

Lebanon Community Schools

Aug 28, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

7- Oak LUNCH

Portion Values - Detailed

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	Portion Size	Carb (g)
Mon - 08/28/2017		
7- Oak LUNCH	Total	
Chicken Nuggets/ Bread 70362	Serving (5 nug)	28.75
Cheesy Garlic Bread	Hoagie Buns	31.58
Turkey Bacon Ranch Wrap	wrap	29.99
PBJ 2tbsp/Lebanon w/cheese	Sand/Ch Stick	49.31
SALAD, Leb (other)	.5 Cup	3.17
CELERY STICKS (other)	.25 cup	1.1
CARROTS, BABY (red/org)	.25 cup	3.3
BROCCOLI, (dk green)	.25 CUP	1.51
PEARS,CND,JUC PK,DRND	.25 c	1.45
FRUIT MIX, CANNED, EXTRA LIGHT	.25 cup	8.94
RANCH DR. w/FHF mix leb mix.	1.75 oz	2.17
Ketchup Packet-Leb	2 pkts	6.0
MILK, NON-FAT CHOC.	8 OZ.	26.0
MILK,1% Lowfat	8 OZ.	12.18
MILK,Skim	8 oz	11.25
Weighted Daily Average		73.87
% of Calories		48.4%
Nutrient Guideline		

	Portion Size	Carb (g)
Tue - 08/29/2017		
7- Oak LUNCH	Total	
Grilled Cheese Sandwich-Leb	Servings	39.02
HAMBURGER ON A BUN-Leb	1 ea	33.0
Chicken Ceasar Salad-LHS	salad	36.67
PBJ 2tbsp/Lebanon w/cheese	Sand/Ch Stick	49.31
MEXICALI CORN-leb	.25 cup	7.68
CARROTS, BABY (red/org)	.25 cup	3.3
CELERY STICKS (other)	.25 cup	1.1
BROCCOLI, (dk green)	.25 CUP	1.51
FRUIT MIX, CANNED, EXTRA LIGHT	.25 cup	8.94
PEARS,CND,JUC PK,DRND	.25 c	1.45
RANCH DR. w/FHF mix leb mix.	1.75 oz	2.17
Ketchup Packet-Leb	2 pkts	6.0
MUSTARD: Pkt-Leb	2 pkts	0.0
Mayo, Individual Packets	2 packets	0.0
MILK, NON-FAT CHOC.	8 OZ.	26.0
MILK,1% Lowfat	8 OZ.	12.18
MILK,Skim	8 oz	11.25
Weighted Daily Average		80.33
% of Calories		51.9%
Nutrient Guideline		

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Base Menu Spreadsheet

7- Oak LUNCH

Portion Values - Detailed

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	Portion Size	Carb (g)
Wed - 08/30/2017		
7- Oak LUNCH	Total	
Pulled Pork Sandwich-Leb	Sandwich	46.0
Spaghetti/Brdstick-Leb	Servings	30.64
Deli Ham Elem-Leb	Sandwich	32.11
PBJ 2tbsp/Lebanon w/cheese	Sand/Ch Stick	49.31
CELERY STICKS (other)	.25 cup	1.1
TOMATOES (red/org)	.25 CUP	1.75
Beans, Garbonzo (legume)	.25 cup	13.57
PEAS, frozen (starchy)	.25 cup	5.7
STRAWBERRIES: frozen	.25 cup	16.52
Applesauce, Canned Unsweet USD	.25 cup	6.89
Ketchup Packet-Leb	2 pkts	6.0
MUSTARD: Pkt-Leb	2 pkts	0.0
Mayo, Individual Packets	2 packets	0.0
RANCH DR. w/FHF mix leb mix.	1.75 oz	2.17
MILK, NON-FAT CHOC.	8 OZ.	26.0
MILK, 1% Lowfat	8 OZ.	12.18
MILK, Skim	8 oz	11.25
Weighted Daily Average		105.70
% of Calories		57.5%
Nutrient Guideline		

	Portion Size	Carb (g)
Thu - 08/31/2017		
7- Oak LUNCH	Total	
CHILI with Tortilla Chips-Leb	1/2 CUP Serving	*29.03
Chicken Burger-Leb	Chicken Burger	42.0
Tuna Salad Sandwich-LHS/SOK	Sandwiches	32.57
PBJ 2tbsp/Lebanon w/cheese	Sand/Ch Stick	49.31
Cauliflower, Roasted Leb	1/4 Cup	2.57
CARROTS, BABY (red/org)	.25 cup	3.3
BROCCOLI, (dk green)	.25 CUP	1.51
BEANS, RED (legume)	.25 CUP	9.98
PEACHES: canned, light syrup	.25 CUP	9.13
Applesauce, Canned Unsweet USD	.25 cup	6.89
Ketchup Packet-Leb	2 pkts	6.0
MUSTARD: Pkt-Leb	2 pkts	0.0
Mayo, Individual Packets	2 packets	0.0
RANCH DR. w/FHF mix leb mix.	1.75 oz	2.17
MILK, NON-FAT CHOC.	8 OZ.	26.0
MILK, 1% Lowfat	8 OZ.	12.18
MILK, Skim	8 oz	11.25
Weighted Daily Average		*98.59
% of Calories		*52.7%
Nutrient Guideline		

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Base Menu Spreadsheet

7- Oak LUNCH

Portion Values - Detailed

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	Portion Size	Carb (g)
Fri - 09/01/2017		
7- Oak LUNCH	Total	
Pizza, Nardone's WW Cheese 4 X	Piece (4 X 6)	30.0
Pizza, Nardone's WW Pep 4 X 6	Piece (4 X 6)	30.5
TACO SALAD Elem.	salad	30.14
PBJ 2tbsp/Lebanon w/cheese	Sand/Ch Stick	49.31
Cookie, Choc Chp-OS WG-Leb	cookie	17.0
SALAD, Leb (other)	.5 Cup	3.17
BROCCOLI, (dk green)	.25 CUP	1.51
TOMATOES (red/org)	.25 CUP	1.75
peppers, green (other)	.25 cup	1.07
BLUEBERRIES	.25 cup	5.36
PINEAPPLE	.25 cup	7.04
RANCH DR. w/FHF mix leb mix.	1.75 oz	2.17
MILK, NON-FAT CHOC.	8 OZ.	26.0
MILK, 1% Lowfat	8 OZ.	12.18
MILK, Skim	8 oz	11.25
Weighted Daily Average		89.17
% of Calories		51.9%
Nutrient Guideline		

Mon - 09/04/2017		
7- Oak LUNCH	Total	
NO SCHOOL TODAY	SERVING	0.0
Weighted Daily Average		0.00
% of Calories		0.0%
Nutrient Guideline		

Tue - 09/05/2017		
7- Oak LUNCH	Total	
Grilled Cheese Sandwich-Leb	Servings	39.02
Chicken Tenders, Bread 7033	Serving (3 Pc.)	27.0
Tuna Salad Sandwich-LHS/SOK	Sandwiches	32.57
PBJ 2tbsp/Lebanon w/cheese	Sand/Ch Stick	49.31
Honey Roasted Carrots	1/4 cup	4.51
SALAD, Leb (other)	.5 CUP	3.17
Beans, Garbonzo (legume)	.25 cup	13.57
CUCUMBER, sliced (other)	.25 cup	0.72
PEACHES,CND,JUC PK,SOL&LIQUIDS	.25 cup	7.23
PEARS: canned,light syrup	.25 cup	9.44
Ketchup Packet-Leb	2 pkts	6.0
RANCH DR. w/FHF mix leb mix.	1.75 oz	2.17
MILK, NON-FAT CHOC.	8 OZ.	26.0
MILK, 1% Lowfat	8 OZ.	12.18
MILK, Skim	8 oz	11.25
Weighted Daily Average		86.21
% of Calories		54.1%
Nutrient Guideline		

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Base Menu Spreadsheet

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Portion Values - Detailed

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	Portion Size	Carb (g)
Wed - 09/06/2017		
7- Oak LUNCH	Total	
TURKEY GRAVY/breadsticks-Leb	Serving	37.0
BBQ Rib Sandwich-Leb	Sandwich	46.0
Pizza Salad-SOK	salad	37.04
PBJ 2tbsp/Lebanon w/cheese	Sand/Ch Stick	49.31
BROCCOLI, (dk green)	.25 CUP	1.51
CARROTS, BABY (red/org)	.25 cup	3.3
TOMATOES (red/org)	.25 CUP	1.75
CUCUMBER, sliced (other)	.25 cup	0.72
PEACHES,CND,JUC PK,SOL&LIQUIDS	.25 cup	7.23
FRUIT MIX, CANNED, EXTRA LIGHT	.25 cup	8.94
RANCH DR. w/FHF mix leb mix.	1.75 oz	2.17
MILK, NON-FAT CHOC.	8 OZ.	26.0
MILK,1% Lowfat	8 OZ.	12.18
MILK,Skim	8 oz	11.25
Weighted Daily Average		86.44
% of Calories		55.9%
Nutrient Guideline		

	Portion Size	Carb (g)
Thu - 09/07/2017		
7- Oak LUNCH	Total	
Ling's Orange Chick w/rice-Leb	serving	70.67
Ham, Egg & Cheese Muffin-Leb	Sandwich	28.02
Chicken Ceasar Salad-LHS	salad	36.67
PBJ 2tbsp/Lebanon w/cheese	Sand/Ch Stick	49.31
Garlic Broccoli	1/4 cup	2.53
TOMATOES (red/org)	.25 CUP	1.75
CAULIFLOWER, (other)	.25 CUP	1.24
Beans, Garbonzo (legume)	.25 cup	13.57
APPLES, FRESH, SLICED, UNPEELE	.25 cup	7.83
PEACHES,CND,JUC PK,SOL&LIQUIDS	.25 cup	7.23
RANCH DR. w/FHF mix leb mix.	1.75 oz	2.17
MILK, NON-FAT CHOC.	8 OZ.	26.0
MILK,1% Lowfat	8 OZ.	12.18
MILK,Skim	8 oz	11.25
Weighted Daily Average		101.88
% of Calories		60.0%
Nutrient Guideline		

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	Portion Size	Carb (g)
Fri - 09/08/2017		
7- Oak LUNCH	Total	
Pizza, Nardone's WW Cheese 4 X	Piece (4 X 6)	30.0
Pizza, Nardone's WW Pep 4 X 6	Piece (4 X 6)	30.5
TACO SALAD Elem.	salad	30.14
PBJ 2tbsp/Lebanon w/cheese	Sand/Ch Stick	49.31
Cookie, Choc Chp-OS WG-Leb	cookie	17.0
SALAD, Leb (other)	.5 Cup	3.17
TOMATOES (red/org)	.25 CUP	1.75
BROCCOLI, (dk green)	.25 CUP	1.51
peppers, green (other)	.25 cup	1.07
BLUEBERRIES	.25 cup	5.36
PINEAPPLE	.25 cup	7.04
RANCH DR. w/FHF mix leb mix.	1.75 oz	2.17
MILK, NON-FAT CHOC.	8 OZ.	26.0
MILK, 1% Lowfat	8 OZ.	12.18
MILK, Skim	8 oz	11.25
Weighted Daily Average		94.90
% of Calories		51.4%
Nutrient Guideline		

	Portion Size	Carb (g)
Mon - 09/11/2017		
7- Oak LUNCH	Total	
HAMBURGER ON A BUN-Leb	1 ea	33.0
Grilled Cheese Sandwich-Leb	Servings	39.02
Deli Ham Elem-Leb	Sandwich	32.11
PBJ 2tbsp/Lebanon w/cheese	Sand/Ch Stick	49.31
Beans, Garbonzo (legume)	.25 cup	13.57
CARROTS, BABY (red/org)	.25 cup	3.3
TOMATOES (red/org)	.25 CUP	1.75
PICKLES, DILL (other)	.25 cup	0.93
PEARS, CND, JUC PK, DRND	.25 c	1.45
Applesauce, Canned Unsweet USD	.25 cup	6.89
RANCH DR. w/FHF mix leb mix.	1.75 oz	2.17
Ketchup Packet-Leb	2 pkts	6.0
MUSTARD: Pkt-Leb	2 pkts	0.0
Mayo, Individual Packets	2 packets	0.0
MILK, NON-FAT CHOC.	8 OZ.	26.0
MILK, 1% Lowfat	8 OZ.	12.18
MILK, Skim	8 oz	11.25
Weighted Daily Average		77.06
% of Calories		54.4%
Nutrient Guideline		

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Portion Values - Detailed

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	Portion Size	Carb (g)
Tue - 09/12/2017		
7- Oak LUNCH	Total	
TURKEY GRAVY/breadsticks-Leb	Serving	37.0
Pulled Pork Sandwich-Leb	Sandwich	46.0
Chicken Ceasar Salad-LHS	salad	36.67
PBJ 2tbsp/Lebanon w/cheese	Sand/Ch Stick	49.31
CORN: canned, HOT (starchy)	.25 cup	5.88
CARROTS, BABY (red/org)	.25 cup	3.3
CAULIFLOWER, (other)	.25 CUP	1.24
PEACHES,CND,JUC PK,SOL&LIQUIDS	.25 cup	7.23
FRUIT MIX, CANNED, EXTRA LIGHT	.25 cup	8.94
Ketchup Packet-Leb	2 pkts	6.0
RANCH DR. w/FHF mix leb mix.	1.75 oz	2.17
MILK, NON-FAT CHOC.	8 OZ.	26.0
MILK,1% Lowfat	8 OZ.	12.18
MILK,Skim	8 oz	11.25
Weighted Daily Average		92.11
% of Calories		53.8%
Nutrient Guideline		

	Portion Size	Carb (g)
Wed - 09/13/2017		
7- Oak LUNCH	Total	
SOFT TACO-leb	soft taco	25.34
Pop Chicken/ bread Tyson 70368	Serving	33.1
CHEF SALAD/Brdstck SOK	Salad	28.45
PBJ 2tbsp/Lebanon w/cheese	Sand/Ch Stick	49.31
CARROTS, BABY (red/org)	.25 cup	3.3
PEAS, frozen (starchy)	.25 cup	5.7
CUCUMBER, sliced (other)	.25 cup	0.72
CELERY STICKS (other)	.25 cup	1.1
Applesauce, Canned Unsweet USD	.25 cup	6.89
STRAWBERRIES: frozen	.25 cup	16.52
RANCH DR. w/FHF mix leb mix.	1.75 oz	2.17
Ketchup Packet-Leb	2 pkts	6.0
MILK, NON-FAT CHOC.	8 OZ.	26.0
MILK,1% Lowfat	8 OZ.	12.18
MILK,Skim	8 oz	11.25
Weighted Daily Average		96.27
% of Calories		51.3%
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Portion Values - Detailed

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	Portion Size	Carb (g)
Thu - 09/14/2017		
7- Oak LUNCH	Total	
BBQ Chicken Sandwich-Leb	Serving	45.0
GRILLED HAM & CHEESE-Leb	Sandwiches	30.83
TURKEY DELI - Leb elem	1 Sandwich	*30.68
PBJ 2tbsp/Lebanon w/cheese	Sand/Ch Stick	49.31
CELERY STICKS (other)	.25 cup	1.1
CARROTS, BABY (red/org)	.25 cup	3.3
BROCCOLI, (dk green)	.25 CUP	1.51
Beans, Garbonzo (legume)	.25 cup	13.57
PEARS,CND,JUC PK,DRND	.25 c	1.45
PEACHES,CND,JUC PK,SOL&LIQUIDS	.25 cup	7.23
RANCH DR. w/FHF mix leb mix.	1.75 oz	2.17
Ketchup Packet-Leb	2 pkts	6.0
MUSTARD: Pkt-Leb	2 pkts	0.0
Mayo, Individual Packets	2 packets	0.0
MILK, NON-FAT CHOC.	8 OZ.	26.0
MILK,1% Lowfat	8 OZ.	12.18
MILK,Skim	8 oz	11.25
Weighted Daily Average		*83.44
% of Calories		*55.7%
Nutrient Guideline		

	Portion Size	Carb (g)
Fri - 09/15/2017		
7- Oak LUNCH	Total	
Pizza, Nardone's WW Cheese 4 X	Piece (4 X 6)	30.0
Pizza, Nardone's WW Pep 4 X 6	Piece (4 X 6)	30.5
TACO SALAD Elem.	salad	30.14
PBJ 2tbsp/Lebanon w/cheese	Sand/Ch Stick	49.31
Cookie, Choc Chp-OS WG-Leb	cookie	17.0
SALAD, Leb (other)	.5 Cup	3.17
BROCCOLI, (dk green)	.25 CUP	1.51
TOMATOES (red/org)	.25 CUP	1.75
peppers, green (other)	.25 cup	1.07
BLUEBERRIES	.25 cup	5.36
PINEAPPLE	.25 cup	7.04
RANCH DR. w/FHF mix leb mix.	1.75 oz	2.17
MILK, NON-FAT CHOC.	8 OZ.	26.0
MILK,1% Lowfat	8 OZ.	12.18
MILK,Skim	8 oz	11.25
Weighted Daily Average		88.59
% of Calories		51.1%
Nutrient Guideline		

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	Portion Size	Carb (g)
Mon - 09/18/2017		
7- Oak LUNCH	Total	
Cheesy Bean Dip-K-8	Servings	43.47
Deli Ham Elem-Leb	Sandwich	32.11
Turkey Bacon Ranch Wrap	wrap	29.99
PBJ 2tbsp/Lebanon w/cheese	1 EACH	49.31
BEANS, Vegetarian Hot (legume)	.25 cup	13.53
BROCCOLI, (dk green)	.25 CUP	1.51
TOMATOES (red/org)	.25 CUP	1.75
CELERY STICKS (other)	.25 cup	1.1
PEARS: canned,light syrup	.25 CUP	9.44
FRUIT MIX, CANNED, EXTRA LIGHT	.25 cup	8.94
KETCHUP: individual	2 PACKET	4.93
MUSTARD: Pkt-Leb	2 pkts	0.0
Mayo, Individual Packets	2 packets	0.0
RANCH DR. w/FHF mix leb mix.	1.75 oz	2.17
MILK, NON-FAT CHOC.	8 OZ.	26.0
MILK,1% Lowfat	8 OZ.	12.18
MILK,Skim	HALF PINT	1.41
Weighted Daily Average		89.69
% of Calories		52.4%
Nutrient Guideline		

	Portion Size	Carb (g)
Tue - 09/19/2017		
7- Oak LUNCH	Total	
TURKEY DELI - Leb elem	1 Sandwich	*30.68
Chicken Fajita Soft Taco-Leb	Taco	26.15
CHEF SALAD/Brdstck SOK	Salad	28.45
PBJ 2tbsp/Lebanon w/cheese	Sand/Ch Stick	49.31
CORN: canned, HOT (starchy)	.25 cup	5.88
CARROTS, BABY (red/org)	.25 cup	3.3
TOMATOES (red/org)	.25 CUP	1.75
CELERY STICKS (other)	.25 cup	1.1
PEARS,CND,JUC PK,DRND	.25 c	1.45
FRUIT MIX, CANNED, EXTRA LIGHT	.25 cup	8.94
Ketchup Packet-Leb	2 pkts	6.0
MUSTARD: Pkt-Leb	2 pkts	0.0
Mayo, Individual Packets	2 packets	0.0
RANCH DR. w/FHF mix leb mix.	1.75 oz	2.17
MILK, NON-FAT CHOC.	8 OZ.	26.0
MILK,1% Lowfat	8 OZ.	12.18
MILK,Skim	8 oz	11.25
Weighted Daily Average		*70.76
% of Calories		*51.6%
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	Portion Size	Carb (g)
Wed - 09/20/2017		
7- Oak LUNCH	Total	
Chicken Nuggets/ Bread 70362	Serving (5 nug)	28.75
Chicken, Roasted/Breadstick	Serving	15.0
TACO SALAD Elem.	salad	30.14
PBJ 2tbsp/Lebanon w/cheese	Sand/Ch Stick	49.31
PASTA SALAD-Leb	3/8 CUP	16.31
Beans, Garbonzo (legume)	.25 cup	13.57
CARROTS, BABY (red/org)	.25 cup	3.3
TOMATOES (red/org)	.25 CUP	1.75
PICKLES,DILL (other)	.25 cup	0.93
Applesauce, Canned Unsweet USD	.25 cup	6.89
Marrionberries, Frozen	.25 cup	5.5
Ketchup Packet-Leb	2 pkts	6.0
MUSTARD: Pkt-Leb	2 pkts	0.0
Mayo, Individual Packets	2 packets	0.0
RANCH DR. w/FHF mix leb mix.	1.75 oz	2.17
MILK, NON-FAT CHOC.	8 OZ.	26.0
MILK,1% Lowfat	8 OZ.	12.18
MILK,Skim	8 oz	11.25
Weighted Daily Average		76.62
% of Calories		45.4%
Nutrient Guideline		

Thu - 09/21/2017		
7- Oak LUNCH	Total	
SLOPPY JOE ON A BUN-Leb	1 each	*36.55
Grilled Cheese Sandwich-Leb	Servings	39.02
EGG SALAD SANDWICH-Leb	SERVINGS	27.5
PBJ 2tbsp/Lebanon w/cheese	Sand/Ch Stick	49.31
CARROTS, BABY (red/org)	.25 cup	3.3
CELERY STICKS (other)	.25 cup	1.1
PEAS, frozen (starchy)	.25 cup	5.7
BROCCOLI, (dk green)	.25 CUP	1.51
FRUIT MIX, CANNED, EXTRA LIGHT	.25 cup	8.94
PEARS,CND,JUC PK,DRND	.25 c	1.45
RANCH DR. w/FHF mix leb mix.	1.75 oz	2.17
MILK, NON-FAT CHOC.	8 OZ.	26.0
MILK,1% Lowfat	8 OZ.	12.18
MILK,Skim	8 oz	11.25
Weighted Daily Average		*79.86
% of Calories		*52.7%
Nutrient Guideline		

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Lebanon Community Schools

Aug 28, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

7- Oak LUNCH

Portion Values - Detailed

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	Portion Size	Carb (g)
Fri - 09/22/2017		
7- Oak LUNCH	Total	
Pizza, Nardone's WW Pep 4 X 6	Piece (4 X 6)	30.5
Pizza, Nardone's WW Cheese 4 X	Piece (4 X 6)	30.0
Turkey Bacon Ranch Wrap	wrap	29.99
PBJ 2tbsp/Lebanon w/cheese	Sand/Ch Stick	49.31
Cookie, Choc Chp-OS WG-Leb	cookie	17.0
SALAD, Leb (other)	.5 Cup	3.17
BROCCOLI, (dk green)	.25 CUP	1.51
TOMATOES (red/org)	.25 CUP	1.75
peppers, green (other)	.25 cup	1.07
BLUEBERRIES	.25 cup	5.36
PINEAPPLE	.25 cup	7.04
RANCH DR. w/FHF mix leb mix.	1.75 oz	2.17
MILK, NON-FAT CHOC.	8 OZ.	26.0
MILK, 1% Lowfat	8 OZ.	12.18
MILK, Skim	8 oz	11.25
Weighted Daily Average		88.69
% of Calories		50.9%
Nutrient Guideline		

	Portion Size	Carb (g)
Mon - 09/25/2017		
7- Oak LUNCH	Total	
Chicken Burger-Leb	Chicken Burger	42.0
Grilled Cheese Sandwich-Leb	Servings	39.02
TURKEY DELI - Leb elem	1 Sandwich	*30.68
PBJ 2tbsp/Lebanon w/cheese	Sand/Ch Stick	49.31
BAKED BEANS-Leb	.5 CUP	33.27
CELERY STICKS (other)	.25 cup	1.1
CARROTS, BABY (red/org)	.25 cup	3.3
BROCCOLI, (dk green)	.25 CUP	1.51
PEARS,CND,JUC PK,DRND	.25 c	1.45
FRUIT MIX, CANNED, EXTRA LIGHT	.25 cup	8.94
RANCH DR. w/FHF mix leb mix.	1.75 oz	2.17
Ketchup Packet-Leb	2 pkts	6.0
MUSTARD: Pkt-Leb	2 pkts	0.0
Mayo, Individual Packets	2 packets	0.0
MILK, NON-FAT CHOC.	8 OZ.	26.0
MILK, 1% Lowfat	8 OZ.	12.18
MILK, Skim	8 oz	11.25
Weighted Daily Average		*94.46
% of Calories		*58.6%
Nutrient Guideline		

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Lebanon Community Schools

Aug 28, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

7- Oak LUNCH

Portion Values - Detailed

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	Portion Size	Carb (g)
Tue - 09/26/2017		
7- Oak LUNCH	Total	
SOFT TACO-leb	soft taco	25.34
Pulled Pork Sandwich-Leb	Sandwich	46.0
Pizza Salad-SOK	salad	37.04
PBJ 2tbsp/Lebanon w/cheese	Sand/Ch Stick	49.31
SALAD, Leb (other)	.5 CUP	3.17
Beans, Garbonzo (legume)	.25 cup	13.57
CARROTS, BABY (red/org)	.25 cup	3.3
CUCUMBER, sliced (other)	.25 cup	0.72
PEACHES,CND,JUC PK,SOL&LIQUIDS	.25 cup	7.23
PEARS: canned,light syrup	.25 cup	9.44
Ketchup Packet-Leb	2 pkts	6.0
MUSTARD: Pkt-Leb	2 pkts	0.0
Mayo, Individual Packets	2 packets	0.0
RANCH DR. w/FHF mix leb mix.	1.75 oz	2.17
MILK, NON-FAT CHOC.	8 OZ.	26.0
MILK,1% Lowfat	8 OZ.	12.18
MILK,Skim	8 oz	11.25
Weighted Daily Average		91.46
% of Calories		49.4%
Nutrient Guideline		

	Portion Size	Carb (g)
Wed - 09/27/2017		
7- Oak LUNCH	Total	
Ling's Orange Chick w/rice-Leb	serving	70.67
Chicken Tenders, Bread 7033	Serving (3 Pc.)	27.0
CHEF SALAD/Brdstck SOK	Salad	28.45
PBJ 2tbsp/Lebanon w/cheese	Sand/Ch Stick	49.31
BROCCOLI, (dk green)	.25 CUP	1.51
CARROTS, BABY (red/org)	.25 cup	3.3
TOMATOES (red/org)	.25 CUP	1.75
CUCUMBER, sliced (other)	.25 cup	0.72
PEACHES,CND,JUC PK,SOL&LIQUIDS	.25 cup	7.23
FRUIT MIX, CANNED, EXTRA LIGHT	.25 cup	8.94
RANCH DR. w/FHF mix leb mix.	1.75 oz	2.17
MILK, NON-FAT CHOC.	8 OZ.	26.0
MILK,1% Lowfat	8 OZ.	12.18
MILK,Skim	8 oz	11.25
Weighted Daily Average		91.11
% of Calories		59.7%
Nutrient Guideline		

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Lebanon Community Schools

Aug 28, 2017 thru Sep 29, 2017

Base Menu Spreadsheet

7- Oak LUNCH

Portion Values - Detailed

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	Portion Size	Carb (g)
Thu - 09/28/2017		
7- Oak LUNCH	Total	
CHILI with Tortilla Chips-Leb	1/2 CUP Serving	*29.03
BAKED POTATO w/ Ham/Ch-SOK/LHS	1 EACH	79.16
Deli Ham 7 Oak/LHS-Leb	Sandwich	44.4
PBJ 2tbsp/Lebanon w/cheese	Sand/Ch Stick	49.31
Cauliflower, Roasted Leb	1/4 Cup	2.57
CARROTS, BABY (red/org)	.25 cup	3.3
BROCCOLI, (dk green)	.25 CUP	1.51
CELERY STICKS (other)	.25 cup	1.1
STRAWBERRIES: frozen	.25 cup	16.52
Applesauce, Canned Unsweet USD	.25 cup	6.89
RANCH DR. w/FHF mix leb mix.	1.75 oz	2.17
MILK, NON-FAT CHOC.	8 OZ.	26.0
MILK, 1% Lowfat	8 OZ.	12.18
MILK, Skim	8 oz	11.25
Weighted Daily Average		*113.79
% of Calories		*57.1%
Nutrient Guideline		

Fri - 09/29/2017		
7- Oak LUNCH	Total	
Pizza, Nardone's WW Pep 4 X 6	Piece (4 X 6)	30.5
Pizza, Nardone's WW Cheese 4 X	Piece (4 X 6)	30.0
TACO SALAD Elem.	salad	30.14
PBJ 2tbsp/Lebanon w/cheese	Sand/Ch Stick	49.31
Cookie, Choc Chp-OS WG-Leb	cookie	17.0
SALAD, Leb (other)	.5 Cup	3.17
BROCCOLI, (dk green)	.25 CUP	1.51
TOMATOES (red/org)	.25 CUP	1.75
peppers, green (other)	.25 cup	1.07
BLUEBERRIES	.25 cup	5.36
PINEAPPLE	.25 cup	7.04
RANCH DR. w/FHF mix leb mix.	1.75 oz	2.17
MILK, NON-FAT CHOC.	8 OZ.	26.0
MILK, 1% Lowfat	8 OZ.	12.18
MILK, Skim	8 oz	11.25
Weighted Daily Average		88.71
% of Calories		50.4%
Nutrient Guideline		

Weighted Average		*89.15
		*53.2%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	89.15	53.25%			Missing			

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