

Lodi Unified School District

Jun 3, 2024 thru Jul 26, 2024

Base Menu Spreadsheet

SUMMER SEAMESS 9-12 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 ¹ (g)
Mon - 06/03/2024								
SUMMER SEAMESS 9-12 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		686	939	*27	114.36	14.07	4.85	*0.00
% of Calories				*16.0%	66.7%	18.5%	6.4%	*0.0%
Nutrient Guideline		750-850	1420				<10.00	

	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 06/04/2024								
SUMMER SEAMESS 9-12 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		737	815	*35	97.53	28.21	8.14	*0.14
% of Calories				*19.0%	52.9%	34.4%	9.9%	*0.2%
Nutrient Guideline		750-850	1420				<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

Jun 3, 2024 thru Jul 26, 2024

SUMMER SEAMESS 9-12 LUNCH

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	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 06/05/2024								
SUMMER SEAMESS 9-12 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		937	995	*42	154.60	24.84	6.05	*0.00
% of Calories				*17.8%	66.0%	23.9%	5.8%	*0.0%
Nutrient Guideline		750-850	1420				<10.00	

	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 06/06/2024								
SUMMER SEAMESS 9-12 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

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Base Menu Spreadsheet

Portion Values - Detailed

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Jun 3, 2024 thru Jul 26, 2024

SUMMER SEAMESS 9-12 LUNCH

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	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average		866	1123	*32	107.84	38.59	6.78	*0.08
% of Calories				*14.8%	49.8%	40.1%	7.0%	*0.1%
Nutrient Guideline		750-850	1420				<10.00	

Fri - 06/07/2024								
SUMMER SEAMESS 9-12 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		759	1839	*21	130.47	11.81	2.96	*0.00
% of Calories				*11.3%	68.8%	14.0%	3.5%	*0.0%
Nutrient Guideline		750-850	1420				<10.00	

Mon - 06/10/2024								
SUMMER SEAMESS 9-12 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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Jun 3, 2024 thru Jul 26, 2024

Base Menu Spreadsheet

SUMMER SEAMESS 9-12 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 ¹ (g)
Weighted Daily Average		704	952	*29	97.32	21.07	7.41	*0.90
% of Calories				*16.3%	55.3%	26.9%	9.5%	*1.2%
Nutrient Guideline		750-850	1420				<10.00	

Tue - 06/11/2024								
SUMMER SEAMESS 9-12 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		875	1299	*30	129.97	26.69	6.83	*0.01
% of Calories				*13.9%	59.4%	27.5%	7.0%	*0.0%
Nutrient Guideline		750-850	1420				<10.00	

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Portion Values - Detailed

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Jun 3, 2024 thru Jul 26, 2024

SUMMER SEAMESS 9-12 LUNCH

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	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 06/12/2024								
SUMMER SEAMESS 9-12 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		780	1196	*27	105.99	22.74	8.80	*0.00
% of Calories				*13.9%	54.4%	26.2%	10.2%	*0.0%
Nutrient Guideline		750-850	1420				<10.00	

	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 06/13/2024								
SUMMER SEAMESS 9-12 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		945	1342	*50	151.85	24.30	5.23	*0.02
% of Calories				*21.3%	64.2%	23.1%	5.0%	*0.0%
Nutrient Guideline		750-850	1420				<10.00	

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SUMMER SEAMESS 9-12 LUNCH

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	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 06/14/2024								
SUMMER SEAMESS 9-12 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		708	1395	*24	91.86	27.84	10.94	*0.49
% of Calories				*13.5%	51.9%	35.4%	13.9%	*0.6%
Nutrient Guideline		750-850	1420				<10.00	

Mon - 06/17/2024								
SUMMER SEAMESS 9-12 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		686	939	*27	114.36	14.07	4.85	*0.00
% of Calories				*16.0%	66.7%	18.5%	6.4%	*0.0%
Nutrient Guideline		750-850	1420				<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 SEAMESS 9-12 LUNCH

Generated on: 5/28/2024 1:50:42 PM

	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 06/18/2024								
SUMMER SEAMESS 9-12 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		737	815	*35	97.53	28.21	8.14	*0.14
% of Calories				*19.0%	52.9%	34.4%	9.9%	*0.2%
Nutrient Guideline		750-850	1420				<10.00	

Wed - 06/19/2024								
SUMMER SEAMESS 9-12 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

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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 SEAMESS 9-12 LUNCH

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	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average		937	995	*42	154.60	24.84	6.05	*0.00
% of Calories				*17.8%	66.0%	23.9%	5.8%	*0.0%
Nutrient Guideline		750-850	1420				<10.00	

Thu - 06/20/2024								
SUMMER SEAMESS 9-12 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		866	1123	*32	107.84	38.59	6.78	*0.08
% of Calories				*14.8%	49.8%	40.1%	7.0%	*0.1%
Nutrient Guideline		750-850	1420				<10.00	

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Lodi Unified School District

Jun 3, 2024 thru Jul 26, 2024

Base Menu Spreadsheet

SUMMER SEAMESS 9-12 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 ¹ (g)
Fri - 06/21/2024								
SUMMER SEAMESS 9-12 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		759	1839	*21	130.47	11.81	2.96	*0.00
% of Calories				*11.3%	68.8%	14.0%	3.5%	*0.0%
Nutrient Guideline		750-850	1420				<10.00	

	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 06/24/2024								
SUMMER SEAMESS 9-12 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		704	952	*29	97.32	21.07	7.41	*0.90
% of Calories				*16.3%	55.3%	26.9%	9.5%	*1.2%
Nutrient Guideline		750-850	1420				<10.00	

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Lodi Unified School District

Base Menu Spreadsheet

Portion Values - Detailed

Jun 3, 2024 thru Jul 26, 2024

SUMMER SEAMESS 9-12 LUNCH

Generated on: 5/28/2024 1:50:42 PM

	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 06/25/2024								
SUMMER SEAMESS 9-12 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		875	1299	*30	129.97	26.69	6.83	*0.01
% of Calories				*13.9%	59.4%	27.5%	7.0%	*0.0%
Nutrient Guideline		750-850	1420				<10.00	

	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 06/26/2024								
SUMMER SEAMESS 9-12 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		780	1196	*27	105.99	22.74	8.80	*0.00
% of Calories				*13.9%	54.4%	26.2%	10.2%	*0.0%
Nutrient Guideline		750-850	1420				<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 SEAMESS 9-12 LUNCH

Generated on: 5/28/2024 1:50:43 PM

	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 06/27/2024								
SUMMER SEAMESS 9-12 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		945	1342	*50	151.85	24.30	5.23	*0.02
% of Calories				*21.3%	64.2%	23.1%	5.0%	*0.0%
Nutrient Guideline		750-850	1420				<10.00	

Fri - 06/28/2024								
SUMMER SEAMESS 9-12 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

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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 SEAMESS 9-12 LUNCH

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	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average		708	1395	*24	91.86	27.84	10.94	*0.49
% of Calories				*13.5%	51.9%	35.4%	13.9%	*0.6%
Nutrient Guideline		750-850	1420				<10.00	

Mon - 07/01/2024								
SUMMER SEAMESS 9-12 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		686	939	*27	114.36	14.07	4.85	*0.00
% of Calories				*16.0%	66.7%	18.5%	6.4%	*0.0%
Nutrient Guideline		750-850	1420				<10.00	

Tue - 07/02/2024								
SUMMER SEAMESS 9-12 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

Jun 3, 2024 thru Jul 26, 2024

Base Menu Spreadsheet

SUMMER SEAMESS 9-12 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 ¹ (g)
Weighted Daily Average		737	815	*35	97.53	28.21	8.14	*0.14
% of Calories				*19.0%	52.9%	34.4%	9.9%	*0.2%
Nutrient Guideline		750-850	1420				<10.00	

Wed - 07/03/2024								
SUMMER SEAMESS 9-12 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		937	995	*42	154.60	24.84	6.05	*0.00
% of Calories				*17.8%	66.0%	23.9%	5.8%	*0.0%
Nutrient Guideline		750-850	1420				<10.00	

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Lodi Unified School District

Base Menu Spreadsheet

Portion Values - Detailed

Jun 3, 2024 thru Jul 26, 2024

SUMMER SEAMESS 9-12 LUNCH

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	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 07/04/2024								
SUMMER SEAMESS 9-12 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		866	1123	*32	107.84	38.59	6.78	*0.08
% of Calories				*14.8%	49.8%	40.1%	7.0%	*0.1%
Nutrient Guideline		750-850	1420				<10.00	

	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 07/05/2024								
SUMMER SEAMESS 9-12 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		759	1839	*21	130.47	11.81	2.96	*0.00
% of Calories				*11.3%	68.8%	14.0%	3.5%	*0.0%
Nutrient Guideline		750-850	1420				<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 SEAMESS 9-12 LUNCH

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	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 07/08/2024								
SUMMER SEAMESS 9-12 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		704	952	*29	97.32	21.07	7.41	*0.90
% of Calories				*16.3%	55.3%	26.9%	9.5%	*1.2%
Nutrient Guideline		750-850	1420				<10.00	

Tue - 07/09/2024								
SUMMER SEAMESS 9-12 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

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Lodi Unified School District

Jun 3, 2024 thru Jul 26, 2024

Base Menu Spreadsheet

SUMMER SEAMESS 9-12 LUNCH

Portion Values - Detailed

	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average		875	1299	*30	129.97	26.69	6.83	*0.01
% of Calories				*13.9%	59.4%	27.5%	7.0%	*0.0%
Nutrient Guideline		750-850	1420				<10.00	

Wed - 07/10/2024								
SUMMER SEAMESS 9-12 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		780	1196	*27	105.99	22.74	8.80	*0.00
% of Calories				*13.9%	54.4%	26.2%	10.2%	*0.0%
Nutrient Guideline		750-850	1420				<10.00	

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Lodi Unified School District

Base Menu Spreadsheet

Portion Values - Detailed

Jun 3, 2024 thru Jul 26, 2024

SUMMER SEAMESS 9-12 LUNCH

Generated on: 5/28/2024 1:50:43 PM

	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 07/11/2024								
SUMMER SEAMESS 9-12 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		945	1342	*50	151.85	24.30	5.23	*0.02
% of Calories				*21.3%	64.2%	23.1%	5.0%	*0.0%
Nutrient Guideline		750-850	1420				<10.00	

	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 07/12/2024								
SUMMER SEAMESS 9-12 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

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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 SEAMESS 9-12 LUNCH

Generated on: 5/28/2024 1:50:43 PM

	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average		708	1395	*24	91.86	27.84	10.94	*0.49
% of Calories				*13.5%	51.9%	35.4%	13.9%	*0.6%
Nutrient Guideline		750-850	1420				<10.00	

Mon - 07/15/2024								
SUMMER SEAMESS 9-12 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		686	939	*27	114.36	14.07	4.85	*0.00
% of Calories				*16.0%	66.7%	18.5%	6.4%	*0.0%
Nutrient Guideline		750-850	1420				<10.00	

Tue - 07/16/2024								
SUMMER SEAMESS 9-12 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 SEAMESS 9-12 LUNCH

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	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Weighted Daily Average		737	815	*35	97.53	28.21	8.14	*0.14
% of Calories				*19.0%	52.9%	34.4%	9.9%	*0.2%
Nutrient Guideline		750-850	1420				<10.00	

Wed - 07/17/2024								
SUMMER SEAMESS 9-12 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		937	995	*42	154.60	24.84	6.05	*0.00
% of Calories				*17.8%	66.0%	23.9%	5.8%	*0.0%
Nutrient Guideline		750-850	1420				<10.00	

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Lodi Unified School District

Base Menu Spreadsheet

Portion Values - Detailed

Jun 3, 2024 thru Jul 26, 2024

SUMMER SEAMESS 9-12 LUNCH

	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 07/18/2024								
SUMMER SEAMESS 9-12 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		866	1123	*32	107.84	38.59	6.78	*0.08
% of Calories				*14.8%	49.8%	40.1%	7.0%	*0.1%
Nutrient Guideline		750-850	1420				<10.00	

Fri - 07/19/2024								
SUMMER SEAMESS 9-12 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		759	1839	*21	130.47	11.81	2.96	*0.00
% of Calories				*11.3%	68.8%	14.0%	3.5%	*0.0%
Nutrient Guideline		750-850	1420				<10.00	

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Lodi Unified School District

Base Menu Spreadsheet

Portion Values - Detailed

Jun 3, 2024 thru Jul 26, 2024

SUMMER SEAMESS 9-12 LUNCH

Generated on: 5/28/2024 1:50:43 PM

	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 07/22/2024								
SUMMER SEAMESS 9-12 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		704	952	*29	97.32	21.07	7.41	*0.90
% of Calories				*16.3%	55.3%	26.9%	9.5%	*1.2%
Nutrient Guideline		750-850	1420				<10.00	

Tue - 07/23/2024								
SUMMER SEAMESS 9-12 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

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Lodi Unified School District

Jun 3, 2024 thru Jul 26, 2024

Base Menu Spreadsheet

SUMMER SEAMESS 9-12 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 ¹ (g)
Weighted Daily Average		875	1299	*30	129.97	26.69	6.83	*0.01
% of Calories				*13.9%	59.4%	27.5%	7.0%	*0.0%
Nutrient Guideline		750-850	1420				<10.00	

Wed - 07/24/2024								
SUMMER SEAMESS 9-12 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		780	1196	*27	105.99	22.74	8.80	*0.00
% of Calories				*13.9%	54.4%	26.2%	10.2%	*0.0%
Nutrient Guideline		750-850	1420				<10.00	

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Lodi Unified School District

Base Menu Spreadsheet

Portion Values - Detailed

Jun 3, 2024 thru Jul 26, 2024

SUMMER SEAMESS 9-12 LUNCH

Generated on: 5/28/2024 1:50:44 PM

	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 07/25/2024								
SUMMER SEAMESS 9-12 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		945	1342	*50	151.85	24.30	5.23	*0.02
% of Calories				*21.3%	64.2%	23.1%	5.0%	*0.0%
Nutrient Guideline		750-850	1420				<10.00	

	Portion Size	Cals (kcal)	Sodm (mg)	Sugars (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 07/26/2024								
SUMMER SEAMESS 9-12 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

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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Lodi Unified School District

Jun 3, 2024 thru Jul 26, 2024

Base Menu Spreadsheet

SUMMER SEAMESS 9-12 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 ¹ (g)
Weighted Daily Average		708	1395	*24	91.86	27.84	10.94	*0.49
% of Calories				*13.5%	51.9%	35.4%	13.9%	*0.6%
Nutrient Guideline		750-850	1420				<10.00	

Weighted Average		800	1190	*32 *35.8%	118.18 59.1%	24.02 27.0%	6.80 7.7%	*0.16 *0.2%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	800		750 - 850	100%				
Sodium 1 (mg)	1190		1420					
Sodium 2 (mg)	1190		1080				110	Correction Required - Sodium too High
Sugars (g)	32	15.91%			Missing			
Carbohydrate (g)	118.18	59.11%						
Total Fat (g)	24.02	27.03%						
Saturated Fat (g)	6.80	7.65%	<10.00%					
Saturated Fat (g)	6.80	7.65%						
Trans Fat ¹ (g)	0.16	0.18%			Missing			

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