

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 | | |

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

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Lebanon Community Schools

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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 | | |

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

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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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| | 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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Base Menu Spreadsheet

7- Oak LUNCH

Portion Values - Detailed

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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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Base Menu Spreadsheet

7- Oak LUNCH

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% |
| Nutrient Guideline | | |

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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% |
| 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) |
|--------------------------------|-----------------|----------|
| 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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