

Base Menu Spreadsheet

Portion Values

Aug 4, 2025 thru Aug 31, 2025

Menu Name:	LUNCH ELEMENTARY	Include Cost:	No
Site:			
Use Alternate Menu Name:	No		

Monday - 08/04/2025 Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
991049 Buffalo Chicken Dip w/chips	2.8 oz	1	311	745	1	*0	14.39	0.34	57	24.17	*2.29	20.97
990325 SALAD, CHEF (HAM & TURKEY) ES/MS	1 SALAD	1	157	756	*3	*N/A*	8.90	*0.00	40	10.17	4.29	16.78
990949 CRACKERS, IW, WHOLE WHEAT	1 IW BAG	1	180	250	4	3	6.00	0.00	0	30.00	3.00	3.00
990527 SANDWICH, PBJ (Elem/Middle)	1 SANDWICH	1	548	468	18	*2	25.01	0.00	*0	65.18	*8.85	16.85
990058 POTATO, FRESH BAKED	1/2 Each	1	168	11	1	*N/A*	0.17	0.00	0	38.49	2.77	4.56
990071 VEGGIE STICKS, FRESH	1/2 CUP	1	24	41	*0	*N/A*	0.15	*0.00	0	5.50	1.83	0.76
990339 PEACHES, FRESH DOD	1 EACH	1	51	0	11	*N/A*	0.32	0.00	0	12.40	1.95	1.18
990198 APPLESAUCE, CANNED	1/2 CUP	1	46	22	10	*N/A*	0.00	0.00	0	11.85	1.82	0.00
990398 MARGARINE, INDIVIDUAL	pack	1	25	40	0	*N/A*	2.50	0.00	0	0.00	0.00	0.00
990086 SOUR CREAM, IND.	1 PACK	1	61	15	1	*N/A*	5.06	0.00	20	1.01	0.00	1.01
991073 DRESSING, RANCH 1 OZ SERVINGS	1oz PORTION	1	79	264	1	*N/A*	7.80	0.12	6	1.87	0.09	0.60
991169 DRESSING, ITALIAN 2 OZ SERVINGS	2 oz PORTION	1	243	1103	6	*N/A*	23.03	*0.23	12	7.99	0.18	1.20
991168 DRESSING, RANCH 2 OZ SERVINGS	2 oz PORTION	1	158	529	2	*N/A*	15.59	0.23	12	3.74	0.18	1.20
000035 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12	*N/A*	0.00	0.00	5	13.01	0.00	8.00

Base Menu Spreadsheet

Portion Values

Aug 4, 2025 thru Aug 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000069 MILK, STRAWBERRY LACTOSE FREE	HALF PINT	1	110	125	17	6	0.00	0.00	5	18.00	0.00	8.00
000031 MILK, CHOCOLATE LACTOSE FREE	1/2 PINT	1	110	210	17	6	0.00	0.00	5	19.00	0.00	8.00
000026 MILK - 1% LOWFAT	HALF PINT	1	110	130	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00
Weighted Daily Average			2470	4839	*117	*17	111.43	*0.92	*173	275.38	*27.25	100.12
% of Calories					*18.9%	*2.8%	40.6%	*0.3%		44.6%		16.2%
Weekly Nutrient Guideline			550 - 650	1110			<=0					

Tuesday - 08/05/2025

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990204 HAMBURGER	EACH	1	280	370	4	*N/A*	9.50	0.00	35	28.00	3.00	22.00
001716 SANDWICH, SOUTHERN STYLE CHICKEN	1 EACH	1	360	560	5	*N/A*	9.50	0.00	65	41.00	3.00	27.00
990357 LETTUCE & TOMATO (FOR HAMBURGER/CHEESEBURGER)	1 each	1	17	200	*0	*N/A*	0.27	*0.00	0	3.58	1.23	0.84
990228 YOGURT & MUFFIN PLATE- (BANANA MUFFIN)	SERVING	1	409	462	35	*N/A*	12.92	0.00	60	60.92	2.00	13.92
991072 YOGURT & MUFFIN PLATE- (BLUEBERRY MUFFIN)	SERVING	1	397	511	31	*N/A*	13.16	0.00	*25	58.30	0.00	14.06
990465 YOGURT & MUFFIN PLATE- (CHERRY MUFFIN)	SERVING	1	397	511	31	*N/A*	13.16	0.00	45	58.28	0.00	14.06
990466 YOGURT & MUFFIN PLATE- (CHOCOLATE MUFFIN)	SERVING	1	267	338	23	*N/A*	9.52	0.00	41	35.55	0.80	11.52

Base Menu Spreadsheet

Portion Values

Aug 4, 2025 thru Aug 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990068 BEANS, BAKED	1/2 CUP	1	111	266	11	*N/A*	0.00	0.00	0	23.30	4.44	3.33
990052 POTATO, FRENCH FRIES 1/2 CUP	1/2 CUP	1	77	23	*0	*N/A*	2.88	0.00	*0	12.17	*1.28	1.28
990333 PEARS, DICED CANNED	1/2 cup	1	119	0	*N/A*	*N/A*	0.00	0.00	0	29.15	3.98	0.00
990341 STRAWBERRIES, FRESH	1/2 cup	1	28	1	4	*N/A*	0.26	0.00	0	6.71	1.75	0.58
990390 SAUCE, KETCHUP IND PKS	POUCH	1	10	100	2	*N/A*	0.00	0.00	0	3.00	0.00	0.00
990391 SAUCE, MUSTARD, INDV	POUCH	1	5	50	0	*N/A*	0.00	0.00	0	0.50	0.00	0.50
990237 SAUCE, MAYONAISE, LIGHT, IND	1 PACK	1	40	85	0	*N/A*	4.00	0.00	5	0.00	0.00	0.00
000031 MILK, CHOCOLATE LACTOSE FREE	1/2 PINT	1	110	210	17	6	0.00	0.00	5	19.00	0.00	8.00
000026 MILK - 1% LOWFAT	HALF PINT	1	110	130	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00
000069 MILK, STRAWBERRY LACTOSE FREE	HALF PINT	1	110	125	17	6	0.00	0.00	5	18.00	0.00	8.00
000035 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12	*N/A*	0.00	0.00	5	13.01	0.00	8.00
Weighted Daily Average			2936	4072	*203	*12	77.68	*0.00	*301	423.45	*21.47	141.10
% of Calories					*27.7%	*1.6%	23.8%	*0.0%		57.7%		19.2%
Weekly Nutrient Guideline			550 - 650	1110			<=0					

Wednesday - 08/06/2025 Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990203 CHICKEN, OVEN ROASTED 8PC	1 SERVING	1	100	200	*N/A*	*N/A*	6.60	0.00	37	0.00	0.00	9.30

Base Menu Spreadsheet

Portion Values

Aug 4, 2025 thru Aug 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990174 ROLLS, YEAST WG 1oz	1 ROLL	1	85	68	2	*N/A*	1.50	*N/A*	0	14.01	1.50	3.50
990077 PIZZA, PEPPERONI	1 SLICE	1	370	560	9	*N/A*	17.00	0.00	45	35.00	3.00	21.00
991172 LUNCH SNACK PACK - ES/MS	1 PACK	1	615	809	44	*6	23.21	0.00	53	*83.11	3.28	27.29
000442 BROCCOLI, SEASONED	1/2 c.	1	18	24	*1	*N/A*	0.00	0.00	0	2.92	*2.03	2.03
990300 SQUASH CASSEROLE, FRESH	1/2 CUP	1	60	165	*4	*N/A*	3.12	0.00	*8	6.70	1.43	3.04
990332 PEACHES, DICED CANNED	1/2 cup	1	59	7	4	*N/A*	0.00	0.00	0	18.49	1.32	0.00
991170 WATERMELON, FRESH	1/2 CUP	1	45	1	9	*N/A*	0.22	0.00	0	11.30	0.60	0.91
000031 MILK, CHOCOLATE LACTOSE FREE	1/2 PINT	1	110	210	17	6	0.00	0.00	5	19.00	0.00	8.00
000026 MILK - 1% LOWFAT	HALF PINT	1	110	130	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00
000069 MILK, STRAWBERRY LACTOSE FREE	HALF PINT	1	110	125	17	6	0.00	0.00	5	18.00	0.00	8.00
000035 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12	*N/A*	0.00	0.00	5	13.01	0.00	8.00
Weighted Daily Average			1772	2428	*130	*18	54.15	*0.00	*168	*234.54	*13.16	99.08
% of Calories					*29.3%	*4.1%	27.5%	*0.0%		*52.9%		22.4%
Weekly Nutrient Guideline			550 - 650	1110			<=0					

Thursday - 08/07/2025

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
991089 CHICKEN SALAD ON CROISSANT	1/2 CUP + 1	1	293	768	5	*2	11.52	0.00	40	33.81	2.81	16.04

Base Menu Spreadsheet

Portion Values

Aug 4, 2025 thru Aug 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990354 SUB, HOT ITALIAN ES/MS	1 SANDWICH	1	339	771	8	*N/A*	13.36	0.00	38	36.72	4.85	17.58
001057 SANDWICH, GRILLED CHEESE	1 each	1	392	1355	*4	*2	26.86	1.41	51	28.42	4.05	14.19
990054 SALAD, ROMAINE & SPINACH	1 CUP	1	30	56	2	*N/A*	0.48	0.00	0	5.49	2.94	2.81
990060 POTATO, SWEET FRIES 1/2 CUP	1/2 CUP	1	145	196	7	*N/A*	4.35	0.00	0	24.65	2.90	0.72
991077 APPLES, FRESH, W/SKIN	1 EACH	1	72	1	14	0	0.23	0.00	0	19.06	3.31	0.36
990883 FRUIT, MIXED, CANNED	1/2 CUP	1	170	13	*34	*N/A*	0.00	0.00	0	41.80	2.60	0.00
991073 DRESSING, RANCH 1 OZ SERVINGS	1oz PORTION	1	79	264	1	*N/A*	7.80	0.12	6	1.87	0.09	0.60
990390 SAUCE, KETCHUP IND PKS	POUCH	1	10	100	2	*N/A*	0.00	0.00	0	3.00	0.00	0.00
000031 MILK, CHOCOLATE LACTOSE FREE	1/2 PINT	1	110	210	17	6	0.00	0.00	5	19.00	0.00	8.00
000026 MILK - 1% LOWFAT	HALF PINT	1	110	130	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00
000035 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12	*N/A*	0.00	0.00	5	13.01	0.00	8.00
000069 MILK, STRAWBERRY LACTOSE FREE	HALF PINT	1	110	125	17	6	0.00	0.00	5	18.00	0.00	8.00
Weighted Daily Average			1950	4119	*135	*16	67.11	1.52	160	257.81	23.56	84.31
% of Calories					*27.7%	*3.3%	31.0%	0.7%		52.9%		17.3%
Weekly Nutrient Guideline			550 - 650	1110			<=0					

Friday - 08/08/2025

Reimbursable Meal Total 1

Base Menu Spreadsheet

Portion Values

Aug 4, 2025 thru Aug 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
991084 ZESTY CHEESE AND CHIPS	1/2 CUP	1	499	1099	0	*N/A*	30.15	0.00	60	40.45	4.05	18.05
991178 NACHOS, SHREDDED CHICKEN AND SALSA	SERVINGS	1	333	684	0	*N/A*	13.82	0.00	30	39.73	4.54	14.72
990085 LETTUCE SHRD, TOM. DICED & SOUR CREAM (TACOS, ETC.)	1 SERVING	1	77	22	*1	*N/A*	5.33	*0.00	20	4.54	1.20	1.83
990527 SANDWICH, PBJ (Elem/Middle)	1 SANDWICH	1	548	468	18	*2	25.01	0.00	*0	65.18	*8.85	16.85
990308 CORN, MEXICAN, FROZEN	1/2 CUP	1	106	5	*5	*N/A*	1.49	*0.00	*0	*21.29	*1.08	*3.06
990452 BEANS, BLACK, SEASONED	1/2 CUP	1	145	207	1	*N/A*	0.84	0.00	0	25.41	5.73	8.02
000229 FRUIT, FRESH ASST (1/2 CUP)	1/2 cup	1	308	12	*34	*N/A*	1.38	*0.00	0	79.57	13.85	3.24
990917 FRUIT CUP, MANAGER'S CHOICE, CHILLED	1/2 CUP	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
000031 MILK, CHOCOLATE LACTOSE FREE	1/2 PINT	1	110	210	17	6	0.00	0.00	5	19.00	0.00	8.00
000026 MILK - 1% LOWFAT	HALF PINT	1	110	130	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00
000069 MILK, STRAWBERRY LACTOSE FREE	HALF PINT	1	110	125	17	6	0.00	0.00	5	18.00	0.00	8.00
000035 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12	*N/A*	0.00	0.00	5	13.01	0.00	8.00
Weighted Daily Average			2437	3092	*118	*14	80.52	*0.00	*135	*339.18	*39.30	*97.77
% of Calories					*19.4%	*2.3%	29.7%	*0.0%		*55.7%		*16.0%
Weekly Nutrient Guideline			550 - 650	1110			<=0					

Monday - 08/11/2025

Reimbursable Meal Total 1

Base Menu Spreadsheet

Richmond County Board of Education

Portion Values

Aug 4, 2025 thru Aug 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990329 SALAD, CRISPY CHICKEN ES/MS	1 SALAD	1	299	508	3	*N/A*	15.50	0.00	77	24.62	6.55	22.69
990066 BREADSTICK	BREADSTICK	1	67	83	2	*N/A*	0.83	0.00	0	11.67	0.83	1.67
001440 SUB, TURKEY ES/MS	SANDWICH	1	486	853	6	*N/A*	11.69	0.00	37	63.88	4.85	24.73
990263 SUB FIXINS	EACH	1	18	858	*1	*N/A*	0.20	*0.00	*0	4.09	1.43	0.70
990063 PIZZA, FOUR CHEESE	1 SLICE	1	370	490	9	*N/A*	16.00	0.00	35	35.00	3.00	21.00
990882 Potato, Curly Spiral Cut Fries 1/2 CUP	1/2 CUP	1	130	290	0	*N/A*	5.00	0.00	0	21.00	1.00	1.00
990338 CARROTS, BABY, DOD	1/2 cup	1	25	55	3	*N/A*	0.09	0.00	0	5.79	2.04	0.45
000289 STRAWBERRY DELIGHT	1/2 cup	1	149	0	33	*N/A*	1.00	0.00	0	33.66	1.81	0.45
991081 ORANGES, WEDGES	EACH	1	76	0	15	*N/A*	0.19	0.00	0	18.99	3.88	1.52
991073 DRESSING, RANCH 1 OZ SERVINGS	1oz PORTION	1	79	264	1	*N/A*	7.80	0.12	6	1.87	0.09	0.60
991168 DRESSING, RANCH 2 OZ SERVINGS	2 oz PORTION	1	158	529	2	*N/A*	15.59	0.23	12	3.74	0.18	1.20
991169 DRESSING, ITALIAN 2 OZ SERVINGS	2 oz PORTION	1	243	1103	6	*N/A*	23.03	*0.23	12	7.99	0.18	1.20
990390 SAUCE, KETCHUP IND PKS	POUCH	1	10	100	2	*N/A*	0.00	0.00	0	3.00	0.00	0.00
990237 SAUCE, MAYONAISE, LIGHT, IND	1 PACK	1	40	85	0	*N/A*	4.00	0.00	5	0.00	0.00	0.00
990391 SAUCE, MUSTARD, INDV	POUCH	1	5	50	0	*N/A*	0.00	0.00	0	0.50	0.00	0.50
000031 MILK, CHOCOLATE LACTOSE FREE	1/2 PINT	1	110	210	17	6	0.00	0.00	5	19.00	0.00	8.00
000026 MILK - 1% LOWFAT	HALF PINT	1	110	130	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00
000069 MILK, STRAWBERRY LACTOSE FREE	HALF PINT	1	110	125	17	6	0.00	0.00	5	18.00	0.00	8.00

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Portion Values

Aug 4, 2025 thru Aug 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000035 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12	*N/A*	0.00	0.00	5	13.01	0.00	8.00
Weighted Daily Average			2575	5863	*141	*12	103.43	*0.58	*209	298.81	25.85	109.72
% of Calories					*21.9%	*1.9%	36.2%	*0.2%		46.4%		17.0%
Weekly Nutrient Guideline			550 - 650	1110			<=0					

Tuesday - 08/12/2025 Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990948 TACO, BEEF, TACO FILLING	2 TACOS	1	370	565	2	*0	14.27	0.00	58	41.03	5.31	22.66
990274 QUESADILLA, CHEESE, ELEM/MIDDLE	1 QUESADILLA	1	431	649	1	*N/A*	29.24	0.00	73	21.92	2.00	23.41
991138 BURRITO, BEAN AND CHEESE	5 oz.	1	341	531	2	*N/A*	13.02	0.00	15	42.07	5.01	15.03
990085 LETTUCE SHRD, TOM. DICED &SOUR CREAM (TACOS, ETC.)	1 SERVING	1	77	22	*1	*N/A*	5.33	*0.00	20	4.54	1.20	1.83
991179 ZUCCHINI & BELL PEPPER MEDLEY, OVEN ROASTED	1/2 CUP	1	38	57	*2	*N/A*	1.90	*0.00	*0	5.22	*1.64	1.37
000339 BEANS, PINTO, 1/2 CUP	1/2 CUP	1	176	282	*3	*N/A*	0.01	0.00	*0	31.12	*11.92	9.89
990196 ORANGES, MANDARIN CN	1/2 CUP	1	46	6	10	*N/A*	0.05	0.00	0	11.31	1.44	0.90
991182 HONEYDEW, FRESH	1/2 CUP	1	67	33	15	*N/A*	0.26	0.00	0	16.90	1.49	1.00
991180 SALSA, MILD	1 oz portion	1	6	43	1	*N/A*	0.00	0.00	0	1.22	0.61	0.00
000031 MILK, CHOCOLATE LACTOSE FREE	1/2 PINT	1	110	210	17	6	0.00	0.00	5	19.00	0.00	8.00

Portion Values

Aug 4, 2025 thru Aug 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000026 MILK - 1% LOWFAT	HALF PINT	1	110	130	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00
000069 MILK, STRAWBERRY LACTOSE FREE	HALF PINT	1	110	125	17	6	0.00	0.00	5	18.00	0.00	8.00
000035 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12	*N/A*	0.00	0.00	5	13.01	0.00	8.00
Weighted Daily Average			1972	2783	*96	*12	66.58	*0.00	*191	238.33	*30.62	108.10
% of Calories					*19.5%	*2.4%	30.4%	*0.0%		48.3%		21.9%
Weekly Nutrient Guideline			550 - 650	1110			<=0					

Wednesday - 08/13/2025 Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990259 PORK, BBQ SANDWICH (PURCHASED)	SANDWICH	1	440	334	11	*N/A*	18.56	0.00	71	43.06	2.00	24.06
991181 FLATBREAD, SHREDDED CHICKEN ES/MS	1 EACH	1	370	1260	3	*N/A*	13.73	0.00	65	31.91	2.94	29.58
990228 YOGURT & MUFFIN PLATE- (BANANA MUFFIN)	SERVING	1	409	462	35	*N/A*	12.92	0.00	60	60.92	2.00	13.92
991072 YOGURT & MUFFIN PLATE- (BLUEBERRY MUFFIN)	SERVING	1	397	511	31	*N/A*	13.16	0.00	*25	58.30	0.00	14.06
990465 YOGURT & MUFFIN PLATE- (CHERRY MUFFIN)	SERVING	1	397	511	31	*N/A*	13.16	0.00	45	58.28	0.00	14.06
990466 YOGURT & MUFFIN PLATE- (CHOCOLATE MUFFIN)	SERVING	1	267	338	23	*N/A*	9.52	0.00	41	35.55	0.80	11.52
990112 YOGURT & MUFFIN PLATE- BREAKFAST (CHOCOLATE MUFFIN)	SERVING	1	188	141	22	*N/A*	3.60	0.00	21	33.58	0.80	5.60

Base Menu Spreadsheet

Portion Values

Aug 4, 2025 thru Aug 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
001118 COLESLAW (KFC STYLE) 1/2 CUP	1/2 CUP	1	64	132	*6	*N/A*	3.08	*0.00	*8	8.90	*0.94	0.89
001648 GREEN BEANS, CANNED, USDA	1/2 cup	1	35	176	*0	*N/A*	1.78	0.00	*0	*3.47	*2.27	*1.14
990197 PINEAPPLE, TIDBITS, CANNED	1/2 CUP	1	72	1	17	*N/A*	0.10	0.00	0	18.87	0.96	0.50
991077 APPLES, FRESH, W/SKIN	1 EACH	1	72	1	14	0	0.23	0.00	0	19.06	3.31	0.36
000031 MILK, CHOCOLATE LACTOSE FREE	1/2 PINT	1	110	210	17	6	0.00	0.00	5	19.00	0.00	8.00
000026 MILK - 1% LOWFAT	HALF PINT	1	110	130	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00
000069 MILK, STRAWBERRY LACTOSE FREE	HALF PINT	1	110	125	17	6	0.00	0.00	5	18.00	0.00	8.00
000035 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12	*N/A*	0.00	0.00	5	13.01	0.00	8.00
Weighted Daily Average			3130	4462	*250	*12	92.34	*0.00	*360	*434.90	*16.02	*147.70
% of Calories					*31.9%	*1.5%	26.6%	*0.0%		*55.6%		*18.9%
Weekly Nutrient Guideline			550 - 650	1110			<=0					

Thursday - 08/14/2025

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990528 SUB, HAM- K8 & MS	SANDWICH	1	379	890	4	*N/A*	14.46	0.00	56	35.14	1.00	21.56
990263 SUB FIXINS	EACH	1	18	858	*1	*N/A*	0.20	*0.00	*0	4.09	1.43	0.70
990815 BREADSTICK, PEPPERONI PIZZA	1 SQUARE	1	320	743	6	*N/A*	13.74	0.00	25	31.95	3.99	16.99
991172 LUNCH SNACK PACK - ES/MS	1 PACK	1	615	809	44	*6	23.21	0.00	53	*83.11	3.28	27.29

Base Menu Spreadsheet

Portion Values

Aug 4, 2025 thru Aug 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990121 SALAD, CUCUMBER & TOMATO	1/2 CUP	1	75	132	*6	*N/A*	4.58	*0.00	*0	9.23	*0.88	0.93
990202 BROCCOLI, RANCH	1/2 CUP	1	28	121	*1	*N/A*	0.00	0.00	0	4.67	*3.20	3.20
991075 APPLESAUCE, CUPS, ASST FLAVORS	4.5 OZ CUP	1	54	1	12	0	0.00	0.00	0	14.39	1.20	0.00
990237 SAUCE, MAYONAISE, LIGHT, IND	1 PACK	1	40	85	0	*N/A*	4.00	0.00	5	0.00	0.00	0.00
990391 SAUCE, MUSTARD, INDV	POUCH	1	5	50	0	*N/A*	0.00	0.00	0	0.50	0.00	0.50
000031 MILK, CHOCOLATE LACTOSE FREE	1/2 PINT	1	110	210	17	6	0.00	0.00	5	19.00	0.00	8.00
000026 MILK - 1% LOWFAT	HALF PINT	1	110	130	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00
000069 MILK, STRAWBERRY LACTOSE FREE	HALF PINT	1	110	125	17	6	0.00	0.00	5	18.00	0.00	8.00
000035 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12	*N/A*	0.00	0.00	5	13.01	0.00	8.00
991028 BLUEBERRY DELIGHT, FARM FRESH BLUEBERRIES	1/2 cup	1	43	1	8	*0	0.26	0.00	0	11.07	1.84	0.56
Weighted Daily Average			1999	4284	*139	*18	62.95	*0.00	*164	*257.15	*16.82	103.74
% of Calories					*27.8%	*3.6%	28.3%	*0.0%		*51.5%		20.8%
Weekly Nutrient Guideline			550 - 650	1110			<=0					

Friday - 08/15/2025 Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
991140 BRUNSWICH STEW 0.5 CUP, PIEDMONT PREMADE	4 oz.	1	140	240	5	2	7.00	0.00	25	15.00	2.50	6.00

Base Menu Spreadsheet

Richmond County Board of Education

Portion Values

Aug 4, 2025 thru Aug 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
991132 BRUNSWICH STEW 1 CUP, PIEDMONT PREMADE	8 oz.	1	280	480	10	3	14.00	0.00	50	30.00	5.00	12.00
990084 POTATO, SEASONED FRIES 1/2 CUP	1/2 CUP	1	127	335	0	*N/A*	4.07	0.00	0	20.80	1.81	1.81
001256 RICE, SEASONED	1/2 cup	1	123	70	*0	*N/A*	2.92	0.00	*0	*21.64	*1.18	*2.81
001444 TURKEY, HOTDOG	2 oz	1	279	770	*5	*N/A*	10.00	0.00	50	34.00	2.00	13.00
990527 SANDWICH, PBJ (Elem/Middle)	1 SANDWICH	1	548	468	18	*2	25.01	0.00	*0	65.18	*8.85	16.85
990070 SALAD, CRISP GARDEN	1 CUP	1	24	19	*1	*N/A*	0.37	*0.00	0	4.84	2.35	1.84
000229 FRUIT, FRESH ASST (1/2 CUP)	1/2 cup	1	308	12	*34	*N/A*	1.38	*0.00	0	79.57	13.85	3.24
990917 FRUIT CUP, MANAGER'S CHOICE, CHILLED	1/2 CUP	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
990390 SAUCE, KETCHUP IND PKS	POUCH	1	10	100	2	*N/A*	0.00	0.00	0	3.00	0.00	0.00
990391 SAUCE, MUSTARD, INDV	POUCH	1	5	50	0	*N/A*	0.00	0.00	0	0.50	0.00	0.50
000031 MILK, CHOCOLATE LACTOSE FREE	1/2 PINT	1	110	210	17	6	0.00	0.00	5	19.00	0.00	8.00
000026 MILK - 1% LOWFAT	HALF PINT	1	110	130	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00
000069 MILK, STRAWBERRY LACTOSE FREE	HALF PINT	1	110	125	17	6	0.00	0.00	5	18.00	0.00	8.00
000035 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12	*N/A*	0.00	0.00	5	13.01	0.00	8.00
Weighted Daily Average			2264	3138	*133	*19	67.26	*0.00	*150	*337.53	*37.53	*90.05
% of Calories					*23.5%	*3.4%	26.7%	*0.0%		*59.6%		*15.9%
Weekly Nutrient Guideline			550 - 650	1110			<=0					

Base Menu Spreadsheet

Richmond County Board of Education

Portion Values

Aug 4, 2025 thru Aug 31, 2025

Monday - 08/18/2025

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
991049 Buffalo Chicken Dip w/chips	2.8 oz	1	311	745	1	*0	14.39	0.34	57	24.17	*2.29	20.97
990325 SALAD, CHEF (HAM & TURKEY) ES/MS	1 SALAD	1	157	756	*3	*N/A*	8.90	*0.00	40	10.17	4.29	16.78
990949 CRACKERS, IW, WHOLE WHEAT	1 IW BAG	1	180	250	4	3	6.00	0.00	0	30.00	3.00	3.00
990527 SANDWICH, PBJ (Elem/Middle)	1 SANDWICH	1	548	468	18	*2	25.01	0.00	*0	65.18	*8.85	16.85
990058 POTATO, FRESH BAKED	1/2 Each	1	168	11	1	*N/A*	0.17	0.00	0	38.49	2.77	4.56
990071 VEGGIE STICKS, FRESH	1/2 CUP	1	24	41	*0	*N/A*	0.15	*0.00	0	5.50	1.83	0.76
990339 PEACHES, FRESH DOD	1 EACH	1	51	0	11	*N/A*	0.32	0.00	0	12.40	1.95	1.18
990198 APPLESAUCE, CANNED	1/2 CUP	1	46	22	10	*N/A*	0.00	0.00	0	11.85	1.82	0.00
990398 MARGARINE, INDIVIDUAL	pack	1	25	40	0	*N/A*	2.50	0.00	0	0.00	0.00	0.00
990086 SOUR CREAM, IND.	1 PACK	1	61	15	1	*N/A*	5.06	0.00	20	1.01	0.00	1.01
991073 DRESSING, RANCH 1 OZ SERVINGS	1oz PORTION	1	79	264	1	*N/A*	7.80	0.12	6	1.87	0.09	0.60
991169 DRESSING, ITALIAN 2 OZ SERVINGS	2 oz PORTION	1	243	1103	6	*N/A*	23.03	*0.23	12	7.99	0.18	1.20
991168 DRESSING, RANCH 2 OZ SERVINGS	2 oz PORTION	1	158	529	2	*N/A*	15.59	0.23	12	3.74	0.18	1.20
000035 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12	*N/A*	0.00	0.00	5	13.01	0.00	8.00
000069 MILK, STRAWBERRY LACTOSE FREE	HALF PINT	1	110	125	17	6	0.00	0.00	5	18.00	0.00	8.00
000031 MILK, CHOCOLATE LACTOSE FREE	1/2 PINT	1	110	210	17	6	0.00	0.00	5	19.00	0.00	8.00

Base Menu Spreadsheet

Portion Values

Aug 4, 2025 thru Aug 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000026 MILK - 1% LOWFAT	HALF PINT	1	110	130	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00
Weighted Daily Average			2470	4839	*117	*17	111.43	*0.92	*173	275.38	*27.25	100.12
% of Calories					*18.9%	*2.8%	40.6%	*0.3%		44.6%		16.2%
Weekly Nutrient Guideline			550 - 650	1110			<=0					

Tuesday - 08/19/2025 Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990204 HAMBURGER	EACH	1	280	370	4	*N/A*	9.50	0.00	35	28.00	3.00	22.00
001716 SANDWICH, SOUTHERN STYLE CHICKEN	1 EACH	1	360	560	5	*N/A*	9.50	0.00	65	41.00	3.00	27.00
990357 LETTUCE & TOMATO (FOR HAMBURGER/CHEESEBURGER)	1 each	1	17	200	*0	*N/A*	0.27	*0.00	0	3.58	1.23	0.84
990228 YOGURT & MUFFIN PLATE- (BANANA MUFFIN)	SERVING	1	409	462	35	*N/A*	12.92	0.00	60	60.92	2.00	13.92
991072 YOGURT & MUFFIN PLATE- (BLUEBERRY MUFFIN)	SERVING	1	397	511	31	*N/A*	13.16	0.00	*25	58.30	0.00	14.06
990465 YOGURT & MUFFIN PLATE- (CHERRY MUFFIN)	SERVING	1	397	511	31	*N/A*	13.16	0.00	45	58.28	0.00	14.06
990466 YOGURT & MUFFIN PLATE- (CHOCOLATE MUFFIN)	SERVING	1	267	338	23	*N/A*	9.52	0.00	41	35.55	0.80	11.52
990068 BEANS, BAKED	1/2 CUP	1	111	266	11	*N/A*	0.00	0.00	0	23.30	4.44	3.33
990052 POTATO, FRENCH FRIES 1/2 CUP	1/2 CUP	1	77	23	*0	*N/A*	2.88	0.00	*0	12.17	*1.28	1.28

Base Menu Spreadsheet

Portion Values

Aug 4, 2025 thru Aug 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990333 PEARS, DICED CANNED	1/2 cup	1	119	0	*N/A*	*N/A*	0.00	0.00	0	29.15	3.98	0.00
990341 STRAWBERRIES, FRESH	1/2 cup	1	28	1	4	*N/A*	0.26	0.00	0	6.71	1.75	0.58
990390 SAUCE, KETCHUP IND PKS	POUCH	1	10	100	2	*N/A*	0.00	0.00	0	3.00	0.00	0.00
990391 SAUCE, MUSTARD, INDV	POUCH	1	5	50	0	*N/A*	0.00	0.00	0	0.50	0.00	0.50
990237 SAUCE, MAYONAISE, LIGHT, IND	1 PACK	1	40	85	0	*N/A*	4.00	0.00	5	0.00	0.00	0.00
000031 MILK, CHOCOLATE LACTOSE FREE	1/2 PINT	1	110	210	17	6	0.00	0.00	5	19.00	0.00	8.00
000026 MILK - 1% LOWFAT	HALF PINT	1	110	130	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00
000069 MILK, STRAWBERRY LACTOSE FREE	HALF PINT	1	110	125	17	6	0.00	0.00	5	18.00	0.00	8.00
000035 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12	*N/A*	0.00	0.00	5	13.01	0.00	8.00
Weighted Daily Average			2936	4072	*203	*12	77.68	*0.00	*301	423.45	*21.47	141.10
% of Calories					*27.7%	*1.6%	23.8%	*0.0%		57.7%		19.2%
Weekly Nutrient Guideline			550 - 650	1110			<=0					

Wednesday - 08/20/2025

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990203 CHICKEN, OVEN ROASTED 8PC	1 SERVING	1	100	200	*N/A*	*N/A*	6.60	0.00	37	0.00	0.00	9.30
990174 ROLLS, YEAST WG 1oz	1 ROLL	1	85	68	2	*N/A*	1.50	*N/A*	0	14.01	1.50	3.50
990077 PIZZA, PEPPERONI	1 SLICE	1	370	560	9	*N/A*	17.00	0.00	45	35.00	3.00	21.00

Base Menu Spreadsheet

Portion Values

Aug 4, 2025 thru Aug 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
991172 LUNCH SNACK PACK - ES/MS	1 PACK	1	615	809	44	*6	23.21	0.00	53	*83.11	3.28	27.29
000442 BROCCOLI, SEASONED	1/2 c.	1	18	24	*1	*N/A*	0.00	0.00	0	2.92	*2.03	2.03
990300 SQUASH CASSEROLE, FRESH	1/2 CUP	1	60	165	*4	*N/A*	3.12	0.00	*8	6.70	1.43	3.04
990332 PEACHES, DICED CANNED	1/2 cup	1	59	7	4	*N/A*	0.00	0.00	0	18.49	1.32	0.00
991170 WATERMELON, FRESH	1/2 CUP	1	45	1	9	*N/A*	0.22	0.00	0	11.30	0.60	0.91
000031 MILK, CHOCOLATE LACTOSE FREE	1/2 PINT	1	110	210	17	6	0.00	0.00	5	19.00	0.00	8.00
000026 MILK - 1% LOWFAT	HALF PINT	1	110	130	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00
000069 MILK, STRAWBERRY LACTOSE FREE	HALF PINT	1	110	125	17	6	0.00	0.00	5	18.00	0.00	8.00
000035 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12	*N/A*	0.00	0.00	5	13.01	0.00	8.00
Weighted Daily Average			1772	2428	*130	*18	54.15	*0.00	*168	*234.54	*13.16	99.08
% of Calories					*29.3%	*4.1%	27.5%	*0.0%		*52.9%		22.4%
Weekly Nutrient Guideline			550 - 650	1110			<=0					

Thursday - 08/21/2025

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
991089 CHICKEN SALAD ON CROISSANT	1/2 CUP + 1	1	293	768	5	*2	11.52	0.00	40	33.81	2.81	16.04
990354 SUB, HOT ITALIAN ES/MS	1 SANDWICH	1	339	771	8	*N/A*	13.36	0.00	38	36.72	4.85	17.58
001057 SANDWICH, GRILLED CHEESE	1 each	1	392	1355	*4	*2	26.86	1.41	51	28.42	4.05	14.19

Base Menu Spreadsheet

Portion Values

Aug 4, 2025 thru Aug 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990054 SALAD, ROMAINE & SPINACH	1 CUP	1	30	56	2	*N/A*	0.48	0.00	0	5.49	2.94	2.81
990060 POTATO, SWEET FRIES 1/2 CUP	1/2 CUP	1	145	196	7	*N/A*	4.35	0.00	0	24.65	2.90	0.72
991077 APPLES, FRESH, W/SKIN	1 EACH	1	72	1	14	0	0.23	0.00	0	19.06	3.31	0.36
990883 FRUIT, MIXED, CANNED	1/2 CUP	1	170	13	*34	*N/A*	0.00	0.00	0	41.80	2.60	0.00
991073 DRESSING, RANCH 1 OZ SERVINGS	1oz PORTION	1	79	264	1	*N/A*	7.80	0.12	6	1.87	0.09	0.60
990390 SAUCE, KETCHUP IND PKS	POUCH	1	10	100	2	*N/A*	0.00	0.00	0	3.00	0.00	0.00
000031 MILK, CHOCOLATE LACTOSE FREE	1/2 PINT	1	110	210	17	6	0.00	0.00	5	19.00	0.00	8.00
000026 MILK - 1% LOWFAT	HALF PINT	1	110	130	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00
000035 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12	*N/A*	0.00	0.00	5	13.01	0.00	8.00
000069 MILK, STRAWBERRY LACTOSE FREE	HALF PINT	1	110	125	17	6	0.00	0.00	5	18.00	0.00	8.00
Weighted Daily Average			1950	4119	*135	*16	67.11	1.52	160	257.81	23.56	84.31
% of Calories					*27.7%	*3.3%	31.0%	0.7%		52.9%		17.3%
Weekly Nutrient Guideline			550 - 650	1110			<=0					

Friday - 08/22/2025

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
991084 ZESTY CHEESE AND CHIPS	1/2 CUP	1	499	1099	0	*N/A*	30.15	0.00	60	40.45	4.05	18.05

Portion Values

Aug 4, 2025 thru Aug 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
991178 NACHOS, SHREDDED CHICKEN AND SALSA	SERVINGS	1	333	684	0	*N/A*	13.82	0.00	30	39.73	4.54	14.72
990085 LETTUCE SHRD, TOM. DICED & SOUR CREAM (TACOS, ETC.)	1 SERVING	1	77	22	*1	*N/A*	5.33	*0.00	20	4.54	1.20	1.83
990527 SANDWICH, PBJ (Elem/Middle)	1 SANDWICH	1	548	468	18	*2	25.01	0.00	*0	65.18	*8.85	16.85
990308 CORN, MEXICAN, FROZEN	1/2 CUP	1	106	5	*5	*N/A*	1.49	*0.00	*0	*21.29	*1.08	*3.06
990452 BEANS, BLACK, SEASONED	1/2 CUP	1	145	207	1	*N/A*	0.84	0.00	0	25.41	5.73	8.02
000229 FRUIT, FRESH ASST (1/2 CUP)	1/2 cup	1	308	12	*34	*N/A*	1.38	*0.00	0	79.57	13.85	3.24
990917 FRUIT CUP, MANAGER'S CHOICE, CHILLED	1/2 CUP	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
000031 MILK, CHOCOLATE LACTOSE FREE	1/2 PINT	1	110	210	17	6	0.00	0.00	5	19.00	0.00	8.00
000026 MILK - 1% LOWFAT	HALF PINT	1	110	130	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00
000069 MILK, STRAWBERRY LACTOSE FREE	HALF PINT	1	110	125	17	6	0.00	0.00	5	18.00	0.00	8.00
000035 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12	*N/A*	0.00	0.00	5	13.01	0.00	8.00
Weighted Daily Average			2437	3092	*118	*14	80.52	*0.00	*135	*339.18	*39.30	*97.77
% of Calories					*19.4%	*2.3%	29.7%	*0.0%		*55.7%		*16.0%
Weekly Nutrient Guideline			550 - 650	1110			<=0					

Monday - 08/25/2025 Reimbursable Meal Total 1

Base Menu Spreadsheet

Richmond County Board of Education

Portion Values

Aug 4, 2025 thru Aug 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990329 SALAD, CRISPY CHICKEN ES/MS	1 SALAD	1	299	508	3	*N/A*	15.50	0.00	77	24.62	6.55	22.69
990066 BREADSTICK	BREADSTICK	1	67	83	2	*N/A*	0.83	0.00	0	11.67	0.83	1.67
001440 SUB, TURKEY ES/MS	SANDWICH	1	486	853	6	*N/A*	11.69	0.00	37	63.88	4.85	24.73
990263 SUB FIXINS	EACH	1	18	858	*1	*N/A*	0.20	*0.00	*0	4.09	1.43	0.70
990063 PIZZA, FOUR CHEESE	1 SLICE	1	370	490	9	*N/A*	16.00	0.00	35	35.00	3.00	21.00
990882 Potato, Curly Spiral Cut Fries 1/2 CUP	1/2 CUP	1	130	290	0	*N/A*	5.00	0.00	0	21.00	1.00	1.00
990338 CARROTS, BABY, DOD	1/2 cup	1	25	55	3	*N/A*	0.09	0.00	0	5.79	2.04	0.45
000289 STRAWBERRY DELIGHT	1/2 cup	1	149	0	33	*N/A*	1.00	0.00	0	33.66	1.81	0.45
991081 ORANGES, WEDGES	EACH	1	76	0	15	*N/A*	0.19	0.00	0	18.99	3.88	1.52
991073 DRESSING, RANCH 1 OZ SERVINGS	1oz PORTION	1	79	264	1	*N/A*	7.80	0.12	6	1.87	0.09	0.60
991168 DRESSING, RANCH 2 OZ SERVINGS	2 oz PORTION	1	158	529	2	*N/A*	15.59	0.23	12	3.74	0.18	1.20
991169 DRESSING, ITALIAN 2 OZ SERVINGS	2 oz PORTION	1	243	1103	6	*N/A*	23.03	*0.23	12	7.99	0.18	1.20
990390 SAUCE, KETCHUP IND PKS	POUCH	1	10	100	2	*N/A*	0.00	0.00	0	3.00	0.00	0.00
990237 SAUCE, MAYONAISE, LIGHT, IND	1 PACK	1	40	85	0	*N/A*	4.00	0.00	5	0.00	0.00	0.00
990391 SAUCE, MUSTARD, INDV	POUCH	1	5	50	0	*N/A*	0.00	0.00	0	0.50	0.00	0.50
000031 MILK, CHOCOLATE LACTOSE FREE	1/2 PINT	1	110	210	17	6	0.00	0.00	5	19.00	0.00	8.00
000026 MILK - 1% LOWFAT	HALF PINT	1	110	130	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00
000069 MILK, STRAWBERRY LACTOSE FREE	HALF PINT	1	110	125	17	6	0.00	0.00	5	18.00	0.00	8.00

Base Menu Spreadsheet

Portion Values

Aug 4, 2025 thru Aug 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000035 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12	*N/A*	0.00	0.00	5	13.01	0.00	8.00
Weighted Daily Average			2575	5863	*141	*12	103.43	*0.58	*209	298.81	25.85	109.72
% of Calories					*21.9%	*1.9%	36.2%	*0.2%		46.4%		17.0%
Weekly Nutrient Guideline			550 - 650	1110			<=0					

Tuesday - 08/26/2025 Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990948 TACO, BEEF, TACO FILLING	2 TACOS	1	370	565	2	*0	14.27	0.00	58	41.03	5.31	22.66
990274 QUESADILLA, CHEESE, ELEM/MIDDLE	1 QUESADILLA	1	431	649	1	*N/A*	29.24	0.00	73	21.92	2.00	23.41
991138 BURRITO, BEAN AND CHEESE	5 oz.	1	341	531	2	*N/A*	13.02	0.00	15	42.07	5.01	15.03
990085 LETTUCE SHRD, TOM. DICED &SOUR CREAM (TACOS, ETC.)	1 SERVING	1	77	22	*1	*N/A*	5.33	*0.00	20	4.54	1.20	1.83
991179 ZUCCHINI & BELL PEPPER MEDLEY, OVEN ROASTED	1/2 CUP	1	38	57	*2	*N/A*	1.90	*0.00	*0	5.22	*1.64	1.37
000339 BEANS, PINTO, 1/2 CUP	1/2 CUP	1	176	282	*3	*N/A*	0.01	0.00	*0	31.12	*11.92	9.89
990196 ORANGES, MANDARIN CN	1/2 CUP	1	46	6	10	*N/A*	0.05	0.00	0	11.31	1.44	0.90
991182 HONEYDEW, FRESH	1/2 CUP	1	67	33	15	*N/A*	0.26	0.00	0	16.90	1.49	1.00
991180 SALSA, MILD	1 oz portion	1	6	43	1	*N/A*	0.00	0.00	0	1.22	0.61	0.00
000031 MILK, CHOCOLATE LACTOSE FREE	1/2 PINT	1	110	210	17	6	0.00	0.00	5	19.00	0.00	8.00

Portion Values

Aug 4, 2025 thru Aug 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
000026 MILK - 1% LOWFAT	HALF PINT	1	110	130	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00
000069 MILK, STRAWBERRY LACTOSE FREE	HALF PINT	1	110	125	17	6	0.00	0.00	5	18.00	0.00	8.00
000035 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12	*N/A*	0.00	0.00	5	13.01	0.00	8.00
Weighted Daily Average			1972	2783	*96	*12	66.58	*0.00	*191	238.33	*30.62	108.10
% of Calories					*19.5%	*2.4%	30.4%	*0.0%		48.3%		21.9%
Weekly Nutrient Guideline			550 - 650	1110			<=0					

Wednesday - 08/27/2025 Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990259 PORK, BBQ SANDWICH (PURCHASED)	SANDWICH	1	440	334	11	*N/A*	18.56	0.00	71	43.06	2.00	24.06
991181 FLATBREAD, SHREDDED CHICKEN ES/MS	1 EACH	1	370	1260	3	*N/A*	13.73	0.00	65	31.91	2.94	29.58
990228 YOGURT & MUFFIN PLATE- (BANANA MUFFIN)	SERVING	1	409	462	35	*N/A*	12.92	0.00	60	60.92	2.00	13.92
991072 YOGURT & MUFFIN PLATE- (BLUEBERRY MUFFIN)	SERVING	1	397	511	31	*N/A*	13.16	0.00	*25	58.30	0.00	14.06
990465 YOGURT & MUFFIN PLATE- (CHERRY MUFFIN)	SERVING	1	397	511	31	*N/A*	13.16	0.00	45	58.28	0.00	14.06
990466 YOGURT & MUFFIN PLATE- (CHOCOLATE MUFFIN)	SERVING	1	267	338	23	*N/A*	9.52	0.00	41	35.55	0.80	11.52
990112 YOGURT & MUFFIN PLATE- BREAKFAST (CHOCOLATE MUFFIN)	SERVING	1	188	141	22	*N/A*	3.60	0.00	21	33.58	0.80	5.60

Base Menu Spreadsheet

Portion Values

Aug 4, 2025 thru Aug 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
001118 COLESLAW (KFC STYLE) 1/2 CUP	1/2 CUP	1	64	132	*6	*N/A*	3.08	*0.00	*8	8.90	*0.94	0.89
001648 GREEN BEANS, CANNED, USDA	1/2 cup	1	35	176	*0	*N/A*	1.78	0.00	*0	*3.47	*2.27	*1.14
990197 PINEAPPLE, TIDBITS, CANNED	1/2 CUP	1	72	1	17	*N/A*	0.10	0.00	0	18.87	0.96	0.50
991077 APPLES, FRESH, W/SKIN	1 EACH	1	72	1	14	0	0.23	0.00	0	19.06	3.31	0.36
000031 MILK, CHOCOLATE LACTOSE FREE	1/2 PINT	1	110	210	17	6	0.00	0.00	5	19.00	0.00	8.00
000026 MILK - 1% LOWFAT	HALF PINT	1	110	130	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00
000069 MILK, STRAWBERRY LACTOSE FREE	HALF PINT	1	110	125	17	6	0.00	0.00	5	18.00	0.00	8.00
000035 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12	*N/A*	0.00	0.00	5	13.01	0.00	8.00
Weighted Daily Average			3130	4462	*250	*12	92.34	*0.00	*360	*434.90	*16.02	*147.70
% of Calories					*31.9%	*1.5%	26.6%	*0.0%		*55.6%		*18.9%
Weekly Nutrient Guideline			550 - 650	1110			<=0					

Thursday - 08/28/2025

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990528 SUB, HAM- K8 & MS	SANDWICH	1	379	890	4	*N/A*	14.46	0.00	56	35.14	1.00	21.56
990263 SUB FIXINS	EACH	1	18	858	*1	*N/A*	0.20	*0.00	*0	4.09	1.43	0.70
990815 BREADSTICK, PEPPERONI PIZZA	1 SQUARE	1	320	743	6	*N/A*	13.74	0.00	25	31.95	3.99	16.99
991172 LUNCH SNACK PACK - ES/MS	1 PACK	1	615	809	44	*6	23.21	0.00	53	*83.11	3.28	27.29

Portion Values

Aug 4, 2025 thru Aug 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
990121 SALAD, CUCUMBER & TOMATO	1/2 CUP	1	75	132	*6	*N/A*	4.58	*0.00	*0	9.23	*0.88	0.93
990202 BROCCOLI, RANCH	1/2 CUP	1	28	121	*1	*N/A*	0.00	0.00	0	4.67	*3.20	3.20
991075 APPLESAUCE, CUPS, ASST FLAVORS	4.5 OZ CUP	1	54	1	12	0	0.00	0.00	0	14.39	1.20	0.00
990237 SAUCE, MAYONAISE, LIGHT, IND	1 PACK	1	40	85	0	*N/A*	4.00	0.00	5	0.00	0.00	0.00
990391 SAUCE, MUSTARD, INDV	POUCH	1	5	50	0	*N/A*	0.00	0.00	0	0.50	0.00	0.50
000031 MILK, CHOCOLATE LACTOSE FREE	1/2 PINT	1	110	210	17	6	0.00	0.00	5	19.00	0.00	8.00
000026 MILK - 1% LOWFAT	HALF PINT	1	110	130	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00
000069 MILK, STRAWBERRY LACTOSE FREE	HALF PINT	1	110	125	17	6	0.00	0.00	5	18.00	0.00	8.00
000035 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12	*N/A*	0.00	0.00	5	13.01	0.00	8.00
991028 BLUEBERRY DELIGHT, FARM FRESH BLUEBERRIES	1/2 cup	1	43	1	8	*0	0.26	0.00	0	11.07	1.84	0.56
Weighted Daily Average			1999	4284	*139	*18	62.95	*0.00	*164	*257.15	*16.82	103.74
% of Calories					*27.8%	*3.6%	28.3%	*0.0%		*51.5%		20.8%
Weekly Nutrient Guideline			550 - 650	1110			<=0					

Friday - 08/29/2025 Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
991140 BRUNSWICH STEW 0.5 CUP, PIEDMONT PREMADE	4 oz.	1	140	240	5	2	7.00	0.00	25	15.00	2.50	6.00

Portion Values

Aug 4, 2025 thru Aug 31, 2025

	Portion Size	Reimb Qty	Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
991132 BRUNSWICH STEW 1 CUP, PIEDMONT PREMADE	8 oz.	1	280	480	10	3	14.00	0.00	50	30.00	5.00	12.00
990084 POTATO, SEASONED FRIES 1/2 CUP	1/2 CUP	1	127	335	0	*N/A*	4.07	0.00	0	20.80	1.81	1.81
001256 RICE, SEASONED	1/2 cup	1	123	70	*0	*N/A*	2.92	0.00	*0	*21.64	*1.18	*2.81
001444 TURKEY, HOTDOG	2 oz	1	279	770	*5	*N/A*	10.00	0.00	50	34.00	2.00	13.00
990527 SANDWICH, PBJ (Elem/Middle)	1 SANDWICH	1	548	468	18	*2	25.01	0.00	*0	65.18	*8.85	16.85
990070 SALAD, CRISP GARDEN	1 CUP	1	24	19	*1	*N/A*	0.37	*0.00	0	4.84	2.35	1.84
000229 FRUIT, FRESH ASST (1/2 CUP)	1/2 cup	1	308	12	*34	*N/A*	1.38	*0.00	0	79.57	13.85	3.24
990917 FRUIT CUP, MANAGER'S CHOICE, CHILLED	1/2 CUP	1	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*	*N/A*
990390 SAUCE, KETCHUP IND PKS	POUCH	1	10	100	2	*N/A*	0.00	0.00	0	3.00	0.00	0.00
990391 SAUCE, MUSTARD, INDV	POUCH	1	5	50	0	*N/A*	0.00	0.00	0	0.50	0.00	0.50
000031 MILK, CHOCOLATE LACTOSE FREE	1/2 PINT	1	110	210	17	6	0.00	0.00	5	19.00	0.00	8.00
000026 MILK - 1% LOWFAT	HALF PINT	1	110	130	12	*N/A*	2.50	0.00	10	13.00	0.00	8.00
000069 MILK, STRAWBERRY LACTOSE FREE	HALF PINT	1	110	125	17	6	0.00	0.00	5	18.00	0.00	8.00
000035 MILK, LACTOSE FREE PET	1 HALF PINT	1	90	130	12	*N/A*	0.00	0.00	5	13.01	0.00	8.00
Weighted Daily Average			2264	3138	*133	*19	67.26	*0.00	*150	*337.53	*37.53	*90.05
% of Calories					*23.5%	*3.4%	26.7%	*0.0%		*59.6%		*15.9%
Weekly Nutrient Guideline			550 - 650	1110			<=0					

Base Menu Spreadsheet

Portion Values

Aug 4, 2025 thru Aug 31, 2025

		Cals ¹ (kcal)	Sodm ¹ (mg)	Total Sugars (g)	Added Sugars (g)	T-Fat (g)	Tr-Fat (g)	Cholst (mg)	Carb (g)	Fiber (g)	Protn (g)
Weighted Averages		2350	3908	*146	*15	78.34	*0.30	*201	*309.71	*25.16	*108.17
% of Calories				*24.9%	*2.6%	30.0%	*0.1%		*52.7%		*18.4%

**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*
¹ - denotes required nutrient values

NOTICE: The data contained within this report and the Mosaic® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.