4.90      | *0.04                   |
| CUCUMBER, SLICED   | 1/2 CUP      | 8           | 2         | 1          | 1.66     | 0.12      | 0.06      | 0.00                    |
| TOMATOES   | 1/2 CUP      | 16          | 4         | 2          | 3.41     | 0.18      | 0.02      | 0.00                    |
| FRUIT, FRESH-SUMMER 1/2 cup                                  | 1/2 CUP      | 68          | 6         | 13         | 17.4     | 0.28      | 0.06      | 0.00                    |
| FRUIT JUICE CUP, FROZEN                                      | 1 EACH       | 70          | 5         | 16         | 19.0     | 0.0       | 0.00      | 0.00                    |
| KETCHUP:   | TBSP.        | 18          | 162       | 4          | 4.88     | 0.02      | 0.00      | 0.00                    |
| MUSTARD, PREPARED,INDIVIDUAL                                 | TBSP.        | 11          | 188       | *N/A*      | 0.96     | 0.66      | 0.03      | *N/A*                   |
| RANCH DRESSING/RF/HELLMAN                                    | 2 TBSP       | 69          | 277       | *N/A*      | 2.88     | 5.85      | 0.86      | 0.00                    |
| MILK, LOWFAT 1% WHITE  | 1 CUP        | 130         | 160       | *N/A*      | 16.0     | 2.5       | 1.50      | 0.00                    |
| MILK, NONFAT CHOCOLATE, 8 OZ.                                | 1 CUP        | 120         | 150       | *N/A*      | 22.0     | 0.0       | 0.00      | 0.00                    |
| MEALS, SS EMERGENCY LUNCH K-12                               | 1 EACH       | 952         | 1081      | *49        | 141.49   | 29.17     | 7.07      | 0.02                    |
| Weighted Daily Average                                       |              | 665         | 725       | *28        | 85.23    | 26.18     | 7.69      | *0.14                   |
| % of Calories  |              |             |           | *16.7%     | 51.2%    | 35.4%     | 10.4%     | *0.2%                   |
| Nutrient Guideline   |              | 600-650     | 1230      |            |          | <=30.0    | <10.00    |                         |

|                                |         |     |      |       |        |       |      |       |
|--------------------------------|---------|-----|------|-------|--------|-------|------|-------|
| Wed - 06/19/2024               |         |     |      |       |        |       |      |       |
| SUMMER SEAMLESS K-8 L          | Total   |     |      |       |        |       |      |       |
| SALAD,CHICKEN,FAJI TACO 7-12TH | 1 EACH  | 543 | 1434 | *2    | 53.22  | 22.47 | 4.77 | *0.00 |
| SALAD, CHICKEN CAESAR          | 1 EACH  | 516 | 1371 | *1    | 39.77  | 25.72 | 8.39 | *0.00 |
| SALAD,CHICKEN CRISPY           | 1 EACH  | 612 | 1165 | *4    | 49.76  | 33.8  | 5.07 | 0.00  |
| SMOOTHIE, ORANGE DREAM, MUFFIN | 1 EACH  | 656 | 470  | *23   | 113.83 | 17.28 | 5.02 | *0.00 |
| SMOOTHIE, MANGO CHAMOY &MUFFIN | 1 EACH  | 670 | 798  | *24   | 117.0  | 17.29 | 5.02 | *0.00 |
| BROCCOLI, FLOWERETS, FRESH     | 1/2 CUP | 11  | 10   | 1     | 2.11   | 0.12  | 0.04 | 0.00  |
| JICAMA STICKS                  | 1/2 CUP | 32  | 53   | *N/A* | 7.39   | 0.19  | 0.03 | 0.00  |
| FRUIT, FRESH-SUMMER 1/2 cup    | 1/2 CUP | 68  | 6    | 13    | 17.4   | 0.28  | 0.06 | 0.00  |
| DRIED FRUIT                    | 1 EACH  | 100 | 3    | *16   | 23.51  | 0.63  | 0.05 | 0.00  |
| KETCHUP:                       | TBSP.   | 18  | 162  | 4     | 4.88   | 0.02  | 0.00 | 0.00  |
| MUSTARD, PREPARED,INDIVIDUAL   | TBSP.   | 11  | 188  | *N/A* | 0.96   | 0.66  | 0.03 | *N/A* |
| RANCH DRESSING/RF/HELLMAN      | 2 TBSP  | 69  | 277  | *N/A* | 2.88   | 5.85  | 0.86 | 0.00  |
| MILK, LOWFAT 1% WHITE          | 1 CUP   | 130 | 160  | *N/A* | 16.0   | 2.5   | 1.50 | 0.00  |
| MILK, NONFAT CHOCOLATE, 8 OZ.  | 1 CUP   | 120 | 150  | *N/A* | 22.0   | 0.0   | 0.00 | 0.00  |
| MEALS, SS EMERGENCY LUNCH K-12 | 1 EACH  | 952 | 1081 | *49   | 141.49 | 29.17 | 7.07 | 0.02  |

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

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

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# Lodi Unified School District

Jun 3, 2024 thru Jul 26, 2024

Base Menu Spreadsheet

SUMMER SEAMLESS K-8 LUNCH

Portion Values - Detailed

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|                        | Portion Size | Cals (kcal) | Sodm (mg) | Sugars (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat <sup>1</sup> (g) |
|------------------------|--------------|-------------|-----------|------------|----------|-----------|-----------|-------------------------|
| Weighted Daily Average |              | 734         | 1372      | *18        | 92.63    | 25.87     | 7.81      | *0.00                   |
| % of Calories          |              |             |           | *9.9%      | 50.4%    | 31.7%     | 9.6%      | *0.0%                   |
| Nutrient Guideline     |              | 600-650     | 1230      |            |          | <=30.0    | <10.00    |                         |

| Thu - 06/20/2024               |         |         |      |        |        |        |        |       |
|--------------------------------|---------|---------|------|--------|--------|--------|--------|-------|
| SUMMER SEAMLESS K-8 L          | Total   |         |      |        |        |        |        |       |
| DELI HAM & CHEESE SAND K-12th  | 1 EACH  | 373     | 1346 | *6     | 39.86  | 14.81  | 6.06   | *0.32 |
| DELI TURKEY SANDWICH K-12th    | 1 EACH  | 352     | 1199 | 6      | 39.32  | 14.11  | 5.76   | 0.34  |
| SANDWICH, CHICKEN SALAD        | 1 EACH  | 407     | 1218 | *3     | 37.49  | 17.03  | 2.52   | *0.00 |
| MEAL, PRO, SUNFLOWER/WOWCUP,SS | 1 EACH  | 600     | 442  | *11    | 51.78  | 38.72  | 6.13   | 0.04  |
| RADISH, SLICED                 | 1/2 CUP | 6       | 27   | 1      | 2.0    | 0.0    | 0.00   | 0.00  |
| GARBONZO SALAD W/DRESSING 1/2c | 1 EACH  | 137     | 219  | *1     | 22.24  | 3.42   | 0.44   | 0.01  |
| FRUIT, FRESH-SUMMER 1/2 cup    | 1/2 CUP | 68      | 6    | 13     | 17.4   | 0.28   | 0.06   | 0.00  |
| FRUIT, FRESH-SUMMER 1/2 cup    | 1/2 CUP | 68      | 6    | 13     | 17.4   | 0.28   | 0.06   | 0.00  |
| KETCHUP:                       | TBSP.   | 18      | 162  | 4      | 4.88   | 0.02   | 0.00   | 0.00  |
| MUSTARD, PREPARED,INDIVIDUAL   | TBSP.   | 11      | 188  | *N/A*  | 0.96   | 0.66   | 0.03   | *N/A* |
| RANCH DRESSING/RF/HELLMAN      | 2 TBSP  | 69      | 277  | *N/A*  | 2.88   | 5.85   | 0.86   | 0.00  |
| MILK, LOWFAT 1% WHITE          | 1 CUP   | 130     | 160  | *N/A*  | 16.0   | 2.5    | 1.50   | 0.00  |
| MILK, NONFAT CHOCOLATE, 8 OZ.  | 1 CUP   | 120     | 150  | *N/A*  | 22.0   | 0.0    | 0.00   | 0.00  |
| MEALS, SS EMERGENCY LUNCH K-12 | 1 EACH  | 952     | 1081 | *49    | 141.49 | 29.17  | 7.07   | 0.02  |
| Weighted Daily Average         |         | 595     | 1617 | *21    | 81.03  | 18.10  | 5.84   | *0.26 |
| % of Calories                  |         |         |      | *13.9% | 54.4%  | 27.4%  | 8.8%   | *0.4% |
| Nutrient Guideline             |         | 600-650 | 1230 |        |        | <=30.0 | <10.00 |       |

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

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# Lodi Unified School District

## Base Menu Spreadsheet

### Portion Values - Detailed

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Jun 3, 2024 thru Jul 26, 2024

SUMMER SEAMLESS K-8 LUNCH

Generated on: 5/28/2024 1:48:10 PM

|                                | Portion Size | Cals (kcal) | Sodm (mg) | Sugars (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat <sup>1</sup> (g) |
|--------------------------------|--------------|-------------|-----------|------------|----------|-----------|-----------|-------------------------|
| Fri - 06/21/2024               |              |             |           |            |          |           |           |                         |
| SUMMER SEAMLESS K-8 L          | Total        |             |           |            |          |           |           |                         |
| TERIYAKI CHIX RICE BOWL K-12   | 1 EACH       | 494         | 1603      | *0         | 79.9     | 7.56      | 1.91      | *0.00                   |
| PIZZA, TONY'S CHEESE WEDGE K-8 | 1 EACH       | 300         | 480       | 8          | 35.0     | 11.0      | 4.00      | 0.00                    |
| CELERY STICKS                  | 1/2 CUP      | 10          | 54        | 1          | 2.02     | 0.12      | 0.03      | 0.00                    |
| CARROTS, BABY 2.6 OZ.          | 1/2 CUP      | 38          | 44        | *N/A*      | 9.0      | 0.0       | 0.00      | *N/A*                   |
| FRUIT, FRESH-SUMMER 1/2 cup    | 1/2 CUP      | 68          | 6         | 13         | 17.4     | 0.28      | 0.06      | 0.00                    |
| FRUIT, FRESH-SUMMER 1/2 cup    | 1/2 CUP      | 68          | 6         | 13         | 17.4     | 0.28      | 0.06      | 0.00                    |
| KETCHUP:                       | TBSP.        | 18          | 162       | 4          | 4.88     | 0.02      | 0.00      | 0.00                    |
| MUSTARD, PREPARED, INDIVIDUAL  | TBSP.        | 11          | 188       | *N/A*      | 0.96     | 0.66      | 0.03      | *N/A*                   |
| RANCH DRESSING/RF/HELLMAN      | 2 TBSP       | 69          | 277       | *N/A*      | 2.88     | 5.85      | 0.86      | 0.00                    |
| MILK, LOWFAT 1% WHITE          | 1 CUP        | 130         | 160       | *N/A*      | 16.0     | 2.5       | 1.50      | 0.00                    |
| MILK, NONFAT CHOCOLATE, 8 OZ.  | 1 CUP        | 120         | 150       | *N/A*      | 22.0     | 0.0       | 0.00      | 0.00                    |
| MEALS, SS EMERGENCY LUNCH K-12 | 1 EACH       | 952         | 1081      | *49        | 141.49   | 29.17     | 7.07      | 0.02                    |
| Weighted Daily Average         |              | 510         | 819       | *21        | 76.77    | 12.71     | 4.23      | *0.00                   |
| % of Calories                  |              |             |           | *16.5%     | 60.2%    | 22.4%     | 7.5%      | *0.0%                   |
| Nutrient Guideline             |              | 600-650     | 1230      |            |          | <=30.0    | <10.00    |                         |

|                                | Portion Size | Cals (kcal) | Sodm (mg) | Sugars (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat <sup>1</sup> (g) |
|--------------------------------|--------------|-------------|-----------|------------|----------|-----------|-----------|-------------------------|
| Mon - 06/24/2024               |              |             |           |            |          |           |           |                         |
| SUMMER SEAMLESS K-8 L          | Total        |             |           |            |          |           |           |                         |
| BURGER, PUB MEGA.ADVANC        | 1 EACH       | 390         | 570       | *4         | 31.0     | 19.01     | 7.00      | 1.00                    |
| BURRITO, CH. & BEAN WG.FIESTA  | 1 EACH       | 343         | 575       | 1          | 54.43    | 8.06      | 3.53      | 0.00                    |
| CARROTS, BABY 2.6 OZ.          | 1/2 CUP      | 38          | 44        | *N/A*      | 9.0      | 0.0       | 0.00      | *N/A*                   |
| RADISH, SLICED                 | 1/2 CUP      | 6           | 27        | 1          | 2.0      | 0.0       | 0.00      | 0.00                    |
| FRUIT, FRESH-SUMMER 1/2 cup    | 1/2 CUP      | 68          | 6         | 13         | 17.4     | 0.28      | 0.06      | 0.00                    |
| DRIED FRUIT                    | 1 EACH       | 100         | 3         | *16        | 23.51    | 0.63      | 0.05      | 0.00                    |
| KETCHUP:                       | TBSP.        | 18          | 162       | 4          | 4.88     | 0.02      | 0.00      | 0.00                    |
| MUSTARD, PREPARED, INDIVIDUAL  | TBSP.        | 11          | 188       | *N/A*      | 0.96     | 0.66      | 0.03      | *N/A*                   |
| RANCH DRESSING/RF/HELLMAN      | 2 TBSP       | 69          | 277       | *N/A*      | 2.88     | 5.85      | 0.86      | 0.00                    |
| MILK, LOWFAT 1% WHITE          | 1 CUP        | 130         | 160       | *N/A*      | 16.0     | 2.5       | 1.50      | 0.00                    |
| MILK, NONFAT CHOCOLATE, 8 OZ.  | 1 CUP        | 120         | 150       | *N/A*      | 22.0     | 0.0       | 0.00      | 0.00                    |
| MEALS, SS EMERGENCY LUNCH K-12 | 1 EACH       | 952         | 1081      | *49        | 141.49   | 29.17     | 7.07      | 0.02                    |
| Weighted Daily Average         |              | 566         | 892       | *16        | 81.69    | 15.69     | 5.69      | *0.50                   |
| % of Calories                  |              |             |           | *11.2%     | 57.8%    | 25.0%     | 9.1%      | *0.8%                   |
| Nutrient Guideline             |              | 600-650     | 1230      |            |          | <=30.0    | <10.00    |                         |

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

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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# Lodi Unified School District

## Base Menu Spreadsheet

### Portion Values - Detailed

Jun 3, 2024 thru Jul 26, 2024

SUMMER SEAMLESS K-8 LUNCH

|                                | Portion Size | Cals (kcal) | Sodm (mg) | Sugars (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat <sup>1</sup> (g) |
|--------------------------------|--------------|-------------|-----------|------------|----------|-----------|-----------|-------------------------|
| Tue - 06/25/2024               |              |             |           |            |          |           |           |                         |
| SUMMER SEAMLESS K-8 L          | Total        |             |           |            |          |           |           |                         |
| WRAP, BBQ CHIX FAJI 12' 9-12   | 1 EACH       | 519         | 1239      | *3         | 56.4     | 21.38     | 8.51      | *0.00                   |
| WRAP, CHINESE CHICKEN, WHOLE   | 1 EACH       | 536         | 1525      | *2         | 58.58    | 19.7      | 4.97      | *0.00                   |
| WRAP, CHICKEN CAESAR           | 1 EACH       | 536         | 1555      | 3          | 52.64    | 22.92     | 8.45      | *0.00                   |
| WRAP, HUMMUS, FULL, REV.       | 1 EACH       | 745         | 1274      | *5         | 94.55    | 29.69     | 7.11      | *0.00                   |
| MEAL, PROTEIN, YOGURT CUP, REV | 1 EACH       | 350         | 557       | *12        | 49.78    | 10.72     | 3.63      | 0.04                    |
| CUCUMBER, SLICED               | 1/2 CUP      | 8           | 2         | 1          | 1.66     | 0.12      | 0.06      | 0.00                    |
| TOMATOES                       | 1/2 CUP      | 16          | 4         | 2          | 3.41     | 0.18      | 0.02      | 0.00                    |
| FRUIT, FRESH-SUMMER 1/2 cup    | 1/2 CUP      | 68          | 6         | 13         | 17.4     | 0.28      | 0.06      | 0.00                    |
| FRUIT JUICE CUP, FROZEN        | 1 EACH       | 70          | 5         | 16         | 19.0     | 0.0       | 0.00      | 0.00                    |
| KETCHUP:                       | TBSP.        | 18          | 162       | 4          | 4.88     | 0.02      | 0.00      | 0.00                    |
| MUSTARD, PREPARED,INDIVIDUAL   | TBSP.        | 11          | 188       | *N/A*      | 0.96     | 0.66      | 0.03      | *N/A*                   |
| RANCH DRESSING/RF/HELLMAN      | 2 TBSP       | 69          | 277       | *N/A*      | 2.88     | 5.85      | 0.86      | 0.00                    |
| MILK, LOWFAT 1% WHITE          | 1 CUP        | 130         | 160       | *N/A*      | 16.0     | 2.5       | 1.50      | 0.00                    |
| MILK, NONFAT CHOCOLATE, 8 OZ.  | 1 CUP        | 120         | 150       | *N/A*      | 22.0     | 0.0       | 0.00      | 0.00                    |
| MEALS, SS EMERGENCY LUNCH K-12 | 1 EACH       | 952         | 1081      | *49        | 141.49   | 29.17     | 7.07      | 0.02                    |
| Weighted Daily Average         |              | 671         | 1254      | *21        | 93.85    | 20.49     | 6.75      | *0.01                   |
| % of Calories                  |              |             |           | *12.7%     | 56.0%    | 27.5%     | 9.1%      | *0.0%                   |
| Nutrient Guideline             |              | 600-650     | 1230      |            |          | <=30.0    | <10.00    |                         |

|                                | Portion Size | Cals (kcal) | Sodm (mg) | Sugars (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat <sup>1</sup> (g) |
|--------------------------------|--------------|-------------|-----------|------------|----------|-----------|-----------|-------------------------|
| Wed - 06/26/2024               |              |             |           |            |          |           |           |                         |
| SUMMER SEAMLESS K-8 L          | Total        |             |           |            |          |           |           |                         |
| CHICKEN BITES W/ BISC          | 1 EACH       | 494         | 970       | 4          | 46.8     | 20.58     | 8.34      | 0.00                    |
| BREADSTICK, MOZZARELLA STUFFED | 1 EACH       | 300         | 440       | 2          | 34.0     | 10.0      | 5.00      | 0.00                    |
| BROCCOLI, FLOWERETS, FRESH     | 1/2 CUP      | 11          | 10        | 1          | 2.11     | 0.12      | 0.04      | 0.00                    |
| JICAMA STICKS                  | 1/2 CUP      | 32          | 53        | *N/A*      | 7.39     | 0.19      | 0.03      | 0.00                    |
| FRUIT, FRESH-SUMMER 1/2 cup    | 1/2 CUP      | 68          | 6         | 13         | 17.4     | 0.28      | 0.06      | 0.00                    |
| DRIED FRUIT                    | 1 EACH       | 100         | 3         | *16        | 23.51    | 0.63      | 0.05      | 0.00                    |
| KETCHUP:                       | TBSP.        | 18          | 162       | 4          | 4.88     | 0.02      | 0.00      | 0.00                    |
| MUSTARD, PREPARED,INDIVIDUAL   | TBSP.        | 11          | 188       | *N/A*      | 0.96     | 0.66      | 0.03      | *N/A*                   |
| RANCH DRESSING/RF/HELLMAN      | 2 TBSP       | 69          | 277       | *N/A*      | 2.88     | 5.85      | 0.86      | 0.00                    |
| MILK, LOWFAT 1% WHITE          | 1 CUP        | 130         | 160       | *N/A*      | 16.0     | 2.5       | 1.50      | 0.00                    |
| MILK, NONFAT CHOCOLATE, 8 OZ.  | 1 CUP        | 120         | 150       | *N/A*      | 22.0     | 0.0       | 0.00      | 0.00                    |
| MEALS, SS EMERGENCY LUNCH K-12 | 1 EACH       | 952         | 1081      | *49        | 141.49   | 29.17     | 7.07      | 0.02                    |
| Weighted Daily Average         |              | 580         | 911       | *15        | 75.32    | 17.38     | 7.11      | *0.00                   |
| % of Calories                  |              |             |           | *10.4%     | 52.0%    | 27.0%     | 11.0%     | *0.0%                   |
| Nutrient Guideline             |              | 600-650     | 1230      |            |          | <=30.0    | <10.00    |                         |

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

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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# Lodi Unified School District

## Base Menu Spreadsheet

### Portion Values - Detailed

Jun 3, 2024 thru Jul 26, 2024

SUMMER SEAMLESS K-8 LUNCH

Generated on: 5/28/2024 1:48:10 PM

|                                 | Portion Size | Cals (kcal) | Sodm (mg) | Sugars (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat <sup>1</sup> (g) |
|---------------------------------|--------------|-------------|-----------|------------|----------|-----------|-----------|-------------------------|
| <b>Thu - 06/27/2024</b>         |              |             |           |            |          |           |           |                         |
| SUMMER SEAMLESS K-8 L           | Total        |             |           |            |          |           |           |                         |
| DELI HAM & CHEESE SAND K-12th   | 1 EACH       | 373         | 1346      | *6         | 39.86    | 14.81     | 6.06      | *0.32                   |
| DELI TURKEY SANDWICH K-12th     | 1 EACH       | 352         | 1199      | 6          | 39.32    | 14.11     | 5.76      | 0.34                    |
| SANDWICH, CHICKEN SALAD         | 1 EACH       | 407         | 1218      | *3         | 37.49    | 17.03     | 2.52      | *0.00                   |
| SMOOTHIE, STRAWBERRY, 2/2       | 1 EACH       | 743         | 447       | *53        | 127.52   | 20.52     | 5.38      | *0.00                   |
| SMOOTHIE, STRW/BAN & CHOCMUFFIN | 1 EACH       | 611         | 516       | *41        | 110.36   | 13.95     | 4.59      | *0.00                   |
| RADISH, SLICED                  | 1/2 CUP      | 6           | 27        | 1          | 2.0      | 0.0       | 0.00      | 0.00                    |
| GARBONZO SALAD W/DRESSING 1/2c  | 1 EACH       | 137         | 219       | *1         | 22.24    | 3.42      | 0.44      | 0.01                    |
| FRUIT, FRESH-SUMMER 1/2 cup     | 1/2 CUP      | 68          | 6         | 13         | 17.4     | 0.28      | 0.06      | 0.00                    |
| FRUIT, FRESH-SUMMER 1/2 cup     | 1/2 CUP      | 68          | 6         | 13         | 17.4     | 0.28      | 0.06      | 0.00                    |
| KETCHUP:                        | TBSP.        | 18          | 162       | 4          | 4.88     | 0.02      | 0.00      | 0.00                    |
| MUSTARD, PREPARED, INDIVIDUAL   | TBSP.        | 11          | 188       | *N/A*      | 0.96     | 0.66      | 0.03      | *N/A*                   |
| RANCH DRESSING/RF/HELLMAN       | 2 TBSP       | 69          | 277       | *N/A*      | 2.88     | 5.85      | 0.86      | 0.00                    |
| MILK, LOWFAT 1% WHITE           | 1 CUP        | 130         | 160       | *N/A*      | 16.0     | 2.5       | 1.50      | 0.00                    |
| MILK, NONFAT CHOCOLATE, 8 OZ.   | 1 CUP        | 120         | 150       | *N/A*      | 22.0     | 0.0       | 0.00      | 0.00                    |
| MEALS, SS EMERGENCY LUNCH K-12  | 1 EACH       | 952         | 1081      | *49        | 141.49   | 29.17     | 7.07      | 0.02                    |
| Weighted Daily Average          |              | 712         | 1180      | *37        | 113.88   | 17.83     | 4.62      | *0.07                   |
| % of Calories                   |              |             |           | *20.9%     | 63.9%    | 22.5%     | 5.8%      | *0.1%                   |
| Nutrient Guideline              |              | 600-650     | 1230      |            |          | <=30.0    | <10.00    |                         |

|                                |         |     |      |       |        |       |       |       |
|--------------------------------|---------|-----|------|-------|--------|-------|-------|-------|
| <b>Fri - 06/28/2024</b>        |         |     |      |       |        |       |       |       |
| SUMMER SEAMLESS K-8 L          | Total   |     |      |       |        |       |       |       |
| HOT DOG, ALL NATURAL ON WG BUN | 1 EACH  | 283 | 730  | 4     | 30.41  | 13.18 | 4.00  | 0.00  |
| NACHO CHEESE W/CHIPS (2 OZ) RV | 1 EACH  | 485 | 1078 | *1    | 37.27  | 29.67 | 13.13 | *0.65 |
| NACHO CHEESE W/CHIPS, TRANSP.  | 1 EACH  | 431 | 1176 | *1    | 31.33  | 27.67 | 10.39 | *0.65 |
| CELERY STICKS                  | 1/2 CUP | 10  | 54   | 1     | 2.02   | 0.12  | 0.03  | 0.00  |
| CARROTS, BABY 2.6 OZ.          | 1/2 CUP | 38  | 44   | *N/A* | 9.0    | 0.0   | 0.00  | *N/A* |
| FRUIT, FRESH-SUMMER 1/2 cup    | 1/2 CUP | 68  | 6    | 13    | 17.4   | 0.28  | 0.06  | 0.00  |
| FRUIT, FRESH-SUMMER 1/2 cup    | 1/2 CUP | 68  | 6    | 13    | 17.4   | 0.28  | 0.06  | 0.00  |
| KETCHUP:                       | TBSP.   | 18  | 162  | 4     | 4.88   | 0.02  | 0.00  | 0.00  |
| MUSTARD, PREPARED, INDIVIDUAL  | TBSP.   | 11  | 188  | *N/A* | 0.96   | 0.66  | 0.03  | *N/A* |
| RANCH DRESSING/RF/HELLMAN      | 2 TBSP  | 69  | 277  | *N/A* | 2.88   | 5.85  | 0.86  | 0.00  |
| MILK, LOWFAT 1% WHITE          | 1 CUP   | 130 | 160  | *N/A* | 16.0   | 2.5   | 1.50  | 0.00  |
| MILK, NONFAT CHOCOLATE, 8 OZ.  | 1 CUP   | 120 | 150  | *N/A* | 22.0   | 0.0   | 0.00  | 0.00  |
| MEALS, SS EMERGENCY LUNCH K-12 | 1 EACH  | 952 | 1081 | *49   | 141.49 | 29.17 | 7.07  | 0.02  |

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

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

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# Lodi Unified School District

## Base Menu Spreadsheet

### Portion Values - Detailed

Jun 3, 2024 thru Jul 26, 2024

SUMMER SEAMLESS K-8 LUNCH

Generated on: 5/28/2024 1:48:10 PM

|                        | Portion Size | Cals (kcal) | Sodm (mg) | Sugars (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat <sup>1</sup> (g) |
|------------------------|--------------|-------------|-----------|------------|----------|-----------|-----------|-------------------------|
| Weighted Daily Average |              | 569         | 1240      | *18        | 71.49    | 23.08     | 8.33      | *0.32                   |
| % of Calories          |              |             |           | *12.6%     | 50.2%    | 36.5%     | 13.2%     | *0.5%                   |
| Nutrient Guideline     |              | 600-650     | 1230      |            |          | <=30.0    | <10.00    |                         |

| Mon - 07/01/2024               |         |         |      |        |        |        |        |       |
|--------------------------------|---------|---------|------|--------|--------|--------|--------|-------|
| SUMMER SEAMLESS K-8 L          | Total   |         |      |        |        |        |        |       |
| CHICKEN PATTY ON BUN, REV.     | 1 EACH  | 380     | 810  | 5      | 49.0   | 10.0   | 1.50   | 0.00  |
| LASAGNA, ROLLS W/ BREAD, REV.  | 1 EACH  | 368     | 464  | *4     | 54.13  | 10.06  | 4.88   | *0.00 |
| CARROTS, BABY 2.6 OZ.          | 1/2 CUP | 38      | 44   | *N/A*  | 9.0    | 0.0    | 0.00   | *N/A* |
| RADISH, SLICED                 | 1/2 CUP | 6       | 27   | 1      | 2.0    | 0.0    | 0.00   | 0.00  |
| FRUIT, FRESH-SUMMER 1/2 cup    | 1/2 CUP | 68      | 6    | 13     | 17.4   | 0.28   | 0.06   | 0.00  |
| DRIED FRUIT                    | 1 EACH  | 100     | 3    | *16    | 23.51  | 0.63   | 0.05   | 0.00  |
| KETCHUP:                       | TBSP.   | 18      | 162  | 4      | 4.88   | 0.02   | 0.00   | 0.00  |
| MUSTARD, PREPARED,INDIVIDUAL   | TBSP.   | 11      | 188  | *N/A*  | 0.96   | 0.66   | 0.03   | *N/A* |
| RANCH DRESSING/RF/HELLMAN      | 2 TBSP  | 69      | 277  | *N/A*  | 2.88   | 5.85   | 0.86   | 0.00  |
| MILK, LOWFAT 1% WHITE          | 1 CUP   | 130     | 160  | *N/A*  | 16.0   | 2.5    | 1.50   | 0.00  |
| MILK, NONFAT CHOCOLATE, 8 OZ.  | 1 CUP   | 120     | 150  | *N/A*  | 22.0   | 0.0    | 0.00   | 0.00  |
| MEALS, SS EMERGENCY LUNCH K-12 | 1 EACH  | 952     | 1081 | *49    | 141.49 | 29.17  | 7.07   | 0.02  |
| Weighted Daily Average         |         | 580     | 832  | *16    | 93.80  | 12.01  | 4.44   | *0.00 |
| % of Calories                  |         |         |      | *11.0% | 64.7%  | 18.6%  | 6.9%   | *0.0% |
| Nutrient Guideline             |         | 600-650 | 1230 |        |        | <=30.0 | <10.00 |       |

| Tue - 07/02/2024               |         |     |      |       |        |       |      |       |
|--------------------------------|---------|-----|------|-------|--------|-------|------|-------|
| SUMMER SEAMLESS K-8 L          | Total   |     |      |       |        |       |      |       |
| CHAR. CUP, VEG W/ CRACKERS, RE | 1 EACH  | 461 | 658  | *5    | 51.03  | 22.66 | 4.90 | *0.04 |
| MEAL, PROTEIN BOX W/WOW SAND.  | 1 EACH  | 486 | 494  | *14   | 47.42  | 24.84 | 8.07 | 0.18  |
| CUCUMBER, SLICED               | 1/2 CUP | 8   | 2    | 1     | 1.66   | 0.12  | 0.06 | 0.00  |
| TOMATOES                       | 1/2 CUP | 16  | 4    | 2     | 3.41   | 0.18  | 0.02 | 0.00  |
| FRUIT, FRESH-SUMMER 1/2 cup    | 1/2 CUP | 68  | 6    | 13    | 17.4   | 0.28  | 0.06 | 0.00  |
| FRUIT JUICE CUP, FROZEN        | 1 EACH  | 70  | 5    | 16    | 19.0   | 0.0   | 0.00 | 0.00  |
| KETCHUP:                       | TBSP.   | 18  | 162  | 4     | 4.88   | 0.02  | 0.00 | 0.00  |
| MUSTARD, PREPARED,INDIVIDUAL   | TBSP.   | 11  | 188  | *N/A* | 0.96   | 0.66  | 0.03 | *N/A* |
| RANCH DRESSING/RF/HELLMAN      | 2 TBSP  | 69  | 277  | *N/A* | 2.88   | 5.85  | 0.86 | 0.00  |
| MILK, LOWFAT 1% WHITE          | 1 CUP   | 130 | 160  | *N/A* | 16.0   | 2.5   | 1.50 | 0.00  |
| MILK, NONFAT CHOCOLATE, 8 OZ.  | 1 CUP   | 120 | 150  | *N/A* | 22.0   | 0.0   | 0.00 | 0.00  |
| MEALS, SS EMERGENCY LUNCH K-12 | 1 EACH  | 952 | 1081 | *49   | 141.49 | 29.17 | 7.07 | 0.02  |

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# Lodi Unified School District

Base Menu Spreadsheet

Portion Values - Detailed

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Jun 3, 2024 thru Jul 26, 2024

SUMMER SEAMLESS K-8 LUNCH

Generated on: 5/28/2024 1:48:11 PM

|                        | Portion Size | Cals (kcal) | Sodm (mg) | Sugars (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat <sup>1</sup> (g) |
|------------------------|--------------|-------------|-----------|------------|----------|-----------|-----------|-------------------------|
| Weighted Daily Average |              | 665         | 725       | *28        | 85.23    | 26.18     | 7.69      | *0.14                   |
| % of Calories          |              |             |           | *16.7%     | 51.2%    | 35.4%     | 10.4%     | *0.2%                   |
| Nutrient Guideline     |              | 600-650     | 1230      |            |          | <=30.0    | <10.00    |                         |

| Wed - 07/03/2024                 |         |         |      |       |        |        |        |       |
|----------------------------------|---------|---------|------|-------|--------|--------|--------|-------|
| SUMMER SEAMLESS K-8 L            | Total   |         |      |       |        |        |        |       |
| SALAD, CHICKEN, FAJI TACO 7-12TH | 1 EACH  | 543     | 1434 | *2    | 53.22  | 22.47  | 4.77   | *0.00 |
| SALAD, CHICKEN CAESAR            | 1 EACH  | 516     | 1371 | *1    | 39.77  | 25.72  | 8.39   | *0.00 |
| SALAD, CHICKEN CRISPY            | 1 EACH  | 612     | 1165 | *4    | 49.76  | 33.8   | 5.07   | 0.00  |
| SMOOTHIE, ORANGE DREAM, MUFFIN   | 1 EACH  | 656     | 470  | *23   | 113.83 | 17.28  | 5.02   | *0.00 |
| SMOOTHIE, MANGO CHAMOY & MUFFIN  | 1 EACH  | 670     | 798  | *24   | 117.0  | 17.29  | 5.02   | *0.00 |
| BROCCOLI, FLOWERETS, FRESH       | 1/2 CUP | 11      | 10   | 1     | 2.11   | 0.12   | 0.04   | 0.00  |
| JICAMA STICKS                    | 1/2 CUP | 32      | 53   | *N/A* | 7.39   | 0.19   | 0.03   | 0.00  |
| FRUIT, FRESH-SUMMER 1/2 cup      | 1/2 CUP | 68      | 6    | 13    | 17.4   | 0.28   | 0.06   | 0.00  |
| DRIED FRUIT                      | 1 EACH  | 100     | 3    | *16   | 23.51  | 0.63   | 0.05   | 0.00  |
| KETCHUP:                         | TBSP.   | 18      | 162  | 4     | 4.88   | 0.02   | 0.00   | 0.00  |
| MUSTARD, PREPARED, INDIVIDUAL    | TBSP.   | 11      | 188  | *N/A* | 0.96   | 0.66   | 0.03   | *N/A* |
| RANCH DRESSING/RF/HELLMAN        | 2 TBSP  | 69      | 277  | *N/A* | 2.88   | 5.85   | 0.86   | 0.00  |
| MILK, LOWFAT 1% WHITE            | 1 CUP   | 130     | 160  | *N/A* | 16.0   | 2.5    | 1.50   | 0.00  |
| MILK, NONFAT CHOCOLATE, 8 OZ.    | 1 CUP   | 120     | 150  | *N/A* | 22.0   | 0.0    | 0.00   | 0.00  |
| MEALS, SS EMERGENCY LUNCH K-12   | 1 EACH  | 952     | 1081 | *49   | 141.49 | 29.17  | 7.07   | 0.02  |
| Weighted Daily Average           |         | 734     | 1372 | *18   | 92.63  | 25.87  | 7.81   | *0.00 |
| % of Calories                    |         |         |      | *9.9% | 50.4%  | 31.7%  | 9.6%   | *0.0% |
| Nutrient Guideline               |         | 600-650 | 1230 |       |        | <=30.0 | <10.00 |       |

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

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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# Lodi Unified School District

## Base Menu Spreadsheet

### Portion Values - Detailed

Jun 3, 2024 thru Jul 26, 2024

SUMMER SEAMLESS K-8 LUNCH

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|                                | Portion Size | Cals (kcal) | Sodm (mg) | Sugars (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat <sup>1</sup> (g) |
|--------------------------------|--------------|-------------|-----------|------------|----------|-----------|-----------|-------------------------|
| Thu - 07/04/2024               |              |             |           |            |          |           |           |                         |
| SUMMER SEAMLESS K-8 L          | Total        |             |           |            |          |           |           |                         |
| DELI HAM & CHEESE SAND K-12th  | 1 EACH       | 373         | 1346      | *6         | 39.86    | 14.81     | 6.06      | *0.32                   |
| DELI TURKEY SANDWICH K-12th    | 1 EACH       | 352         | 1199      | 6          | 39.32    | 14.11     | 5.76      | 0.34                    |
| SANDWICH, CHICKEN SALAD        | 1 EACH       | 407         | 1218      | *3         | 37.49    | 17.03     | 2.52      | *0.00                   |
| MEAL, PRO, SUNFLOWER/WOWCUP,SS | 1 EACH       | 600         | 442       | *11        | 51.78    | 38.72     | 6.13      | 0.04                    |
| RADISH, SLICED                 | 1/2 CUP      | 6           | 27        | 1          | 2.0      | 0.0       | 0.00      | 0.00                    |
| GARBONZO SALAD W/DRESSING 1/2c | 1 EACH       | 137         | 219       | *1         | 22.24    | 3.42      | 0.44      | 0.01                    |
| FRUIT, FRESH-SUMMER 1/2 cup    | 1/2 CUP      | 68          | 6         | 13         | 17.4     | 0.28      | 0.06      | 0.00                    |
| FRUIT, FRESH-SUMMER 1/2 cup    | 1/2 CUP      | 68          | 6         | 13         | 17.4     | 0.28      | 0.06      | 0.00                    |
| KETCHUP:                       | TBSP.        | 18          | 162       | 4          | 4.88     | 0.02      | 0.00      | 0.00                    |
| MUSTARD, PREPARED,INDIVIDUAL   | TBSP.        | 11          | 188       | *N/A*      | 0.96     | 0.66      | 0.03      | *N/A*                   |
| RANCH DRESSING/RF/HELLMAN      | 2 TBSP       | 69          | 277       | *N/A*      | 2.88     | 5.85      | 0.86      | 0.00                    |
| MILK, LOWFAT 1% WHITE          | 1 CUP        | 130         | 160       | *N/A*      | 16.0     | 2.5       | 1.50      | 0.00                    |
| MILK, NONFAT CHOCOLATE, 8 OZ.  | 1 CUP        | 120         | 150       | *N/A*      | 22.0     | 0.0       | 0.00      | 0.00                    |
| MEALS, SS EMERGENCY LUNCH K-12 | 1 EACH       | 952         | 1081      | *49        | 141.49   | 29.17     | 7.07      | 0.02                    |
| Weighted Daily Average         |              | 595         | 1617      | *21        | 81.03    | 18.10     | 5.84      | *0.26                   |
| % of Calories                  |              |             |           | *13.9%     | 54.4%    | 27.4%     | 8.8%      | *0.4%                   |
| Nutrient Guideline             |              | 600-650     | 1230      |            |          | <=30.0    | <10.00    |                         |

|                                | Portion Size | Cals (kcal) | Sodm (mg) | Sugars (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat <sup>1</sup> (g) |
|--------------------------------|--------------|-------------|-----------|------------|----------|-----------|-----------|-------------------------|
| Fri - 07/05/2024               |              |             |           |            |          |           |           |                         |
| SUMMER SEAMLESS K-8 L          | Total        |             |           |            |          |           |           |                         |
| TERIYAKI CHIX RICE BOWL K-12   | 1 EACH       | 494         | 1603      | *0         | 79.9     | 7.56      | 1.91      | *0.00                   |
| PIZZA,TONY'S CHEESE WEDGE K-8  | 1 EACH       | 300         | 480       | 8          | 35.0     | 11.0      | 4.00      | 0.00                    |
| CELERY STICKS                  | 1/2 CUP      | 10          | 54        | 1          | 2.02     | 0.12      | 0.03      | 0.00                    |
| CARROTS, BABY 2.6 OZ.          | 1/2 CUP      | 38          | 44        | *N/A*      | 9.0      | 0.0       | 0.00      | *N/A*                   |
| FRUIT, FRESH-SUMMER 1/2 cup    | 1/2 CUP      | 68          | 6         | 13         | 17.4     | 0.28      | 0.06      | 0.00                    |
| FRUIT, FRESH-SUMMER 1/2 cup    | 1/2 CUP      | 68          | 6         | 13         | 17.4     | 0.28      | 0.06      | 0.00                    |
| KETCHUP:                       | TBSP.        | 18          | 162       | 4          | 4.88     | 0.02      | 0.00      | 0.00                    |
| MUSTARD, PREPARED,INDIVIDUAL   | TBSP.        | 11          | 188       | *N/A*      | 0.96     | 0.66      | 0.03      | *N/A*                   |
| RANCH DRESSING/RF/HELLMAN      | 2 TBSP       | 69          | 277       | *N/A*      | 2.88     | 5.85      | 0.86      | 0.00                    |
| MILK, LOWFAT 1% WHITE          | 1 CUP        | 130         | 160       | *N/A*      | 16.0     | 2.5       | 1.50      | 0.00                    |
| MILK, NONFAT CHOCOLATE, 8 OZ.  | 1 CUP        | 120         | 150       | *N/A*      | 22.0     | 0.0       | 0.00      | 0.00                    |
| MEALS, SS EMERGENCY LUNCH K-12 | 1 EACH       | 952         | 1081      | *49        | 141.49   | 29.17     | 7.07      | 0.02                    |
| Weighted Daily Average         |              | 510         | 819       | *21        | 76.77    | 12.71     | 4.23      | *0.00                   |
| % of Calories                  |              |             |           | *16.5%     | 60.2%    | 22.4%     | 7.5%      | *0.0%                   |
| Nutrient Guideline             |              | 600-650     | 1230      |            |          | <=30.0    | <10.00    |                         |

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

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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# Lodi Unified School District

Base Menu Spreadsheet

Portion Values - Detailed

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Jun 3, 2024 thru Jul 26, 2024

SUMMER SEAMLESS K-8 LUNCH

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|                                | Portion Size | Cals (kcal) | Sodm (mg) | Sugars (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat <sup>1</sup> (g) |
|--------------------------------|--------------|-------------|-----------|------------|----------|-----------|-----------|-------------------------|
| Mon - 07/08/2024               |              |             |           |            |          |           |           |                         |
| SUMMER SEAMLESS K-8 L          | Total        |             |           |            |          |           |           |                         |
| BURGER, PUB MEGA.ADVANC        | 1 EACH       | 390         | 570       | *4         | 31.0     | 19.01     | 7.00      | 1.00                    |
| BURRITO, CH. & BEAN WG.FIESTA  | 1 EACH       | 343         | 575       | 1          | 54.43    | 8.06      | 3.53      | 0.00                    |
| CARROTS, BABY 2.6 OZ.          | 1/2 CUP      | 38          | 44        | *N/A*      | 9.0      | 0.0       | 0.00      | *N/A*                   |
| RADISH, SLICED                 | 1/2 CUP      | 6           | 27        | 1          | 2.0      | 0.0       | 0.00      | 0.00                    |
| FRUIT, FRESH-SUMMER 1/2 cup    | 1/2 CUP      | 68          | 6         | 13         | 17.4     | 0.28      | 0.06      | 0.00                    |
| DRIED FRUIT                    | 1 EACH       | 100         | 3         | *16        | 23.51    | 0.63      | 0.05      | 0.00                    |
| KETCHUP:                       | TBSP.        | 18          | 162       | 4          | 4.88     | 0.02      | 0.00      | 0.00                    |
| MUSTARD, PREPARED,INDIVIDUAL   | TBSP.        | 11          | 188       | *N/A*      | 0.96     | 0.66      | 0.03      | *N/A*                   |
| RANCH DRESSING/RF/HELLMAN      | 2 TBSP       | 69          | 277       | *N/A*      | 2.88     | 5.85      | 0.86      | 0.00                    |
| MILK, LOWFAT 1% WHITE          | 1 CUP        | 130         | 160       | *N/A*      | 16.0     | 2.5       | 1.50      | 0.00                    |
| MILK, NONFAT CHOCOLATE, 8 OZ.  | 1 CUP        | 120         | 150       | *N/A*      | 22.0     | 0.0       | 0.00      | 0.00                    |
| MEALS, SS EMERGENCY LUNCH K-12 | 1 EACH       | 952         | 1081      | *49        | 141.49   | 29.17     | 7.07      | 0.02                    |
| Weighted Daily Average         |              | 566         | 892       | *16        | 81.69    | 15.69     | 5.69      | *0.50                   |
| % of Calories                  |              |             |           | *11.2%     | 57.8%    | 25.0%     | 9.1%      | *0.8%                   |
| Nutrient Guideline             |              | 600-650     | 1230      |            |          | <=30.0    | <10.00    |                         |

|                                |         |     |      |       |        |       |      |       |
|--------------------------------|---------|-----|------|-------|--------|-------|------|-------|
| Tue - 07/09/2024               |         |     |      |       |        |       |      |       |
| SUMMER SEAMLESS K-8 L          | Total   |     |      |       |        |       |      |       |
| WRAP, BBQ CHIX FAJI 12' 9-12   | 1 EACH  | 519 | 1239 | *3    | 56.4   | 21.38 | 8.51 | *0.00 |
| WRAP, CHINESE CHICKEN, WHOLE   | 1 EACH  | 536 | 1525 | *2    | 58.58  | 19.7  | 4.97 | *0.00 |
| WRAP, CHICKEN CAESAR           | 1 EACH  | 536 | 1555 | 3     | 52.64  | 22.92 | 8.45 | *0.00 |
| WRAP, HUMMUS, FULL,REV.        | 1 EACH  | 745 | 1274 | *5    | 94.55  | 29.69 | 7.11 | *0.00 |
| MEAL, PROTEIN, YOGURT CUP, REV | 1 EACH  | 350 | 557  | *12   | 49.78  | 10.72 | 3.63 | 0.04  |
| CUCUMBER, SLICED               | 1/2 CUP | 8   | 2    | 1     | 1.66   | 0.12  | 0.06 | 0.00  |
| TOMATOES                       | 1/2 CUP | 16  | 4    | 2     | 3.41   | 0.18  | 0.02 | 0.00  |
| FRUIT, FRESH-SUMMER 1/2 cup    | 1/2 CUP | 68  | 6    | 13    | 17.4   | 0.28  | 0.06 | 0.00  |
| FRUIT JUICE CUP, FROZEN        | 1 EACH  | 70  | 5    | 16    | 19.0   | 0.0   | 0.00 | 0.00  |
| KETCHUP:                       | TBSP.   | 18  | 162  | 4     | 4.88   | 0.02  | 0.00 | 0.00  |
| MUSTARD, PREPARED,INDIVIDUAL   | TBSP.   | 11  | 188  | *N/A* | 0.96   | 0.66  | 0.03 | *N/A* |
| RANCH DRESSING/RF/HELLMAN      | 2 TBSP  | 69  | 277  | *N/A* | 2.88   | 5.85  | 0.86 | 0.00  |
| MILK, LOWFAT 1% WHITE          | 1 CUP   | 130 | 160  | *N/A* | 16.0   | 2.5   | 1.50 | 0.00  |
| MILK, NONFAT CHOCOLATE, 8 OZ.  | 1 CUP   | 120 | 150  | *N/A* | 22.0   | 0.0   | 0.00 | 0.00  |
| MEALS, SS EMERGENCY LUNCH K-12 | 1 EACH  | 952 | 1081 | *49   | 141.49 | 29.17 | 7.07 | 0.02  |

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

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

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# Lodi Unified School District

Jun 3, 2024 thru Jul 26, 2024

Base Menu Spreadsheet

SUMMER SEAMLESS K-8 LUNCH

Portion Values - Detailed

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|                        | Portion Size | Cals (kcal) | Sodm (mg) | Sugars (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat <sup>1</sup> (g) |
|------------------------|--------------|-------------|-----------|------------|----------|-----------|-----------|-------------------------|
| Weighted Daily Average |              | 671         | 1254      | *21        | 93.85    | 20.49     | 6.75      | *0.01                   |
| % of Calories          |              |             |           | *12.7%     | 56.0%    | 27.5%     | 9.1%      | *0.0%                   |
| Nutrient Guideline     |              | 600-650     | 1230      |            |          | <=30.0    | <10.00    |                         |

| Wed - 07/10/2024               |         |         |      |        |        |        |        |       |
|--------------------------------|---------|---------|------|--------|--------|--------|--------|-------|
| SUMMER SEAMLESS K-8 L          | Total   |         |      |        |        |        |        |       |
| CHICKEN BITES W/ BISC          | 1 EACH  | 494     | 970  | 4      | 46.8   | 20.58  | 8.34   | 0.00  |
| BREADSTICK, MOZZARELLA STUFFED | 1 EACH  | 300     | 440  | 2      | 34.0   | 10.0   | 5.00   | 0.00  |
| BROCCOLI, FLOWERETS, FRESH     | 1/2 CUP | 11      | 10   | 1      | 2.11   | 0.12   | 0.04   | 0.00  |
| JICAMA STICKS                  | 1/2 CUP | 32      | 53   | *N/A*  | 7.39   | 0.19   | 0.03   | 0.00  |
| FRUIT, FRESH-SUMMER 1/2 cup    | 1/2 CUP | 68      | 6    | 13     | 17.4   | 0.28   | 0.06   | 0.00  |
| DRIED FRUIT                    | 1 EACH  | 100     | 3    | *16    | 23.51  | 0.63   | 0.05   | 0.00  |
| KETCHUP:                       | TBSP.   | 18      | 162  | 4      | 4.88   | 0.02   | 0.00   | 0.00  |
| MUSTARD, PREPARED,INDIVIDUAL   | TBSP.   | 11      | 188  | *N/A*  | 0.96   | 0.66   | 0.03   | *N/A* |
| RANCH DRESSING/RF/HELLMAN      | 2 TBSP  | 69      | 277  | *N/A*  | 2.88   | 5.85   | 0.86   | 0.00  |
| MILK, LOWFAT 1% WHITE          | 1 CUP   | 130     | 160  | *N/A*  | 16.0   | 2.5    | 1.50   | 0.00  |
| MILK, NONFAT CHOCOLATE, 8 OZ.  | 1 CUP   | 120     | 150  | *N/A*  | 22.0   | 0.0    | 0.00   | 0.00  |
| MEALS, SS EMERGENCY LUNCH K-12 | 1 EACH  | 952     | 1081 | *49    | 141.49 | 29.17  | 7.07   | 0.02  |
| Weighted Daily Average         |         | 580     | 911  | *15    | 75.32  | 17.38  | 7.11   | *0.00 |
| % of Calories                  |         |         |      | *10.4% | 52.0%  | 27.0%  | 11.0%  | *0.0% |
| Nutrient Guideline             |         | 600-650 | 1230 |        |        | <=30.0 | <10.00 |       |

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# Lodi Unified School District

Base Menu Spreadsheet

Portion Values - Detailed

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Jun 3, 2024 thru Jul 26, 2024

SUMMER SEAMLESS K-8 LUNCH

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|                                 | Portion Size | Cals (kcal) | Sodm (mg) | Sugars (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat <sup>1</sup> (g) |
|---------------------------------|--------------|-------------|-----------|------------|----------|-----------|-----------|-------------------------|
| Thu - 07/11/2024                |              |             |           |            |          |           |           |                         |
| SUMMER SEAMLESS K-8 L           | Total        |             |           |            |          |           |           |                         |
| DELI HAM & CHEESE SAND K-12th   | 1 EACH       | 373         | 1346      | *6         | 39.86    | 14.81     | 6.06      | *0.32                   |
| DELI TURKEY SANDWICH K-12th     | 1 EACH       | 352         | 1199      | 6          | 39.32    | 14.11     | 5.76      | 0.34                    |
| SANDWICH, CHICKEN SALAD         | 1 EACH       | 407         | 1218      | *3         | 37.49    | 17.03     | 2.52      | *0.00                   |
| SMOOTHIE, STRAWBERRY, 2/2       | 1 EACH       | 743         | 447       | *53        | 127.52   | 20.52     | 5.38      | *0.00                   |
| SMOOTHIE, STRW/BAN & CHOCMUFFIN | 1 EACH       | 611         | 516       | *41        | 110.36   | 13.95     | 4.59      | *0.00                   |
| RADISH, SLICED                  | 1/2 CUP      | 6           | 27        | 1          | 2.0      | 0.0       | 0.00      | 0.00                    |
| GARBONZO SALAD W/DRESSING 1/2c  | 1 EACH       | 137         | 219       | *1         | 22.24    | 3.42      | 0.44      | 0.01                    |
| FRUIT, FRESH-SUMMER 1/2 cup     | 1/2 CUP      | 68          | 6         | 13         | 17.4     | 0.28      | 0.06      | 0.00                    |
| FRUIT, FRESH-SUMMER 1/2 cup     | 1/2 CUP      | 68          | 6         | 13         | 17.4     | 0.28      | 0.06      | 0.00                    |
| KETCHUP:                        | TBSP.        | 18          | 162       | 4          | 4.88     | 0.02      | 0.00      | 0.00                    |
| MUSTARD, PREPARED,INDIVIDUAL    | TBSP.        | 11          | 188       | *N/A*      | 0.96     | 0.66      | 0.03      | *N/A*                   |
| RANCH DRESSING/RF/HELLMAN       | 2 TBSP       | 69          | 277       | *N/A*      | 2.88     | 5.85      | 0.86      | 0.00                    |
| MILK, LOWFAT 1% WHITE           | 1 CUP        | 130         | 160       | *N/A*      | 16.0     | 2.5       | 1.50      | 0.00                    |
| MILK, NONFAT CHOCOLATE, 8 OZ.   | 1 CUP        | 120         | 150       | *N/A*      | 22.0     | 0.0       | 0.00      | 0.00                    |
| MEALS, SS EMERGENCY LUNCH K-12  | 1 EACH       | 952         | 1081      | *49        | 141.49   | 29.17     | 7.07      | 0.02                    |
| Weighted Daily Average          |              | 712         | 1180      | *37        | 113.88   | 17.83     | 4.62      | *0.07                   |
| % of Calories                   |              |             |           | *20.9%     | 63.9%    | 22.5%     | 5.8%      | *0.1%                   |
| Nutrient Guideline              |              | 600-650     | 1230      |            |          | <=30.0    | <10.00    |                         |

|                                | Portion Size | Cals (kcal) | Sodm (mg) | Sugars (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat <sup>1</sup> (g) |
|--------------------------------|--------------|-------------|-----------|------------|----------|-----------|-----------|-------------------------|
| Fri - 07/12/2024               |              |             |           |            |          |           |           |                         |
| SUMMER SEAMLESS K-8 L          | Total        |             |           |            |          |           |           |                         |
| HOT DOG, ALL NATURAL ON WG BUN | 1 EACH       | 283         | 730       | 4          | 30.41    | 13.18     | 4.00      | 0.00                    |
| NACHO CHEESE W/CHIPS (2 OZ) RV | 1 EACH       | 485         | 1078      | *1         | 37.27    | 29.67     | 13.13     | *0.65                   |
| NACHO CHEESE W/CHIPS, TRANSP.  | 1 EACH       | 431         | 1176      | *1         | 31.33    | 27.67     | 10.39     | *0.65                   |
| CELERY STICKS                  | 1/2 CUP      | 10          | 54        | 1          | 2.02     | 0.12      | 0.03      | 0.00                    |
| CARROTS, BABY 2.6 OZ.          | 1/2 CUP      | 38          | 44        | *N/A*      | 9.0      | 0.0       | 0.00      | *N/A*                   |
| FRUIT, FRESH-SUMMER 1/2 cup    | 1/2 CUP      | 68          | 6         | 13         | 17.4     | 0.28      | 0.06      | 0.00                    |
| FRUIT, FRESH-SUMMER 1/2 cup    | 1/2 CUP      | 68          | 6         | 13         | 17.4     | 0.28      | 0.06      | 0.00                    |
| KETCHUP:                       | TBSP.        | 18          | 162       | 4          | 4.88     | 0.02      | 0.00      | 0.00                    |
| MUSTARD, PREPARED,INDIVIDUAL   | TBSP.        | 11          | 188       | *N/A*      | 0.96     | 0.66      | 0.03      | *N/A*                   |
| RANCH DRESSING/RF/HELLMAN      | 2 TBSP       | 69          | 277       | *N/A*      | 2.88     | 5.85      | 0.86      | 0.00                    |
| MILK, LOWFAT 1% WHITE          | 1 CUP        | 130         | 160       | *N/A*      | 16.0     | 2.5       | 1.50      | 0.00                    |
| MILK, NONFAT CHOCOLATE, 8 OZ.  | 1 CUP        | 120         | 150       | *N/A*      | 22.0     | 0.0       | 0.00      | 0.00                    |
| MEALS, SS EMERGENCY LUNCH K-12 | 1 EACH       | 952         | 1081      | *49        | 141.49   | 29.17     | 7.07      | 0.02                    |

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

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

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# Lodi Unified School District

Base Menu Spreadsheet

Portion Values - Detailed

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Jun 3, 2024 thru Jul 26, 2024

SUMMER SEAMLESS K-8 LUNCH

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|                        | Portion Size | Cals (kcal) | Sodm (mg) | Sugars (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat <sup>1</sup> (g) |
|------------------------|--------------|-------------|-----------|------------|----------|-----------|-----------|-------------------------|
| Weighted Daily Average |              | 569         | 1240      | *18        | 71.49    | 23.08     | 8.33      | *0.32                   |
| % of Calories          |              |             |           | *12.6%     | 50.2%    | 36.5%     | 13.2%     | *0.5%                   |
| Nutrient Guideline     |              | 600-650     | 1230      |            |          | <=30.0    | <10.00    |                         |

| Mon - 07/15/2024               |         |         |      |        |        |        |        |       |
|--------------------------------|---------|---------|------|--------|--------|--------|--------|-------|
| SUMMER SEAMLESS K-8 L          | Total   |         |      |        |        |        |        |       |
| CHICKEN PATTY ON BUN, REV.     | 1 EACH  | 380     | 810  | 5      | 49.0   | 10.0   | 1.50   | 0.00  |
| LASAGNA, ROLLS W/ BREAD, REV.  | 1 EACH  | 368     | 464  | *4     | 54.13  | 10.06  | 4.88   | *0.00 |
| CARROTS, BABY 2.6 OZ.          | 1/2 CUP | 38      | 44   | *N/A*  | 9.0    | 0.0    | 0.00   | *N/A* |
| RADISH, SLICED                 | 1/2 CUP | 6       | 27   | 1      | 2.0    | 0.0    | 0.00   | 0.00  |
| FRUIT, FRESH-SUMMER 1/2 cup    | 1/2 CUP | 68      | 6    | 13     | 17.4   | 0.28   | 0.06   | 0.00  |
| DRIED FRUIT                    | 1 EACH  | 100     | 3    | *16    | 23.51  | 0.63   | 0.05   | 0.00  |
| KETCHUP:                       | TBSP.   | 18      | 162  | 4      | 4.88   | 0.02   | 0.00   | 0.00  |
| MUSTARD, PREPARED,INDIVIDUAL   | TBSP.   | 11      | 188  | *N/A*  | 0.96   | 0.66   | 0.03   | *N/A* |
| RANCH DRESSING/RF/HELLMAN      | 2 TBSP  | 69      | 277  | *N/A*  | 2.88   | 5.85   | 0.86   | 0.00  |
| MILK, LOWFAT 1% WHITE          | 1 CUP   | 130     | 160  | *N/A*  | 16.0   | 2.5    | 1.50   | 0.00  |
| MILK, NONFAT CHOCOLATE, 8 OZ.  | 1 CUP   | 120     | 150  | *N/A*  | 22.0   | 0.0    | 0.00   | 0.00  |
| MEALS, SS EMERGENCY LUNCH K-12 | 1 EACH  | 952     | 1081 | *49    | 141.49 | 29.17  | 7.07   | 0.02  |
| Weighted Daily Average         |         | 580     | 832  | *16    | 93.80  | 12.01  | 4.44   | *0.00 |
| % of Calories                  |         |         |      | *11.0% | 64.7%  | 18.6%  | 6.9%   | *0.0% |
| Nutrient Guideline             |         | 600-650 | 1230 |        |        | <=30.0 | <10.00 |       |

| Tue - 07/16/2024               |         |     |      |       |        |       |      |       |
|--------------------------------|---------|-----|------|-------|--------|-------|------|-------|
| SUMMER SEAMLESS K-8 L          | Total   |     |      |       |        |       |      |       |
| CHAR. CUP, VEG W/ CRACKERS, RE | 1 EACH  | 461 | 658  | *5    | 51.03  | 22.66 | 4.90 | *0.04 |
| MEAL, PROTEIN BOX W/WOW SAND.  | 1 EACH  | 486 | 494  | *14   | 47.42  | 24.84 | 8.07 | 0.18  |
| CUCUMBER, SLICED               | 1/2 CUP | 8   | 2    | 1     | 1.66   | 0.12  | 0.06 | 0.00  |
| TOMATOES                       | 1/2 CUP | 16  | 4    | 2     | 3.41   | 0.18  | 0.02 | 0.00  |
| FRUIT, FRESH-SUMMER 1/2 cup    | 1/2 CUP | 68  | 6    | 13    | 17.4   | 0.28  | 0.06 | 0.00  |
| FRUIT JUICE CUP, FROZEN        | 1 EACH  | 70  | 5    | 16    | 19.0   | 0.0   | 0.00 | 0.00  |
| KETCHUP:                       | TBSP.   | 18  | 162  | 4     | 4.88   | 0.02  | 0.00 | 0.00  |
| MUSTARD, PREPARED,INDIVIDUAL   | TBSP.   | 11  | 188  | *N/A* | 0.96   | 0.66  | 0.03 | *N/A* |
| RANCH DRESSING/RF/HELLMAN      | 2 TBSP  | 69  | 277  | *N/A* | 2.88   | 5.85  | 0.86 | 0.00  |
| MILK, LOWFAT 1% WHITE          | 1 CUP   | 130 | 160  | *N/A* | 16.0   | 2.5   | 1.50 | 0.00  |
| MILK, NONFAT CHOCOLATE, 8 OZ.  | 1 CUP   | 120 | 150  | *N/A* | 22.0   | 0.0   | 0.00 | 0.00  |
| MEALS, SS EMERGENCY LUNCH K-12 | 1 EACH  | 952 | 1081 | *49   | 141.49 | 29.17 | 7.07 | 0.02  |

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

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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# Lodi Unified School District

Base Menu Spreadsheet

Portion Values - Detailed

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Jun 3, 2024 thru Jul 26, 2024

SUMMER SEAMLESS K-8 LUNCH

Generated on: 5/28/2024 1:48:11 PM

|                        | Portion Size | Cals (kcal) | Sodm (mg) | Sugars (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat <sup>1</sup> (g) |
|------------------------|--------------|-------------|-----------|------------|----------|-----------|-----------|-------------------------|
| Weighted Daily Average |              | 665         | 725       | *28        | 85.23    | 26.18     | 7.69      | *0.14                   |
| % of Calories          |              |             |           | *16.7%     | 51.2%    | 35.4%     | 10.4%     | *0.2%                   |
| Nutrient Guideline     |              | 600-650     | 1230      |            |          | <=30.0    | <10.00    |                         |

| Wed - 07/17/2024                 |         |         |      |       |        |        |        |       |
|----------------------------------|---------|---------|------|-------|--------|--------|--------|-------|
| SUMMER SEAMLESS K-8 L            | Total   |         |      |       |        |        |        |       |
| SALAD, CHICKEN, FAJI TACO 7-12TH | 1 EACH  | 543     | 1434 | *2    | 53.22  | 22.47  | 4.77   | *0.00 |
| SALAD, CHICKEN CAESAR            | 1 EACH  | 516     | 1371 | *1    | 39.77  | 25.72  | 8.39   | *0.00 |
| SALAD, CHICKEN CRISPY            | 1 EACH  | 612     | 1165 | *4    | 49.76  | 33.8   | 5.07   | 0.00  |
| SMOOTHIE, ORANGE DREAM, MUFFIN   | 1 EACH  | 656     | 470  | *23   | 113.83 | 17.28  | 5.02   | *0.00 |
| SMOOTHIE, MANGO CHAMOY & MUFFIN  | 1 EACH  | 670     | 798  | *24   | 117.0  | 17.29  | 5.02   | *0.00 |
| BROCCOLI, FLOWERETS, FRESH       | 1/2 CUP | 11      | 10   | 1     | 2.11   | 0.12   | 0.04   | 0.00  |
| JICAMA STICKS                    | 1/2 CUP | 32      | 53   | *N/A* | 7.39   | 0.19   | 0.03   | 0.00  |
| FRUIT, FRESH-SUMMER 1/2 cup      | 1/2 CUP | 68      | 6    | 13    | 17.4   | 0.28   | 0.06   | 0.00  |
| DRIED FRUIT                      | 1 EACH  | 100     | 3    | *16   | 23.51  | 0.63   | 0.05   | 0.00  |
| KETCHUP:                         | TBSP.   | 18      | 162  | 4     | 4.88   | 0.02   | 0.00   | 0.00  |
| MUSTARD, PREPARED, INDIVIDUAL    | TBSP.   | 11      | 188  | *N/A* | 0.96   | 0.66   | 0.03   | *N/A* |
| RANCH DRESSING/RF/HELLMAN        | 2 TBSP  | 69      | 277  | *N/A* | 2.88   | 5.85   | 0.86   | 0.00  |
| MILK, LOWFAT 1% WHITE            | 1 CUP   | 130     | 160  | *N/A* | 16.0   | 2.5    | 1.50   | 0.00  |
| MILK, NONFAT CHOCOLATE, 8 OZ.    | 1 CUP   | 120     | 150  | *N/A* | 22.0   | 0.0    | 0.00   | 0.00  |
| MEALS, SS EMERGENCY LUNCH K-12   | 1 EACH  | 952     | 1081 | *49   | 141.49 | 29.17  | 7.07   | 0.02  |
| Weighted Daily Average           |         | 734     | 1372 | *18   | 92.63  | 25.87  | 7.81   | *0.00 |
| % of Calories                    |         |         |      | *9.9% | 50.4%  | 31.7%  | 9.6%   | *0.0% |
| Nutrient Guideline               |         | 600-650 | 1230 |       |        | <=30.0 | <10.00 |       |

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

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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# Lodi Unified School District

## Base Menu Spreadsheet

### Portion Values - Detailed

Jun 3, 2024 thru Jul 26, 2024

SUMMER SEAMLESS K-8 LUNCH

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|                                | Portion Size | Cals (kcal) | Sodm (mg) | Sugars (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat <sup>1</sup> (g) |
|--------------------------------|--------------|-------------|-----------|------------|----------|-----------|-----------|-------------------------|
| Thu - 07/18/2024               |              |             |           |            |          |           |           |                         |
| SUMMER SEAMLESS K-8 L          | Total        |             |           |            |          |           |           |                         |
| DELI HAM & CHEESE SAND K-12th  | 1 EACH       | 373         | 1346      | *6         | 39.86    | 14.81     | 6.06      | *0.32                   |
| DELI TURKEY SANDWICH K-12th    | 1 EACH       | 352         | 1199      | 6          | 39.32    | 14.11     | 5.76      | 0.34                    |
| SANDWICH, CHICKEN SALAD        | 1 EACH       | 407         | 1218      | *3         | 37.49    | 17.03     | 2.52      | *0.00                   |
| MEAL, PRO, SUNFLOWER/WOWCUP,SS | 1 EACH       | 600         | 442       | *11        | 51.78    | 38.72     | 6.13      | 0.04                    |
| RADISH, SLICED                 | 1/2 CUP      | 6           | 27        | 1          | 2.0      | 0.0       | 0.00      | 0.00                    |
| GARBONZO SALAD W/DRESSING 1/2c | 1 EACH       | 137         | 219       | *1         | 22.24    | 3.42      | 0.44      | 0.01                    |
| FRUIT, FRESH-SUMMER 1/2 cup    | 1/2 CUP      | 68          | 6         | 13         | 17.4     | 0.28      | 0.06      | 0.00                    |
| FRUIT, FRESH-SUMMER 1/2 cup    | 1/2 CUP      | 68          | 6         | 13         | 17.4     | 0.28      | 0.06      | 0.00                    |
| KETCHUP:                       | TBSP.        | 18          | 162       | 4          | 4.88     | 0.02      | 0.00      | 0.00                    |
| MUSTARD, PREPARED,INDIVIDUAL   | TBSP.        | 11          | 188       | *N/A*      | 0.96     | 0.66      | 0.03      | *N/A*                   |
| RANCH DRESSING/RF/HELLMAN      | 2 TBSP       | 69          | 277       | *N/A*      | 2.88     | 5.85      | 0.86      | 0.00                    |
| MILK, LOWFAT 1% WHITE          | 1 CUP        | 130         | 160       | *N/A*      | 16.0     | 2.5       | 1.50      | 0.00                    |
| MILK, NONFAT CHOCOLATE, 8 OZ.  | 1 CUP        | 120         | 150       | *N/A*      | 22.0     | 0.0       | 0.00      | 0.00                    |
| MEALS, SS EMERGENCY LUNCH K-12 | 1 EACH       | 952         | 1081      | *49        | 141.49   | 29.17     | 7.07      | 0.02                    |
| Weighted Daily Average         |              | 595         | 1617      | *21        | 81.03    | 18.10     | 5.84      | *0.26                   |
| % of Calories                  |              |             |           | *13.9%     | 54.4%    | 27.4%     | 8.8%      | *0.4%                   |
| Nutrient Guideline             |              | 600-650     | 1230      |            |          | <=30.0    | <10.00    |                         |

|                                |         |         |      |        |        |        |        |       |
|--------------------------------|---------|---------|------|--------|--------|--------|--------|-------|
| Fri - 07/19/2024               |         |         |      |        |        |        |        |       |
| SUMMER SEAMLESS K-8 L          | Total   |         |      |        |        |        |        |       |
| TERIYAKI CHIX RICE BOWL K-12   | 1 EACH  | 494     | 1603 | *0     | 79.9   | 7.56   | 1.91   | *0.00 |
| PIZZA,TONY'S CHEESE WEDGE K-8  | 1 EACH  | 300     | 480  | 8      | 35.0   | 11.0   | 4.00   | 0.00  |
| CELERY STICKS                  | 1/2 CUP | 10      | 54   | 1      | 2.02   | 0.12   | 0.03   | 0.00  |
| CARROTS, BABY 2.6 OZ.          | 1/2 CUP | 38      | 44   | *N/A*  | 9.0    | 0.0    | 0.00   | *N/A* |
| FRUIT, FRESH-SUMMER 1/2 cup    | 1/2 CUP | 68      | 6    | 13     | 17.4   | 0.28   | 0.06   | 0.00  |
| FRUIT, FRESH-SUMMER 1/2 cup    | 1/2 CUP | 68      | 6    | 13     | 17.4   | 0.28   | 0.06   | 0.00  |
| KETCHUP:                       | TBSP.   | 18      | 162  | 4      | 4.88   | 0.02   | 0.00   | 0.00  |
| MUSTARD, PREPARED,INDIVIDUAL   | TBSP.   | 11      | 188  | *N/A*  | 0.96   | 0.66   | 0.03   | *N/A* |
| RANCH DRESSING/RF/HELLMAN      | 2 TBSP  | 69      | 277  | *N/A*  | 2.88   | 5.85   | 0.86   | 0.00  |
| MILK, LOWFAT 1% WHITE          | 1 CUP   | 130     | 160  | *N/A*  | 16.0   | 2.5    | 1.50   | 0.00  |
| MILK, NONFAT CHOCOLATE, 8 OZ.  | 1 CUP   | 120     | 150  | *N/A*  | 22.0   | 0.0    | 0.00   | 0.00  |
| MEALS, SS EMERGENCY LUNCH K-12 | 1 EACH  | 952     | 1081 | *49    | 141.49 | 29.17  | 7.07   | 0.02  |
| Weighted Daily Average         |         | 510     | 819  | *21    | 76.77  | 12.71  | 4.23   | *0.00 |
| % of Calories                  |         |         |      | *16.5% | 60.2%  | 22.4%  | 7.5%   | *0.0% |
| Nutrient Guideline             |         | 600-650 | 1230 |        |        | <=30.0 | <10.00 |       |

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

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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# Lodi Unified School District

Base Menu Spreadsheet

Portion Values - Detailed

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Jun 3, 2024 thru Jul 26, 2024

SUMMER SEAMLESS K-8 LUNCH

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|                                | Portion Size | Cals (kcal) | Sodm (mg) | Sugars (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat <sup>1</sup> (g) |
|--------------------------------|--------------|-------------|-----------|------------|----------|-----------|-----------|-------------------------|
| <b>Mon - 07/22/2024</b>        |              |             |           |            |          |           |           |                         |
| SUMMER SEAMLESS K-8 L          | Total        |             |           |            |          |           |           |                         |
| BURGER, PUB MEGA.ADVANC        | 1 EACH       | 390         | 570       | *4         | 31.0     | 19.01     | 7.00      | 1.00                    |
| BURRITO, CH. & BEAN WG.FIESTA  | 1 EACH       | 343         | 575       | 1          | 54.43    | 8.06      | 3.53      | 0.00                    |
| CARROTS, BABY 2.6 OZ.          | 1/2 CUP      | 38          | 44        | *N/A*      | 9.0      | 0.0       | 0.00      | *N/A*                   |
| RADISH, SLICED                 | 1/2 CUP      | 6           | 27        | 1          | 2.0      | 0.0       | 0.00      | 0.00                    |
| FRUIT, FRESH-SUMMER 1/2 cup    | 1/2 CUP      | 68          | 6         | 13         | 17.4     | 0.28      | 0.06      | 0.00                    |
| DRIED FRUIT                    | 1 EACH       | 100         | 3         | *16        | 23.51    | 0.63      | 0.05      | 0.00                    |
| KETCHUP:                       | TBSP.        | 18          | 162       | 4          | 4.88     | 0.02      | 0.00      | 0.00                    |
| MUSTARD, PREPARED,INDIVIDUAL   | TBSP.        | 11          | 188       | *N/A*      | 0.96     | 0.66      | 0.03      | *N/A*                   |
| RANCH DRESSING/RF/HELLMAN      | 2 TBSP       | 69          | 277       | *N/A*      | 2.88     | 5.85      | 0.86      | 0.00                    |
| MILK, LOWFAT 1% WHITE          | 1 CUP        | 130         | 160       | *N/A*      | 16.0     | 2.5       | 1.50      | 0.00                    |
| MILK, NONFAT CHOCOLATE, 8 OZ.  | 1 CUP        | 120         | 150       | *N/A*      | 22.0     | 0.0       | 0.00      | 0.00                    |
| MEALS, SS EMERGENCY LUNCH K-12 | 1 EACH       | 952         | 1081      | *49        | 141.49   | 29.17     | 7.07      | 0.02                    |
| Weighted Daily Average         |              | 566         | 892       | *16        | 81.69    | 15.69     | 5.69      | *0.50                   |
| % of Calories                  |              |             |           | *11.2%     | 57.8%    | 25.0%     | 9.1%      | *0.8%                   |
| Nutrient Guideline             |              | 600-650     | 1230      |            |          | <=30.0    | <10.00    |                         |

|                                |         |     |      |       |        |       |      |       |
|--------------------------------|---------|-----|------|-------|--------|-------|------|-------|
| <b>Tue - 07/23/2024</b>        |         |     |      |       |        |       |      |       |
| SUMMER SEAMLESS K-8 L          | Total   |     |      |       |        |       |      |       |
| WRAP, BBQ CHIX FAJI 12' 9-12   | 1 EACH  | 519 | 1239 | *3    | 56.4   | 21.38 | 8.51 | *0.00 |
| WRAP, CHINESE CHICKEN, WHOLE   | 1 EACH  | 536 | 1525 | *2    | 58.58  | 19.7  | 4.97 | *0.00 |
| WRAP, CHICKEN CAESAR           | 1 EACH  | 536 | 1555 | 3     | 52.64  | 22.92 | 8.45 | *0.00 |
| WRAP, HUMMUS, FULL,REV.        | 1 EACH  | 745 | 1274 | *5    | 94.55  | 29.69 | 7.11 | *0.00 |
| MEAL, PROTEIN, YOGURT CUP, REV | 1 EACH  | 350 | 557  | *12   | 49.78  | 10.72 | 3.63 | 0.04  |
| CUCUMBER, SLICED               | 1/2 CUP | 8   | 2    | 1     | 1.66   | 0.12  | 0.06 | 0.00  |
| TOMATOES                       | 1/2 CUP | 16  | 4    | 2     | 3.41   | 0.18  | 0.02 | 0.00  |
| FRUIT, FRESH-SUMMER 1/2 cup    | 1/2 CUP | 68  | 6    | 13    | 17.4   | 0.28  | 0.06 | 0.00  |
| FRUIT JUICE CUP, FROZEN        | 1 EACH  | 70  | 5    | 16    | 19.0   | 0.0   | 0.00 | 0.00  |
| KETCHUP:                       | TBSP.   | 18  | 162  | 4     | 4.88   | 0.02  | 0.00 | 0.00  |
| MUSTARD, PREPARED,INDIVIDUAL   | TBSP.   | 11  | 188  | *N/A* | 0.96   | 0.66  | 0.03 | *N/A* |
| RANCH DRESSING/RF/HELLMAN      | 2 TBSP  | 69  | 277  | *N/A* | 2.88   | 5.85  | 0.86 | 0.00  |
| MILK, LOWFAT 1% WHITE          | 1 CUP   | 130 | 160  | *N/A* | 16.0   | 2.5   | 1.50 | 0.00  |
| MILK, NONFAT CHOCOLATE, 8 OZ.  | 1 CUP   | 120 | 150  | *N/A* | 22.0   | 0.0   | 0.00 | 0.00  |
| MEALS, SS EMERGENCY LUNCH K-12 | 1 EACH  | 952 | 1081 | *49   | 141.49 | 29.17 | 7.07 | 0.02  |

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

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

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# Lodi Unified School District

Jun 3, 2024 thru Jul 26, 2024

Base Menu Spreadsheet

SUMMER SEAMLESS K-8 LUNCH

Portion Values - Detailed

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|                        | Portion Size | Cals (kcal) | Sodm (mg) | Sugars (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat <sup>1</sup> (g) |
|------------------------|--------------|-------------|-----------|------------|----------|-----------|-----------|-------------------------|
| Weighted Daily Average |              | 671         | 1254      | *21        | 93.85    | 20.49     | 6.75      | *0.01                   |
| % of Calories          |              |             |           | *12.7%     | 56.0%    | 27.5%     | 9.1%      | *0.0%                   |
| Nutrient Guideline     |              | 600-650     | 1230      |            |          | <=30.0    | <10.00    |                         |

| Wed - 07/24/2024               |         |         |      |        |        |        |        |       |
|--------------------------------|---------|---------|------|--------|--------|--------|--------|-------|
| SUMMER SEAMLESS K-8 L          | Total   |         |      |        |        |        |        |       |
| CHICKEN BITES W/ BISC          | 1 EACH  | 494     | 970  | 4      | 46.8   | 20.58  | 8.34   | 0.00  |
| BREADSTICK, MOZZARELLA STUFFED | 1 EACH  | 300     | 440  | 2      | 34.0   | 10.0   | 5.00   | 0.00  |
| BROCCOLI, FLOWERETS, FRESH     | 1/2 CUP | 11      | 10   | 1      | 2.11   | 0.12   | 0.04   | 0.00  |
| JICAMA STICKS                  | 1/2 CUP | 32      | 53   | *N/A*  | 7.39   | 0.19   | 0.03   | 0.00  |
| FRUIT, FRESH-SUMMER 1/2 cup    | 1/2 CUP | 68      | 6    | 13     | 17.4   | 0.28   | 0.06   | 0.00  |
| DRIED FRUIT                    | 1 EACH  | 100     | 3    | *16    | 23.51  | 0.63   | 0.05   | 0.00  |
| KETCHUP:                       | TBSP.   | 18      | 162  | 4      | 4.88   | 0.02   | 0.00   | 0.00  |
| MUSTARD, PREPARED,INDIVIDUAL   | TBSP.   | 11      | 188  | *N/A*  | 0.96   | 0.66   | 0.03   | *N/A* |
| RANCH DRESSING/RF/HELLMAN      | 2 TBSP  | 69      | 277  | *N/A*  | 2.88   | 5.85   | 0.86   | 0.00  |
| MILK, LOWFAT 1% WHITE          | 1 CUP   | 130     | 160  | *N/A*  | 16.0   | 2.5    | 1.50   | 0.00  |
| MILK, NONFAT CHOCOLATE, 8 OZ.  | 1 CUP   | 120     | 150  | *N/A*  | 22.0   | 0.0    | 0.00   | 0.00  |
| MEALS, SS EMERGENCY LUNCH K-12 | 1 EACH  | 952     | 1081 | *49    | 141.49 | 29.17  | 7.07   | 0.02  |
| Weighted Daily Average         |         | 580     | 911  | *15    | 75.32  | 17.38  | 7.11   | *0.00 |
| % of Calories                  |         |         |      | *10.4% | 52.0%  | 27.0%  | 11.0%  | *0.0% |
| Nutrient Guideline             |         | 600-650 | 1230 |        |        | <=30.0 | <10.00 |       |

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

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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# Lodi Unified School District

## Base Menu Spreadsheet

### Portion Values - Detailed

Jun 3, 2024 thru Jul 26, 2024

SUMMER SEAMLESS K-8 LUNCH

|                                 | Portion Size | Cals (kcal) | Sodm (mg) | Sugars (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat <sup>1</sup> (g) |
|---------------------------------|--------------|-------------|-----------|------------|----------|-----------|-----------|-------------------------|
| Thu - 07/25/2024                |              |             |           |            |          |           |           |                         |
| SUMMER SEAMLESS K-8 L           | Total        |             |           |            |          |           |           |                         |
| DELI HAM & CHEESE SAND K-12th   | 1 EACH       | 373         | 1346      | *6         | 39.86    | 14.81     | 6.06      | *0.32                   |
| DELI TURKEY SANDWICH K-12th     | 1 EACH       | 352         | 1199      | 6          | 39.32    | 14.11     | 5.76      | 0.34                    |
| SANDWICH, CHICKEN SALAD         | 1 EACH       | 407         | 1218      | *3         | 37.49    | 17.03     | 2.52      | *0.00                   |
| SMOOTHIE, STRAWBERRY, 2/2       | 1 EACH       | 743         | 447       | *53        | 127.52   | 20.52     | 5.38      | *0.00                   |
| SMOOTHIE, STRW/BAN & CHOCMUFFIN | 1 EACH       | 611         | 516       | *41        | 110.36   | 13.95     | 4.59      | *0.00                   |
| RADISH, SLICED                  | 1/2 CUP      | 6           | 27        | 1          | 2.0      | 0.0       | 0.00      | 0.00                    |
| GARBONZO SALAD W/DRESSING 1/2c  | 1 EACH       | 137         | 219       | *1         | 22.24    | 3.42      | 0.44      | 0.01                    |
| FRUIT, FRESH-SUMMER 1/2 cup     | 1/2 CUP      | 68          | 6         | 13         | 17.4     | 0.28      | 0.06      | 0.00                    |
| FRUIT, FRESH-SUMMER 1/2 cup     | 1/2 CUP      | 68          | 6         | 13         | 17.4     | 0.28      | 0.06      | 0.00                    |
| KETCHUP:                        | TBSP.        | 18          | 162       | 4          | 4.88     | 0.02      | 0.00      | 0.00                    |
| MUSTARD, PREPARED,INDIVIDUAL    | TBSP.        | 11          | 188       | *N/A*      | 0.96     | 0.66      | 0.03      | *N/A*                   |
| RANCH DRESSING/RF/HELLMAN       | 2 TBSP       | 69          | 277       | *N/A*      | 2.88     | 5.85      | 0.86      | 0.00                    |
| MILK, LOWFAT 1% WHITE           | 1 CUP        | 130         | 160       | *N/A*      | 16.0     | 2.5       | 1.50      | 0.00                    |
| MILK, NONFAT CHOCOLATE, 8 OZ.   | 1 CUP        | 120         | 150       | *N/A*      | 22.0     | 0.0       | 0.00      | 0.00                    |
| MEALS, SS EMERGENCY LUNCH K-12  | 1 EACH       | 952         | 1081      | *49        | 141.49   | 29.17     | 7.07      | 0.02                    |
| Weighted Daily Average          |              | 712         | 1180      | *37        | 113.88   | 17.83     | 4.62      | *0.07                   |
| % of Calories                   |              |             |           | *20.9%     | 63.9%    | 22.5%     | 5.8%      | *0.1%                   |
| Nutrient Guideline              |              | 600-650     | 1230      |            |          | <=30.0    | <10.00    |                         |

|                                |         |     |      |       |        |       |       |       |
|--------------------------------|---------|-----|------|-------|--------|-------|-------|-------|
| Fri - 07/26/2024               |         |     |      |       |        |       |       |       |
| SUMMER SEAMLESS K-8 L          | Total   |     |      |       |        |       |       |       |
| HOT DOG, ALL NATURAL ON WG BUN | 1 EACH  | 283 | 730  | 4     | 30.41  | 13.18 | 4.00  | 0.00  |
| NACHO CHEESE W/CHIPS (2 OZ) RV | 1 EACH  | 485 | 1078 | *1    | 37.27  | 29.67 | 13.13 | *0.65 |
| NACHO CHEESE W/CHIPS, TRANSP.  | 1 EACH  | 431 | 1176 | *1    | 31.33  | 27.67 | 10.39 | *0.65 |
| CELERY STICKS                  | 1/2 CUP | 10  | 54   | 1     | 2.02   | 0.12  | 0.03  | 0.00  |
| CARROTS, BABY 2.6 OZ.          | 1/2 CUP | 38  | 44   | *N/A* | 9.0    | 0.0   | 0.00  | *N/A* |
| FRUIT, FRESH-SUMMER 1/2 cup    | 1/2 CUP | 68  | 6    | 13    | 17.4   | 0.28  | 0.06  | 0.00  |
| FRUIT, FRESH-SUMMER 1/2 cup    | 1/2 CUP | 68  | 6    | 13    | 17.4   | 0.28  | 0.06  | 0.00  |
| KETCHUP:                       | TBSP.   | 18  | 162  | 4     | 4.88   | 0.02  | 0.00  | 0.00  |
| MUSTARD, PREPARED,INDIVIDUAL   | TBSP.   | 11  | 188  | *N/A* | 0.96   | 0.66  | 0.03  | *N/A* |
| RANCH DRESSING/RF/HELLMAN      | 2 TBSP  | 69  | 277  | *N/A* | 2.88   | 5.85  | 0.86  | 0.00  |
| MILK, LOWFAT 1% WHITE          | 1 CUP   | 130 | 160  | *N/A* | 16.0   | 2.5   | 1.50  | 0.00  |
| MILK, NONFAT CHOCOLATE, 8 OZ.  | 1 CUP   | 120 | 150  | *N/A* | 22.0   | 0.0   | 0.00  | 0.00  |
| MEALS, SS EMERGENCY LUNCH K-12 | 1 EACH  | 952 | 1081 | *49   | 141.49 | 29.17 | 7.07  | 0.02  |

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

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

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# Lodi Unified School District

Base Menu Spreadsheet

Portion Values - Detailed

Page 24

Jun 3, 2024 thru Jul 26, 2024

SUMMER SEAMLESS K-8 LUNCH

Generated on: 5/28/2024 1:48:11 PM

|                        | Portion Size | Cals (kcal) | Sodm (mg) | Sugars (g) | Carb (g) | T-Fat (g) | S-Fat (g) | Tr-Fat <sup>1</sup> (g) |
|------------------------|--------------|-------------|-----------|------------|----------|-----------|-----------|-------------------------|
| Weighted Daily Average |              | 569         | 1240      | *18        | 71.49    | 23.08     | 8.33      | *0.32                   |
| % of Calories          |              |             |           | *12.6%     | 50.2%    | 36.5%     | 13.2%     | *0.5%                   |
| Nutrient Guideline     |              | 600-650     | 1230      |            |          | <=30.0    | <10.00    |                         |

|                  |  |     |      |               |                |                |              |                |
|------------------|--|-----|------|---------------|----------------|----------------|--------------|----------------|
| Weighted Average |  | 618 | 1084 | *21<br>*30.7% | 86.57<br>56.0% | 18.93<br>27.6% | 6.25<br>9.1% | *0.13<br>*0.2% |
|------------------|--|-----|------|---------------|----------------|----------------|--------------|----------------|

| Nutrient                   | Menu AVG | % of Cals | Weekly Target | % of Target | Miss Data | Shortfall | Overage | Error Messages (if any)               |
|----------------------------|----------|-----------|---------------|-------------|-----------|-----------|---------|---------------------------------------|
| Calories                   | 618      |           | 600 - 650     | 100%        |           |           |         |                                       |
| Sodium 1 (mg)              | 1084     |           | 1230          |             |           |           |         |                                       |
| Sodium 2 (mg)              | 1084     |           | 935           |             |           |           | 149     | Correction Required - Sodium too High |
| Sugars (g)                 | 21       | 13.66%    |               |             | Missing   |           |         |                                       |
| Carbohydrate (g)           | 86.57    | 56.00%    |               |             |           |           |         |                                       |
| Total Fat (g)              | 18.93    | 27.56%    | <=30.00%      |             |           |           |         |                                       |
| Saturated Fat (g)          | 6.25     | 9.10%     | <10.00%       |             |           |           |         |                                       |
| Trans Fat <sup>1</sup> (g) | 0.13     | 0.19%     |               |             | Missing   |           |         |                                       |

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