

Base Menu Spreadsheet

Portion Values

Aug 4, 2025 thru Aug 31, 2025

Menu Name:

LUNCH HIGH

Include Cost:

No

Site:

Use Alternate Menu Name:

No

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
000145 CHEESEBURGER	EACH	1	331	623	5	*N/A*	14.06	0.00	48	29.01	3.00	24.53
001716 SANDWICH, SOUTHERN STYLE CHICKEN	1 EACH	1	360	560	5	*N/A*	9.50	0.00	65	41.00	3.00	27.00
990019 CHICKEN, SANDWICH KICKIN	1 EACH	1	361	645	5	*N/A*	9.50	0.00	65	41.16	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
990053 POTATO, FRENCH FRIES 3/4 CUP	.75 CUP	1	144	36	0	*N/A*	5.40	0.00	0	22.81	2.40	2.40
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

Base Menu Spreadsheet

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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)
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			3771	5376	*213	*12	106.64	*0.00	*413	516.44	*29.87	195.03
% of Calories					*22.6%	*1.3%	25.5%	*0.0%		54.8%		20.7%
Weekly Nutrient Guideline			750 - 850	1280			<=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
990067 ROLLS, 2oz PROOF AND BAKE	1 ROLL	1	140	190	3	*N/A*	2.50	0.00	0	24.00	5.00	6.00
990077 PIZZA, PEPPERONI	1 SLICE	1	370	560	9	*N/A*	17.00	0.00	45	35.00	3.00	21.00
991183 STICKS AND SAUCE	1/2 CUP	1	409	1104	2	*N/A*	23.42	0.00	60	34.33	2.17	18.33

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)
990618 BROCCOLI, SEASONED HS 1 CUP	1 CUP	1	36	47	*1	*N/A*	0.00	0.00	0	5.84	*4.06	4.06
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			1639	2869	*91	*12	55.36	0.00	*175	198.67	*17.57	94.64
% of Calories					*22.2%	*2.9%	30.4%	0.0%		48.5%		23.1%
Weekly Nutrient Guideline			750 - 850	1280			<=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
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

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	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)
990205 POTATO, SWEET FRIES 3/4 CUP	3/4 CUP	1	217	294	11	*N/A*	6.52	0.00	0	36.97	4.35	1.09
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			2022	4217	*139	*16	69.29	1.52	160	270.13	25.01	84.67
% of Calories					*27.5%	*3.2%	30.8%	0.7%		53.4%		16.7%
Weekly Nutrient Guideline			750 - 850	1280			<=0					

Friday - 08/08/2025

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
991184 NACHOS, SHREDDED CHICKEN AND SALSA HS	SERVINGS	1	505	1035	1	*N/A*	20.97	0.00	45	60.43	6.94	22.16

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)
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
000764 SANDWICH, PBJ (High)	1 SANDWICH	1	695	534	26	*2	31.01	0.00	*0	86.06	*10.05	20.05
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			2756	3509	*126	*14	93.67	*0.00	*150	*380.76	*42.90	*108.41
% of Calories					*18.3%	*2.0%	30.6%	*0.0%		*55.3%		*15.7%
Weekly Nutrient Guideline			750 - 850	1280			<=0					

Monday - 08/11/2025

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)
990280 SALAD, CRISPY CHICKEN HS	1 SALAD	1	244	510	4	*N/A*	11.75	0.00	43	20.95	4.19	20.44

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)
990949 CRACKERS, IW, WHOLE WHEAT	1 IW BAG	1	180	250	4	3	6.00	0.00	0	30.00	3.00	3.00
990631 SUB, TURKEY HS	SANDWICH	1	440	1120	7	*N/A*	16.28	0.00	55	48.19	5.78	25.73
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
990525 CARROTS, BABY, DOD 3/4 CUP	3/4 cup	1	40	88	5	*N/A*	0.15	0.00	0	9.34	3.29	0.73
990881 Potato, Curly Spiral Cut Fries 3/4 CUP	3/4 CUP	1	130	290	0	*N/A*	5.00	0.00	0	21.00	1.00	1.00
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

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)
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			2601	6332	*147	*15	109.49	*0.58	*193	301.33	27.84	110.07
% of Calories					*22.6%	*2.3%	37.9%	*0.2%		46.3%		16.9%
Weekly Nutrient Guideline			750 - 850	1280			<=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
990460 QUESADILLA, CHEESE, HIGH	2 QUESADILLA	1	501	804	2	*N/A*	31.24	0.00	73	30.92	2.00	26.41
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			2042	2938	*97	*12	68.58	*0.00	*191	247.33	*30.62	111.10
% of Calories					*19.0%	*2.4%	30.2%	*0.0%		48.4%		21.8%
Weekly Nutrient Guideline			750 - 850	1280			<=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
991185 FLATBREAD, SHREDDED CHICKEN HS	1 EACH	1	375	1770	3	*N/A*	13.73	0.00	65	32.91	3.94	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

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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
991118 COOKIE DOUGH, CHOC CHIP WG	1 COOKIE	1	104	94	9	0	3.15	0.00	10	18.50	1.92	1.69
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			3239	5066	*259	*12	95.49	*0.00	*371	*454.40	*18.94	*149.39
% of Calories					*32.0%	*1.5%	26.5%	*0.0%		*56.1%		*18.4%
Weekly Nutrient Guideline			750 - 850	1280			<=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)
001530 SUB, HAM HS	EACH	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
990075 PIZZA, BUFFALO CHICKEN	1 SLICE	1	390	750	8	*N/A*	19.00	0.00	45	35.00	3.00	20.00

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)
990950 PIZZA BITES, CHEESE, WILD MIKE'S, MINI	4 BITES	1	280	540	0	0	12.00	0.00	20	28.00	1.00	4.00
991070 SAUCE, MARINARA	1/4 CUP	1	30	195	4	*N/A*	0.75	0.00	0	5.00	1.00	1.00
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
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
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
Weighted Daily Average			1763	4217	*101	*12	57.75	*0.00	*151	210.09	*14.55	84.45
% of Calories					*22.9%	*2.7%	29.5%	*0.0%		47.7%		19.2%
Weekly Nutrient Guideline			750 - 850	1280			<=0					

Friday - 08/15/2025

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)
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
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
000764 SANDWICH, PBJ (High)	1 SANDWICH	1	695	534	26	*2	31.01	0.00	*0	86.06	*10.05	20.05
990190 POTATO, SEASONED FRIES 3/4 CUP	3/4 CUP	1	190	502	0	*N/A*	6.11	0.00	0	31.20	2.71	2.71
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			2335	3131	*136	*17	68.29	*0.00	*125	*353.81	*37.14	*88.16
% of Calories					*23.3%	*2.9%	26.3%	*0.0%		*60.6%		*15.1%
Weekly Nutrient Guideline			750 - 850	1280			<=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
990324 SALAD, CHEF/CLUB (HAM & TURKEY) HS	1 SALAD	1	186	831	*4	*N/A*	9.95	*0.00	50	11.42	4.91	20.37
990949 CRACKERS, IW, WHOLE WHEAT	1 IW BAG	1	180	250	4	3	6.00	0.00	0	30.00	3.00	3.00
000764 SANDWICH, PBJ (High)	1 SANDWICH	1	695	534	26	*2	31.01	0.00	*0	86.06	*10.05	20.05
991099 POTATO, FRESH BAKED HS	1 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

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)
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			2647	4980	*126	*17	118.49	*0.92	*182	297.51	*29.07	106.91
% of Calories					*19.0%	*2.6%	40.3%	*0.3%		45.0%		16.2%
Weekly Nutrient Guideline			750 - 850	1280			<=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
000145 CHEESEBURGER	EACH	1	331	623	5	*N/A*	14.06	0.00	48	29.01	3.00	24.53
001716 SANDWICH, SOUTHERN STYLE CHICKEN	1 EACH	1	360	560	5	*N/A*	9.50	0.00	65	41.00	3.00	27.00
990019 CHICKEN, SANDWICH KICKIN	1 EACH	1	361	645	5	*N/A*	9.50	0.00	65	41.16	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
990053 POTATO, FRENCH FRIES 3/4 CUP	.75 CUP	1	144	36	0	*N/A*	5.40	0.00	0	22.81	2.40	2.40
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			3771	5376	*213	*12	106.64	*0.00	*413	516.44	*29.87	195.03
% of Calories					*22.6%	*1.3%	25.5%	*0.0%		54.8%		20.7%
Weekly Nutrient Guideline			750 - 850	1280			<=0					

Wednesday - 08/20/2025 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)
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
990067 ROLLS, 2oz PROOF AND BAKE	1 ROLL	1	140	190	3	*N/A*	2.50	0.00	0	24.00	5.00	6.00
990077 PIZZA, PEPPERONI	1 SLICE	1	370	560	9	*N/A*	17.00	0.00	45	35.00	3.00	21.00
991183 STICKS AND SAUCE	1/2 CUP	1	409	1104	2	*N/A*	23.42	0.00	60	34.33	2.17	18.33
990618 BROCCOLI, SEASONED HS 1 CUP	1 CUP	1	36	47	*1	*N/A*	0.00	0.00	0	5.84	*4.06	4.06
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			1639	2869	*91	*12	55.36	0.00	*175	198.67	*17.57	94.64
% of Calories					*22.2%	*2.9%	30.4%	0.0%		48.5%		23.1%
Weekly Nutrient Guideline			750 - 850	1280			<=0					

Thursday - 08/21/2025

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)
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
990054 SALAD, ROMAINE & SPINACH	1 CUP	1	30	56	2	*N/A*	0.48	0.00	0	5.49	2.94	2.81
990205 POTATO, SWEET FRIES 3/4 CUP	3/4 CUP	1	217	294	11	*N/A*	6.52	0.00	0	36.97	4.35	1.09
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			2022	4217	*139	*16	69.29	1.52	160	270.13	25.01	84.67
% of Calories					*27.5%	*3.2%	30.8%	0.7%		53.4%		16.7%
Weekly Nutrient Guideline			750 - 850	1280			<=0					

Friday - 08/22/2025

Reimbursable Meal Total 1

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
991184 NACHOS, SHREDDED CHICKEN AND SALSA HS	SERVINGS	1	505	1035	1	*N/A*	20.97	0.00	45	60.43	6.94	22.16
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
000764 SANDWICH, PBJ (High)	1 SANDWICH	1	695	534	26	*2	31.01	0.00	*0	86.06	*10.05	20.05
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			2756	3509	*126	*14	93.67	*0.00	*150	*380.76	*42.90	*108.41
% of Calories					*18.3%	*2.0%	30.6%	*0.0%		*55.3%		*15.7%
Weekly Nutrient Guideline			750 - 850	1280			<=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)
990280 SALAD, CRISPY CHICKEN HS	1 SALAD	1	244	510	4	*N/A*	11.75	0.00	43	20.95	4.19	20.44
990949 CRACKERS, IW, WHOLE WHEAT	1 IW BAG	1	180	250	4	3	6.00	0.00	0	30.00	3.00	3.00
990631 SUB, TURKEY HS	SANDWICH	1	440	1120	7	*N/A*	16.28	0.00	55	48.19	5.78	25.73
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
990525 CARROTS, BABY, DOD 3/4 CUP	3/4 cup	1	40	88	5	*N/A*	0.15	0.00	0	9.34	3.29	0.73
990881 Potato, Curly Spiral Cut Fries 3/4 CUP	3/4 CUP	1	130	290	0	*N/A*	5.00	0.00	0	21.00	1.00	1.00
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			2601	6332	*147	*15	109.49	*0.58	*193	301.33	27.84	110.07
% of Calories					*22.6%	*2.3%	37.9%	*0.2%		46.3%		16.9%
Weekly Nutrient Guideline			750 - 850	1280			<=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
990460 QUESADILLA, CHEESE, HIGH	2 QUESADILLA	1	501	804	2	*N/A*	31.24	0.00	73	30.92	2.00	26.41
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			2042	2938	*97	*12	68.58	*0.00	*191	247.33	*30.62	111.10
% of Calories					*19.0%	*2.4%	30.2%	*0.0%		48.4%		21.8%
Weekly Nutrient Guideline			750 - 850	1280			<=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
991185 FLATBREAD, SHREDDED CHICKEN HS	1 EACH	1	375	1770	3	*N/A*	13.73	0.00	65	32.91	3.94	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
991118 COOKIE DOUGH, CHOC CHIP WG	1 COOKIE	1	104	94	9	0	3.15	0.00	10	18.50	1.92	1.69
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			3239	5066	*259	*12	95.49	*0.00	*371	*454.40	*18.94	*149.39
% of Calories					*32.0%	*1.5%	26.5%	*0.0%		*56.1%		*18.4%
Weekly Nutrient Guideline			750 - 850	1280			<=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)
001530 SUB, HAM HS	EACH	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
990075 PIZZA, BUFFALO CHICKEN	1 SLICE	1	390	750	8	*N/A*	19.00	0.00	45	35.00	3.00	20.00

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)
990950 PIZZA BITES, CHEESE, WILD MIKE'S, MINI	4 BITES	1	280	540	0	0	12.00	0.00	20	28.00	1.00	4.00
991070 SAUCE, MARINARA	1/4 CUP	1	30	195	4	*N/A*	0.75	0.00	0	5.00	1.00	1.00
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
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
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
Weighted Daily Average			1763	4217	*101	*12	57.75	*0.00	*151	210.09	*14.55	84.45
% of Calories					*22.9%	*2.7%	29.5%	*0.0%		47.7%		19.2%
Weekly Nutrient Guideline			750 - 850	1280			<=0					

Friday - 08/29/2025

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)
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
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
000764 SANDWICH, PBJ (High)	1 SANDWICH	1	695	534	26	*2	31.01	0.00	*0	86.06	*10.05	20.05
990190 POTATO, SEASONED FRIES 3/4 CUP	3/4 CUP	1	190	502	0	*N/A*	6.11	0.00	0	31.20	2.71	2.71
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			2335	3131	*136	*17	68.29	*0.00	*125	*353.81	*37.14	*88.16
% of Calories					*23.3%	*2.9%	26.3%	*0.0%		*60.6%		*15.1%
Weekly Nutrient Guideline			750 - 850	1280			<=0					

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		2473	4226	*144	*14	82.51	*0.27	*213	*324.39	*27.26	*113.62
% of Calories				*23.3%	*2.3%	30.0%	*0.1%		*52.5%		*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.