

Opaa! Food Management

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: HIGH SCHOOL BREAKFAST/HIGH SCHOOL LUNCH MENU

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 - 05/01/2017														
HIGH SCHOOL BREAKFAS	Total													
PANCAKES w/ FRUIT TOP -STRWBRY	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, PARFAIT PRO LF	SERVING	100	2	52	0.00	0.00	99.7	0.0	14	3.49	19.45	0.75	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
HIGH SCHOOL LUNCH ME														
CHICKEN NUGGETS (8 EACH)	Total													
CONDIMENT-BBQ & KETCHUP	8 PIECES	421	40	642	4.01	3.61	40.1	0.0	2	26.08	26.08	24.08	4.01	0.00
ITALIAN BREAD	SERVING	35	0	176	0.00	0.09	0.0	1.8	6	0.0	7.28	0.0	0.00	0.00
FRESH GARDEN SALAD (1 CUP)	SERVINGS	148	2	223	2.00	*0.77	*22.9	*6.0	4	4.46	25.24	4.38	0.44	*0.00
HAMBURGER MAC N CHEESE	SERVING	367	34	588	4.58	2.92	361.0	30.58	10	19.8	43.05	13.73	4.82	0.00
ITALIAN BREAD	SERVINGS	370	50	520	1.70	2.37	253.7	0.27	7	20.63	42.45	13.25	5.82	*0.00
FRESH FRUIT, ASSORTED (WHOL)	SERVINGS	148	2	223	2.00	*0.77	*22.9	*6.0	4	4.46	25.24	4.38	0.44	*0.00
CONDIMENT-BURGER/CHX SAND (HS)	SERVING	70	6	127	1.49	*0.69	*44.2	*5.66	*2	1.91	6.91	3.49	0.74	*0.00
BURGER BAR	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
CONDIMENT-BBQ & KETCHUP	Whole	73	0	1	2.89	0.19	17.5	22.5	13	0.84	18.96	0.24	0.06	0.00
APPLESAUCE - 1/2 Cup	1/2 cup	93	0	10	2.07	0.00	0.0	2.48	19	0.0	23.78	0.0	0.00	0.00
SALAD BAR -HS #1	SERVING	315	51	784	3.53	*2.04	*319.6	*15.9	*4	22.06	22.28	15.34	5.78	*0.02
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
CONDIMENT-BURGER/CHX SAND (HS)	servings	274	31	336	3.36	*3.17	*240.2	*0.25	*4	19.86	33.97	7.52	2.21	*0.00
CONDIMENT-BURGER/CHX SAND (HS)	SERVING	99	13	505	0.22	0.16	94.8	3.68	*5	3.2	7.53	5.5	2.62	*0.00
Weighted Daily Average		738	40	943	8.70	*3.78	*468.1	*33.10	*53	30.58	109.66	21.43	5.20	*0.00
% of Calories									*28.6%	16.6%	59.5%	26.1%	6.3%	*0.0%
Nutrient Guideline		650-767		1160									<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)
Tue - 05/02/2017														
HIGH SCHOOL 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
HIGH SCHOOL LUNCH MENU														
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	63	0	10	0.00	0.00	6.7	14.8	14	0.0	15.0	0.0	0.00	0.00
APPLE, FRESH (HALF)	S - 4 OZ													
MILK, OPAA VARIETY HFFFK	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
HIGH SCHOOL LUNCH ME														
CHIC NACHOS w/WHITE QUESO H	Total SERV	425	71	806	7.44	2.02	244.6	2.36	*0	19.87	38.07	21.47	7.71	*0.34
SPANISH RICE	3/8 CUP	98	0	204	0.95	0.69	22.5	8.25	*1	2.09	19.22	1.2	0.20	*0.00
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
BACON CHEESEBURGER	SERVING	343	41	467	3.00	3.36	320.9	0.0	4	24.46	34.11	13.34	4.85	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 CUP)	SERVING	70	6	127	1.49	*0.69	*44.2	*5.66	*2	1.91	6.91	3.49	0.74	*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 (WHOL)	Whole	73	0	1	2.89	0.19	17.5	22.5	13	0.84	18.96	0.24	0.06	0.00
MANDARIN ORANGES - 1/2 CUP	1/2 cup	81	0	15	1.01	0.73	20.2	24.2	16	1.01	19.16	0.0	0.00	0.00
SALAD BAR -HS #2	SERVING	341	178	863	3.47	*2.80	*298.5	*15.73	*4	22.75	22.37	17.46	6.31	*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
PIZZA BAR	SERV	378	45	754	3.01	*1.38	*415.8	*9.22	*4	21.44	34.37	17.86	8.93	*0.00
Weighted Daily Average		714	129	1168	11.10	*4.09	*596.5	*47.35	*45	30.86	102.57	20.50	7.30	*0.13
% of Calories									*25.2%	17.3%	57.4%	25.8%	9.2%	*0.2%
Nutrient Guideline		650-767		1160									<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)
Wed - 05/03/2017														
HIGH SCHOOL 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, PARFAIT PRO LF	SERVING	100	2	52	0.00	0.00	99.7	0.0	14	3.49	19.45	0.75	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 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
HIGH SCHOOL LUNCH ME	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
SPICY CHICKEN PATTY	1 PATTY	267	25	396	2.97	2.67	39.6	0.0	1	14.86	16.84	14.86	2.97	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 - 1/2 CUP	1/2 cup	52	0	45	3.10	*0.05	*1.5	*4.4	*5	0.79	10.67	0.11	0.02	*0.00
FRESH FRUIT, ASSORTED (WHOL	Whole	73	0	1	2.89	0.19	17.5	22.5	13	0.84	18.96	0.24	0.06	0.00
BANANA ORANGE MIX - 1/2 CUP	1/2 CUP SERV.	97	0	8	2.03	0.67	17.6	20.16	6	1.29	24.06	0.16	0.05	0.00
HOT ROLLS - 2.25 OZ	SERVINGS	140	0	220	2.00	0.72	20.0	6.0	4	4.0	25.0	4.0	0.00	0.00
SALAD BAR -HS #3	SERVING	271	31	598	3.53	*1.87	*309.4	*15.9	*4	14.74	21.78	13.89	5.30	*0.02
MILK, OPAA 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
BAKED POTATO BAR	1 POTATO	329	39	568	4.85	*2.22	*238.6	*21.51	*3	17.27	43.06	9.38	3.86	*0.00
CONDIMENT-BAKED POTATO BAR	SERVING	104	7	207	0.56	0.42	25.4	8.94	*1	2.36	2.3	9.49	4.43	*0.00
Weighted Daily Average		636	36	1005	8.48	*3.20	*404.3	*41.41	*45	25.64	102.35	15.26	2.96	*0.00
% of Calories									*28.5%	16.1%	64.4%	21.6%	4.2%	*0.0%
Nutrient Guideline		650-767		1160									<10.00	

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Thu - 05/04/2017														
HIGH SCHOOL BREAKFAS	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
FRUIT & YOGURT PARFAIT	SERVING	203	3	88	1.37	0.43	123.0	4.69	*30	5.18	41.61	1.89	0.73	*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
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
HIGH SCHOOL LUNCH ME														
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 - 3/4 CUP	3/4 CUP	165	0	187	3.00	0.54	0.0	0.0	1	1.5	25.5	6.0	0.75	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 CUP)	SERVING	70	6	127	1.49	*0.69	*44.2	*5.66	*2	1.91	6.91	3.49	0.74	*0.00
FRESH FRUIT, ASSORTED (WHOL)	Whole	73	0	1	2.89	0.19	17.5	22.5	13	0.84	18.96	0.24	0.06	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
SALAD BAR -HS #4	SERVING	381	196	804	3.50	*2.43	*298.6	*15.77	*3	23.94	25.9	20.25	6.94	*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
BREAKFAST BAR	SERVING	478	209	762	2.86	5.13	200.3	7.71	22	13.95	54.4	22.4	6.83	*0.00
TATER TOTS - 3/4 CUP	3/4 CUP	165	0	187	3.00	0.54	0.0	0.0	1	1.5	25.5	6.0	0.75	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
Weighted Daily Average		753	71	1292	8.90	*3.81	*493.9	*29.16	*59	26.72	118.62	19.47	5.04	*0.00
% of Calories									*31.3%	14.2%	63.0%	23.3%	6.0%	*0.0%
Nutrient Guideline		650-767		1160									<10.00	

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Fri - 05/05/2017														
HIGH SCHOOL BREAKFAS	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, PARFAIT PRO LF	SERVING	100	2	52	0.00	0.00	99.7	0.0	14	3.49	19.45	0.75	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
HIGH SCHOOL LUNCH ME														
TACO PIZZA	SLICE	432	68	969	3.89	*1.98	*379.1	*11.64	*5	24.91	36.82	20.8	8.17	*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 CUP)	SERVING	70	6	127	1.49	*0.69	*44.2	*5.66	*2	1.91	6.91	3.49	0.74	*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
BUTTERMILK RANCH DRESSING	1 OZ	40	10	172	0.00	0.00	0.0	0.0	1	0.0	4.05	2.53	0.00	0.00
FRESH FRUIT, ASSORTED (WHOL	Whole	73	0	1	2.89	0.19	17.5	22.5	13	0.84	18.96	0.24	0.06	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
SALAD BAR -HS #5	SERVING	421	42	867	4.63	*2.95	*332.7	*15.56	*4	22.31	33.84	22.13	6.80	*0.02
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
SOUTH OF BORDER BAR	SERVING	389	69	938	5.12	*1.66	*248.1	*5.52	*3	24.01	34.04	17.49	7.05	*0.05
CONDIMENT-MEXICAN SPECIAL B	SERVINGS	85	15	237	0.49	0.35	94.6	*5.57	*3	3.32	4.62	5.49	2.60	*0.00
SPANISH RICE	3/8 CUP	98	0	204	0.95	0.69	22.5	8.25	*1	2.09	19.22	1.2	0.20	*0.00
Weighted Daily Average		641	58	1105	7.89	*3.63	*597.6	*62.71	*43	28.37	88.04	20.26	7.12	*0.01
% of Calories									*26.8%	17.7%	54.9%	28.4%	10.0%	*0.0%
Nutrient Guideline		650-767		1160									<10.00	

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Opaa! Food Management

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: HIGH SCHOOL BREAKFAST/HIGH SCHOOL LUNCH MENU

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 - 05/08/2017														
HIGH SCHOOL BREAKFAS	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, PARFAIT PRO LF	SERVING	100	2	52	0.00	0.00	99.7	0.0	14	3.49	19.45	0.75	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
MILK, OPAA 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
HIGH SCHOOL LUNCH ME														
CHICKEN ALFREDO (HS)	Total servings	257	24	443	1.49	*1.41	*22.0	*0.0	5	12.6	36.08	6.79	3.73	*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 (H	Servings	44	3	227	0.56	0.29	10.5	3.25	*1	0.28	2.52	3.33	0.37	*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 CUP)	SERVING	70	6	127	1.49	*0.69	*44.2	*5.66	*2	1.91	6.91	3.49	0.74	*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 (WHOL	Whole	73	0	1	2.89	0.19	17.5	22.5	13	0.84	18.96	0.24	0.06	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
SALAD BAR -HS #1	SERVING	315	51	784	3.53	*2.04	*319.6	*15.9	*4	22.06	22.28	15.34	5.78	*0.02
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 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
PASTA BAR - HS	SERVING	360	40	468	2.56	*2.92	*201.1	*16.64	*7	19.67	46.4	11.06	5.00	*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
Weighted Daily Average		598	53	936	7.87	*2.95	*540.7	*36.88	*45	27.94	91.34	15.49	5.05	*0.00
% of Calories									*30.0%	18.7%	61.1%	23.3%	7.6%	*0.0%
Nutrient Guideline		650-767		1160									<10.00	

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Opaa! Food Management

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: HIGH SCHOOL BREAKFAST/HIGH SCHOOL LUNCH MENU

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 - 05/09/2017														
HIGH SCHOOL BREAKFAS	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
FRUIT & YOGURT PARFAIT	SERVING	203	3	88	1.37	0.43	123.0	4.69	*30	5.18	41.61	1.89	0.73	*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
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
HIGH SCHOOL LUNCH ME	Total													
BACON CHEESEBURGER	SERVING	343	41	467	3.00	3.36	320.9	0.0	4	24.46	34.11	13.34	4.85	0.00
CONDIMENT-BURGER/CHX SAND (HS)	SERVING	99	13	505	0.22	0.16	94.8	3.68	*5	3.2	7.53	5.5	2.62	*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 (H	Servings	44	3	227	0.56	0.29	10.5	3.25	*1	0.28	2.52	3.33	0.37	*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 (HS)	SERVING	99	13	505	0.22	0.16	94.8	3.68	*5	3.2	7.53	5.5	2.62	*0.00
FRENCH FRIES - 3/4 CUP	SERVING	195	0	45	3.00	0.54	0.0	9.0	0	3.0	30.0	4.5	0.00	0.00
	3/4 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 CUP)	SERVING	70	6	127	1.49	*0.69	*44.2	*5.66	*2	1.91	6.91	3.49	0.74	*0.00
FRESH FRUIT, ASSORTED (WHOL	Whole	73	0	1	2.89	0.19	17.5	22.5	13	0.84	18.96	0.24	0.06	0.00
ORANGE PINEAPPLE MIX - 1/2 CUP	1/2 CUP	67	0	7	0.92	0.55	17.3	15.16	15	0.66	16.51	0.07	0.01	0.00
SALAD BAR -HS #4	SERVING	381	196	804	3.50	*2.43	*298.6	*15.77	*3	23.94	25.9	20.25	6.94	*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
BREAKFAST BAR	SERVING	478	209	762	2.86	5.13	200.3	7.71	22	13.95	54.4	22.4	6.83	*0.00
TATER TOTS - 3/4 CUP	3/4 CUP	165	0	187	3.00	0.54	0.0	0.0	1	1.5	25.5	6.0	0.75	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
Weighted Daily Average		766	71	1109	7.99	*4.01	*571.0	*35.98	*54	29.66	115.23	20.62	5.93	*0.00
% of Calories									*28.2%	15.5%	60.1%	24.2%	7.0%	*0.0%
Nutrient Guideline		650-767		1160									<10.00	

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Opaa! Food Management

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: HIGH SCHOOL BREAKFAST/HIGH SCHOOL LUNCH MENU

Portion Values - Detailed

Page 8

Generated on: 4/7/2017 9:51:54 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)
Wed - 05/10/2017														
HIGH SCHOOL BREAKFAS	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 (HS)	SERVING	253	105	454	4.00	1.07	157.4	5.87	3	8.16	27.11	11.63	3.58	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, PARFAIT PRO LF	SERVING	100	2	52	0.00	0.00	99.7	0.0	14	3.49	19.45	0.75	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
HIGH SCHOOL LUNCH ME														
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
SPICY CHICKEN PATTY	1 PATTY	267	25	396	2.97	2.67	39.6	0.0	1	14.86	16.84	14.86	2.97	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 - 1/2 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 (WHOL	Whole	73	0	1	2.89	0.19	17.5	22.5	13	0.84	18.96	0.24	0.06	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
HOT ROLLS - 2.25 OZ	SERVINGS	140	0	220	2.00	0.72	20.0	6.0	4	4.0	25.0	4.0	0.00	0.00
SALAD BAR -HS #3	SERVING	271	31	598	3.53	*1.87	*309.4	*15.9	*4	14.74	21.78	13.89	5.30	*0.02
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
BAKED POTATO BAR	1 POTATO	329	39	568	4.85	*2.22	*238.6	*21.51	*3	17.27	43.06	9.38	3.86	*0.00
CONDIMENT-BAKED POTATO BAR	SERVING	104	7	207	0.56	0.42	25.4	8.94	*1	2.36	2.3	9.49	4.43	*0.00
Weighted Daily Average		625	38	900	7.58	*2.83	*390.1	*32.64	*46	25.08	98.84	15.84	3.37	*0.00
% of Calories									*29.8%	16.1%	63.3%	22.8%	4.9%	*0.0%
Nutrient Guideline		650-767		1160									<10.00	

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Opaa! Food Management

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

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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)
Thu - 05/11/2017														
HIGH SCHOOL BREAKFAS	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 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
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 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
HIGH SCHOOL LUNCH ME														
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
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 (HS)	SERVING	99	13	505	0.22	0.16	94.8	3.68	*5	3.2	7.53	5.5	2.62	*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 CUP)	SERVING	70	6	127	1.49	*0.69	*44.2	*5.66	*2	1.91	6.91	3.49	0.74	*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 (WHOL)	Whole	73	0	1	2.89	0.19	17.5	22.5	13	0.84	18.96	0.24	0.06	0.00
APPLESAUCE - 1/2 Cup	1/2 cup	93	0	10	2.07	0.00	0.0	2.48	19	0.0	23.78	0.0	0.00	0.00
SALAD BAR -HS #2	SERVING	341	178	863	3.47	*2.80	*298.5	*15.73	*4	22.75	22.37	17.46	6.31	*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 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
HOT DOG BAR	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 (HS)	Servings	52	5	214	0.25	*0.23	*28.6	*2.65	*6	1.49	6.92	1.36	0.57	*0.00
3 CHEESE MAC & CHEESE -1/3 C	1/3 CUP	88	3	325	0.57	0.53	57.3	0.0	*1	2.67	15.75	1.31	0.68	*0.00
Weighted Daily Average		698	98	1268	10.08	*3.80	*574.0	*28.03	*51	34.47	101.43	18.52	6.45	*0.00
% of Calories									*29.1%	19.7%	58.1%	23.9%	8.3%	*0.0%
Nutrient Guideline		650-767		1160									<10.00	

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Opaa! Food Management

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: HIGH SCHOOL BREAKFAST/HIGH SCHOOL LUNCH MENU

Portion Values - Detailed

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Generated on: 4/7/2017 9:51:54 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)
Fri - 05/12/2017														
HIGH SCHOOL BREAKFAS	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, PARFAIT PRO LF	SERVING	100	2	52	0.00	0.00	99.7	0.0	14	3.49	19.45	0.75	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
HIGH SCHOOL LUNCH ME														
PEPPERONI PIZZA	Total SLICES													
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, PARFAIT PRO LF	SERVING	100	2	52	0.00	0.00	99.7	0.0	14	3.49	19.45	0.75	0.50	0.00
FRESH GARDEN SALAD (1 CUP)	SERVING	70	6	127	1.49	*0.69	*44.2	*5.66	*2	1.91	6.91	3.49	0.74	*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
BUTTERMILK RANCH DRESSING	1 OZ	40	10	172	0.00	0.00	0.0	0.0	1	0.0	4.05	2.53	0.00	0.00
FRESH FRUIT, ASSORTED (WHOLE)	Whole	73	0	1	2.89	0.19	17.5	22.5	13	0.84	18.96	0.24	0.06	0.00
STRAWBERRY BANANA MIX -1/2 CUP	1/2 CUP	72	0	1	2.52	0.46	9.5	21.61	10	0.88	18.54	0.26	0.08	0.00
SALAD BAR -HS #5	SERVING	421	42	867	4.63	*2.95	*332.7	*15.56	*4	22.31	33.84	22.13	6.80	*0.02
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
NACHO BAR	SERV	401	53	736	6.76	*1.62	*213.3	*1.57	*3	17.82	39.1	18.57	6.38	*0.09
CONDIMENT-MEXICAN SPECIAL B	SERVINGS	85	15	237	0.49	0.35	94.6	*5.57	*3	3.32	4.62	5.49	2.60	*0.00
SPANISH RICE	3/8 CUP	98	0	204	0.95	0.69	22.5	8.25	*1	2.09	19.22	1.2	0.20	*0.00
Weighted Daily Average		651	42	926	8.97	*2.60	*637.9	*58.38	*45	26.23	93.30	20.58	7.99	*0.01
% of Calories									*27.6%	16.1%	57.3%	28.4%	11.0%	*0.0%
Nutrient Guideline		650-767		1160									<10.00	

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Opaa! Food Management

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: HIGH SCHOOL BREAKFAST/HIGH SCHOOL LUNCH MENU

Portion Values - Detailed

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Generated on: 4/7/2017 9:51:54 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)
Mon - 05/15/2017														
HIGH SCHOOL 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, PARFAIT PRO LF	SERVING	100	2	52	0.00	0.00	99.7	0.0	14	3.49	19.45	0.75	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 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
HIGH SCHOOL LUNCH ME														
CHICKEN STRIPS	Serving	243	46	334	1.52	16.39	0.0	0.0	3	19.73	12.14	12.14	2.28	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 CUP)	SERVING	70	6	127	1.49	*0.69	*44.2	*5.66	*2	1.91	6.91	3.49	0.74	*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 (WHOL	Whole	73	0	1	2.89	0.19	17.5	22.5	13	0.84	18.96	0.24	0.06	0.00
CINNAMON APPLES - 1/2 CUP	1/2 Cup Se	89	0	5	1.96	*0.27	*7.5	*0.43	*4	0.2	22.15	0.52	0.09	*0.00
SALAD BAR -HS #1	SERVING	315	51	784	3.53	*2.04	*319.6	*15.9	*4	22.06	22.28	15.34	5.78	*0.02
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 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
SUB BAR	SERV	435	46	1084	4.25	2.17	161.8	13.94	*8	21.48	49.66	17.98	4.54	*0.00
CONDIMENT-COLD SANDWICH (H	Servings	44	3	227	0.56	0.29	10.5	3.25	*1	0.28	2.52	3.33	0.37	*0.00
Weighted Daily Average		645	44	896	7.99	*9.47	*457.4	*49.91	*48	28.15	95.41	17.96	4.68	*0.00
% of Calories									*29.6%	17.4%	59.2%	25.1%	6.5%	*0.0%
Nutrient Guideline		650-767		1160									<10.00	

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Opaa! Food Management

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: HIGH SCHOOL BREAKFAST/HIGH SCHOOL LUNCH MENU

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)
Tue - 05/16/2017														
HIGH SCHOOL BREAKFAS	Total													
CHEESY HAM AND EGG CASSEROLE	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	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 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
HIGH SCHOOL LUNCH ME														
BBQ PORK ON BUN	1 EACH	320	48	1155	3.23	*2.49	*203.4	*1.95	*10	23.11	45.81	4.06	0.01	*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
SUPER NACHOS (HS)	SERVING	462	79	912	5.39	1.77	234.0	*1.17	*4	25.12	37.83	22.3	7.59	*0.00
SPANISH RICE	3/8 CUP	98	0	204	0.95	0.69	22.5	8.25	*1	2.09	19.22	1.2	0.20	*0.00
ENCHILADA	SERVING	481	96	1207	5.30	2.04	261.1	9.39	*5	31.66	38.16	21.71	9.85	*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
FRESH GARDEN SALAD (1 CUP)	SERVING	70	6	127	1.49	*0.69	*44.2	*5.66	*2	1.91	6.91	3.49	0.74	*0.00
REFRIED BEANS	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
FRESH FRUIT, ASSORTED (WHOL)	Whole	73	0	1	2.89	0.19	17.5	22.5	13	0.84	18.96	0.24	0.06	0.00
MANDARIN ORANGES - 1/2 CUP	1/2 cup	81	0	15	1.01	0.73	20.2	24.2	16	1.01	19.16	0.0	0.00	0.00
SALAD BAR -HS #2	SERVING	341	178	863	3.47	*2.80	*298.5	*15.73	*4	22.75	22.37	17.46	6.31	*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
CHICKEN SANDWICH BAR	1 EACH	426	28	673	5.60	*6.61	*169.4	*4.33	*7	21.11	49.01	17.21	2.74	*0.00
CONDIMENT-BURGER/CHX SAND (HS)	SERVING	99	13	505	0.22	0.16	94.8	3.68	*5	3.2	7.53	5.5	2.62	*0.00
Weighted Daily Average		719	129	1446	10.47	*4.76	*573.7	*40.32	*53	33.91	109.64	16.27	4.75	*0.00
% of Calories									*29.7%	18.9%	61.0%	20.4%	6.0%	*0.0%
Nutrient Guideline		650-767		1160									<10.00	

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Opaa! Food Management

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: HIGH SCHOOL BREAKFAST/HIGH SCHOOL LUNCH MENU

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)
Wed - 05/17/2017														
HIGH SCHOOL BREAKFAS	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, PARFAIT PRO LF	SERVING	100	2	52	0.00	0.00	99.7	0.0	14	3.49	19.45	0.75	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
HIGH SCHOOL LUNCH ME	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
SPICY CHICKEN PATTY	1 PATTY	267	25	396	2.97	2.67	39.6	0.0	1	14.86	16.84	14.86	2.97	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 - 1/2 CUP	1/2 CUP	30	0	394	2.05	0.74	20.9	2.63	*0	1.03	4.31	0.93	0.42	*0.00
FRESH FRUIT, ASSORTED (WHOL	Whole	73	0	1	2.89	0.19	17.5	22.5	13	0.84	18.96	0.24	0.06	0.00
APPLESAUCE - 1/2 Cup	1/2 cup	93	0	10	2.07	0.00	0.0	2.48	19	0.0	23.78	0.0	0.00	0.00
HOT ROLLS - 2.25 OZ	SERVINGS	140	0	220	2.00	0.72	20.0	6.0	4	4.0	25.0	4.0	0.00	0.00
SALAD BAR -HS #3	SERVING	271	31	598	3.53	*1.87	*309.4	*15.9	*4	14.74	21.78	13.89	5.30	*0.02
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
POPCORN CHICKEN BOWL	1 EACH	385	27	895	3.51	2.46	74.0	7.54	*1	19.51	36.64	18.74	3.39	*0.00
Weighted Daily Average		620	38	1063	7.96	*3.17	*386.3	*31.71	*48	25.81	98.18	15.30	2.79	*0.00
% of Calories									*30.8%	16.7%	63.3%	22.2%	4.0%	*0.0%
Nutrient Guideline		650-767		1160									<10.00	

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Opaa! Food Management

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: HIGH SCHOOL BREAKFAST/HIGH SCHOOL LUNCH MENU

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)
Thu - 05/18/2017														
HIGH SCHOOL BREAKFAS	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
FRUIT & YOGURT PARFAIT	SERVING	203	3	88	1.37	0.43	123.0	4.69	*30	5.18	41.61	1.89	0.73	*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 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
HIGH SCHOOL LUNCH ME														
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 (HS)	Servings	52	5	214	0.25	*0.23	*28.6	*2.65	*6	1.49	6.92	1.36	0.57	*0.00
CHILI CON CARNE - HS	3/4 CUP	294	68	633	6.31	*6.61	*110.8	*10.34	*2	23.42	22.5	12.26	4.59	*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 - 3/4 CUP	SERVING	195	0	45	3.00	0.54	0.0	9.0	0	3.0	30.0	4.5	0.00	0.00
	3/4 CUP													
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 CUP)	SERVING	70	6	127	1.49	*0.69	*44.2	*5.66	*2	1.91	6.91	3.49	0.74	*0.00
FRESH FRUIT, ASSORTED (WHOL	Whole	73	0	1	2.89	0.19	17.5	22.5	13	0.84	18.96	0.24	0.06	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
SALAD BAR - HS #4	SERVING	381	196	804	3.50	*2.43	*298.6	*15.77	*3	23.94	25.9	20.25	6.94	*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
ASIAN BAR	SERVINGS	479	34	909	1.86	*2.59	*49.2	*10.23	*59	16.96	74.9	10.78	1.89	*0.00
MIXED VEGETABLES - 1/2 CUP	1/2 CUP	73	0	53	6.12	1.08	28.3	11.79	*N/A*	3.78	15.26	0.59	0.11	*N/A*
FRIED RICE	1 CUP	278	0	343	2.81	*1.10	*22.5	*2.46	*0	5.88	48.76	6.25	1.04	0.00
Weighted Daily Average		781	49	1123	9.33	*3.91	*497.5	*36.45	*65	26.46	126.71	17.50	4.00	*0.00
% of Calories									*33.2%	13.6%	64.9%	20.2%	4.6%	*0.0%
Nutrient Guideline		650-767		1160									<10.00	

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Opaa! Food Management

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: HIGH SCHOOL BREAKFAST/HIGH SCHOOL LUNCH MENU

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)
Fri - 05/19/2017														
HIGH SCHOOL BREAKFAS	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, PARFAIT PRO LF	SERVING	100	2	52	0.00	0.00	99.7	0.0	14	3.49	19.45	0.75	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 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
HIGH SCHOOL LUNCH ME														
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 CUP)	SERVING	70	6	127	1.49	*0.69	*44.2	*5.66	*2	1.91	6.91	3.49	0.74	*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 (WHOL	Whole	73	0	1	2.89	0.19	17.5	22.5	13	0.84	18.96	0.24	0.06	0.00
TROPICAL FRUIT - 1/2 CUP	1/2 CUP	87	0	6	1.56	0.51	17.9	16.88	15	1.13	21.27	0.09	0.03	0.00
SALAD BAR -HS #5	SERVING	421	42	867	4.63	*2.95	*332.7	*15.56	*4	22.31	33.84	22.13	6.80	*0.02
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
TACO BAR	Servings	296	71	567	4.03	*0.81	*86.1	*0.62	*0	22.07	28.55	11.7	3.33	*0.00
CONDIMENT-MEXICAN SPECIAL B	SERVINGS	85	15	237	0.49	0.35	94.6	*5.57	*3	3.32	4.62	5.49	2.60	*0.00
Weighted Daily Average		602	36	970	7.43	*3.22	*555.9	*57.77	*41	25.29	86.62	18.22	6.21	*0.00
% of Calories									*27.0%	16.8%	57.5%	27.2%	9.3%	*0.0%
Nutrient Guideline		650-767		1160									<10.00	

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Opaa! Food Management

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: HIGH SCHOOL BREAKFAST/HIGH SCHOOL LUNCH MENU

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 - 05/22/2017														
HIGH SCHOOL BREAKFAS	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, PARFAIT PRO LF	SERVING	100	2	52	0.00	0.00	99.7	0.0	14	3.49	19.45	0.75	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
HIGH SCHOOL LUNCH ME														
CHICKEN NUGGETS (8 EACH)	8 PIECES	421	40	642	4.01	3.61	40.1	0.0	2	26.08	26.08	24.08	4.01	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
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 CUP)	SERVING	70	6	127	1.49	*0.69	*44.2	*5.66	*2	1.91	6.91	3.49	0.74	*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 (WHOL)	Whole	73	0	1	2.89	0.19	17.5	22.5	13	0.84	18.96	0.24	0.06	0.00
APPLESAUCE - 1/2 Cup	1/2 cup	93	0	10	2.07	0.00	0.0	2.48	19	0.0	23.78	0.0	0.00	0.00
SALAD BAR -HS #1	SERVING	315	51	784	3.53	*2.04	*319.6	*15.9	*4	22.06	22.28	15.34	5.78	*0.02
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
PASTA BAR - HS	SERVING	360	40	468	2.56	*2.92	*201.1	*16.64	*7	19.67	46.4	11.06	5.00	*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
Weighted Daily Average		743	38	949	9.27	*3.86	*473.8	*54.71	*52	31.57	110.98	21.73	4.83	*0.00
% of Calories									*28.2%	17.0%	59.7%	26.3%	5.8%	*0.0%
Nutrient Guideline		650-767		1160									<10.00	

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Opaa! Food Management

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: HIGH SCHOOL BREAKFAST/HIGH SCHOOL LUNCH MENU

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)
Tue - 05/23/2017														
HIGH SCHOOL 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
FRUIT & YOGURT PARFAIT	SERVING	203	3	88	1.37	0.43	123.0	4.69	*30	5.18	41.61	1.89	0.73	*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	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
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
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
HIGH SCHOOL LUNCH ME	Total													
BACON CHEESEBURGER	SERVING	343	41	467	3.00	3.36	320.9	0.0	4	24.46	34.11	13.34	4.85	0.00
CONDIMENT-BURGER/CHX SAND (HS)	SERVING	99	13	505	0.22	0.16	94.8	3.68	*5	3.2	7.53	5.5	2.62	*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
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 - 3/4 CUP	3/4 CUP	165	0	187	3.00	0.54	0.0	0.0	1	1.5	25.5	6.0	0.75	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 CUP)	SERVING	70	6	127	1.49	*0.69	*44.2	*5.66	*2	1.91	6.91	3.49	0.74	*0.00
FRESH FRUIT, ASSORTED (WHOL)	Whole	73	0	1	2.89	0.19	17.5	22.5	13	0.84	18.96	0.24	0.06	0.00
MANDARIN ORANGES - 1/2 CUP	1/2 cup	81	0	15	1.01	0.73	20.2	24.2	16	1.01	19.16	0.0	0.00	0.00
SALAD BAR -HS #4	SERVING	381	196	804	3.50	*2.43	*298.6	*15.77	*3	23.94	25.9	20.25	6.94	*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
BREAKFAST BAR	SERVING	478	209	762	2.86	5.13	200.3	7.71	22	13.95	54.4	22.4	6.83	*0.00
TATER TOTS - 3/4 CUP	3/4 CUP	165	0	187	3.00	0.54	0.0	0.0	1	1.5	25.5	6.0	0.75	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
Weighted Daily Average		796	82	1134	9.17	*4.21	*579.7	*34.31	*60	29.53	118.89	22.23	6.68	*0.00
% of Calories									*30.3%	14.8%	59.7%	25.1%	7.6%	*0.0%
Nutrient Guideline		650-767		1160									<10.00	

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Opaa! Food Management

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: HIGH SCHOOL BREAKFAST/HIGH SCHOOL LUNCH MENU

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 - 05/24/2017														
HIGH SCHOOL BREAKFAS	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 (HS)	SERVING	253	105	454	4.00	1.07	157.4	5.87	3	8.16	27.11	11.63	3.58	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, PARFAIT PRO LF	SERVING	100	2	52	0.00	0.00	99.7	0.0	14	3.49	19.45	0.75	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 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
HIGH SCHOOL LUNCH ME														
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
SPICY CHICKEN PATTY	1 PATTY	267	25	396	2.97	2.67	39.6	0.0	1	14.86	16.84	14.86	2.97	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 - 1/2 CUP	1/2 cup	52	0	45	3.10	*0.05	*1.5	*4.4	*5	0.79	10.67	0.11	0.02	*0.00
FRESH FRUIT, ASSORTED (WHOL	Whole	73	0	1	2.89	0.19	17.5	22.5	13	0.84	18.96	0.24	0.06	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
HOT ROLLS - 2.25 OZ	SERVINGS	140	0	220	2.00	0.72	20.0	6.0	4	4.0	25.0	4.0	0.00	0.00
SALAD BAR -HS #3	SERVING	271	31	598	3.53	*1.87	*309.4	*15.9	*4	14.74	21.78	13.89	5.30	*0.02
MILK, OPAA 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
BAKED POTATO BAR	1 POTATO	329	39	568	4.85	*2.22	*238.6	*21.51	*3	17.27	43.06	9.38	3.86	*0.00
CONDIMENT-BAKED POTATO BAR	SERVING	104	7	207	0.56	0.42	25.4	8.94	*1	2.36	2.3	9.49	4.43	*0.00
Weighted Daily Average		628	34	1001	8.40	*2.69	*399.0	*35.39	*47	25.42	99.72	15.66	2.92	*0.00
% of Calories									*30.2%	16.2%	63.5%	22.5%	4.2%	*0.0%
Nutrient Guideline		650-767		1160									<10.00	

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Opaa! Food Management

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: HIGH SCHOOL BREAKFAST/HIGH SCHOOL LUNCH MENU

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 - 05/25/2017														
HIGH SCHOOL BREAKFAST	Total													
BREAKFAST SLIDERS	SERVING	160	30	290	2.00	1.44	80.0	0.0	7	8.0	22.0	4.5	1.50	0.00
APPLE TURNOVER	1 Each	329	0	144	3.56	1.70	53.8	4.93	40	6.18	67.58	4.6	1.44	*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 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
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
HIGH SCHOOL LUNCH ME														
CHIC NACHOS w/WHITE QUESO H	SERV	425	71	806	7.44	2.02	244.6	2.36	*0	19.87	38.07	21.47	7.71	*0.34
SPANISH RICE	3/8 CUP	98	0	204	0.95	0.69	22.5	8.25	*1	2.09	19.22	1.2	0.20	*0.00
SMOTHERED BURRITO	SERVING	477	86	1237	6.94	1.62	393.6	*4.28	*2	29.45	38.08	22.98	10.75	*0.34
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
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
FRESH GARDEN SALAD (1 CUP)	SERVING	70	6	127	1.49	*0.69	*44.2	*5.66	*2	1.91	6.91	3.49	0.74	*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 (WHOL)	Whole	73	0	1	2.89	0.19	17.5	22.5	13	0.84	18.96	0.24	0.06	0.00
BANANA ORANGE MIX - 1/2 CUP	1/2 CUP SERV.	97	0	8	2.03	0.67	17.6	20.16	6	1.29	24.06	0.16	0.05	0.00
SALAD BAR -HS #2	SERVING	341	178	863	3.47	*2.80	*298.5	*15.73	*4	22.75	22.37	17.46	6.31	*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
BURGER BAR	servings	274	31	336	3.36	*3.17	*240.2	*0.25	*4	19.86	33.97	7.52	2.21	*0.00
CONDIMENT-BURGER/CHX SAND (HS)	SERVING	99	13	505	0.22	0.16	94.8	3.68	*5	3.2	7.53	5.5	2.62	*0.00
Weighted Daily Average		694	62	1177	11.60	*4.02	*575.1	*40.59	*43	29.42	105.29	18.02	6.06	*0.16
% of Calories									*24.7%	17.0%	60.7%	23.4%	7.9%	*0.2%
Nutrient Guideline		650-767		1160									<10.00	

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Opaa! Food Management

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: HIGH SCHOOL BREAKFAST/HIGH SCHOOL LUNCH MENU

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)
Fri - 05/26/2017														
HIGH SCHOOL BREAKFAS														
	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, PARFAIT PRO LF	SERVING	100	2	52	0.00	0.00	99.7	0.0	14	3.49	19.45	0.75	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
	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
HIGH SCHOOL LUNCH ME														
	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 (HS)	Servings	52	5	214	0.25	*0.23	*28.6	*2.65	*6	1.49	6.92	1.36	0.57	*0.00
FRESH GARDEN SALAD (1 CUP)	SERVING	70	6	127	1.49	*0.69	*44.2	*5.66	*2	1.91	6.91	3.49	0.74	*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
BUTTERMILK RANCH DRESSING	1 OZ	40	10	172	0.00	0.00	0.0	0.0	1	0.0	4.05	2.53	0.00	0.00
FRESH FRUIT, ASSORTED (WHOL	Whole	73	0	1	2.89	0.19	17.5	22.5	13	0.84	18.96	0.24	0.06	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
SALAD BAR -HS #5	SERVING	421	42	867	4.63	*2.95	*332.7	*15.56	*4	22.31	33.84	22.13	6.80	*0.02
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
SOUTH OF BORDER BAR	SERVING	389	69	938	5.12	*1.66	*248.1	*5.52	*3	24.01	34.04	17.49	7.05	*0.05
CONDIMENT-MEXICAN SPECIAL B	SERVINGS	85	15	237	0.49	0.35	94.6	*5.57	*3	3.32	4.62	5.49	2.60	*0.00
SPANISH RICE	3/8 CUP	98	0	204	0.95	0.69	22.5	8.25	*1	2.09	19.22	1.2	0.20	*0.00
Weighted Daily Average		620	43	928	6.64	*2.38	*622.8	*41.00	*44	26.55	87.89	19.15	7.96	*0.01
% of Calories									*28.4%	17.1%	56.7%	27.8%	11.6%	*0.0%
Nutrient Guideline		650-767		1160									<10.00	
Weighted Average		683	60	1067	8.79	*3.82	*519.8	*41.39	*49	28.38	103.04	18.50	5.36	*0.02
									*65.0%	16.6%	60.3%	24.4%	7.1%	*0.0%

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Opaa! Food Management

May 1, 2017 thru May 31, 2017

Base Menu Spreadsheet

Combined: HIGH SCHOOL BREAKFAST/HIGH SCHOOL LUNCH MENU

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-C (mg)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat ¹ (g)	Error Messages (if any)
Calories	683		650 - 767	100%												
Cholesterol (mg)	60															
Sodium (mg)	1067		1160													
Fiber (g)	8.79															
Iron (mg)	3.82					Missing										
Calcium (mg)	519.8					Missing										
Sugars (g)	49	28.89%				Missing										
Vitamin C (mg)	41.39					Missing										
Protein (g)	28.38	16.61%														
Carbohydrate (g)	103.04	60.30%														
Total Fat (g)	18.50	24.36%														
Saturated Fat (g)	5.36	7.06%	<10.00%													
Trans Fat ¹ (g)	0.02	0.02%				Missing										

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