

Opaa! Food Management

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: K-8 Breakfast/K-8 LUNCH

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 05/01/2017														
K-8 Breakfast														
PANCAKES w/ FRUIT TOP -STRWB RY	Total SERVING	271	7	265	3.17	1.53	37.1	22.79	29	3.6	56.97	4.06	0.67	*0.00
SAUSAGE BISCUIT	1 SANDWI	330	20	430	2.00	1.44	100.0	0.0	3	9.0	28.0	20.0	8.50	0.00
CEREAL, ASST, DRY	Bowlpack	106	0	163	1.64	*5.38	99.3	6.34	7	1.79	22.86	1.39	0.07	0.00
OATMEAL	3/4 CUP	184	0	95	3.61	*1.61	*18.4	*0.0	13	5.75	35.54	2.35	0.41	*0.00
OATMEAL BAR TOPPINGS	SERVINGS	149	0	9	2.99	*0.78	*30.7	*0.55	32	0.95	38.7	0.15	0.02	*0.00
YOGURT,TRIX, STRW/BANANA	SERVING	100	5	50	0.00	0.00	100.0	0.0	13	3.0	20.0	0.5	0.50	0.00
PEARS, CANNED - 1/2 CUP	1/2 CUP	76	0	10	1.91	0.00	0.0	0.0	15	0.0	18.13	0.0	0.00	0.00
FRUIT JUICE - ASSORTED	SERVING	63	0	10	0.00	0.00	6.7	14.8	14	0.0	15.0	0.0	0.00	0.00
MILK, OPAA VARIETY HFFFK	S - 4 OZ													
	1/2 PINT	106	6	168	0.00	0.00	300.0	1.2	17	8.0	18.2	0.25	0.15	0.00
K-8 LUNCH														
Total														
CHICKEN NUGGETS (5 EACH)	5 PIECES	263	25	401	2.51	2.26	25.1	0.0	1	16.3	16.3	15.05	2.51	0.00
CONDIMENT-BBQ & KETCHUP	SERVING	35	0	176	0.00	0.09	0.0	1.8	6	0.0	7.28	0.0	0.00	0.00
ITALIAN BREAD	SERVINGS	148	2	223	2.00	*0.77	*22.9	*6.0	4	4.46	25.24	4.38	0.44	*0.00
MEATBALL SUB	SERVING	367	34	588	4.58	2.92	361.0	30.58	10	19.8	43.05	13.73	4.82	0.00
HAMBURGER MAC N CHEESE	SERVINGS	370	50	520	1.70	2.37	253.7	0.27	7	20.63	42.45	13.25	5.82	*0.00
ITALIAN BREAD	SERVINGS	148	2	223	2.00	*0.77	*22.9	*6.0	4	4.46	25.24	4.38	0.44	*0.00
FRESH GARDEN SALAD (1/2 CUP)	SERVING	35	3	63	0.74	*0.34	*22.1	*2.83	*1	0.96	3.45	1.74	0.37	*0.00
CORN - 1/2 CUP	1/2 CUP	89	0	27	0.93	0.02	0.4	2.2	*0	2.73	16.38	2.68	0.81	*0.00
FRESH FRUIT, ASSORTED (HALF)	1/2 PIECE	37	0	0	1.44	0.09	8.8	11.25	6	0.42	9.48	0.12	0.03	0.00
APPLESAUCE - 1/4 Cup	1/4 Cup	47	0	5	1.03	0.00	0.0	1.24	9	0.0	11.89	0.0	0.00	0.00
MANDARIN ORANGE CHX SALAD (K8)	1 SALAD	164	2	73	1.77	1.34	36.2	23.81	*14	2.15	19.25	8.81	1.24	*0.00
CORN - 1/4 CUP	1/4 CUP	44	0	13	0.46	0.01	0.2	1.1	*0	1.37	8.19	1.34	0.40	*0.00
ITALIAN BREAD	SERVINGS	148	2	223	2.00	*0.77	*22.9	*6.0	4	4.46	25.24	4.38	0.44	*0.00
MILK, OPAA VARIETY HFFFK	1/2 PINT	106	6	168	0.00	0.00	300.0	1.2	17	8.0	18.2	0.25	0.15	0.00
Weighted Daily Average		616	30	801	6.51	*3.06	*406.4	*24.45	*45	25.03	92.58	17.45	4.03	*0.00
% of Calories									*29.1%	16.3%	60.2%	25.5%	5.9%	*0.0%
Nutrient Guideline		550-600		1000									<10.00	

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Base Menu Spreadsheet

Portion Values - Detailed

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May 1, 2017 thru May 31, 2017

Combined: K-8 Breakfast/K-8 LUNCH

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 05/02/2017														
K-8 Breakfast														
BAKED OMELET	Total SERVING	183	435	288	0.75	1.95	105.4	16.53	*1	15.4	5.18	9.93	3.88	0.00
STRAWBERRY SHORTCAKE BISCUITS	1 EACH	300	2	418	3.85	1.88	83.5	28.21	16	5.77	46.44	10.01	4.66	*0.00
CEREAL, ASST, DRY	Bowlpack	106	0	163	1.64	*5.38	99.3	6.34	7	1.79	22.86	1.39	0.07	0.00
OATMEAL	3/4 CUP	184	0	95	3.61	*1.61	*18.4	*0.0	13	5.75	35.54	2.35	0.41	*0.00
OATMEAL BAR TOPPINGS	SERVINGS	149	0	9	2.99	*0.78	*30.7	*0.55	32	0.95	38.7	0.15	0.02	*0.00
TOAST W/ MARG & JELLY	1 EACH	164	0	137	2.00	0.72	40.0	0.0	12	4.0	29.0	4.69	1.68	0.00
FRUIT JUICE - ASSORTED	SERVING	63	0	10	0.00	0.00	6.7	14.8	14	0.0	15.0	0.0	0.00	0.00
	S - 4 OZ													
APPLE, FRESH (HALF)	1/2 each	37	0	1	1.70	0.09	4.3	3.26	7	0.18	9.79	0.12	0.02	0.00
MILK, OPAA VARIETY HFFFK	1/2 PINT	106	6	168	0.00	0.00	300.0	1.2	17	8.0	18.2	0.25	0.15	0.00
K-8 LUNCH														
CHIC NACHOS w/WHITE QUESO K8	SERV	324	71	735	4.72	1.74	230.8	2.16	*0	18.52	23.97	17.45	7.04	*0.34
BEEF BURRITO	SERVING	463	73	1059	5.56	1.33	280.9	2.41	3	25.55	43.76	20.16	8.24	*0.00
CONDIMENT-MEXICAN ENTREES	SERVINGS	8	0	48	0.23	0.22	11.7	*4.12	*0	0.19	1.76	0.04	0.00	*0.00
CHEESEBURGER	SERVING	300	33	387	3.00	3.24	321.2	0.0	5	21.54	34.01	10.04	3.77	0.00
CONDIMENT-BURGER/CHX SAND (K8)	SERVING	29	1	150	0.21	0.06	3.7	3.13	*3	0.18	3.78	0.98	0.12	*0.00
FRESH GARDEN SALAD (1/2 CUP)	SERVING	35	3	63	0.74	*0.34	*22.1	*2.83	*1	0.96	3.45	1.74	0.37	*0.00
TEXAS PINTOS	1/2 CUP	130	0	502	7.39	*1.82	*52.6	*4.8	*1	5.55	22.92	1.54	0.06	*0.00
FRESH FRUIT, ASSORTED (HALF)	1/2 PIECE	37	0	0	1.44	0.09	8.8	11.25	6	0.42	9.48	0.12	0.03	0.00
MANDARIN ORANGES - 1/4 CUP	1/4 CUP	40	0	8	0.50	0.36	10.1	12.1	8	0.5	9.58	0.0	0.00	0.00
TACO SALAD (K8)	1 SALAD	296	76	771	2.20	*1.44	*232.5	*7.17	*2	21.83	12.95	17.43	6.38	*0.00
CORNBREAD	SERVINGS	294	58	222	1.61	*1.12	*50.8	*0.01	*24	5.97	48.37	9.44	1.75	*0.00
MILK, OPAA VARIETY HFFFK	1/2 PINT	106	6	168	0.00	0.00	300.0	1.2	17	8.0	18.2	0.25	0.15	0.00
Weighted Daily Average		582	126	1038	8.40	*3.37	*544.0	*30.52	*37	28.67	79.04	17.27	6.49	*0.13
% of Calories									*25.3%	19.7%	54.3%	26.7%	10.0%	*0.2%
Nutrient Guideline		550-600		1000									<10.00	

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Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 05/03/2017														
K-8 Breakfast	Total													
ORANGE ROLL	1 SERVING	229	5	143	2.03	1.17	21.5	2.03	*17	5.03	40.99	5.78	1.85	*0.00
EGG AND CHEESE BAGEL	1 BAGEL	225	123	442	4.00	2.16	161.2	0.0	6	12.54	31.01	7.04	2.77	0.00
CEREAL, ASST, DRY	Bowlpack	106	0	163	1.64	*5.38	99.3	6.34	7	1.79	22.86	1.39	0.07	0.00
OATMEAL	3/4 CUP	184	0	95	3.61	*1.61	*18.4	*0.0	13	5.75	35.54	2.35	0.41	*0.00
OATMEAL BAR TOPPINGS	SERVINGS	149	0	9	2.99	*0.78	*30.7	*0.55	32	0.95	38.7	0.15	0.02	*0.00
YOGURT,TRIX, STRW/BANANA	SERVING	100	5	50	0.00	0.00	100.0	0.0	13	3.0	20.0	0.5	0.50	0.00
FRUIT JUICE - ASSORTED	SERVING	63	0	10	0.00	0.00	6.7	14.8	14	0.0	15.0	0.0	0.00	0.00
PEACHES, CANNED -1/2 CUP	1/2 CUP	67	0	10	0.95	0.00	0.0	1.14	12	0.95	16.22	0.0	0.00	0.00
MILK, OPAA VARIETY HHFFK	1/2 PINT	106	6	168	0.00	0.00	300.0	1.2	17	8.0	18.2	0.25	0.15	0.00
K-8 LUNCH	Total													
CHICKEN PATTY	1 PATTY	259	25	399	2.99	1.79	39.9	0.0	1	15.95	15.95	14.96	2.49	0.00
CONDIMENT-BBQ & KETCHUP	SERVING	35	0	176	0.00	0.09	0.0	1.8	6	0.0	7.28	0.0	0.00	0.00
ROAST TURKEY w/ GRAVY	2.5 OZ	102	36	745	0.44	*0.88	*9.7	*0.27	0	12.94	4.2	3.68	1.04	*0.00
FISH PATTY	PORTION	290	30	1116	1.49	*1.91	*123.1	*14.31	*7	14.69	23.81	14.98	3.49	*0.00
MASHED POTATOES	1/2 CUP	71	0	323	0.79	0.29	1.9	7.09	*0	1.57	13.39	1.18	0.00	0.00
CHICKEN GRAVY LOW SODIUM	1 OZ	12	0	69	0.00	0.00	0.6	0.0	0	0.49	1.46	0.49	0.00	*0.00
GLAZED CARROTS - 1/4 CUP	1/4 CUP	26	0	22	1.55	*0.02	*0.8	*2.2	*3	0.4	5.34	0.05	0.01	*0.00
FRESH FRUIT, ASSORTED (HALF)	1/2 PIECE	37	0	0	1.44	0.09	8.8	11.25	6	0.42	9.48	0.12	0.03	0.00
BANANA-ORANGE MIX - 1/4 CUP	1/4 CUP	48	0	4	1.00	0.33	8.7	9.94	3	0.63	11.87	0.08	0.03	0.00
HOT ROLLS - 1.75 OZ	SERVINGS	133	0	193	2.00	0.72	20.0	4.8	3	4.0	22.0	3.82	0.14	0.00
STRAWBERRY CHICKEN SALAD (K	1 EACH	191	9	104	2.44	1.26	135.1	31.8	*8	5.49	13.82	13.13	3.54	*0.00
MILK, OPAA VARIETY HHFFK	1/2 PINT	106	6	168	0.00	0.00	300.0	1.2	17	8.0	18.2	0.25	0.15	0.00
Weighted Daily Average		561	35	952	6.38	*2.69	*373.8	*27.74	*38	24.60	85.26	14.49	2.49	*0.00
% of Calories									*27.2%	17.5%	60.8%	23.3%	4.0%	*0.0%
Nutrient Guideline		550-600		1000									<10.00	

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 05/04/2017														
K-8 Breakfast														
	Total													
SAUSAGE PANCAKE ON STICK	STICK	283	20	394	0.00	1.44	20.0	0.0	22	7.03	38.43	12.0	3.00	0.00
YOGURT,TRIX, STRW/BANANA	Serving	100	5	50	0.00	0.00	100.0	0.0	13	3.0	20.0	0.5	0.50	0.00
FRUIT MUFFIN - PINEAPPLE	1 MUFFIN	332	28	217	2.67	*1.67	*61.9	*0.57	*25	5.98	50.81	11.55	2.56	*0.00
CEREAL, ASST, DRY	Bowlpack	106	0	163	1.64	*5.38	99.3	6.34	7	1.79	22.86	1.39	0.07	0.00
OATMEAL	3/4 CUP	184	0	95	3.61	*1.61	*18.4	*0.0	13	5.75	35.54	2.35	0.41	*0.00
OATMEAL BAR TOPPINGS	SERVINGS	149	0	9	2.99	*0.78	*30.7	*0.55	32	0.95	38.7	0.15	0.02	*0.00
CINNAMON TOAST	1 EACH	129	0	130	2.08	0.83	42.6	0.01	6	4.01	20.13	4.55	1.61	0.00
PINEAPPLE, CANNED -1/2 CUP	1/2 CUP	60	0	0	0.86	0.31	17.2	10.3	11	0.86	14.6	0.0	0.00	0.00
FRUIT JUICE - ASSORTED	SERVING	63	0	10	0.00	0.00	6.7	14.8	14	0.0	15.0	0.0	0.00	0.00
	S - 4 OZ													
MILK, OPAA VARIETY HHFFK	1/2 PINT	106	6	168	0.00	0.00	300.0	1.2	17	8.0	18.2	0.25	0.15	0.00
K-8 LUNCH														
	Total													
BBQ RIB ON A BUN	SAND	350	40	895	3.79	2.77	202.4	2.19	10	20.29	41.85	12.32	3.49	0.00
CONDIMENT-BBQ ENTREES	SERVINGS	22	0	443	0.28	0.26	3.1	1.64	*2	0.14	4.81	0.05	0.01	*0.00
EGG, HAM, & CHZ BREAKFAST SAND	SANDWIC	251	138	725	2.00	1.80	200.0	0.0	3	16.06	27.01	10.03	3.81	0.00
STUFFED TACO	1 EACH	432	55	1265	9.03	2.03	212.2	*2.55	*1	24.62	49.68	14.49	5.85	*0.00
CONDIMENT-MEXICAN ENTREES	SERVINGS	8	0	48	0.23	0.22	11.7	*4.12	*0	0.19	1.76	0.04	0.00	*0.00
TATER TOTS - 1/2 CUP	1/2 CUP	110	0	125	2.00	0.36	0.0	0.0	1	1.0	17.0	4.0	0.50	0.00
KETCHUP	SERVING	40	0	100	0.00	0.00	0.0	2.4	8	0.0	8.0	0.0	0.00	0.00
FRESH GARDEN SALAD (1/2 CUP)	SERVING	35	3	63	0.74	*0.34	*22.1	*2.83	*1	0.96	3.45	1.74	0.37	*0.00
FRESH FRUIT, ASSORTED (HALF)	1/2 PIECE	37	0	0	1.44	0.09	8.8	11.25	6	0.42	9.48	0.12	0.03	0.00
PEACHES, CANNED -1/4 CUP	1/4 CUP	33	0	5	0.48	0.00	0.0	0.57	6	0.48	8.11	0.0	0.00	0.00
COBB SALAD - K8	SERVINGS	239	136	402	1.89	*1.26	*160.2	*8.85	*2	14.8	10.03	15.09	5.51	*0.00
FRUIT MUFFIN - BLUEBERRY	1 MUFFIN	331	28	217	2.83	*1.66	*61.1	*0.34	*25	6.01	50.44	11.61	2.56	*0.00
MILK, OPAA VARIETY HHFFK	1/2 PINT	106	6	168	0.00	0.00	300.0	1.2	17	8.0	18.2	0.25	0.15	0.00
Weighted Daily Average		615	62	1162	6.74	*2.93	*470.8	*19.24	*46	25.45	94.33	15.38	4.44	*0.00
% of Calories									*30.2%	16.6%	61.4%	22.5%	6.5%	*0.0%
Nutrient Guideline		550-600		1000									<10.00	

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Fri - 05/05/2017														
K-8 Breakfast														
	Total													
BISCUITS & PEPPERED GRAVY	SERVING	267	0	640	2.00	1.09	101.4	*0.0	3	5.0	35.1	11.84	5.92	*0.00
SAUSAGE BREAKFAST PATTY	1 EACH	120	20	90	0.00	0.36	0.0	0.0	0	4.0	0.0	11.0	4.00	0.00
MINI PANCAKES - GENERAL MILLS	PACKAGE	200	10	370	2.00	1.08	40.0	0.0	14	4.0	34.0	6.0	1.00	0.00
CEREAL, ASST, DRY	Bowlpack	106	0	163	1.64	*5.38	99.3	6.34	7	1.79	22.86	1.39	0.07	0.00
OATMEAL	3/4 CUP	184	0	95	3.61	*1.61	*18.4	*0.0	13	5.75	35.54	2.35	0.41	*0.00
OATMEAL BAR TOPPINGS	SERVINGS	149	0	9	2.99	*0.78	*30.7	*0.55	32	0.95	38.7	0.15	0.02	*0.00
YOGURT,TRIX, STRW/BANANA	SERVING	100	5	50	0.00	0.00	100.0	0.0	13	3.0	20.0	0.5	0.50	0.00
STRAWBERRIES, FROZEN - 1/2 CU	SERVING	53	0	3	3.21	1.14	24.4	62.89	7	0.66	13.94	0.17	0.01	0.00
FRUIT JUICE - ASSORTED	SERVING	63	0	10	0.00	0.00	6.7	14.8	14	0.0	15.0	0.0	0.00	0.00
	S - 4 OZ													
MILK, OPAA VARIETY HFFFK	1/2 PINT	106	6	168	0.00	0.00	300.0	1.2	17	8.0	18.2	0.25	0.15	0.00
K-8 LUNCH														
	Total													
CHEESE PIZZA	SLICES	360	32	549	2.39	1.19	463.8	6.68	4	20.8	33.69	16.36	9.49	0.00
CRISPY CHICKEN WRAP	Wrap	423	52	760	6.01	*11.03	*224.9	*0.63	*5	23.73	36.65	19.7	6.07	*0.00
CORN DOG	CORN DO	240	15	670	4.00	1.80	60.0	15.0	11	11.0	33.0	7.0	1.50	0.00
CONDIMENT-HOT DOG (K8)	SERV	44	0	125	0.00	*0.00	*0.0	*2.4	8	0.0	8.16	0.2	0.02	0.00
FRESH GARDEN SALAD (1/2 CUP)	SERVING	35	3	63	0.74	*0.34	*22.1	*2.83	*1	0.96	3.45	1.74	0.37	*0.00
BROCCOLI, FRESH -1/2 CUP	1/2 CUP	9	0	9	0.73	0.28	15.2	29.59	0	0.95	1.61	0.11	0.02	0.00
RANCH DRESSING	1 OZ	48	6	110	0.03	*0.03	*22.4	*0.15	*2	0.76	2.19	3.49	0.74	*0.00
FRESH FRUIT, ASSORTED (HALF)	1/2 PIECE	37	0	0	1.44	0.09	8.8	11.25	6	0.42	9.48	0.12	0.03	0.00
PINEAPPLE, CANNED -1/4 CUP	1/4 CUP	30	0	0	0.43	0.15	8.6	5.15	6	0.43	7.3	0.0	0.00	0.00
POPCORN CHICKEN SALAD (K8)	1 SALAD	386	36	794	4.19	*2.88	*180.7	*5.99	*3	21.75	27.29	21.76	4.79	*0.00
BROCCOLI, FRESH -1/4 CUP	1/4 CUP	4	0	4	0.37	0.14	7.6	14.8	0	0.47	0.8	0.06	0.01	0.00
FRUIT MUFFIN - PINEAPPLE	1 MUFFIN	332	28	217	2.67	*1.67	*61.9	*0.57	*25	5.98	50.81	11.55	2.56	*0.00
MILK, OPAA VARIETY HFFFK	1/2 PINT	106	6	168	0.00	0.00	300.0	1.2	17	8.0	18.2	0.25	0.15	0.00
Weighted Daily Average		542	36	797	5.55	*3.17	*619.2	*48.73	*36	25.09	73.14	17.21	7.55	*0.00
% of Calories									*26.3%	18.5%	54.0%	28.6%	12.6%	*0.0%
Nutrient Guideline		550-600		1000									<10.00	

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Opaa! Food Management

Base Menu Spreadsheet

Portion Values - Detailed

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May 1, 2017 thru May 31, 2017

Combined: K-8 Breakfast/K-8 LUNCH

Generated on: 4/7/2017 9:51:21 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 05/08/2017														
K-8 Breakfast														
	Total													
FRENCH TOAST CASSEROLE	SERVING	270	109	331	3.75	*1.88	*141.2	*0.24	15	11.02	40.94	8.14	2.72	*0.00
BREAKFAST PIZZA, TONY'S	SLICE	210	15	480	3.00	1.80	150.0	0.0	8	10.0	27.0	8.0	2.00	0.00
CEREAL, ASST, DRY	Bowlpack	106	0	163	1.64	*5.38	99.3	6.34	7	1.79	22.86	1.39	0.07	0.00
OATMEAL	3/4 CUP	184	0	95	3.61	*1.61	*18.4	*0.0	13	5.75	35.54	2.35	0.41	*0.00
OATMEAL BAR TOPPINGS	SERVINGS	149	0	9	2.99	*0.78	*30.7	*0.55	32	0.95	38.7	0.15	0.02	*0.00
YOGURT,TRIX, STRW/BANANA	SERVING	100	5	50	0.00	0.00	100.0	0.0	13	3.0	20.0	0.5	0.50	0.00
APPLE, FRESH (HALF)	1/2 each	37	0	1	1.70	0.09	4.3	3.26	7	0.18	9.79	0.12	0.02	0.00
FRUIT JUICE - ASSORTED	SERVING	63	0	10	0.00	0.00	6.7	14.8	14	0.0	15.0	0.0	0.00	0.00
	S - 4 OZ													
MILK, OPAV VARIETY HFFK	1/2 PINT	106	6	168	0.00	0.00	300.0	1.2	17	8.0	18.2	0.25	0.15	0.00
K-8 LUNCH														
	Total													
CHICKEN ALFREDO (K8)	servings	220	23	433	1.13	*1.07	*15.2	*0.0	4	11.28	28.74	6.5	3.65	*0.00
ITALIAN BREAD	SERVINGS	148	2	223	2.00	*0.77	*22.9	*6.0	4	4.46	25.24	4.38	0.44	*0.00
HAM & CHEESE SANDWICH	SAND	287	38	770	4.00	1.99	282.5	0.0	7	21.92	35.54	9.21	3.92	0.00
CONDIMENT-COLD SANDWICH (K8)	Servings	43	4	172	0.22	0.08	4.1	2.19	*1	0.2	1.83	3.42	0.43	*0.00
TURKEY CLUB WRAP	SERVING	297	46	718	4.89	*0.44	*186.2	*4.23	*2	21.28	29.13	10.86	4.22	*0.00
FRESH GARDEN SALAD (1/2 CUP)	SERVING	35	3	63	0.74	*0.34	*22.1	*2.83	*1	0.96	3.45	1.74	0.37	*0.00
CHEESY CAULI POPCORN - 1/2 CU	1/2 CUP	80	6	94	1.06	0.31	69.7	24.1	1	2.43	2.64	6.63	2.10	*0.00
FRESH FRUIT, ASSORTED (HALF)	1/2 PIECE	37	0	0	1.44	0.09	8.8	11.25	6	0.42	9.48	0.12	0.03	0.00
PEACHES, CANNED -1/4 CUP	1/4 CUP	33	0	5	0.48	0.00	0.0	0.57	6	0.48	8.11	0.0	0.00	0.00
MANDARIN ORANGE CHX SALAD (K8)	1 SALAD	164	2	73	1.77	1.34	36.2	23.81	*14	2.15	19.25	8.81	1.24	*0.00
CHEESY CAULI POPCORN - 1/4 CU	1/4 CUP	40	3	47	0.53	0.15	34.9	12.05	0	1.21	1.32	3.31	1.05	*0.00
ITALIAN BREAD	SERVINGS	148	2	223	2.00	*0.77	*22.9	*6.0	4	4.46	25.24	4.38	0.44	*0.00
MILK, OPAV VARIETY HFFK	1/2 PINT	106	6	168	0.00	0.00	300.0	1.2	17	8.0	18.2	0.25	0.15	0.00
Weighted Daily Average		519	48	838	6.04	*2.32	*473.3	*26.83	*38	24.80	77.76	13.70	4.56	*0.00
% of Calories									*29.1%	19.1%	59.9%	23.7%	7.9%	*0.0%
Nutrient Guideline		550-600		1000									<10.00	

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Opaa! Food Management

Base Menu Spreadsheet

Portion Values - Detailed

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May 1, 2017 thru May 31, 2017

Combined: K-8 Breakfast/K-8 LUNCH

Generated on: 4/7/2017 9:51:21 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 05/09/2017														
K-8 Breakfast														
	Total													
PANCAKE SAUSAGE GRIDDLE	SANDWIC	279	27	350	2.00	1.32	26.7	0.0	8	7.34	28.81	15.0	4.67	0.00
YOGURT,TRIX, STRW/BANANA	Serving	100	5	50	0.00	0.00	100.0	0.0	13	3.0	20.0	0.5	0.50	0.00
FRUIT MUFFIN - PINEAPPLE	1 MUFFIN	332	28	217	2.67	*1.67	*61.9	*0.57	*25	5.98	50.81	11.55	2.56	*0.00
CEREAL, ASST, DRY	Bowlpack	106	0	163	1.64	*5.38	99.3	6.34	7	1.79	22.86	1.39	0.07	0.00
OATMEAL	3/4 CUP	184	0	95	3.61	*1.61	*18.4	*0.0	13	5.75	35.54	2.35	0.41	*0.00
OATMEAL BAR TOPPINGS	SERVINGS	149	0	9	2.99	*0.78	*30.7	*0.55	32	0.95	38.7	0.15	0.02	*0.00
CINNAMON TOAST	1 EACH	129	0	130	2.08	0.83	42.6	0.01	6	4.01	20.13	4.55	1.61	0.00
PEACHES, CANNED -1/2 CUP	1/2 CUP	67	0	10	0.95	0.00	0.0	1.14	12	0.95	16.22	0.0	0.00	0.00
FRUIT JUICE - ASSORTED	SERVING	63	0	10	0.00	0.00	6.7	14.8	14	0.0	15.0	0.0	0.00	0.00
	S - 4 OZ													
MILK, OPAA VARIETY HHFFK	1/2 PINT	106	6	168	0.00	0.00	300.0	1.2	17	8.0	18.2	0.25	0.15	0.00
K-8 LUNCH														
	Total													
CHEESEBURGER	SERVING	300	33	387	3.00	3.24	321.2	0.0	5	21.54	34.01	10.04	3.77	0.00
CONDIMENT-BURGER/CHX SAND (K8)	SERVING	29	1	150	0.21	0.06	3.7	3.13	*3	0.18	3.78	0.98	0.12	*0.00
TURKEY CLUB SUB	SERVING	368	43	838	3.50	1.65	155.4	10.5	*7	23.79	45.85	12.54	3.23	*0.00
CONDIMENT-COLD SANDWICH (K8)	Servings	43	4	172	0.22	0.08	4.1	2.19	*1	0.2	1.83	3.42	0.43	*0.00
GRILLED CHICKEN SANDWICH	1 SANDWI	260	35	400	3.00	2.52	200.0	0.0	*4	22.0	32.0	5.5	1.00	*0.00
CONDIMENT-BURGER/CHX SAND (K8)	SERVING	29	1	150	0.21	0.06	3.7	3.13	*3	0.18	3.78	0.98	0.12	*0.00
FRENCH FRIES - 1/2 CUP	SERVING	130	0	30	2.00	0.36	0.0	6.0	0	2.0	20.0	3.0	0.00	0.00
	1/2 CUP													
KETCHUP	SERVING	40	0	320	0.00	0.00	0.0	2.4	*N/A*	0.0	10.0	0.0	0.00	0.00
FRESH GARDEN SALAD (1/2 CUP)	SERVING	35	3	63	0.74	*0.34	*22.1	*2.83	*1	0.96	3.45	1.74	0.37	*0.00
FRESH FRUIT, ASSORTED (HALF)	1/2 PIECE	37	0	0	1.44	0.09	8.8	11.25	6	0.42	9.48	0.12	0.03	0.00
ORANGE PINEAPPLE MIX - 1/4 CUP	1/4 cup	33	0	3	0.44	0.24	8.7	7.9	6	0.44	7.86	0.0	0.00	0.00
COBB SALAD - K8	SERVINGS	239	136	402	1.89	*1.26	*160.2	*8.85	*2	14.8	10.03	15.09	5.51	*0.00
FRUIT MUFFIN - BLUEBERRY	1 MUFFIN	331	28	217	2.83	*1.66	*61.1	*0.34	*25	6.01	50.44	11.61	2.56	*0.00
MILK, OPAA VARIETY HHFFK	1/2 PINT	106	6	168	0.00	0.00	300.0	1.2	17	8.0	18.2	0.25	0.15	0.00
Weighted Daily Average		613	41	857	5.93	*3.26	*525.8	*22.32	*41	27.06	94.27	14.31	3.93	*0.00
% of Calories									*26.5%	17.7%	61.5%	21.0%	5.8%	*0.0%
Nutrient Guideline		550-600		1000									<10.00	

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Opaa! Food Management

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: K-8 Breakfast/K-8 LUNCH

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 05/10/2017														
K-8 Breakfast		Total												
BLUEBERRY SWEET ROLL	SERVING	233	5	143	2.29	1.18	22.0	0.75	18	5.05	41.98	5.83	1.86	*0.00
BREAKFAST NACHOS (K8)	SERVING	203	105	436	2.67	0.95	150.8	5.87	3	7.49	20.11	9.63	3.25	0.00
CEREAL, ASST, DRY	Bowlpack	106	0	163	1.64	*5.38	99.3	6.34	7	1.79	22.86	1.39	0.07	0.00
OATMEAL	3/4 CUP	184	0	95	3.61	*1.61	*18.4	*0.0	13	5.75	35.54	2.35	0.41	*0.00
OATMEAL BAR TOPPINGS	SERVINGS	149	0	9	2.99	*0.78	*30.7	*0.55	32	0.95	38.7	0.15	0.02	*0.00
YOGURT,TRIX, STRW/BANANA	SERVING	100	5	50	0.00	0.00	100.0	0.0	13	3.0	20.0	0.5	0.50	0.00
FRUIT JUICE - ASSORTED	SERVING	63	0	10	0.00	0.00	6.7	14.8	14	0.0	15.0	0.0	0.00	0.00
BANANAS, FRESH - WHOLE	1 BANANA	90	0	1	2.63	0.26	5.1	8.79	12	1.1	23.07	0.33	0.11	0.00
MILK, OPAA VARIETY HHHFK	1/2 PINT	106	6	168	0.00	0.00	300.0	1.2	17	8.0	18.2	0.25	0.15	0.00
K-8 LUNCH		Total												
CHICKEN PATTY	1 PATTY	259	25	399	2.99	1.79	39.9	0.0	1	15.95	15.95	14.96	2.49	0.00
CONDIMENT-BBQ & KETCHUP	SERVING	35	0	176	0.00	0.09	0.0	1.8	6	0.0	7.28	0.0	0.00	0.00
MEATLOAF	3/4" SLICE	229	81	245	1.30	*2.66	*50.1	*2.48	*2	17.38	9.48	13.32	4.37	*0.00
BAKED HAM	SERVINGS	114	44	572	0.00	*1.06	*0.3	*0.0	9	13.16	9.24	2.19	0.73	*0.00
MASHED POTATOES	1/2 CUP	71	0	323	0.79	0.29	1.9	7.09	*0	1.57	13.39	1.18	0.00	0.00
CHICKEN GRAVY LOW SODIUM	1 OZ	12	0	69	0.00	0.00	0.6	0.0	0	0.49	1.46	0.49	0.00	*0.00
CORN - 1/4 CUP	1/4 CUP	44	0	13	0.46	0.01	0.2	1.1	*0	1.37	8.19	1.34	0.40	*0.00
FRESH FRUIT, ASSORTED (HALF)	1/2 PIECE	37	0	0	1.44	0.09	8.8	11.25	6	0.42	9.48	0.12	0.03	0.00
PEARS, CANNED - 1/4 CUP	1/4 Cup	38	0	5	0.95	0.00	0.0	0.0	8	0.0	9.06	0.0	0.00	0.00
HOT ROLLS - 1.75 OZ	SERVINGS	133	0	193	2.00	0.72	20.0	4.8	3	4.0	22.0	3.82	0.14	0.00
STRAWBERRY CHICKEN SALAD (K	1 EACH	191	9	104	2.44	1.26	135.1	31.8	*8	5.49	13.82	13.13	3.54	*0.00
MILK, OPAA VARIETY HHHFK	1/2 PINT	106	6	168	0.00	0.00	300.0	1.2	17	8.0	18.2	0.25	0.15	0.00
Weighted Daily Average		565	38	875	6.12	*2.61	*367.0	*24.40	*39	24.51	84.96	15.22	2.78	*0.00
% of Calories									*27.9%	17.3%	60.1%	24.2%	4.4%	*0.0%
Nutrient Guideline		550-600		1000									<10.00	

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Opaa! Food Management

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: K-8 Breakfast/K-8 LUNCH

Portion Values - Detailed

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Generated on: 4/7/2017 9:51:21 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 05/11/2017														
K-8 Breakfast														
	Total													
SCRAMBLED EGGS	SERVING	68	143	195	0.00	0.54	30.0	0.0	0	4.5	1.5	4.5	1.50	0.00
CHOCOLATE STUFFED CROISSAN	SERVING	338	5	185	2.00	1.43	40.9	0.0	30	5.53	54.99	11.9	5.53	*0.00
CEREAL, ASST, DRY	Bowlpack	106	0	163	1.64	*5.38	99.3	6.34	7	1.79	22.86	1.39	0.07	0.00
OATMEAL	3/4 CUP	184	0	95	3.61	*1.61	*18.4	*0.0	13	5.75	35.54	2.35	0.41	*0.00
OATMEAL BAR TOPPINGS	SERVINGS	149	0	9	2.99	*0.78	*30.7	*0.55	32	0.95	38.7	0.15	0.02	*0.00
TOAST W/ MARG & JELLY	1 EACH	164	0	137	2.00	0.72	40.0	0.0	12	4.0	29.0	4.69	1.68	0.00
FRUIT JUICE - ASSORTED	SERVING	63	0	10	0.00	0.00	6.7	14.8	14	0.0	15.0	0.0	0.00	0.00
	S - 4 OZ													
GRAPES, FRESH - 1/2 Cup	1/2 CUP	61	0	2	0.82	0.26	12.7	3.63	15	0.57	15.56	0.32	0.10	0.00
MILK, OPAA VARIETY HHFFK	1/2 PINT	106	6	168	0.00	0.00	300.0	1.2	17	8.0	18.2	0.25	0.15	0.00
K-8 LUNCH														
	Total													
SOFT TACOS	1 EACH	366	77	842	4.56	1.45	184.0	*1.31	*0	25.11	30.45	17.16	5.99	*0.00
CONDIMENT-MEXICAN ENTREES	SERVINGS	8	0	48	0.23	0.22	11.7	*4.12	*0	0.19	1.76	0.04	0.00	*0.00
TURKEY BURGERS	SERVING	364	97	581	3.05	*3.02	*300.8	*1.99	*4	34.93	32.33	11.52	4.19	*0.00
CONDIMENT-BURGER/CHX SAND (K8)	SERVING	29	1	150	0.21	0.06	3.7	3.13	*3	0.18	3.78	0.98	0.12	*0.00
CHICKEN & CHEESE QUESADILLA	1 EACH	308	58	661	4.51	0.53	271.9	5.87	2	19.58	28.97	13.08	6.04	0.00
FRESH GARDEN SALAD (1/2 CUP)	SERVING	35	3	63	0.74	*0.34	*22.1	*2.83	*1	0.96	3.45	1.74	0.37	*0.00
COWBOY BEANS	1/2 CUP	143	2	601	7.91	*3.13	*52.4	*0.98	*4	7.23	24.77	0.96	0.14	*0.00
FRESH FRUIT, ASSORTED (HALF)	1/2 PIECE	37	0	0	1.44	0.09	8.8	11.25	6	0.42	9.48	0.12	0.03	0.00
APPLESAUCE - 1/4 Cup	1/4 Cup	47	0	5	1.03	0.00	0.0	1.24	9	0.0	11.89	0.0	0.00	0.00
TACO SALAD (K8)	1 SALAD	296	76	771	2.20	*1.44	*232.5	*7.17	*2	21.83	12.95	17.43	6.38	*0.00
CORNBREAD	SERVINGS	294	58	222	1.61	*1.12	*50.8	*0.01	*24	5.97	48.37	9.44	1.75	*0.00
MILK, OPAA VARIETY HHFFK	1/2 PINT	106	6	168	0.00	0.00	300.0	1.2	17	8.0	18.2	0.25	0.15	0.00
Weighted Daily Average		580	85	1042	8.13	*3.16	*492.3	*19.55	*40	30.55	81.91	15.70	5.47	*0.00
% of Calories									*27.9%	21.1%	56.5%	24.4%	8.5%	*0.0%
Nutrient Guideline		550-600		1000									<10.00	

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Opaa! Food Management

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: K-8 Breakfast/K-8 LUNCH

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 05/12/2017														
K-8 Breakfast														
	Total													
BISCUITS & PEPPERED GRAVY	SERVING	267	0	640	2.00	1.09	101.4	*0.0	3	5.0	35.1	11.84	5.92	*0.00
SAUSAGE BREAKFAST PATTY	1 EACH	120	20	90	0.00	0.36	0.0	0.0	0	4.0	0.0	11.0	4.00	0.00
MINI WAFFLES - GENERAL MILLS	1 EACH	210	5	170	3.00	0.72	20.0	0.0	13	4.0	38.0	6.0	1.00	0.00
CEREAL, ASST, DRY	Bowlpack	106	0	163	1.64	*5.38	99.3	6.34	7	1.79	22.86	1.39	0.07	0.00
OATMEAL	3/4 CUP	184	0	95	3.61	*1.61	*18.4	*0.0	13	5.75	35.54	2.35	0.41	*0.00
OATMEAL BAR TOPPINGS	SERVINGS	149	0	9	2.99	*0.78	*30.7	*0.55	32	0.95	38.7	0.15	0.02	*0.00
YOGURT,TRIX, STRW/BANANA	SERVINGS	100	5	50	0.00	0.00	100.0	0.0	13	3.0	20.0	0.5	0.50	0.00
ORANGE SMILES, FRESH (WHOLE)	Whole Orange	62	0	0	3.14	0.13	52.4	69.69	12	1.23	15.39	0.16	0.02	0.00
FRUIT JUICE - ASSORTED	SERVING S - 4 OZ	63	0	10	0.00	0.00	6.7	14.8	14	0.0	15.0	0.0	0.00	0.00
MILK, OPAA VARIETY HFFFK	1/2 PINT	106	6	168	0.00	0.00	300.0	1.2	17	8.0	18.2	0.25	0.15	0.00
K-8 LUNCH														
	Total													
PEPPERONI PIZZA	SLICES	370	37	610	2.39	1.30	465.6	7.24	4	22.01	33.97	16.92	9.68	0.00
CHICKEN & CHEESE WRAP	1 EACH	275	9	454	4.77	0.48	198.6	5.37	*2	9.92	27.74	14.42	4.02	0.00
PEANUT BUTTER & JELLY SANDWICH	SANDWICH	410	0	290	6.00	2.16	80.0	0.0	17	15.0	52.0	18.0	3.00	0.00
YOGURT,TRIX, STRW/BANANA	Serving	100	5	50	0.00	0.00	100.0	0.0	13	3.0	20.0	0.5	0.50	0.00
FRESH GARDEN SALAD (1/2 CUP)	SERVING	35	3	63	0.74	*0.34	*22.1	*2.83	*1	0.96	3.45	1.74	0.37	*0.00
BABY CARROTS - 1/2 CUP	1/2 cup	25	0	55	2.04	0.63	22.5	1.83	3	0.45	5.79	0.09	0.02	0.00
RANCH DRESSING	1 OZ	48	6	110	0.03	*0.03	*22.4	*0.15	*2	0.76	2.19	3.49	0.74	*0.00
FRESH FRUIT, ASSORTED (HALF)	1/2 PIECE	37	0	0	1.44	0.09	8.8	11.25	6	0.42	9.48	0.12	0.03	0.00
STRAWBERRY BANANA MIX -1/4 CUP	1/4 CUP	36	0	1	1.26	0.23	4.7	10.8	5	0.44	9.27	0.13	0.04	0.00
POPCORN CHICKEN SALAD (K8)	1 SALAD	386	36	794	4.19	*2.88	*180.7	*5.99	*3	21.75	27.29	21.76	4.79	*0.00
BABY CARROTS-1/4 CUP	1/4 cup	12	0	27	1.02	0.31	11.2	0.91	2	0.22	2.9	0.05	0.01	0.00
FRUIT MUFFIN - PINEAPPLE	1 MUFFIN	332	28	217	2.67	*1.67	*61.9	*0.57	*25	5.98	50.81	11.55	2.56	*0.00
MILK, OPAA VARIETY HFFFK	1/2 PINT	106	6	168	0.00	0.00	300.0	1.2	17	8.0	18.2	0.25	0.15	0.00
Weighted Daily Average		569	35	792	6.45	*2.10	*632.8	*44.58	*38	25.24	77.40	18.74	8.00	*0.00
% of Calories									*26.7%	17.7%	54.4%	29.6%	12.7%	*0.0%
Nutrient Guideline		550-600		1000									<10.00	

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Opaa! Food Management

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: K-8 Breakfast/K-8 LUNCH

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 05/15/2017														
K-8 Breakfast		Total												
PANCAKES W/ SYRUP	2 EACH	263	7	266	2.00	0.96	26.7	0.0	28	3.38	54.97	4.0	0.67	0.00
SAUSAGE BISCUIT	1 SANDWI	330	20	430	2.00	1.44	100.0	0.0	3	9.0	28.0	20.0	8.50	0.00
CEREAL, ASST, DRY	Bowlpack	106	0	163	1.64	*5.38	99.3	6.34	7	1.79	22.86	1.39	0.07	0.00
OATMEAL	3/4 CUP	184	0	95	3.61	*1.61	*18.4	*0.0	13	5.75	35.54	2.35	0.41	*0.00
OATMEAL BAR TOPPINGS	SERVINGS	149	0	9	2.99	*0.78	*30.7	*0.55	32	0.95	38.7	0.15	0.02	*0.00
YOGURT,TRIX, STRW/BANANA	SERVING	100	5	50	0.00	0.00	100.0	0.0	13	3.0	20.0	0.5	0.50	0.00
GRAPES, FRESH - 1/2 Cup	1/2 CUP	61	0	2	0.82	0.26	12.7	3.63	15	0.57	15.56	0.32	0.10	0.00
FRUIT JUICE - ASSORTED	SERVING	63	0	10	0.00	0.00	6.7	14.8	14	0.0	15.0	0.0	0.00	0.00
MILK, OPAА VARIETY HFFK	S - 4 OZ													
	1/2 PINT	106	6	168	0.00	0.00	300.0	1.2	17	8.0	18.2	0.25	0.15	0.00
K-8 LUNCH		Total												
POPCORN CHICKEN NUGGETS	SERVING	265	24	397	2.41	2.17	48.1	0.0	1	15.64	16.84	15.64	3.01	0.00
CONDIMENT-BBQ & KETCHUP	SERVING	35	0	176	0.00	0.09	0.0	1.8	6	0.0	7.28	0.0	0.00	0.00
ITALIAN BREAD	SERVINGS	148	2	223	2.00	*0.77	*22.9	*6.0	4	4.46	25.24	4.38	0.44	*0.00
PIZZA GRILLED CHEESE SANDWIC	SAND	411	46	772	4.45	1.79	392.5	14.2	6	21.94	37.72	17.39	7.25	0.00
SLOPPY JOE	1/3 CUP	342	56	316	3.51	*4.94	*212.4	*4.94	*9	23.22	39.56	10.55	2.93	*0.00
FRESH GARDEN SALAD (1/2 CUP)	SERVING	35	3	63	0.74	*0.34	*22.1	*2.83	*1	0.96	3.45	1.74	0.37	*0.00
STEAMED BROCCOLI - 1/2 CUP	1/2 CUP	47	0	47	2.87	*0.78	*53.5	*53.73	1	2.68	4.68	2.65	1.12	*0.00
FRESH FRUIT, ASSORTED (HALF)	1/2 PIECE	37	0	0	1.44	0.09	8.8	11.25	6	0.42	9.48	0.12	0.03	0.00
CINNAMON APPLES - 1/4 CUP	1/4 cup	41	0	2	0.98	*0.13	*3.7	*0.22	*1	0.1	10.32	0.26	0.04	*0.00
MANDARIN ORANGE CHX SALAD (K8)	1 SALAD	164	2	73	1.77	1.34	36.2	23.81	*14	2.15	19.25	8.81	1.24	*0.00
STEAMED BROCCOLI - 1/4 CUP	1/4 CUP	23	0	23	1.43	*0.39	*26.7	*26.86	1	1.34	2.34	1.33	0.56	*0.00
ITALIAN BREAD	SERVINGS	148	2	223	2.00	*0.77	*22.9	*6.0	4	4.46	25.24	4.38	0.44	*0.00
MILK, OPAА VARIETY HFFK	1/2 PINT	106	6	168	0.00	0.00	300.0	1.2	17	8.0	18.2	0.25	0.15	0.00
Weighted Daily Average		585	32	803	6.65	*3.31	*460.0	*41.44	*42	25.05	84.24	17.70	4.69	*0.00
% of Calories									*28.5%	17.1%	57.6%	27.2%	7.2%	*0.0%
Nutrient Guideline		550-600		1000									<10.00	

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Opaa! Food Management

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: K-8 Breakfast/K-8 LUNCH

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 05/16/2017														
K-8 Breakfast														
CHEESY HAM AND EGG CASSEROLE	Total SERVING	229	447	439	0.32	1.79	186.2	1.53	2	19.96	4.8	14.02	5.34	*0.00
BLUEBERRY CRUMB CAKE	SERVINGS	463	28	243	4.35	*2.05	*60.2	*2.08	49	6.68	79.67	13.04	5.46	*0.00
CEREAL, ASST, DRY	Bowl/pack	106	0	163	1.64	*5.38	99.3	6.34	7	1.79	22.86	1.39	0.07	0.00
OATMEAL	3/4 CUP	184	0	95	3.61	*1.61	*18.4	*0.0	13	5.75	35.54	2.35	0.41	*0.00
OATMEAL BAR TOPPINGS	SERVINGS	149	0	9	2.99	*0.78	*30.7	*0.55	32	0.95	38.7	0.15	0.02	*0.00
TOAST W/ MARG & JELLY	1 EACH	164	0	137	2.00	0.72	40.0	0.0	12	4.0	29.0	4.69	1.68	0.00
FRUIT JUICE - ASSORTED	SERVING S - 4 OZ	63	0	10	0.00	0.00	6.7	14.8	14	0.0	15.0	0.0	0.00	0.00
BANANAS, FRESH - WHOLE	1 BANANA	90	0	1	2.63	0.26	5.1	8.79	12	1.1	23.07	0.33	0.11	0.00
MILK, OPAA VARIETY HFFFK	1/2 PINT	106	6	168	0.00	0.00	300.0	1.2	17	8.0	18.2	0.25	0.15	0.00
K-8 LUNCH														
BBQ PORK ON BUN														
CONDIMENT-BBQ ENTREES	1 EACH	320	48	1155	3.23	*2.49	*203.4	*1.95	*10	23.11	45.81	4.06	0.01	*0.00
SUPER NACHOS (K8)	SERVINGS	22	0	443	0.28	0.26	3.1	1.64	*2	0.14	4.81	0.05	0.01	*0.00
ENCHILADA	SERVING	362	79	876	2.72	1.53	220.7	1.17	4	23.79	23.83	18.3	6.93	0.00
CONDIMENT-MEXICAN ENTREES	SERVING	481	96	1207	5.30	2.04	261.1	9.39	*5	31.66	38.16	21.71	9.85	*0.00
FRESH GARDEN SALAD (1/2 CUP)	SERVINGS	8	0	48	0.23	0.22	11.7	*4.12	*0	0.19	1.76	0.04	0.00	*0.00
REFRIED BEANS	SERVING	35	3	63	0.74	*0.34	*22.1	*2.83	*1	0.96	3.45	1.74	0.37	*0.00
FRESH FRUIT, ASSORTED (HALF)	1/2 CUP	165	3	472	9.47	2.11	94.6	3.33	*1	7.66	27.86	2.34	0.51	*0.00
MANDARIN ORANGES - 1/4 CUP	1/2 PIECE	37	0	0	1.44	0.09	8.8	11.25	6	0.42	9.48	0.12	0.03	0.00
TACO SALAD (K8)	1/4 CUP	40	0	8	0.50	0.36	10.1	12.1	8	0.5	9.58	0.0	0.00	0.00
CORNBREAD	1 SALAD	296	76	771	2.20	*1.44	*232.5	*7.17	*2	21.83	12.95	17.43	6.38	*0.00
MILK, OPAA VARIETY HFFFK	SERVINGS	294	58	222	1.61	*1.12	*50.8	*0.01	*24	5.97	48.37	9.44	1.75	*0.00
Weighted Daily Average	1/2 PINT	106	6	168	0.00	0.00	300.0	1.2	17	8.0	18.2	0.25	0.15	0.00
% of Calories		617	126	1422	8.28	*3.77	*536.3	*25.37	*46	32.33	93.57	12.62	3.85	*0.00
Nutrient Guideline		550-600		1000					*29.6%	20.9%	60.6%	18.4%	5.6%	*0.0%

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Opaa! Food Management

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: K-8 Breakfast/K-8 LUNCH

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 05/17/2017														
K-8 Breakfast														
	Total													
LEMON ROLL	SERVING	233	5	143	2.13	1.20	22.4	2.08	*18	5.03	41.98	5.78	1.85	*0.00
EGG AND CHEESE BAGEL	1 BAGEL	225	123	442	4.00	2.16	161.2	0.0	6	12.54	31.01	7.04	2.77	0.00
CEREAL, ASST, DRY	Bowlpack	106	0	163	1.64	*5.38	99.3	6.34	7	1.79	22.86	1.39	0.07	0.00
OATMEAL	3/4 CUP	184	0	95	3.61	*1.61	*18.4	*0.0	13	5.75	35.54	2.35	0.41	*0.00
OATMEAL BAR TOPPINGS	SERVINGS	149	0	9	2.99	*0.78	*30.7	*0.55	32	0.95	38.7	0.15	0.02	*0.00
YOGURT,TRIX, STRW/BANANA	SERVING	100	5	50	0.00	0.00	100.0	0.0	13	3.0	20.0	0.5	0.50	0.00
FRUIT JUICE - ASSORTED	SERVING	63	0	10	0.00	0.00	6.7	14.8	14	0.0	15.0	0.0	0.00	0.00
PEACHES, CANNED -1/2 CUP	1/2 CUP	67	0	10	0.95	0.00	0.0	1.14	12	0.95	16.22	0.0	0.00	0.00
MILK, OPAA VARIETY HHFFK	1/2 PINT	106	6	168	0.00	0.00	300.0	1.2	17	8.0	18.2	0.25	0.15	0.00
K-8 LUNCH														
	Total													
CHICKEN PATTY	1 PATTY	259	25	399	2.99	1.79	39.9	0.0	1	15.95	15.95	14.96	2.49	0.00
CONDIMENT-BBQ & KETCHUP	SERVING	35	0	176	0.00	0.09	0.0	1.8	6	0.0	7.28	0.0	0.00	0.00
ROASTED PORK	3 OZ	150	72	409	0.35	*0.21	*5.1	*0.19	0	24.25	1.72	3.1	0.02	*0.00
HAMBURGER STEAK	1/3 CUP	232	65	168	1.12	2.24	38.4	1.52	*1	16.76	8.6	14.44	4.89	*0.00
MASHED POTATOES	1/2 CUP	71	0	323	0.79	0.29	1.9	7.09	*0	1.57	13.39	1.18	0.00	0.00
CHICKEN GRAVY LOW SODIUM	1 OZ	12	0	69	0.00	0.00	0.6	0.0	0	0.49	1.46	0.49	0.00	*0.00
GREEN BEANS, CANNED - 1/4 CUP	1/4 CUP	15	0	197	1.03	0.37	10.6	1.34	*0	0.52	2.19	0.47	0.21	*0.00
FRESH FRUIT, ASSORTED (HALF)	1/2 PIECE	37	0	0	1.44	0.09	8.8	11.25	6	0.42	9.48	0.12	0.03	0.00
APPLESAUCE - 1/4 Cup	1/4 Cup	47	0	5	1.03	0.00	0.0	1.24	9	0.0	11.89	0.0	0.00	0.00
HOT ROLLS - 1.75 OZ	SERVINGS	133	0	193	2.00	0.72	20.0	4.8	3	4.0	22.0	3.82	0.14	0.00
STRAWBERRY CHICKEN SALAD (K	1 EACH	191	9	104	2.44	1.26	135.1	31.8	*8	5.49	13.82	13.13	3.54	*0.00
MILK, OPAA VARIETY HHFFK	1/2 PINT	106	6	168	0.00	0.00	300.0	1.2	17	8.0	18.2	0.25	0.15	0.00
Weighted Daily Average		559	40	942	6.20	*2.67	*369.5	*23.37	*39	25.51	83.41	14.58	2.55	*0.00
% of Calories									*28.2%	18.3%	59.7%	23.5%	4.1%	*0.0%
Nutrient Guideline		550-600		1000									<10.00	

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Opaa! Food Management

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: K-8 Breakfast/K-8 LUNCH

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 05/18/2017														
K-8 Breakfast														
SAUSAGE PANCAKE ON STICK	Total STICK	283	20	394	0.00	1.44	20.0	0.0	22	7.03	38.43	12.0	3.00	0.00
YOGURT,TRIX, STRW/BANANA	Serving	100	5	50	0.00	0.00	100.0	0.0	13	3.0	20.0	0.5	0.50	0.00
FRUIT MUFFIN - PINEAPPLE	1 MUFFIN	332	28	217	2.67	*1.67	*61.9	*0.57	*25	5.98	50.81	11.55	2.56	*0.00
CEREAL, ASST, DRY	Bowlpack	106	0	163	1.64	*5.38	99.3	6.34	7	1.79	22.86	1.39	0.07	0.00
OATMEAL	3/4 CUP	184	0	95	3.61	*1.61	*18.4	*0.0	13	5.75	35.54	2.35	0.41	*0.00
OATMEAL BAR TOPPINGS	SERVINGS	149	0	9	2.99	*0.78	*30.7	*0.55	32	0.95	38.7	0.15	0.02	*0.00
CINNAMON TOAST	1 EACH	129	0	130	2.08	0.83	42.6	0.01	6	4.01	20.13	4.55	1.61	0.00
PINEAPPLE, CANNED - 1/2 CUP	1/2 CUP	60	0	0	0.86	0.31	17.2	10.3	11	0.86	14.6	0.0	0.00	0.00
FRUIT JUICE - ASSORTED	SERVING S - 4 OZ	63	0	10	0.00	0.00	6.7	14.8	14	0.0	15.0	0.0	0.00	0.00
MILK, OPAA VARIETY HFFFK	1/2 PINT	106	6	168	0.00	0.00	300.0	1.2	17	8.0	18.2	0.25	0.15	0.00
K-8 LUNCH														
HOT DOG ON BUN	SERVING	280	35	900	3.00	2.16	240.0	2.4	6	13.0	35.0	11.0	3.00	0.00
CONDIMENT-HOT DOG (K8)	SERV	44	0	125	0.00	*0.00	*0.0	*2.4	8	0.0	8.16	0.2	0.02	0.00
CHILI CON CARNE - K8	1/2 CUP	168	40	374	3.71	*4.01	*38.4	*6.04	*0	14.12	12.83	6.67	2.13	*0.00
CINNAMON ROLL	SERVING	229	5	143	2.35	1.21	27.3	0.02	17	5.03	41.1	5.78	1.85	0.00
KOREAN BBQ PORK TACOS	2 TACOS	353	72	843	4.37	*0.24	*85.9	*1.3	*11	28.36	41.89	7.26	1.04	*0.00
CONDIMENT-MEXICAN ENTREES	SERVINGS	8	0	48	0.23	0.22	11.7	*4.12	*0	0.19	1.76	0.04	0.00	*0.00
FRENCH FRIES - 1/2 CUP	SERVING 1/2 CUP	130	0	30	2.00	0.36	0.0	6.0	0	2.0	20.0	3.0	0.00	0.00
KETCHUP	SERVING	40	0	100	0.00	0.00	0.0	2.4	8	0.0	8.0	0.0	0.00	0.00
FRESH GARDEN SALAD (1/2 CUP)	SERVING	35	3	63	0.74	*0.34	*22.1	*2.83	*1	0.96	3.45	1.74	0.37	*0.00
FRESH FRUIT, ASSORTED (HALF)	1/2 PIECE	37	0	0	1.44	0.09	8.8	11.25	6	0.42	9.48	0.12	0.03	0.00
PEARS, CANNED - 1/4 CUP	1/4 Cup	38	0	5	0.95	0.00	0.0	0.0	8	0.0	9.06	0.0	0.00	0.00
COBB SALAD - K8	SERVINGS	239	136	402	1.89	*1.26	*160.2	*8.85	*2	14.8	10.03	15.09	5.51	*0.00
FRUIT MUFFIN - BLUEBERRY	1 MUFFIN	331	28	217	2.83	*1.66	*61.1	*0.34	*25	6.01	50.44	11.61	2.56	*0.00
MILK, OPAA VARIETY HFFFK	1/2 PINT	106	6	168	0.00	0.00	300.0	1.2	17	8.0	18.2	0.25	0.15	0.00
Weighted Daily Average		624	45	960	6.23	*3.05	*455.8	*23.70	*52	23.24	99.06	14.01	3.33	*0.00
% of Calories									*33.5%	14.9%	63.5%	20.2%	4.8%	*0.0%
Nutrient Guideline		550-600		1000									<10.00	

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Opaa! Food Management

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: K-8 Breakfast/K-8 LUNCH

Portion Values - Detailed

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Generated on: 4/7/2017 9:51:21 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 05/19/2017														
K-8 Breakfast														
	Total													
BISCUITS & PEPPERED GRAVY	SERVING	267	0	640	2.00	1.09	101.4	*0.0	3	5.0	35.1	11.84	5.92	*0.00
SAUSAGE BREAKFAST PATTY	1 EACH	120	20	90	0.00	0.36	0.0	0.0	0	4.0	0.0	11.0	4.00	0.00
MINI PANCAKES - GENERAL MILLS	PACKAGE	200	10	370	2.00	1.08	40.0	0.0	14	4.0	34.0	6.0	1.00	0.00
CEREAL, ASST, DRY	Bowlpack	106	0	163	1.64	*5.38	99.3	6.34	7	1.79	22.86	1.39	0.07	0.00
OATMEAL	3/4 CUP	184	0	95	3.61	*1.61	*18.4	*0.0	13	5.75	35.54	2.35	0.41	*0.00
OATMEAL BAR TOPPINGS	SERVINGS	149	0	9	2.99	*0.78	*30.7	*0.55	32	0.95	38.7	0.15	0.02	*0.00
YOGURT,TRIX, STRW/BANANA	SERVING	100	5	50	0.00	0.00	100.0	0.0	13	3.0	20.0	0.5	0.50	0.00
STRAWBERRIES, FROZEN - 1/2 CU	1/2 CUP	27	0	2	1.60	0.57	12.2	31.45	3	0.33	6.97	0.08	0.00	0.00
FRUIT JUICE - ASSORTED	SERVING	63	0	10	0.00	0.00	6.7	14.8	14	0.0	15.0	0.0	0.00	0.00
	S - 4 OZ													
MILK, OPAA VARIETY HFFFK	1/2 PINT	106	6	168	0.00	0.00	300.0	1.2	17	8.0	18.2	0.25	0.15	0.00
K-8 LUNCH														
	Total													
TONY'S PEPPERONI 4 X 6 PIZZA	SLICE	320	20	690	3.00	2.70	250.0	0.0	*N/A*	16.0	37.0	12.0	5.00	0.00
PARMESAN CHICKEN SANDWICH	Sandwich	508	37	864	6.73	3.82	342.0	1.28	6	26.92	50.6	22.12	4.67	*0.00
PEPPERONI CALZONE	SERVING	380	38	652	2.73	1.41	478.6	6.68	4	22.65	32.53	18.17	9.99	*0.00
FRESH GARDEN SALAD (1/2 CUP)	SERVING	35	3	63	0.74	*0.34	*22.1	*2.83	*1	0.96	3.45	1.74	0.37	*0.00
ROASTED VEGETABLES - 1/2 CUP	1/2 CUP	79	0	247	1.67	*0.34	*16.6	*42.8	*2	1.05	6.57	5.58	0.78	*0.00
FRESH FRUIT, ASSORTED (HALF)	1/2 PIECE	37	0	0	1.44	0.09	8.8	11.25	6	0.42	9.48	0.12	0.03	0.00
TROPICAL FRUIT - 1/4 CUP	1/4 CUP	47	0	3	0.81	0.26	8.9	8.73	*6	0.48	11.75	0.07	0.02	0.00
POPCORN CHICKEN SALAD (K8)	1 SALAD	386	36	794	4.19	*2.88	*180.7	*5.99	*3	21.75	27.29	21.76	4.79	*0.00
ROASTED VEGETABLES - 1/4 CUP	1/4 cup	42	0	125	1.04	*0.23	*12.1	*27.36	*1	0.75	3.95	2.81	0.39	*0.00
FRUIT MUFFIN - PINEAPPLE	1 MUFFIN	332	28	217	2.67	*1.67	*61.9	*0.57	*25	5.98	50.81	11.55	2.56	*0.00
MILK, OPAA VARIETY HFFFK	1/2 PINT	106	6	168	0.00	0.00	300.0	1.2	17	8.0	18.2	0.25	0.15	0.00
Weighted Daily Average		548	28	921	5.92	*3.21	*538.5	*41.40	*33	23.67	76.73	16.91	5.69	*0.00
% of Calories									*23.8%	17.3%	56.0%	27.8%	9.4%	*0.0%
Nutrient Guideline		550-600		1000									<10.00	

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Opaa! Food Management

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: K-8 Breakfast/K-8 LUNCH

Portion Values - Detailed

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Generated on: 4/7/2017 9:51:22 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Mon - 05/22/2017														
K-8 Breakfast														
	Total													
FRENCH TOAST STICKS	4 Sticks	373	0	404	3.00	1.44	60.0	0.0	29	6.03	61.43	13.0	3.00	0.00
BREAKFAST PIZZA, TONY'S	SLICE	210	15	480	3.00	1.80	150.0	0.0	8	10.0	27.0	8.0	2.00	0.00
CEREAL, ASST, DRY	Bowlpack	106	0	163	1.64	*5.38	99.3	6.34	7	1.79	22.86	1.39	0.07	0.00
OATMEAL	3/4 CUP	184	0	95	3.61	*1.61	*18.4	*0.0	13	5.75	35.54	2.35	0.41	*0.00
OATMEAL BAR TOPPINGS	SERVINGS	149	0	9	2.99	*0.78	*30.7	*0.55	32	0.95	38.7	0.15	0.02	*0.00
YOGURT,TRIX, STRW/BANANA	SERVING	100	5	50	0.00	0.00	100.0	0.0	13	3.0	20.0	0.5	0.50	0.00
ORANGE SMILES, FRESH (WHOLE)	Whole Orange	62	0	0	3.14	0.13	52.4	69.69	12	1.23	15.39	0.16	0.02	0.00
FRUIT JUICE - ASSORTED	SERVING S - 4 OZ	63	0	10	0.00	0.00	6.7	14.8	14	0.0	15.0	0.0	0.00	0.00
MILK, OPAA VARIETY HFFFK	1/2 PINT	106	6	168	0.00	0.00	300.0	1.2	17	8.0	18.2	0.25	0.15	0.00
K-8 LUNCH														
	Total													
CHICKEN NUGGETS (5 EACH)	5 PIECES	263	25	401	2.51	2.26	25.1	0.0	1	16.3	16.3	15.05	2.51	0.00
CONDIMENT-BBQ & KETCHUP	SERVING	35	0	176	0.00	0.09	0.0	1.8	6	0.0	7.28	0.0	0.00	0.00
ITALIAN BREAD	SERVINGS	148	2	223	2.00	*0.77	*22.9	*6.0	4	4.46	25.24	4.38	0.44	*0.00
MEATBALL SUB	SERVING	367	34	588	4.58	2.92	361.0	30.58	10	19.8	43.05	13.73	4.82	0.00
BEEF AND NOODLES	1 CUP	326	58	478	1.24	*2.74	*67.4	*1.33	3	20.62	25.57	15.53	5.32	*0.00
ITALIAN BREAD	SERVINGS	148	2	223	2.00	*0.77	*22.9	*6.0	4	4.46	25.24	4.38	0.44	*0.00
FRESH GARDEN SALAD (1/2 CUP)	SERVING	35	3	63	0.74	*0.34	*22.1	*2.83	*1	0.96	3.45	1.74	0.37	*0.00
CORN - 1/2 CUP	1/2 CUP	89	0	27	0.93	0.02	0.4	2.2	*0	2.73	16.38	2.68	0.81	*0.00
FRESH FRUIT, ASSORTED (HALF)	1/2 PIECE	37	0	0	1.44	0.09	8.8	11.25	6	0.42	9.48	0.12	0.03	0.00
APPLESAUCE - 1/4 Cup	1/4 Cup	47	0	5	1.03	0.00	0.0	1.24	9	0.0	11.89	0.0	0.00	0.00
MANDARIN ORANGE CHX SALAD (K8)	1 SALAD	164	2	73	1.77	1.34	36.2	23.81	*14	2.15	19.25	8.81	1.24	*0.00
CORN - 1/4 CUP	1/4 CUP	44	0	13	0.46	0.01	0.2	1.1	*0	1.37	8.19	1.34	0.40	*0.00
ITALIAN BREAD	SERVINGS	148	2	223	2.00	*0.77	*22.9	*6.0	4	4.46	25.24	4.38	0.44	*0.00
MILK, OPAA VARIETY HFFFK	1/2 PINT	106	6	168	0.00	0.00	300.0	1.2	17	8.0	18.2	0.25	0.15	0.00
Weighted Daily Average		603	29	816	6.93	*3.09	*429.4	*44.98	*44	25.73	90.41	17.20	3.61	*0.00
% of Calories									*29.5%	17.1%	60.0%	25.7%	5.4%	*0.0%
Nutrient Guideline		550-600		1000									<10.00	

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Opaa! Food Management

Base Menu Spreadsheet

Portion Values - Detailed

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May 1, 2017 thru May 31, 2017

Combined: K-8 Breakfast/K-8 LUNCH

Generated on: 4/7/2017 9:51:22 AM

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Tue - 05/23/2017														
K-8 Breakfast														
	Total													
PANCAKE SAUSAGE GRIDDLE	SANDWIC	279	27	350	2.00	1.32	26.7	0.0	8	7.34	28.81	15.0	4.67	0.00
YOGURT,TRIX, STRW/BANANA	Serving	100	5	50	0.00	0.00	100.0	0.0	13	3.0	20.0	0.5	0.50	0.00
FRUIT MUFFIN - PINEAPPLE	1 MUFFIN	332	28	217	2.67	*1.67	*61.9	*0.57	*25	5.98	50.81	11.55	2.56	*0.00
CEREAL, ASST, DRY	Bowlpack	106	0	163	1.64	*5.38	99.3	6.34	7	1.79	22.86	1.39	0.07	0.00
OATMEAL	3/4 CUP	184	0	95	3.61	*1.61	*18.4	*0.0	13	5.75	35.54	2.35	0.41	*0.00
OATMEAL BAR TOPPINGS	SERVINGS	149	0	9	2.99	*0.78	*30.7	*0.55	32	0.95	38.7	0.15	0.02	*0.00
CINNAMON TOAST	1 EACH	129	0	130	2.08	0.83	42.6	0.01	6	4.01	20.13	4.55	1.61	0.00
PEARS, CANNED - 1/2 CUP	1/2 CUP	76	0	10	1.91	0.00	0.0	0.0	15	0.0	18.13	0.0	0.00	0.00
FRUIT JUICE - ASSORTED	SERVING	63	0	10	0.00	0.00	6.7	14.8	14	0.0	15.0	0.0	0.00	0.00
	S - 4 OZ													
MILK, OPAA VARIETY HFFFK	1/2 PINT	106	6	168	0.00	0.00	300.0	1.2	17	8.0	18.2	0.25	0.15	0.00
K-8 LUNCH														
	Total													
CHEESEBURGER	SERVING	300	33	387	3.00	3.24	321.2	0.0	5	21.54	34.01	10.04	3.77	0.00
CONDIMENT-BURGER/CHX SAND (K8)	SERVING	29	1	150	0.21	0.06	3.7	3.13	*3	0.18	3.78	0.98	0.12	*0.00
HAM & CHEESE FRENCH TOAST SAND	SERV	368	139	835	4.03	2.34	256.4	0.08	7	24.04	36.55	13.38	5.19	*0.00
SYRUP	1 OZ	73	0	4	0.00	0.00	0.0	0.0	14	0.03	18.43	0.0	0.00	0.00
STUFFED TACO	1 EACH	432	55	1265	9.03	2.03	212.2	*2.55	*1	24.62	49.68	14.49	5.85	*0.00
CONDIMENT-MEXICAN ENTREES	SERVINGS	8	0	48	0.23	0.22	11.7	*4.12	*0	0.19	1.76	0.04	0.00	*0.00
TATER TOTS - 1/2 CUP	1/2 CUP	110	0	125	2.00	0.36	0.0	0.0	1	1.0	17.0	4.0	0.50	0.00
KETCHUP	SERVING	40	0	100	0.00	0.00	0.0	2.4	8	0.0	8.0	0.0	0.00	0.00
FRESH GARDEN SALAD (1/2 CUP)	SERVING	35	3	63	0.74	*0.34	*22.1	*2.83	*1	0.96	3.45	1.74	0.37	*0.00
FRESH FRUIT, ASSORTED (HALF)	1/2 PIECE	37	0	0	1.44	0.09	8.8	11.25	6	0.42	9.48	0.12	0.03	0.00
MANDARIN ORANGES - 1/4 CUP	1/4 CUP	40	0	8	0.50	0.36	10.1	12.1	8	0.5	9.58	0.0	0.00	0.00
COBB SALAD - K8	SERVINGS	239	136	402	1.89	*1.26	*160.2	*8.85	*2	14.8	10.03	15.09	5.51	*0.00
FRUIT MUFFIN - BLUEBERRY	1 MUFFIN	331	28	217	2.83	*1.66	*61.1	*0.34	*25	6.01	50.44	11.61	2.56	*0.00
MILK, OPAA VARIETY HFFFK	1/2 PINT	106	6	168	0.00	0.00	300.0	1.2	17	8.0	18.2	0.25	0.15	0.00
Weighted Daily Average		630	59	867	6.76	*3.29	*531.0	*19.68	*49	26.59	95.60	15.51	4.74	*0.00
% of Calories									*31.2%	16.9%	60.7%	22.2%	6.8%	*0.0%
Nutrient Guideline		550-600		1000									<10.00	

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Opaa! Food Management

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: K-8 Breakfast/K-8 LUNCH

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Wed - 05/24/2017														
K-8 Breakfast														
	Total													
CINNAMON ROLL	SERVING	229	5	143	2.35	1.21	27.3	0.02	17	5.03	41.1	5.78	1.85	0.00
BREAKFAST NACHOS (K8)	SERVING	203	105	436	2.67	0.95	150.8	5.87	3	7.49	20.11	9.63	3.25	0.00
CEREAL, ASST, DRY	Bowlpack	106	0	163	1.64	*5.38	99.3	6.34	7	1.79	22.86	1.39	0.07	0.00
OATMEAL	3/4 CUP	184	0	95	3.61	*1.61	*18.4	*0.0	13	5.75	35.54	2.35	0.41	*0.00
OATMEAL BAR TOPPINGS	SERVINGS	149	0	9	2.99	*0.78	*30.7	*0.55	32	0.95	38.7	0.15	0.02	*0.00
YOGURT,TRIX, STRW/BANANA	SERVING	100	5	50	0.00	0.00	100.0	0.0	13	3.0	20.0	0.5	0.50	0.00
FRUIT JUICE - ASSORTED	SERVING	63	0	10	0.00	0.00	6.7	14.8	14	0.0	15.0	0.0	0.00	0.00
	S - 4 OZ													
BANANAS, FRESH - WHOLE	1 BANANA	90	0	1	2.63	0.26	5.1	8.79	12	1.1	23.07	0.33	0.11	0.00
MILK, OPAA VARIETY HHFFK	1/2 PINT	106	6	168	0.00	0.00	300.0	1.2	17	8.0	18.2	0.25	0.15	0.00
K-8 LUNCH														
	Total													
CHICKEN PATTY	1 PATTY	259	25	399	2.99	1.79	39.9	0.0	1	15.95	15.95	14.96	2.49	0.00
CONDIMENT-BBQ & KETCHUP	SERVING	35	0	176	0.00	0.09	0.0	1.8	6	0.0	7.28	0.0	0.00	0.00
ROAST TURKEY w/ GRAVY	2.5 OZ	102	36	745	0.44	*0.88	*9.7	*0.27	0	12.94	4.2	3.68	1.04	*0.00
FISH PATTY	PORTION	290	30	1116	1.49	*1.91	*123.1	*14.31	*7	14.69	23.81	14.98	3.49	*0.00
MASHED POTATOES	1/2 CUP	71	0	323	0.79	0.29	1.9	7.09	*0	1.57	13.39	1.18	0.00	0.00
CHICKEN GRAVY LOW SODIUM	1 OZ	12	0	69	0.00	0.00	0.6	0.0	0	0.49	1.46	0.49	0.00	*0.00
GLAZED CARROTS - 1/4 CUP	1/4 CUP	26	0	22	1.55	*0.02	*0.8	*2.2	*3	0.4	5.34	0.05	0.01	*0.00
FRESH FRUIT, ASSORTED (HALF)	1/2 PIECE	37	0	0	1.44	0.09	8.8	11.25	6	0.42	9.48	0.12	0.03	0.00
PEACHES, CANNED -1/4 CUP	1/4 CUP	33	0	5	0.48	0.00	0.0	0.57	6	0.48	8.11	0.0	0.00	0.00
HOT ROLLS - 1.75 OZ	SERVINGS	133	0	193	2.00	0.72	20.0	4.8	3	4.0	22.0	3.82	0.14	0.00
STRAWBERRY CHICKEN SALAD (K	1 EACH	191	9	104	2.44	1.26	135.1	31.8	*8	5.49	13.82	13.13	3.54	*0.00
MILK, OPAA VARIETY HHFFK	1/2 PINT	106	6	168	0.00	0.00	300.0	1.2	17	8.0	18.2	0.25	0.15	0.00
Weighted Daily Average		556	33	945	6.38	*2.51	*371.3	*25.41	*39	24.12	83.83	14.71	2.54	*0.00
% of Calories									*28.2%	17.4%	60.3%	23.8%	4.1%	*0.0%
Nutrient Guideline		550-600		1000									<10.00	

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Opaa! Food Management

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: K-8 Breakfast/K-8 LUNCH

Portion Values - Detailed

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Thu - 05/25/2017														
K-8 Breakfast														
BREAKFAST SLIDERS	Total													
APPLE TURNOVER	Serving	160	30	290	2.00	1.44	80.0	0.0	7	8.0	22.0	4.5	1.50	0.00
CEREAL, ASST, DRY	1 Each	329	0	144	3.56	1.70	53.8	4.93	40	6.18	67.58	4.6	1.44	*0.00
OATMEAL	Bowlpack	106	0	163	1.64	*5.38	99.3	6.34	7	1.79	22.86	1.39	0.07	0.00
OATMEAL BAR TOPPINGS	3/4 CUP	184	0	95	3.61	*1.61	*18.4	*0.0	13	5.75	35.54	2.35	0.41	*0.00
TOAST W/ MARG & JELLY	SERVINGS	149	0	9	2.99	*0.78	*30.7	*0.55	32	0.95	38.7	0.15	0.02	*0.00
FRUIT JUICE - ASSORTED	1 EACH	164	0	137	2.00	0.72	40.0	0.0	12	4.0	29.0	4.69	1.68	0.00
APPLE, FRESH (HALF)	SERVING	63	0	10	0.00	0.00	6.7	14.8	14	0.0	15.0	0.0	0.00	0.00
MILK, OPAA VARIETY HFFK	S - 4 OZ													
	1/2 each	37	0	1	1.70	0.09	4.3	3.26	7	0.18	9.79	0.12	0.02	0.00
	1/2 PINT	106	6	168	0.00	0.00	300.0	1.2	17	8.0	18.2	0.25	0.15	0.00
K-8 LUNCH														
CHIC NACHOS w/WHITE QUESO K8	Total													
SMOTHERED BURRITO	SERV	324	71	735	4.72	1.74	230.8	2.16	*0	18.52	23.97	17.45	7.04	*0.34
CONDIMENT-MEXICAN ENTREES	SERVING	477	86	1237	6.94	1.62	393.6	*4.28	*2	29.45	38.08	22.98	10.75	*0.34
BBQ RIB ON A BUN	SERVINGS	8	0	48	0.23	0.22	11.7	*4.12	*0	0.19	1.76	0.04	0.00	*0.00
CONDIMENT-BBQ ENTREES	SAND	350	40	895	3.79	2.77	202.4	2.19	10	20.29	41.85	12.32	3.49	0.00
FRESH GARDEN SALAD (1/2 CUP)	SERVINGS	22	0	443	0.28	0.26	3.1	1.64	*2	0.14	4.81	0.05	0.01	*0.00
TEXAS PINTOS	SERVING	35	3	63	0.74	*0.34	*22.1	*2.83	*1	0.96	3.45	1.74	0.37	*0.00
FRESH FRUIT, ASSORTED (HALF)	1/2 CUP	130	0	502	7.39	*1.82	*52.6	*4.8	*1	5.55	22.92	1.54	0.06	*0.00
BANANA-ORANGE MIX - 1/4 CUP	1/2 PIECE	37	0	0	1.44	0.09	8.8	11.25	6	0.42	9.48	0.12	0.03	0.00
TACO SALAD (K8)	1/4 CUP	48	0	4	1.00	0.33	8.7	9.94	3	0.63	11.87	0.08	0.03	0.00
CORNBREAD	1 SALAD	296	76	771	2.20	*1.44	*232.5	*7.17	*2	21.83	12.95	17.43	6.38	*0.00
MILK, OPAA VARIETY HFFK	SERVINGS	294	58	222	1.61	*1.12	*50.8	*0.01	*24	5.97	48.37	9.44	1.75	*0.00
	1/2 PINT	106	6	168	0.00	0.00	300.0	1.2	17	8.0	18.2	0.25	0.15	0.00
Weighted Daily Average		563	61	1078	8.77	*3.11	*537.9	*25.33	*36	27.41	79.51	15.73	5.94	*0.19
% of Calories									*25.7%	19.5%	56.5%	25.2%	9.5%	*0.3%
Nutrient Guideline		550-600		1000									<10.00	

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Opaa! Food Management

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: K-8 Breakfast/K-8 LUNCH

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)
Fri - 05/26/2017														
K-8 Breakfast		Total												
BISCUITS & PEPPERED GRAVY	SERVING	267	0	640	2.00	1.09	101.4	*0.0	3	5.0	35.1	11.84	5.92	*0.00
SAUSAGE BREAKFAST PATTY	1 EACH	120	20	90	0.00	0.36	0.0	0.0	0	4.0	0.0	11.0	4.00	0.00
MINI WAFFLES - GENERAL MILLS	1 EACH	210	5	170	3.00	0.72	20.0	0.0	13	4.0	38.0	6.0	1.00	0.00
CEREAL, ASST, DRY	Bowlpack	106	0	163	1.64	*5.38	99.3	6.34	7	1.79	22.86	1.39	0.07	0.00
OATMEAL	3/4 CUP	184	0	95	3.61	*1.61	*18.4	*0.0	13	5.75	35.54	2.35	0.41	*0.00
OATMEAL BAR TOPPINGS	SERVINGS	149	0	9	2.99	*0.78	*30.7	*0.55	32	0.95	38.7	0.15	0.02	*0.00
YOGURT,TRIX, STRW/BANANA	SERVING	100	5	50	0.00	0.00	100.0	0.0	13	3.0	20.0	0.5	0.50	0.00
GRAPES, FRESH - 1/2 Cup	1/2 CUP	61	0	2	0.82	0.26	12.7	3.63	15	0.57	15.56	0.32	0.10	0.00
FRUIT JUICE - ASSORTED	SERVING	63	0	10	0.00	0.00	6.7	14.8	14	0.0	15.0	0.0	0.00	0.00
MILK, OPAA VARIETY HHFFK	S - 4 OZ													
	1/2 PINT	106	6	168	0.00	0.00	300.0	1.2	17	8.0	18.2	0.25	0.15	0.00
K-8 LUNCH		Total												
CHEESE PIZZA	SLICES	360	32	549	2.39	1.19	463.8	6.68	4	20.8	33.69	16.36	9.49	0.00
FISH TACOS	2 EACH	400	43	736	7.45	*1.28	*159.2	*4.48	*2	17.92	50.9	15.28	3.66	*0.00
CORN DOG	CORN DO	240	15	670	4.00	1.80	60.0	15.0	11	11.0	33.0	7.0	1.50	0.00
CONDIMENT-HOT DOG (K8)	SERV	44	0	125	0.00	*0.00	*0.0	*2.4	8	0.0	8.16	0.2	0.02	0.00
FRESH GARDEN SALAD (1/2 CUP)	SERVING	35	3	63	0.74	*0.34	*22.1	*2.83	*1	0.96	3.45	1.74	0.37	*0.00
BROCCOLI, FRESH -1/2 CUP	1/2 CUP	9	0	9	0.73	0.28	15.2	29.59	0	0.95	1.61	0.11	0.02	0.00
RANCH DRESSING	1 OZ	48	6	110	0.03	*0.03	*22.4	*0.15	*2	0.76	2.19	3.49	0.74	*0.00
FRESH FRUIT, ASSORTED (HALF)	1/2 PIECE	37	0	0	1.44	0.09	8.8	11.25	6	0.42	9.48	0.12	0.03	0.00
PINEAPPLE, CANNED -1/4 CUP	1/4 CUP	30	0	0	0.43	0.15	8.6	5.15	6	0.43	7.3	0.0	0.00	0.00
POPCORN CHICKEN SALAD (K8)	1 SALAD	386	36	794	4.19	*2.88	*180.7	*5.99	*3	21.75	27.29	21.76	4.79	*0.00
BROCCOLI, FRESH -1/4 CUP	1/4 CUP	4	0	4	0.37	0.14	7.6	14.8	0	0.47	0.8	0.06	0.01	0.00
FRUIT MUFFIN - PINEAPPLE	1 MUFFIN	332	28	217	2.67	*1.67	*61.9	*0.57	*25	5.98	50.81	11.55	2.56	*0.00
MILK, OPAA VARIETY HHFFK	1/2 PINT	106	6	168	0.00	0.00	300.0	1.2	17	8.0	18.2	0.25	0.15	0.00
Weighted Daily Average		550	35	786	4.94	*1.95	*604.9	*29.32	*37	24.72	74.95	17.67	7.73	*0.00
% of Calories									*27.3%	18.0%	54.5%	28.9%	12.7%	*0.0%
Nutrient Guideline		550-600		1000									<10.00	
Weighted Average		580	51	935	6.67	*2.93	*487.0	*29.42	*41	25.97	85.10	15.81	4.72	*0.02
									*63.3%	17.9%	58.7%	24.5%	7.3%	*0.0%

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Opaa! Food Management

Base Menu Spreadsheet

Portion Values - Detailed

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May 1, 2017 thru May 31, 2017

Combined: K-8 Breakfast/K-8 LUNCH

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Nutrient	Menu AVG	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Vit-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)	Error Messages (if any)
Calories	580		550 - 600	100%												
Cholesterol (mg)	51															
Sodium (mg)	935		1000													
Fiber (g)	6.67															
Iron (mg)	2.93					Missing										
Calcium (mg)	487.0					Missing										
Sugars (g)	41	28.15%				Missing										
Vitamin C (mg)	29.42					Missing										
Protein (g)	25.97	17.91%														
Carbohydrate (g)	85.10	58.71%														
Total Fat (g)	15.81	24.53%														
Saturated Fat (g)	4.72	7.33%	<10.00%													
Trans Fat ¹ (g)	0.02	0.03%				Missing										

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