

Campbell County School District

Mar 1, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

Lunch Westwood

Portion Values - Detailed

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Generated on: 2/26/2020 6:54:16 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 03/02/2020															
Lunch Westwood	Total														
Scrambled Eggs	1 Cup	280	840	280	0.00	3.60	120.0	1000	0.0	0	24.0	0.0	36.0	2.12	0.00
Ham Sliced	2 oz Slice	80	30	700	0.00	0.36	0.0	25	0.0	3	9.0	3.0	2.5	1.00	0.00
Bread	Slice	80	0	125	1.00	0.72	20.0	5	0.0	1	4.0	14.0	1.0	0.00	0.00
JELLY	1 TBSP	56	0	6	0.21	0.04	1.5	1	0.19	11	0.03	14.69	0.0	0.00	*N/A*
Chicken Strips	5 Strips	188	44	437	1.25	0.90	0.0	0	0.0	0	17.5	12.5	7.5	1.87	0.00
Pizza Pepperoni Sec**	Slice	394	55	1016	3.62	1.82	*409.2	*686	*2.51	3	24.2	27.13	18.6	10.03	0.00
Chicken Sandwich Regular	Sandwich	380	25	650	6.00	3.60	60.0	0	0.0	3	21.0	42.0	14.5	2.50	0.00
Chicken Sandwich Spicy	Sandwich	350	55	660	4.00	3.60	40.0	500	0.0	2	22.0	39.0	12.5	2.50	0.00
Cheeseburger	Sandwich	370	50	730	4.00	3.60	140.0	*100	*0.0	2	22.0	31.0	19.5	8.00	1.00
Pretzel w/ Cheese	Pretzel	595	41	1527	8.25	4.09	656.0	1320	3.42	*2	33.15	80.5	18.12	9.36	*0.00
Uncrustable Grape	Sandwich	320	0	320	3.00	1.08	20.0	0	0.0	13	10.0	32.0	17.0	3.50	0.00
Uncrustable Strawberry	Sandwich	320	0	320	3.00	1.08	20.0	0	0.0	13	10.0	32.0	17.0	3.50	0.00
Salad Mix	1/2 Cup	40	0	27	2.67	1.92	53.4	10673	6.4	3	2.67	8.0	0.0	0.00	0.00
Vegetables	1/2 Cup	63	0	152	5.01	1.04	72.2	8501	64.14	6	2.95	12.2	0.22	0.05	0.00
Fruit Assorted	1/2 Cup	160	0	0	2.00	0.72	40.0	0	0.0	30	2.0	38.0	0.0	0.00	0.00
Sub	Sandwich	301	45	1217	3.00	2.16	170.0	300	0.0	4	22.12	32.02	8.5	5.00	0.00
Wrap	Wrap	348	56	757	3.15	3.24	159.8	615	0.51	*2	24.89	38.81	10.05	4.01	*0.00
Salad Sec	Salad	287	20	401	6.63	2.67	98.6	1669	49.46	8	16.04	25.18	13.84	2.50	0.00
Milk White CCSD	1 Cup	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk Skim CCSD	1 Cup	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Ranch Dressing	2 TBSP	160	15	170	0.00	0.00	0.0	0	0.0	1	1.0	1.0	17.0	3.00	0.00
MAYONNAISE: individual PC	Pkt 7g	351	29	278	0.00	0.25	8.8	137	0.0	0	0.54	1.32	38.91	4.21	*N/A*
MUSTARD: individual PC	Pkt 5g	3	0	55	0.20	0.08	3.2	5	0.02	0	0.19	0.29	0.17	0.01	0.00
KETCHUP: individual	Pkt 6g	9	0	82	0.03	0.03	1.4	47	0.37	2	0.09	2.47	0.01	0.00	0.00
BARBECUE SAUCE	2 TBSP	48	0	309	0.40	0.30	10.0	261	4.0	*N/A*	0.45	12.48	0.1	0.02	*N/A*
BUTTER: individual	PAT	36	11	32	0.00	0.00	1.2	125	0.0	0	0.04	0.0	4.06	2.57	0.16
Weighted Daily Average		546	591	949	5.94	5.13	*504.6	*10852	*37.87	*34	37.88	53.00	29.63	3.43	*0.03
% of Calories										*24.7%	27.7%	38.8%	48.8%	5.6%	*0.1%
Nutrient Guideline		750-850		1420										<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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Campbell County School District

Mar 1, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

Lunch Westwood

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 03/03/2020															
Lunch Westwood	Total														
Spaghetti Noodles Sec	1/2 Cup	105	0	0	2.00	0.90	10.0	5	0.0	1	3.5	20.5	0.75	0.00	0.00
Chicken Patty	1 Patty	120	50	410	0.00	0.72	0.0	0	1.2	1	16.0	1.0	5.0	1.50	0.00
Garlic Bread	Slice	70	0	95	1.00	0.72	0.0	0	0.0	0	2.0	11.0	2.5	0.50	0.00
Chicken Strips	5 Strips	188	44	437	1.25	0.90	0.0	0	0.0	0	17.5	12.5	7.5	1.87	0.00
Pizza Pepperoni Sec**	Slice	394	55	1016	3.62	1.82	*409.2	*686	*2.51	3	24.2	27.13	18.6	10.03	0.00
Chicken Sandwich Regular	Sandwich	380	25	650	6.00	3.60	60.0	0	0.0	3	21.0	42.0	14.5	2.50	0.00
Chicken Sandwich Spicy	Sandwich	350	55	660	4.00	3.60	40.0	500	0.0	2	22.0	39.0	12.5	2.50	0.00
Cheeseburger	Sandwich	370	50	730	4.00	3.60	140.0	*100	*0.0	2	22.0	31.0	19.5	8.00	1.00
Pretzel w/ Cheese	Pretzel	595	41	1527	8.25	4.09	656.0	1320	3.42	*2	33.15	80.5	18.12	9.36	*0.00
Uncrustable Grape	Sandwich	320	0	320	3.00	1.08	20.0	0	0.0	13	10.0	32.0	17.0	3.50	0.00
Uncrustable Strawberry	Sandwich	320	0	320	3.00	1.08	20.0	0	0.0	13	10.0	32.0	17.0	3.50	0.00
Salad Mix	1/2 Cup	40	0	27	2.67	1.92	53.4	10673	6.4	3	2.67	8.0	0.0	0.00	0.00
Vegetables	1/2 Cup	63	0	152	5.01	1.04	72.2	8501	64.14	6	2.95	12.2	0.22	0.05	0.00
Fruit Assorted	1/2 Cup	160	0	0	2.00	0.72	40.0	0	0.0	30	2.0	38.0	0.0	0.00	0.00
Sub	Sandwich	301	45	1217	3.00	2.16	170.0	300	0.0	4	22.12	32.02	8.5	5.00	0.00
Wrap	Wrap	348	56	757	3.15	3.24	159.8	615	0.51	*2	24.89	38.81	10.05	4.01	*0.00
Salad Sec	Salad	287	20	401	6.63	2.67	98.6	1669	49.46	8	16.04	25.18	13.84	2.50	0.00
Milk White CCSD	1 Cup	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk Skim CCSD	1 Cup	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Ranch Dressing	2 TBSP	160	15	170	0.00	0.00	0.0	0	0.0	1	1.0	1.0	17.0	3.00	0.00
MAYONNAISE: individual PC	Pkt 7g	351	29	278	0.00	0.25	8.8	137	0.0	0	0.54	1.32	38.91	4.21	*N/A*
MUSTARD: individual PC	Pkt 5g	3	0	55	0.20	0.08	3.2	5	0.02	0	0.19	0.29	0.17	0.01	0.00
KETCHUP: individual	Pkt 6g	9	0	82	0.03	0.03	1.4	47	0.37	2	0.09	2.47	0.01	0.00	0.00
Weighted Daily Average		504	49	732	7.76	3.98	*431.2	*10175	*38.66	*34	31.37	71.20	9.45	2.75	*0.03
% of Calories										*26.6%	24.9%	56.5%	16.9%	4.9%	*0.1%
Nutrient Guideline		750-850		1420										<10.00	

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Base Menu Spreadsheet

Lunch Westwood

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 03/04/2020															
Lunch Westwood	Total														
Soft Shell Beef Tacos Sec	2 Tacos	712	*162	930	4.00	5.08	82.6	127	0.0	0	44.5	33.81	45.52	16.20	0.00
Hard Shell Beef Tacos Sec	2 Tacos	752	162	700	2.00	5.08	2.6	127	0.0	0	42.5	29.81	52.52	20.20	0.00
Refried Beans Sec	1/2 Cup	450	38	1200	16.00	3.60	280.0	300	2.4	0	23.0	49.0	18.0	9.00	0.00
Chicken Strips	5 Strips	188	44	437	1.25	0.90	0.0	0	0.0	0	17.5	12.5	7.5	1.87	0.00
Pizza Cheese Sec**	Slice	319	40	709	3.62	1.61	409.2	686	*2.51	3	21.3	27.13	11.08	7.14	0.00
Chicken Sandwich Regular	Sandwich	380	25	650	6.00	3.60	60.0	0	0.0	3	21.0	42.0	14.5	2.50	0.00
Chicken Sandwich Spicy	Sandwich	350	55	660	4.00	3.60	40.0	500	0.0	2	22.0	39.0	12.5	2.50	0.00
Cheeseburger	Sandwich	370	50	730	4.00	3.60	140.0	*100	*0.0	2	22.0	31.0	19.5	8.00	1.00
Pretzel w/ Cheese	Pretzel	595	41	1527	8.25	4.09	656.0	1320	3.42	*2	33.15	80.5	18.12	9.36	*0.00
Uncrustable Grape	Sandwich	320	0	320	3.00	1.08	20.0	0	0.0	13	10.0	32.0	17.0	3.50	0.00
Uncrustable Strawberry	Sandwich	320	0	320	3.00	1.08	20.0	0	0.0	13	10.0	32.0	17.0	3.50	0.00
Vegetables	1/2 Cup	63	0	152	5.01	1.04	72.2	8501	64.14	6	2.95	12.2	0.22	0.05	0.00
Fruit Assorted	1/2 Cup	160	0	0	2.00	0.72	40.0	0	0.0	30	2.0	38.0	0.0	0.00	0.00
Sub	Sandwich	301	45	1217	3.00	2.16	170.0	300	0.0	4	22.12	32.02	8.5	5.00	0.00
Wrap	Wrap	348	56	757	3.15	3.24	159.8	615	0.51	*2	24.89	38.81	10.05	4.01	*0.00
Salad Sec	Salad	287	20	401	6.63	2.67	98.6	1669	49.46	8	16.04	25.18	13.84	2.50	0.00
Milk White CCSD	1 Cup	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk Skim CCSD	1 Cup	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Ranch Dressing	2 TBSP	160	15	170	0.00	0.00	0.0	0	0.0	1	1.0	1.0	17.0	3.00	0.00
MAYONNAISE: individual PC	Pkt 7g	351	29	278	0.00	0.25	8.8	137	0.0	0	0.54	1.32	38.91	4.21	*N/A*
MUSTARD: individual PC	Pkt 5g	3	0	55	0.20	0.08	3.2	5	0.02	0	0.19	0.29	0.17	0.01	0.00
KETCHUP: individual	Pkt 6g	9	0	82	0.03	0.03	1.4	47	0.37	2	0.09	2.47	0.01	0.00	0.00
Shredded Lettuce	1/4 Cup	2	0	2	0.18	0.04	2.5	75	0.3	0	0.12	0.41	0.02	0.00	0.00
Salsa	2 Oz	10	0	220	1.00	0.00	0.0	100	3.6	1	0.0	2.0	0.0	0.00	0.00
Sour Cream	2 TBSP	18	2	34	0.00	0.00	30.0	61	0.0	0	0.74	3.74	0.0	0.00	*N/A*
Shredded Cheese	1/4 Cup	81	22	133	0.00	0.00	148.2	222	0.0	0	5.19	0.74	6.67	4.44	0.00
Weighted Daily Average		994	*140	1494	14.51	6.71	548.8	*5076	*35.89	*31	55.48	92.01	45.19	17.67	*0.03
% of Calories										*12.4%	22.3%	37.0%	40.9%	16.0%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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Base Menu Spreadsheet

Lunch Westwood

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 03/05/2020															
Lunch Westwood	Total														
BBQ Pork Cheese Fries	Serving	458	81	1901	2.12	4.25	328.0	728	5.31	*14	35.85	41.64	16.61	5.18	*0.00
Breadstick	Breadstick	90	0	120	2.00	0.72	20.0	10	*N/A*	2	2.0	14.0	2.5	0.00	0.00
Chicken Strips	5 Strips	188	44	437	1.25	0.90	0.0	0	0.0	0	17.5	12.5	7.5	1.87	0.00
Pizza Pepperoni Sec**	Slice	394	55	1016	3.62	1.82	*409.2	*686	*2.51	3	24.2	27.13	18.6	10.03	0.00
Chicken Sandwich Regular	Sandwich	380	25	650	6.00	3.60	60.0	0	0.0	3	21.0	42.0	14.5	2.50	0.00
Chicken Sandwich Spicy	Sandwich	350	55	660	4.00	3.60	40.0	500	0.0	2	22.0	39.0	12.5	2.50	0.00
Cheeseburger	Sandwich	370	50	730	4.00	3.60	140.0	*100	*0.0	2	22.0	31.0	19.5	8.00	1.00
Pretzel w/ Cheese	Pretzel	595	41	1527	8.25	4.09	656.0	1320	3.42	*2	33.15	80.5	18.12	9.36	*0.00
Uncrustable Grape	Sandwich	320	0	320	3.00	1.08	20.0	0	0.0	13	10.0	32.0	17.0	3.50	0.00
Uncrustable Strawberry	Sandwich	320	0	320	3.00	1.08	20.0	0	0.0	13	10.0	32.0	17.0	3.50	0.00
Salad Mix	1/2 Cup	40	0	27	2.67	1.92	53.4	10673	6.4	3	2.67	8.0	0.0	0.00	0.00
Vegetables	1/2 Cup	63	0	152	5.01	1.04	72.2	8501	64.14	6	2.95	12.2	0.22	0.05	0.00
Fruit Assorted	1/2 Cup	160	0	0	2.00	0.72	40.0	0	0.0	30	2.0	38.0	0.0	0.00	0.00
Sub	Sandwich	301	45	1217	3.00	2.16	170.0	300	0.0	4	22.12	32.02	8.5	5.00	0.00
Wrap	Wrap	348	56	757	3.15	3.24	159.8	615	0.51	*2	24.89	38.81	10.05	4.01	*0.00
Salad Sec	Salad	287	20	401	6.63	2.67	98.6	1669	49.46	8	16.04	25.18	13.84	2.50	0.00
Milk White CCSD	1 Cup	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk Skim CCSD	1 Cup	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Ranch Dressing	2 TBSP	160	15	170	0.00	0.00	0.0	0	0.0	1	1.0	1.0	17.0	3.00	0.00
MAYONNAISE: individual PC	Pkt 7g	351	29	278	0.00	0.25	8.8	137	0.0	0	0.54	1.32	38.91	4.21	*N/A*
MUSTARD: individual PC	Pkt 5g	3	0	55	0.20	0.08	3.2	5	0.02	0	0.19	0.29	0.17	0.01	0.00
KETCHUP: individual	Pkt 6g	9	0	82	0.03	0.03	1.4	47	0.37	2	0.09	2.47	0.01	0.00	0.00
BARBECUE SAUCE	2 TBSP	48	0	309	0.40	0.30	10.0	261	4.0	*N/A*	0.45	12.48	0.1	0.02	*N/A*
BUTTER: individual	PAT	36	11	32	0.00	0.00	1.2	125	0.0	0	0.04	0.0	4.06	2.57	0.16
Weighted Daily Average		669	70	1739	8.35	5.74	*653.2	*10663	*41.41	*42	42.27	86.17	16.70	4.96	*0.03
% of Calories										*25.3%	25.3%	51.5%	22.5%	6.7%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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Lunch Westwood

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 03/06/2020															
Lunch Westwood	Total														
Sub	Sandwich	301	45	1217	3.00	2.16	170.0	300	0.0	4	22.12	32.02	8.5	5.00	0.00
Baked Cheetos	Bag	40	0	200	1.00	0.00	100.0	5	0.0	1	2.0	17.0	4.5	0.50	0.00
Salad Mix	1/4 Cup	20	0	13	1.33	0.96	26.7	5336	3.2	1	1.33	4.0	0.0	0.00	0.00
Vegetables	1/4 Cup	32	0	76	2.50	0.52	36.1	4250	32.07	3	1.48	6.1	0.11	0.02	0.00
Fruit Sec	1 Cup	40	0	0	0.40	0.29	8.1	0	6.07	8	0.0	8.1	0.0	0.00	0.00
Wrap	Wrap	348	56	757	3.15	3.24	159.8	615	0.51	*2	24.89	38.81	10.05	4.01	*0.00
Salad Sec	Salad	287	20	401	6.63	2.67	98.6	1669	49.46	8	16.04	25.18	13.84	2.50	0.00
Milk White CCSD	1 Cup	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk Skim CCSD	1 Cup	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Milk Chocolate CCSD	1 Cup	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
Ranch Dressing	2 TBSP	160	15	170	0.00	0.00	0.0	0	0.0	1	1.0	1.0	17.0	3.00	0.00
Weighted Daily Average		750	67	1833	9.60	4.58	955.2	11285	56.33	*46	46.37	102.35	22.95	7.52	*0.00
% of Calories										*24.4%	24.7%	54.6%	27.6%	9.0%	*0.0%
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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Campbell County School District

Mar 1, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

Lunch Westwood

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 03/09/2020															
Lunch Westwood	Total														
Spaghetti & Meatballs Sec	1 Cup	607	52	980	8.17	4.92	86.7	265	4.5	6	24.33	71.0	22.83	8.17	0.00
Garlic Veggies Sec	1/2 Cup	113	21	392	2.06	0.74	20.6	1546	21.65	3	1.03	6.19	9.28	5.15	0.00
Garlic Bread	Slice	70	0	95	1.00	0.72	0.0	0	0.0	0	2.0	11.0	2.5	0.50	0.00
Chicken Strips	5 Strips	188	44	437	1.25	0.90	0.0	0	0.0	0	17.5	12.5	7.5	1.87	0.00
Pizza Pepperoni Sec**	Slice	394	55	1016	3.62	1.82	*409.2	*686	*2.51	3	24.2	27.13	18.6	10.03	0.00
Chicken Sandwich Regular	Sandwich	380	25	650	6.00	3.60	60.0	0	0.0	3	21.0	42.0	14.5	2.50	0.00
Chicken Sandwich Spicy	Sandwich	350	55	660	4.00	3.60	40.0	500	0.0	2	22.0	39.0	12.5	2.50	0.00
Cheeseburger	Sandwich	370	50	730	4.00	3.60	140.0	*100	*0.0	2	22.0	31.0	19.5	8.00	1.00
Pretzel w/ Cheese	Pretzel	595	41	1527	8.25	4.09	656.0	1320	3.42	*2	33.15	80.5	18.12	9.36	*0.00
Uncrustable Grape	Sandwich	320	0	320	3.00	1.08	20.0	0	0.0	13	10.0	32.0	17.0	3.50	0.00
Uncrustable Strawberry	Sandwich	320	0	320	3.00	1.08	20.0	0	0.0	13	10.0	32.0	17.0	3.50	0.00
Salad Mix	1/2 Cup	40	0	27	2.67	1.92	53.4	10673	6.4	3	2.67	8.0	0.0	0.00	0.00
Vegetables	1/2 Cup	63	0	152	5.01	1.04	72.2	8501	64.14	6	2.95	12.2	0.22	0.05	0.00
Fruit Assorted	1/2 Cup	160	0	0	2.00	0.72	40.0	0	0.0	30	2.0	38.0	0.0	0.00	0.00
Sub	Sandwich	301	45	1217	3.00	2.16	170.0	300	0.0	4	22.12	32.02	8.5	5.00	0.00
Wrap	Wrap	348	56	757	3.15	3.24	159.8	615	0.51	*2	24.89	38.81	10.05	4.01	*0.00
Salad Sec	Salad	287	20	401	6.63	2.67	98.6	1669	49.46	8	16.04	25.18	13.84	2.50	0.00
Milk White CCSD	1 Cup	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk Skim CCSD	1 Cup	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Ranch Dressing	2 TBSP	160	15	170	0.00	0.00	0.0	0	0.0	1	1.0	1.0	17.0	3.00	0.00
MAYONNAISE: individual PC	Pkt 7g	351	29	278	0.00	0.25	8.8	137	0.0	0	0.54	1.32	38.91	4.21	*N/A*
MUSTARD: individual PC	Pkt 5g	3	0	55	0.20	0.08	3.2	5	0.02	0	0.19	0.29	0.17	0.01	0.00
KETCHUP: individual	Pkt 6g	9	0	82	0.03	0.03	1.4	47	0.37	2	0.09	2.47	0.01	0.00	0.00
Weighted Daily Average		793	63	1312	12.71	6.29	*496.0	*11379	*55.29	*39	33.76	102.49	25.56	10.33	*0.03
% of Calories										*19.5%	17.0%	51.7%	29.0%	11.7%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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Campbell County School District

Mar 1, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

Lunch Westwood

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 03/10/2020															
Lunch Westwood	Total														
Buffalo Chili	1 Cup	344	61	408	11.18	7.27	*115.6	*1500	*8.51	*2	36.46	40.66	2.36	0.31	*0.00
Cinnamon Roll	Roll	306	15	254	2.99	1.44	20.0	0	0.0	33	4.99	58.21	5.95	2.97	0.00
Chicken Strips	5 Strips	188	44	437	1.25	0.90	0.0	0	0.0	0	17.5	12.5	7.5	1.87	0.00
Pizza Pepperoni Sec**	Slice	394	55	1016	3.62	1.82	*409.2	*686	*2.51	3	24.2	27.13	18.6	10.03	0.00
Chicken Sandwich Regular	Sandwich	380	25	650	6.00	3.60	60.0	0	0.0	3	21.0	42.0	14.5	2.50	0.00
Chicken Sandwich Spicy	Sandwich	350	55	660	4.00	3.60	40.0	500	0.0	2	22.0	39.0	12.5	2.50	0.00
Cheeseburger	Sandwich	370	50	730	4.00	3.60	140.0	*100	*0.0	2	22.0	31.0	19.5	8.00	1.00
Pretzel w/ Cheese	Pretzel	595	41	1527	8.25	4.09	656.0	1320	3.42	*2	33.15	80.5	18.12	9.36	*0.00
Uncrustable Grape	Sandwich	320	0	320	3.00	1.08	20.0	0	0.0	13	10.0	32.0	17.0	3.50	0.00
Uncrustable Strawberry	Sandwich	320	0	320	3.00	1.08	20.0	0	0.0	13	10.0	32.0	17.0	3.50	0.00
Salad Mix	1/2 Cup	40	0	27	2.67	1.92	53.4	10673	6.4	3	2.67	8.0	0.0	0.00	0.00
Vegetables	1/2 Cup	63	0	152	5.01	1.04	72.2	8501	64.14	6	2.95	12.2	0.22	0.05	0.00
Fruit Assorted	1/2 Cup	160	0	0	2.00	0.72	40.0	0	0.0	30	2.0	38.0	0.0	0.00	0.00
Sub	Sandwich	301	45	1217	3.00	2.16	170.0	300	0.0	4	22.12	32.02	8.5	5.00	0.00
Wrap	Wrap	348	56	757	3.15	3.24	159.8	615	0.51	*2	24.89	38.81	10.05	4.01	*0.00
Salad Sec	Salad	287	20	401	6.63	2.67	98.6	1669	49.46	8	16.04	25.18	13.84	2.50	0.00
Milk White CCSD	1 Cup	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk Skim CCSD	1 Cup	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Ranch Dressing	2 TBSP	160	15	170	0.00	0.00	0.0	0	0.0	1	1.0	1.0	17.0	3.00	0.00
MAYONNAISE: individual PC	Pkt 7g	351	29	278	0.00	0.25	8.8	137	0.0	0	0.54	1.32	38.91	4.21	*N/A*
MUSTARD: individual PC	Pkt 5g	3	0	55	0.20	0.08	3.2	5	0.02	0	0.19	0.29	0.17	0.01	0.00
KETCHUP: individual	Pkt 6g	9	0	82	0.03	0.03	1.4	47	0.37	2	0.09	2.47	0.01	0.00	0.00
Shredded Cheese	1/4 Cup	81	22	133	0.00	0.00	148.2	222	0.0	0	5.19	0.74	6.67	4.44	0.00
Sour Cream	2 TBSP	18	2	34	0.00	0.00	30.0	61	0.0	0	0.74	3.74	0.0	0.00	*N/A*
Weighted Daily Average		702	64	810	14.88	8.11	*512.1	*11172	*43.53	*50	44.19	107.59	8.93	3.21	*0.03
% of Calories										*28.7%	25.2%	61.3%	11.5%	4.1%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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Campbell County School District

Mar 1, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

Lunch Westwood

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 03/11/2020															
Lunch Westwood	Total														
Philly Steak & Cheese Sandwich	Sandwich	400	70	790	6.00	4.32	210.0	500	12.0	6	30.0	37.0	15.5	6.00	0.00
Sweet Potato Wedges Sec	4 Wedges	195	0	125	6.80	1.38	68.0	32176	5.44	9	3.56	45.63	0.11	0.04	0.00
Chicken Strips	5 Strips	188	44	437	1.25	0.90	0.0	0	0.0	0	17.5	12.5	7.5	1.87	0.00
Pizza Pepperoni Sec**	Slice	394	55	1016	3.62	1.82	*409.2	*686	*2.51	3	24.2	27.13	18.6	10.03	0.00
Chicken Sandwich Regular	Sandwich	380	25	650	6.00	3.60	60.0	0	0.0	3	21.0	42.0	14.5	2.50	0.00
Chicken Sandwich Spicy	Sandwich	350	55	660	4.00	3.60	40.0	500	0.0	2	22.0	39.0	12.5	2.50	0.00
Cheeseburger	Sandwich	370	50	730	4.00	3.60	140.0	*100	*0.0	2	22.0	31.0	19.5	8.00	1.00
Pretzel w/ Cheese	Pretzel	595	41	1527	8.25	4.09	656.0	1320	3.42	*2	33.15	80.5	18.12	9.36	*0.00
Uncrustable Grape	Sandwich	320	0	320	3.00	1.08	20.0	0	0.0	13	10.0	32.0	17.0	3.50	0.00
Uncrustable Strawberry	Sandwich	320	0	320	3.00	1.08	20.0	0	0.0	13	10.0	32.0	17.0	3.50	0.00
Salad Mix	1/2 Cup	40	0	27	2.67	1.92	53.4	10673	6.4	3	2.67	8.0	0.0	0.00	0.00
Vegetables	1/2 Cup	63	0	152	5.01	1.04	72.2	8501	64.14	6	2.95	12.2	0.22	0.05	0.00
Fruit Assorted	1/2 Cup	160	0	0	2.00	0.72	40.0	0	0.0	30	2.0	38.0	0.0	0.00	0.00
Sub	Sandwich	301	45	1217	3.00	2.16	170.0	300	0.0	4	22.12	32.02	8.5	5.00	0.00
Wrap	Wrap	348	56	757	3.15	3.24	159.8	615	0.51	*2	24.89	38.81	10.05	4.01	*0.00
Salad Sec	Salad	287	20	401	6.63	2.67	98.6	1669	49.46	8	16.04	25.18	13.84	2.50	0.00
Milk White CCSD	1 Cup	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk Skim CCSD	1 Cup	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Ranch Dressing	2 TBSP	160	15	170	0.00	0.00	0.0	0	0.0	1	1.0	1.0	17.0	3.00	0.00
MAYONNAISE: individual PC	Pkt 7g	351	29	278	0.00	0.25	8.8	137	0.0	0	0.54	1.32	38.91	4.21	*N/A*
MUSTARD: individual PC	Pkt 5g	3	0	55	0.20	0.08	3.2	5	0.02	0	0.19	0.29	0.17	0.01	0.00
KETCHUP: individual	Pkt 6g	9	0	82	0.03	0.03	1.4	47	0.37	2	0.09	2.47	0.01	0.00	0.00
Weighted Daily Average		683	63	1000	13.33	6.11	*598.5	*26593	*48.58	*41	39.15	98.85	14.76	5.52	*0.03
% of Calories										*24.0%	22.9%	57.9%	19.4%	7.3%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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Campbell County School District

Mar 1, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

Lunch Westwood

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 03/12/2020															
Lunch Westwood	Total														
Chicken Strips Sec Main Dish	5 Strips	150	35	350	1.00	0.72	0.0	0	0.0	0	14.0	10.0	6.0	1.50	0.00
Tater Tots	1/2 Cup	454	0	907	5.34	0.96	0.0	0	12.81	0	5.34	50.7	26.68	4.00	0.00
Biscuit	Biscuit	189	0	408	1.99	0.72	149.2	10	0.0	2	3.98	23.87	8.95	5.97	0.00
Honey Packet	Packet	25	0	0	0.00	0.00	0.0	0	0.0	7	0.0	7.0	0.0	0.00	0.00
Pizza Pepperoni Sec**	Slice	394	55	1016	3.62	1.82	*409.2	*686	*2.51	3	24.2	27.13	18.6	10.03	0.00
Chicken Sandwich Regular	Sandwich	380	25	650	6.00	3.60	60.0	0	0.0	3	21.0	42.0	14.5	2.50	0.00
Chicken Sandwich Spicy	Sandwich	350	55	660	4.00	3.60	40.0	500	0.0	2	22.0	39.0	12.5	2.50	0.00
Cheeseburger	Sandwich	370	50	730	4.00	3.60	140.0	*100	*0.0	2	22.0	31.0	19.5	8.00	1.00
Pretzel w/ Cheese	Pretzel	595	41	1527	8.25	4.09	656.0	1320	3.42	*2	33.15	80.5	18.12	9.36	*0.00
Uncrustable Grape	Sandwich	320	0	320	3.00	1.08	20.0	0	0.0	13	10.0	32.0	17.0	3.50	0.00
Uncrustable Strawberry	Sandwich	320	0	320	3.00	1.08	20.0	0	0.0	13	10.0	32.0	17.0	3.50	0.00
Salad Mix	1/2 Cup	40	0	27	2.67	1.92	53.4	10673	6.4	3	2.67	8.0	0.0	0.00	0.00
Vegetables	1/2 Cup	63	0	152	5.01	1.04	72.2	8501	64.14	6	2.95	12.2	0.22	0.05	0.00
Fruit Assorted	1/2 Cup	160	0	0	2.00	0.72	40.0	0	0.0	30	2.0	38.0	0.0	0.00	0.00
Sub	Sandwich	301	45	1217	3.00	2.16	170.0	300	0.0	4	22.12	32.02	8.5	5.00	0.00
Wrap	Wrap	348	56	757	3.15	3.24	159.8	615	0.51	*2	24.89	38.81	10.05	4.01	*0.00
Salad Sec	Salad	287	20	401	6.63	2.67	98.6	1669	49.46	8	16.04	25.18	13.84	2.50	0.00
Milk White CCSD	1 Cup	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk Skim CCSD	1 Cup	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Ranch Dressing	2 TBSP	160	15	170	0.00	0.00	0.0	0	0.0	1	1.0	1.0	17.0	3.00	0.00
MAYONNAISE: individual PC	Pkt 7g	351	29	278	0.00	0.25	8.8	137	0.0	0	0.54	1.32	38.91	4.21	*N/A*
MUSTARD: individual PC	Pkt 5g	3	0	55	0.20	0.08	3.2	5	0.02	0	0.19	0.29	0.17	0.01	0.00
KETCHUP: individual	Pkt 6g	9	0	82	0.03	0.03	1.4	47	0.37	2	0.09	2.47	0.01	0.00	0.00
Weighted Daily Average		716	38	1236	10.12	3.64	*425.0	*10171	*46.39	*32	29.69	91.52	25.93	5.13	*0.03
% of Calories										*18.0%	16.6%	51.2%	32.6%	6.4%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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Campbell County School District

Mar 1, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

Lunch Westwood

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 03/13/2020															
Lunch Westwood	Total														
Sub	Sandwich	301	45	1217	3.00	2.16	170.0	300	0.0	4	22.12	32.02	8.5	5.00	0.00
Baked Cheetos	Bag	40	0	200	1.00	0.00	100.0	5	0.0	1	2.0	17.0	4.5	0.50	0.00
Salad Mix	1/4 Cup	20	0	13	1.33	0.96	26.7	5336	3.2	1	1.33	4.0	0.0	0.00	0.00
Vegetables	1/4 Cup	32	0	76	2.50	0.52	36.1	4250	32.07	3	1.48	6.1	0.11	0.02	0.00
Fruit Sec	1 Cup	40	0	0	0.40	0.29	8.1	0	6.07	8	0.0	8.1	0.0	0.00	0.00
Wrap	Wrap	348	56	757	3.15	3.24	159.8	615	0.51	*2	24.89	38.81	10.05	4.01	*0.00
Salad Sec	Salad	287	20	401	6.63	2.67	98.6	1669	49.46	8	16.04	25.18	13.84	2.50	0.00
Milk White CCSD	1 Cup	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk Skim CCSD	1 Cup	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Milk Chocolate CCSD	1 Cup	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
Ranch Dressing	2 TBSP	160	15	170	0.00	0.00	0.0	0	0.0	1	1.0	1.0	17.0	3.00	0.00
Weighted Daily Average		750	67	1833	9.60	4.58	955.2	11285	56.33	*46	46.37	102.35	22.95	7.52	*0.00
% of Calories										*24.4%	24.7%	54.6%	27.6%	9.0%	*0.0%
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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Campbell County School District

Mar 1, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

Lunch Westwood

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 03/23/2020															
Lunch Westwood	Total														
Cheeseburger	Sandwich	370	50	730	4.00	3.60	140.0	*100	*0.0	2	22.0	31.0	19.5	8.00	1.00
Black Bean Burger	Burger	280	0	600	8.00	*1.80	*20.0	*0	*0.0	5	13.0	45.0	7.5	0.00	0.00
Curly Fries	1/2 Cup	300	0	840	4.00	1.44	0.0	0	9.61	0	4.0	42.02	14.01	2.00	0.00
Chicken Strips	5 Strips	188	44	437	1.25	0.90	0.0	0	0.0	0	17.5	12.5	7.5	1.87	0.00
Pizza Pepperoni Sec**	Slice	394	55	1016	3.62	1.82	*409.2	*686	*2.51	3	24.2	27.13	18.6	10.03	0.00
Chicken Sandwich Regular	Sandwich	380	25	650	6.00	3.60	60.0	0	0.0	3	21.0	42.0	14.5	2.50	0.00
Chicken Sandwich Spicy	Sandwich	350	55	660	4.00	3.60	40.0	500	0.0	2	22.0	39.0	12.5	2.50	0.00
Pretzel w/ Cheese	Pretzel	595	41	1527	8.25	4.09	656.0	1320	3.42	*2	33.15	80.5	18.12	9.36	*0.00
Uncrustable Grape	Sandwich	320	0	320	3.00	1.08	20.0	0	0.0	13	10.0	32.0	17.0	3.50	0.00
Uncrustable Strawberry	Sandwich	320	0	320	3.00	1.08	20.0	0	0.0	13	10.0	32.0	17.0	3.50	0.00
Salad Mix	1/2 Cup	40	0	27	2.67	1.92	53.4	10673	6.4	3	2.67	8.0	0.0	0.00	0.00
Vegetables	1/2 Cup	63	0	152	5.01	1.04	72.2	8501	64.14	6	2.95	12.2	0.22	0.05	0.00
Fruit Assorted	1/2 Cup	160	0	0	2.00	0.72	40.0	0	0.0	30	2.0	38.0	0.0	0.00	0.00
Sub	Sandwich	301	45	1217	3.00	2.16	170.0	300	0.0	4	22.12	32.02	8.5	5.00	0.00
Wrap	Wrap	348	56	757	3.15	3.24	159.8	615	0.51	*2	24.89	38.81	10.05	4.01	*0.00
Salad Sec	Salad	287	20	401	6.63	2.67	98.6	1669	49.46	8	16.04	25.18	13.84	2.50	0.00
Milk White CCSD	1 Cup	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk Skim CCSD	1 Cup	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Ranch Dressing	2 TBSP	160	15	170	0.00	0.00	0.0	0	0.0	1	1.0	1.0	17.0	3.00	0.00
MAYONNAISE: individual PC	Pkt 7g	351	29	278	0.00	0.25	8.8	137	0.0	0	0.54	1.32	38.91	4.21	*N/A*
MUSTARD: individual PC	Pkt 5g	3	0	55	0.20	0.08	3.2	5	0.02	0	0.19	0.29	0.17	0.01	0.00
KETCHUP: individual	Pkt 6g	9	0	82	0.03	0.03	1.4	47	0.37	2	0.09	2.47	0.01	0.00	0.00
Weighted Daily Average		581	31	1052	9.16	*4.35	*466.6	*10201	*42.66	*33	26.01	81.83	17.24	4.90	*0.33
% of Calories										*22.6%	17.9%	56.4%	26.7%	7.6%	*0.5%
Nutrient Guideline		750-850		1420										<10.00	

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Campbell County School District

Mar 1, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

Lunch Westwood

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 03/24/2020															
Lunch Westwood	Total														
Pizza Supreme Sec	Slice	426	63	945	3.95	2.04	*422.4	*751	*5.08	4	26.47	28.85	20.03	10.38	0.00
Pizza Hawaiian Elem	Slice	289	40	550	2.48	1.03	313.9	306	*0.0	4	20.01	27.25	8.93	5.51	0.00
Chicken Strips	5 Strips	188	44	437	1.25	0.90	0.0	0	0.0	0	17.5	12.5	7.5	1.87	0.00
Pizza Pepperoni Sec**	Slice	394	55	1016	3.62	1.82	*409.2	*686	*2.51	3	24.2	27.13	18.6	10.03	0.00
Chicken Sandwich Regular	Sandwich	380	25	650	6.00	3.60	60.0	0	0.0	3	21.0	42.0	14.5	2.50	0.00
Chicken Sandwich Spicy	Sandwich	350	55	660	4.00	3.60	40.0	500	0.0	2	22.0	39.0	12.5	2.50	0.00
Cheeseburger	Sandwich	370	50	730	4.00	3.60	140.0	*100	*0.0	2	22.0	31.0	19.5	8.00	1.00
Pretzel w/ Cheese	Pretzel	595	41	1527	8.25	4.09	656.0	1320	3.42	*2	33.15	80.5	18.12	9.36	*0.00
Uncrustable Grape	Sandwich	320	0	320	3.00	1.08	20.0	0	0.0	13	10.0	32.0	17.0	3.50	0.00
Uncrustable Strawberry	Sandwich	320	0	320	3.00	1.08	20.0	0	0.0	13	10.0	32.0	17.0	3.50	0.00
Salad Mix	1/2 Cup	40	0	27	2.67	1.92	53.4	10673	6.4	3	2.67	8.0	0.0	0.00	0.00
Vegetables	1/2 Cup	63	0	152	5.01	1.04	72.2	8501	64.14	6	2.95	12.2	0.22	0.05	0.00
Fruit Assorted	1/2 Cup	160	0	0	2.00	0.72	40.0	0	0.0	30	2.0	38.0	0.0	0.00	0.00
Sub	Sandwich	301	45	1217	3.00	2.16	170.0	300	0.0	4	22.12	32.02	8.5	5.00	0.00
Wrap	Wrap	348	56	757	3.15	3.24	159.8	615	0.51	*2	24.89	38.81	10.05	4.01	*0.00
Salad Sec	Salad	287	20	401	6.63	2.67	98.6	1669	49.46	8	16.04	25.18	13.84	2.50	0.00
Milk White CCSD	1 Cup	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk Skim CCSD	1 Cup	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Ranch Dressing	2 TBSP	160	15	170	0.00	0.00	0.0	0	0.0	1	1.0	1.0	17.0	3.00	0.00
MAYONNAISE: individual PC	Pkt 7g	351	29	278	0.00	0.25	8.8	137	0.0	0	0.54	1.32	38.91	4.21	*N/A*
MUSTARD: individual PC	Pkt 5g	3	0	55	0.20	0.08	3.2	5	0.02	0	0.19	0.29	0.17	0.01	0.00
KETCHUP: individual	Pkt 6g	9	0	82	0.03	0.03	1.4	47	0.37	2	0.09	2.47	0.01	0.00	0.00
Weighted Daily Average		557	50	909	8.07	3.56	*669.9	*10524	*39.55	*35	32.86	70.07	14.02	6.80	*0.03
% of Calories										*25.2%	23.6%	50.3%	22.6%	11.0%	*0.1%
Nutrient Guideline		750-850		1420										<10.00	

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Campbell County School District

Mar 1, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

Lunch Westwood

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 03/25/2020															
Lunch Westwood	Total														
Chicken Strips Sec CO-Dish	4 Strips	113	26	262	0.75	0.54	0.0	0	0.0	0	10.5	7.5	4.5	1.12	0.00
Waffles	Waffles	100	2	240	1.50	1.80	50.0	10	0.0	2	2.5	16.0	3.0	0.50	0.00
Ice Cream Cup	Container	140	30	70	0.00	*N/A*	80.0	300	*N/A*	13	2.0	16.0	7.0	5.00	0.00
Pizza Pepperoni Sec**	Slice	394	55	1016	3.62	1.82	*409.2	*686	*2.51	3	24.2	27.13	18.6	10.03	0.00
Chicken Sandwich Regular	Sandwich	380	25	650	6.00	3.60	60.0	0	0.0	3	21.0	42.0	14.5	2.50	0.00
Chicken Sandwich Spicy	Sandwich	350	55	660	4.00	3.60	40.0	500	0.0	2	22.0	39.0	12.5	2.50	0.00
Cheeseburger	Sandwich	370	50	730	4.00	3.60	140.0	*100	*0.0	2	22.0	31.0	19.5	8.00	1.00
Pretzel w/ Cheese	Pretzel	595	41	1527	8.25	4.09	656.0	1320	3.42	*2	33.15	80.5	18.12	9.36	*0.00
Uncrustable Grape	Sandwich	320	0	320	3.00	1.08	20.0	0	0.0	13	10.0	32.0	17.0	3.50	0.00
Uncrustable Strawberry	Sandwich	320	0	320	3.00	1.08	20.0	0	0.0	13	10.0	32.0	17.0	3.50	0.00
Salad Mix	1/2 Cup	40	0	27	2.67	1.92	53.4	10673	6.4	3	2.67	8.0	0.0	0.00	0.00
Vegetables	1/2 Cup	63	0	152	5.01	1.04	72.2	8501	64.14	6	2.95	12.2	0.22	0.05	0.00
Fruit Assorted	1/2 Cup	160	0	0	2.00	0.72	40.0	0	0.0	30	2.0	38.0	0.0	0.00	0.00
Sub	Sandwich	301	45	1217	3.00	2.16	170.0	300	0.0	4	22.12	32.02	8.5	5.00	0.00
Wrap	Wrap	348	56	757	3.15	3.24	159.8	615	0.51	*2	24.89	38.81	10.05	4.01	*0.00
Salad Sec	Salad	287	20	401	6.63	2.67	98.6	1669	49.46	8	16.04	25.18	13.84	2.50	0.00
Milk White CCSD	1 Cup	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk Skim CCSD	1 Cup	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Ranch Dressing	2 TBSP	160	15	170	0.00	0.00	0.0	0	0.0	1	1.0	1.0	17.0	3.00	0.00
MAYONNAISE: individual PC	Pkt 7g	351	29	278	0.00	0.25	8.8	137	0.0	0	0.54	1.32	38.91	4.21	*N/A*
MUSTARD: individual PC	Pkt 5g	3	0	55	0.20	0.08	3.2	5	0.02	0	0.19	0.29	0.17	0.01	0.00
KETCHUP: individual	Pkt 6g	9	0	82	0.03	0.03	1.4	47	0.37	2	0.09	2.47	0.01	0.00	0.00
Syrup, Pancake	2 OZ	35	0	95	0.00	0.00	0.0	0	0.0	0	0.0	11.0	0.0	0.00	0.00
Weighted Daily Average		455	33	732	7.39	*4.07	*458.1	*10179	*37.86	*34	25.46	66.71	9.14	2.54	*0.03
% of Calories										*29.5%	22.4%	58.7%	18.1%	5.0%	*0.1%
Nutrient Guideline		750-850		1420										<10.00	

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Campbell County School District

Mar 1, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

Lunch Westwood

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 03/26/2020															
Lunch Westwood	Total														
Orange Chicken 6-12	1 Cup	370	26	581	3.96	2.37	52.7	195	0.0	14	18.46	34.13	17.14	3.30	0.00
Rice	1/2 Cup	170	0	0	1.00	0.72	*N/A*	*N/A*	*N/A*	0	4.0	23.0	1.5	0.00	0.00
Asian Veggies	1 Cup	30	0	30	2.00	0.72	20.0	15	18.0	3	2.0	6.0	0.0	0.00	0.00
Chicken Strips	5 Strips	188	44	437	1.25	0.90	0.0	0	0.0	0	17.5	12.5	7.5	1.87	0.00
Pizza Pepperoni Sec**	Slice	394	55	1016	3.62	1.82	*409.2	*686	*2.51	3	24.2	27.13	18.6	10.03	0.00
Chicken Sandwich Regular	Sandwich	380	25	650	6.00	3.60	60.0	0	0.0	3	21.0	42.0	14.5	2.50	0.00
Chicken Sandwich Spicy	Sandwich	350	55	660	4.00	3.60	40.0	500	0.0	2	22.0	39.0	12.5	2.50	0.00
Cheeseburger	Sandwich	370	50	730	4.00	3.60	140.0	*100	*0.0	2	22.0	31.0	19.5	8.00	1.00
Pretzel w/ Cheese	Pretzel	595	41	1527	8.25	4.09	656.0	1320	3.42	*2	33.15	80.5	18.12	9.36	*0.00
Uncrustable Grape	Sandwich	320	0	320	3.00	1.08	20.0	0	0.0	13	10.0	32.0	17.0	3.50	0.00
Uncrustable Strawberry	Sandwich	320	0	320	3.00	1.08	20.0	0	0.0	13	10.0	32.0	17.0	3.50	0.00
Salad Mix	1/2 Cup	40	0	27	2.67	1.92	53.4	10673	6.4	3	2.67	8.0	0.0	0.00	0.00
Vegetables	1/2 Cup	63	0	152	5.01	1.04	72.2	8501	64.14	6	2.95	12.2	0.22	0.05	0.00
Fruit Assorted	1/2 Cup	160	0	0	2.00	0.72	40.0	0	0.0	30	2.0	38.0	0.0	0.00	0.00
Sub	Sandwich	301	45	1217	3.00	2.16	170.0	300	0.0	4	22.12	32.02	8.5	5.00	0.00
Wrap	Wrap	348	56	757	3.15	3.24	159.8	615	0.51	*2	24.89	38.81	10.05	4.01	*0.00
Salad Sec	Salad	287	20	401	6.63	2.67	98.6	1669	49.46	8	16.04	25.18	13.84	2.50	0.00
Milk White CCSD	1 Cup	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk Skim CCSD	1 Cup	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Ranch Dressing	2 TBSP	160	15	170	0.00	0.00	0.0	0	0.0	1	1.0	1.0	17.0	3.00	0.00
MAYONNAISE: individual PC	Pkt 7g	351	29	278	0.00	0.25	8.8	137	0.0	0	0.54	1.32	38.91	4.21	*N/A*
MUSTARD: individual PC	Pkt 5g	3	0	55	0.20	0.08	3.2	5	0.02	0	0.19	0.29	0.17	0.01	0.00
KETCHUP: individual	Pkt 6g	9	0	82	0.03	0.03	1.4	47	0.37	2	0.09	2.47	0.01	0.00	0.00
Weighted Daily Average		651	34	798	9.07	4.49	*459.7	*10302	*37.92	*42	31.68	85.64	16.54	3.70	*0.03
% of Calories										*25.5%	19.5%	52.6%	22.9%	5.1%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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Campbell County School District

Mar 1, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

Lunch Westwood

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 03/27/2020															
Lunch Westwood	Total														
Sub	Sandwich	301	45	1217	3.00	2.16	170.0	300	0.0	4	22.12	32.02	8.5	5.00	0.00
Baked Cheetos	Bag	40	0	200	1.00	0.00	100.0	5	0.0	1	2.0	17.0	4.5	0.50	0.00
Salad Mix	1/4 Cup	20	0	13	1.33	0.96	26.7	5336	3.2	1	1.33	4.0	0.0	0.00	0.00
Vegetables	1/4 Cup	32	0	76	2.50	0.52	36.1	4250	32.07	3	1.48	6.1	0.11	0.02	0.00
Fruit Sec	1 Cup	40	0	0	0.40	0.29	8.1	0	6.07	8	0.0	8.1	0.0	0.00	0.00
Wrap	Wrap	348	56	757	3.15	3.24	159.8	615	0.51	*2	24.89	38.81	10.05	4.01	*0.00
Salad Sec	Salad	287	20	401	6.63	2.67	98.6	1669	49.46	8	16.04	25.18	13.84	2.50	0.00
Milk White CCSD	1 Cup	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk Skim CCSD	1 Cup	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Milk Chocolate CCSD	1 Cup	120	5	180	0.00	0.00	300.0	500	1.2	18	8.0	20.0	0.0	0.00	0.00
Ranch Dressing	2 TBSP	160	15	170	0.00	0.00	0.0	0	0.0	1	1.0	1.0	17.0	3.00	0.00
Weighted Daily Average		750	67	1833	9.60	4.58	955.2	11285	56.33	*46	46.37	102.35	22.95	7.52	*0.00
% of Calories										*24.4%	24.7%	54.6%	27.6%	9.0%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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Campbell County School District

Mar 1, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

Lunch Westwood

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protrn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 03/30/2020															
Lunch Westwood	Total														
Walking Taco Secondary	Portion	406	81	550	2.00	2.18	1.3	163	0.0	0	22.25	21.9	26.26	8.60	0.00
Refried Beans Sec	1/2 Cup	450	38	1200	16.00	3.60	280.0	300	2.4	0	23.0	49.0	18.0	9.00	0.00
Ice Cream Cup	Container	140	30	70	0.00	*N/A*	80.0	300	*N/A*	13	2.0	16.0	7.0	5.00	0.00
Chicken Strips	5 Strips	188	44	437	1.25	0.90	0.0	0	0.0	0	17.5	12.5	7.5	1.87	0.00
Pizza Pepperoni Sec**	Slice	394	55	1016	3.62	1.82	*409.2	*686	*2.51	3	24.2	27.13	18.6	10.03	0.00
Chicken Sandwich Regular	Sandwich	380	25	650	6.00	3.60	60.0	0	0.0	3	21.0	42.0	14.5	2.50	0.00
Chicken Sandwich Spicy	Sandwich	350	55	660	4.00	3.60	40.0	500	0.0	2	22.0	39.0	12.5	2.50	0.00
Cheeseburger	Sandwich	370	50	730	4.00	3.60	140.0	*100	*0.0	2	22.0	31.0	19.5	8.00	1.00
Pretzel w/ Cheese	Pretzel	595	41	1527	8.25	4.09	656.0	1320	3.42	*2	33.15	80.5	18.12	9.36	*0.00
Uncrustable Grape	Sandwich	320	0	320	3.00	1.08	20.0	0	0.0	13	10.0	32.0	17.0	3.50	0.00
Uncrustable Strawberry	Sandwich	320	0	320	3.00	1.08	20.0	0	0.0	13	10.0	32.0	17.0	3.50	0.00
Shredded Lettuce	1/4 Cup	2	0	2	0.18	0.04	2.5	75	0.3	0	0.12	0.41	0.02	0.00	0.00
Vegetables	1/2 Cup	63	0	152	5.01	1.04	72.2	8501	64.14	6	2.95	12.2	0.22	0.05	0.00
Fruit Assorted	1/2 Cup	160	0	0	2.00	0.72	40.0	0	0.0	30	2.0	38.0	0.0	0.00	0.00
Sub	Sandwich	301	45	1217	3.00	2.16	170.0	300	0.0	4	22.12	32.02	8.5	5.00	0.00
Wrap	Wrap	348	56	757	3.15	3.24	159.8	615	0.51	*2	24.89	38.81	10.05	4.01	*0.00
Salad Sec	Salad	287	20	401	6.63	2.67	98.6	1669	49.46	8	16.04	25.18	13.84	2.50	0.00
Milk White CCSD	1 Cup	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk Skim CCSD	1 Cup	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Ranch Dressing	2 TBSP	160	15	170	0.00	0.00	0.0	0	0.0	1	1.0	1.0	17.0	3.00	0.00
MAYONNAISE: individual PC	Pkt 7g	351	29	278	0.00	0.25	8.8	137	0.0	0	0.54	1.32	38.91	4.21	*N/A*
MUSTARD: individual PC	Pkt 5g	3	0	55	0.20	0.08	3.2	5	0.02	0	0.19	0.29	0.17	0.01	0.00
KETCHUP: individual	Pkt 6g	9	0	82	0.03	0.03	1.4	47	0.37	2	0.09	2.47	0.01	0.00	0.00
Salsa	2 Oz	10	0	220	1.00	0.00	0.0	100	3.6	1	0.0	2.0	0.0	0.00	0.00
Sour Cream	2 TBSP	18	2	34	0.00	0.00	30.0	61	0.0	0	0.74	3.74	0.0	0.00	*N/A*
Shredded Cheese	1/4 Cup	81	22	133	0.00	0.00	148.2	222	0.0	0	5.19	0.74	6.67	4.44	0.00
Weighted Daily Average		850	104	1454	14.02	*4.86	*638.9	*5281	*36.00	*31	45.90	87.22	35.35	14.72	*0.03
% of Calories										*14.6%	21.6%	41.0%	37.4%	15.6%	*0.0%
Nutrient Guideline		750-850		1420										<10.00	

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Campbell County School District

Mar 1, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

Lunch Westwood

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 03/31/2020															
Lunch Westwood	Total														
Pork Loin	4 oz Slice	210	65	50	0.00	0.72	20.0	0	0.0	0	23.0	0.0	12.0	4.00	0.00
BAKED POTATO	1 EACH	161	0	17	3.81	1.87	26.0	17	16.61	2	4.33	36.59	0.22	0.06	0.00
Rolls	Roll	70	0	90	1.00	0.72	20.0	0	0.0	1	3.0	12.0	0.5	0.00	0.00
Chicken Strips	5 Strips	188	44	437	1.25	0.90	0.0	0	0.0	0	17.5	12.5	7.5	1.87	0.00
Pizza Pepperoni Sec**	Slice	394	55	1016	3.62	1.82	*409.2	*686	*2.51	3	24.2	27.13	18.6	10.03	0.00
Chicken Sandwich Regular	Sandwich	380	25	650	6.00	3.60	60.0	0	0.0	3	21.0	42.0	14.5	2.50	0.00
Chicken Sandwich Spicy	Sandwich	350	55	660	4.00	3.60	40.0	500	0.0	2	22.0	39.0	12.5	2.50	0.00
Cheeseburger	Sandwich	370	50	730	4.00	3.60	140.0	*100	*0.0	2	22.0	31.0	19.5	8.00	1.00
Pretzel w/ Cheese	Pretzel	595	41	1527	8.25	4.09	656.0	1320	3.42	*2	33.15	80.5	18.12	9.36	*0.00
Uncrustable Grape	Sandwich	320	0	320	3.00	1.08	20.0	0	0.0	13	10.0	32.0	17.0	3.50	0.00
Uncrustable Strawberry	Sandwich	320	0	320	3.00	1.08	20.0	0	0.0	13	10.0	32.0	17.0	3.50	0.00
Salad Mix	1/2 Cup	40	0	27	2.67	1.92	53.4	10673	6.4	3	2.67	8.0	0.0	0.00	0.00
Vegetables	1/2 Cup	63	0	152	5.01	1.04	72.2	8501	64.14	6	2.95	12.2	0.22	0.05	0.00
Fruit Assorted	1/2 Cup	160	0	0	2.00	0.72	40.0	0	0.0	30	2.0	38.0	0.0	0.00	0.00
Sub	Sandwich	301	45	1217	3.00	2.16	170.0	300	0.0	4	22.12	32.02	8.5	5.00	0.00
Wrap	Wrap	348	56	757	3.15	3.24	159.8	615	0.51	*2	24.89	38.81	10.05	4.01	*0.00
Salad Sec	Salad	287	20	401	6.63	2.67	98.6	1669	49.46	8	16.04	25.18	13.84	2.50	0.00
Milk White CCSD	1 Cup	110	10	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	2.5	1.50	0.00
Milk Skim CCSD	1 Cup	90	5	130	0.00	0.00	300.0	500	2.4	12	8.0	13.0	0.0	0.00	0.00
Ranch Dressing	2 TBSP	160	15	170	0.00	0.00	0.0	0	0.0	1	1.0	1.0	17.0	3.00	0.00
MAYONNAISE: individual PC	Pkt 7g	351	29	278	0.00	0.25	8.8	137	0.0	0	0.54	1.32	38.91	4.21	*N/A*
MUSTARD: individual PC	Pkt 5g	3	0	55	0.20	0.08	3.2	5	0.02	0	0.19	0.29	0.17	0.01	0.00
KETCHUP: individual	Pkt 6g	9	0	82	0.03	0.03	1.4	47	0.37	2	0.09	2.47	0.01	0.00	0.00
Weighted Daily Average		586	59	513	8.50	4.44	*464.1	*10180	*46.16	*34	36.87	77.66	12.81	4.20	*0.03
% of Calories										*23.1%	25.2%	53.0%	19.7%	6.4%	*0.1%
Nutrient Guideline		750-850		1420										<10.00	

Weighted Average		679	*94	1190	10.15	*5.01	*599.6	*10977	*44.52	*38	38.33	87.00	20.59	6.61	*0.05
										*50.5%	22.6%	51.3%	27.3%	8.8%	*0.1%

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Campbell County School District

Mar 1, 2020 thru Mar 31, 2020

Base Menu Spreadsheet

Lunch Westwood

Portion Values - Detailed

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Nutrient	Menu AVG	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-A (IU)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)	Error Messages (if any)
Calories	679		750 - 850		90%			71									Correction Required - Calories are Low
Cholesterol (mg)	94					Missing											
Sodium (mg)	1190			1420													
Fiber (g)	10.15																
Iron (mg)	5.01					Missing											
Calcium (mg)	599.6					Missing											
Vitamin A (IU)	10977					Missing											
Sugars (g)	38	22.45%				Missing											
Vitamin C (mg)	44.52					Missing											
Protein (g)	38.33	22.60%															
Carbohydrate (g)	87.00	51.29%															
Total Fat (g)	20.59	27.32%															
Saturated Fat (g)	6.61	8.77%		<10.00%													
Trans Fat ¹ (g)	0.05	0.06%				Missing											

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