

# ARAMARK Education

Jun 5, 2017 thru Jun 29, 2017

## Base Menu Spreadsheet

Combined: Urbana Middle Breakfast/Urbana Middle Lunch

### Portion Values - Detailed

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	Portion Size	Carb (g)
<b>Mon - 06/05/2017</b>		
Urbana Middle Breakfast	Total	
BRD: BAR, Benefit AplBlue WGIW	1 Each	48.0
CEREAL BWL, CinnTstCrnch RS WG	Bowl	22.0
CEREAL BWL, Cocoa Puffs RS WG	Bowl	25.0
CEREAL BWL, Lucky Charms WG	Bowl	23.0
CEREAL BWL, Trix WG	Bowl	24.0
CEREAL BWL, Froot Loops RS WG	Bowl	24.0
BRD: BREAD WG, Tst CinnMrg 1sl	Slice	18.96
FRUIT: APPLE, 138ct Whole 1c	Each (138ct)	16.52
FRUIT: ORANGE 138ct Whole 1/2c	Each (138ct)	11.73
FRUIT: BANANA (100-120ct) Whl	Each(100-120ct)	24.11
FRUIT: PEARS 100ct Whole 1.25c	Each (100ct)	25.89
JUICE SS, Apple 100% 4oz Cart	1 Each	14.0
JUICE SS, Frt Bld 100% 4oz Crt	1 Each	14.0
JUICE SS, Orange 100% 4oz Cart	1 Each	12.0
JUICE SS, Grape100% 4oz Cart	1 Each	18.0
MILK: White 1%	Carton	11.0
Milk: Chocolate Skim	Carton	20.0
Urbana Middle Lunch	Total	
CHIX Nugget, WG (5) 2.0	5 Each	12.68
BRD: BREAD WG, 1sl	Slice	15.0
COND PC Ketchup 9g Heinz	1 Each	3.0
COND PC Sauce, BBQ 12g	1 Each	4.0
COND PC Butter 5g	1 Each	0.0
VEG: BEANS, Green Fz 1/2c	1/2 Cup	4.49
VEG: CARROTS, Fresh Baby 1/2c	1/2 Cup	5.84
COND PC Drsg Ranch 12g	1 Each	1.0
FRUIT: APPLE, 138ct Whole 1c	Each(138ct)	16.52
MILK: White 1%	Carton	11.0
Milk: Chocolate Skim	Carton	20.0
Weighted Daily Average		70.99
% of Calories		59.0%
Nutrient Guideline		

<b>Tue - 06/06/2017</b>		
Urbana Middle Breakfast	Total	
BRD: BAGEL, White WG IW	1 Each	29.0
COND PC Cream Cheese 1oz	1 Each	1.0
CEREAL BWL, CinnTstCrnch RS WG	Bowl	22.0
CEREAL BWL, Cocoa Puffs RS WG	Bowl	25.0
CEREAL BWL, Lucky Charms WG	Bowl	23.0
CEREAL BWL, Trix WG	Bowl	24.0
CEREAL BWL, Froot Loops RS WG	Bowl	24.0
BRD: BREAD WG, Tst CinnMrg 1sl	Slice	18.96
FRUIT: APPLE, 138ct Whole 1c	Each (138ct)	16.52
FRUIT: ORANGE 138ct Whole 1/2c	Each (138ct)	11.73
JUICE SS, Apple 100% 4oz Cart	1 Each	14.0
JUICE SS, Frt Bld 100% 4oz Crt	1 Each	14.0
JUICE SS, Orange 100% 4oz Cart	1 Each	12.0
JUICE SS, Grape100% 4oz Cart	1 Each	18.0
MILK: White 1%	Carton	11.0
Milk: Chocolate Skim	Carton	20.0

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

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Jun 5, 2017 thru Jun 29, 2017

## Base Menu Spreadsheet

Combined: Urbana Middle Breakfast/Urbana Middle Lunch

### Portion Values - Detailed

	Portion Size	Carb (g)
Urbana Middle Lunch	Total	
BURG, Beef AM AP WG 2.25	1 Each	29.5
COND PC Ketchup 9g Heinz	1 Each	3.0
COND PC Mayonnaise 12g	1 Each	1.0
COND PC Mustard 6g	1 Each	1.0
VEG: BEANS, Bkd Veg AP 1/2c	1/2 Cup	29.25
VEG: BROCCOLI, Fresh 1/2c	1/2 Cup	2.12
COND PC Drsg Ranch 12g	1 Each	1.0
FRUIT: PEACHES Dice w/Jc 1/2c	1/2 Cup	14.35
DESRT: COOKIE ChChp1ozRFGW 1ea	Cookie	18.11
MILK: White 1%	Carton	11.0
Milk: Chocolate Skim	Carton	20.0
Weighted Daily Average		91.77
% of Calories		60.0%
Nutrient Guideline		

Wed - 06/07/2017		
	Portion Size	Carb (g)
Urbana Middle Breakfast	Total	
BRD: MUF AP, Ban 2oz WG (1BG)	Muffin	31.0
CHEESE, MZ String 1ea 1.0	Stick	1.0
CEREAL BWL, CinnTstCrnch RS WG	Bowl	22.0
CEREAL BWL, Cocoa Puffs RS WG	Bowl	25.0
CEREAL BWL, Lucky Charms WG	Bowl	23.0
CEREAL BWL, Trix WG	Bowl	24.0
CEREAL BWL, Froot Loops RS WG	Bowl	24.0
BRD: BREAD WG, Tst CinnMrg 1sl	Slice	18.96
FRUIT: APPLE, 138ct Whole 1c	Each (138ct)	16.52
FRUIT: ORANGE 138ct Whole 1/2c	Each (138ct)	11.73
FRUIT: BANANA (100-120ct) Whl	Each(100-120ct)	24.11
FRUIT: PEARS 100ct Whole 1.25c	Each (100ct)	25.89
JUICE SS, Apple 100% 4oz Cart	1 Each	14.0
JUICE SS, Frt Bld 100% 4oz Crt	1 Each	14.0
JUICE SS, Orange 100% 4oz Cart	1 Each	12.0
JUICE SS, Grape100% 4oz Cart	1 Each	18.0
MILK: White 1%	Carton	11.0
Milk: Chocolate Skim	Carton	20.0
Urbana Middle Lunch	Total	
CHIX Tender, KK (3) WG 2.0	3 Each	13.14
BRD: BREAD WG, 1sl	Slice	15.0
COND PC Ketchup 9g Heinz	1 Each	3.0
COND PC Sauce, BBQ 12g	1 Each	4.0
VEG: CORN, Fz 1/2c	1/2 Cup	15.8
VEG: TOMATOES, Cherry 1/2c	1/2 Cup	3.32
COND PC Drsg Ranch 12g	1 Each	1.0
FRUIT: ORANGE 138ct 1/8wg 1/2c	8 Wedges	11.73
MILK: White 1%	Carton	11.0
Milk: Chocolate Skim	Carton	20.0
Weighted Daily Average		71.65
% of Calories		58.9%
Nutrient Guideline		

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Jun 5, 2017 thru Jun 29, 2017

Base Menu Spreadsheet

Combined: Urbana Middle Breakfast/Urbana Middle Lunch

Portion Values - Detailed

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	Portion Size	Carb (g)
Thu - 06/08/2017		
Urbana Middle Breakfast	Total	
BRD: WAFFLE, AP WG Maple Md IW	Pouch	38.0
CEREAL BWL, CinnTstCrnch RS WG	Bowl	22.0
CEREAL BWL, Cocoa Puffs RS WG	Bowl	25.0
CEREAL BWL, Lucky Charms WG	Bowl	23.0
CEREAL BWL, Trix WG	Bowl	24.0
CEREAL BWL, Froot Loops RS WG	Bowl	24.0
BRD: BREAD WG, Tst CinnMrg 1sl	Slice	18.96
FRUIT: APPLE, 138ct Whole 1c	Each (138ct)	16.52
FRUIT: ORANGE 138ct Whole 1/2c	Each (138ct)	11.73
JUICE SS, Apple 100% 4oz Cart	1 Each	14.0
JUICE SS, Frt Bld 100% 4oz Crt	1 Each	14.0
JUICE SS, Orange 100% 4oz Cart	1 Each	12.0
JUICE SS, Grape100% 4oz Cart	1 Each	18.0
MILK: White 1%	Carton	11.0
Milk: Chocolate Skim	Carton	20.0
Urbana Middle Lunch	Total	
PIZZA AP Wdg Pep WG	Pizza	36.0
BRD: BREAD WG, 1sl	Slice	15.0
VEG: CARROTS, Sliced Fz 1/2c	1/2 Cup	6.77
VEG: CUCUMBER, Fresh Slice1/2c	1/2 Cup	2.61
COND PC Drsg Ranch 12g	1 Each	1.0
FRUIT: FRUIT COCKTL w/Jc 1/2c	1/2 Cup	15.41
MILK: White 1%	Carton	11.0
Milk: Chocolate Skim	Carton	20.0
Weighted Daily Average		75.07
% of Calories		63.2%
Nutrient Guideline		

Mon - 06/12/2017		
Urbana Middle Breakfast	Total	
BRD: MUF AP, Blueb 2ozWG (1BG)	Muffin	30.0
CHEESE, MZ String 1ea 1.0	Stick	1.0
CEREAL BWL, Apple Jck RS WG	Bowl	24.0
CEREAL BWL, Cheerios WG	Bowl	20.0
CEREAL BWL, CinnTstCrnch RS WG	Bowl	22.0
CEREAL BWL, Cocoa Puffs RS WG	Bowl	25.0
CEREAL BWL, Lucky Charms WG	Bowl	23.0
CEREAL BWL, Trix WG	Bowl	24.0
CEREAL BWL, Froot Loops RS WG	Bowl	24.0
BRD: BREAD WG, Tst CinnMrg 1sl	Slice	18.96
FRUIT: APPLE, 138ct Whole 1c	Each (138ct)	16.52
FRUIT: ORANGE 138ct Whole 1/2c	Each (138ct)	11.73
FRUIT: BANANA (100-120ct) Whl	Each(100-120ct)	24.11
FRUIT: PEARS 100ct Whole 1.25c	Each (100ct)	25.89
JUICE SS, Apple 100% 4oz Cart	1 Each	14.0
JUICE SS, Frt Bld 100% 4oz Crt	1 Each	14.0
JUICE SS, Orange 100% 4oz Cart	1 Each	12.0
JUICE SS, Grape100% 4oz Cart	1 Each	18.0
MILK: White 1%	Carton	11.0
Milk: Chocolate Skim	Carton	20.0

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Base Menu Spreadsheet

Combined: Urbana Middle Breakfast/Urbana Middle Lunch

Portion Values - Detailed

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	Portion Size	Carb (g)
Urbana Middle Lunch	Total	
SDW BN, ChixPty Pln WG/WG 2.0	Sandwich	39.0
VEG: PEAS, Green Fz 1/2c	1/2 Cup	13.37
VEG: CARROTS, Fresh Baby 1/2c	1/2 Cup	5.84
COND PC Drsg Ranch 12g	1 Each	1.0
FRUIT: APPLE, 138ct Whole 1c	Each(138ct)	16.52
MILK: White 1%	Carton	11.0
Milk: Chocolate Skim	Carton	20.0
Weighted Daily Average		77.91
% of Calories		59.2%
Nutrient Guideline		

Tue - 06/13/2017		
Urbana Middle Breakfast	Total	
BRD: FRUDEL, Apple AP WG IW	Pouch	36.0
CEREAL BWL, Cocoa Puffs RS WG	Bowl	25.0
CEREAL BWL, CinnTstCrnch RS WG	Bowl	22.0
CEREAL BWL, Lucky Charms WG	Bowl	23.0
CEREAL BWL, Trix RS WG	Bowl	24.0
CEREAL BWL, Froot Loops RS WG	Bowl	24.0
CEREAL BWL, Apple Jck RS WG	Bowl	24.0
CEREAL BWL, Rice Krispies WG	Bowl	23.0
BRD: BREAD WG, Tst CinnMrg 1sl	Slice	18.96
HD: DAILY FRUITS	1 EACH	0.0
FRUIT: APPLE, 125ct Whole 1c	Each(125ct)	18.24
FRUIT: BANANA (100-120ct) Whl	Each(100-120ct)	24.11
FRUIT: ORANGE 138ct Whole 1/2c	Each(138ct)	11.73
FRUIT: PEARS 100ct Whole 1.25c	Each(100ct)	25.89
JUICE SS, Apple 100% 4oz Cart	1 Each	14.0
JUICE SS, Frt Bld 100% 4oz Crt	1 Each	14.0
JUICE SS, Grape100% 4oz Cart	1 Each	18.0
JUICE SS, Orange 100% 4oz Cart	1 Each	12.0
MILK: White 1%	Carton	11.0
Milk: Chocolate Skim	Carton	20.0
COND PC Margarine 5g	1 Each	0.0
COND PC Jelly, Grape Smucker	1 Each	9.0
Urbana Middle Lunch	Total	
SDW BN, C.Ham AM WG 2.0	Sandwich	28.53
VEG: BEANS, Bkd Veg AP 1/2c	1/2 Cup	29.25
VEG: BROCCOLI, Fresh 1/2c	1/2 Cup	2.12
COND PC Drsg Ranch 12g	1 Each	1.0
FRUIT: APPLESAUCE, AP 1/2c	1/2 Cup	22.52
MILK: White 1%	Carton	11.0
Milk: Chocolate Skim	Carton	20.0
Weighted Daily Average		71.01
% of Calories		73.8%
Nutrient Guideline		

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Portion Values - Detailed

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	Portion Size	Carb (g)
Wed - 06/14/2017		
Urbana Middle Breakfast	Total	
BRD: DONUT, Glaze Vanilla WG	1 Each	45.34
CEREAL BWL, CinnTstCrnch RS WG	Bowl	22.0
CEREAL BWL, Cocoa Puffs RS WG	Bowl	25.0
CEREAL BWL, Lucky Charms WG	Bowl	23.0
CEREAL BWL, Trix WG	Bowl	24.0
CEREAL BWL, Froot Loops RS WG	Bowl	24.0
BRD: BREAD WG, Tst CinnMrg 1sl	Slice	18.96
FRUIT: APPLE, 138ct Whole 1c	Each (138ct)	16.52
FRUIT: ORANGE 138ct Whole 1/2c	Each (138ct)	11.73
JUICE SS, Apple 100% 4oz Cart	1 Each	14.0
JUICE SS, Frt Bld 100% 4oz Crt	1 Each	14.0
JUICE SS, Orange 100% 4oz Cart	1 Each	12.0
JUICE SS, Grape100% 4oz Cart	1 Each	18.0
MILK: White 1%	Carton	11.0
Milk: Chocolate Skim	Carton	20.0
Urbana Middle Lunch	Total	
MELT SUB AP, BfMtbl PizzaSS2.0	Sandwich	35.1
VEG: BEANS, Green Fz 1/2c	1/2 Cup	4.49
VEG: TOMATOES, Cherry 1/2c	1/2 Cup	3.32
COND PC Drsg Ranch 12g	1 Each	1.0
FRUIT: ORANGE 113ct 1/8wg 5/8c	8 Wedges	14.34
DESRT: COOKIE ChChp1ozRFGW 1ea	Cookie	18.11
MILK: White 1%	Carton	11.0
Milk: Chocolate Skim	Carton	20.0
Weighted Daily Average		64.05
% of Calories		59.3%
Nutrient Guideline		

Thu - 06/15/2017		
Urbana Middle Breakfast	Total	
BRD: FR TST AP, Cinn WG IW	Pouch	37.0
CEREAL BWL, CinnTstCrnch RS WG	Bowl	22.0
CEREAL BWL, Cocoa Puffs RS WG	Bowl	25.0
CEREAL BWL, Lucky Charms WG	Bowl	23.0
CEREAL BWL, Trix WG	Bowl	24.0
CEREAL BWL, Froot Loops RS WG	Bowl	24.0
BRD: BREAD WG, Tst CinnMrg 1sl	Slice	18.96
FRUIT: APPLE, 138ct Whole 1c	Each (138ct)	16.52
FRUIT: ORANGE 138ct Whole 1/2c	Each (138ct)	11.73
JUICE SS, Apple 100% 4oz Cart	1 Each	14.0
JUICE SS, Frt Bld 100% 4oz Crt	1 Each	14.0
JUICE SS, Orange 100% 4oz Cart	1 Each	12.0
JUICE SS, Grape100% 4oz Cart	1 Each	18.0
MILK: White 1%	Carton	11.0
Milk: Chocolate Skim	Carton	20.0

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Portion Values - Detailed

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	Portion Size	Carb (g)
Urbana Middle Lunch	Total	
STICKS, MAX SNAX Pizza AP 2.0	2 Each	30.0
SAUCE P, Marin AP 1/2c	1/2 Cup	10.0
VEG: CARROTS, Sliced Fz 1/2c	1/2 Cup	6.77
VEG: CELERY, Sticks 1/2c	1/2 Cup	1.83
COND PC Drsg Ranch 12g	1 Each	1.0
FRUIT: PEARS, Dice w/Jc 1/2c	1/2 Cup	16.36
MILK: White 1%	Carton	11.0
Milk: Chocolate Skim	Carton	20.0
Weighted Daily Average		57.03
% of Calories		69.1%
Nutrient Guideline		

Mon - 06/19/2017		
Urbana Middle Breakfast	Total	
BRD: PANCAKE, Cinnamon Roll	Pouch	41.0
BRD: PANCAKES, AP WG MpiBlstIW	Pouch	40.0
BRD: PANCAKES, AP WG BluebryIW	Pouch	42.0
-BRD: PANCAKES, AP WG Strwb IW	Pouch	42.0
CEREAL BWL, Apple Jck RS WG	Bowl	24.0
CEREAL BWL, Cheerios WG	Bowl	20.0
CEREAL BWL, CinnTstCrnch RS WG	Bowl	22.0
CEREAL BWL, Cocoa Puffs RS WG	Bowl	25.0
CEREAL BWL, Lucky Charms WG	Bowl	23.0
CEREAL BWL, Trix WG	Bowl	24.0
CEREAL BWL, Froot Loops RS WG	Bowl	24.0
BRD: BREAD WG, Tst CinnMrg 1sl	Slice	18.96
FRUIT: APPLE, 138ct Whole 1c	Each (138ct)	16.52
FRUIT: ORANGE 138ct Whole 1/2c	Each (138ct)	11.73
FRUIT: BANANA (100-120ct) Whl	Each(100-120ct)	24.11
FRUIT: PEARS 100ct Whole 1.25c	Each (100ct)	25.89
JUICE SS, Apple 100% 4oz Cart	1 Each	14.0
JUICE SS, Frt Bld 100% 4oz Crt	1 Each	14.0
JUICE SS, Orange 100% 4oz Cart	1 Each	12.0
JUICE SS, Grape100% 4oz Cart	1 Each	18.0
MILK: White 1%	Carton	11.0
Milk: Chocolate Skim	Carton	20.0
Urbana Middle Lunch	Total	
STICKS, CORN DOG Chix AP 2.0	1 Each	30.0
COND PC Ketchup 9g Heinz	1 Each	3.0
COND PC Mustard 6g	1 Each	1.0
VEG: BEANS, Green Fz 1/2c	1/2 Cup	4.49
VEG: CARROTS, Fresh Baby 1/2c	1/2 Cup	5.84
COND PC Drsg Ranch 12g	1 Each	1.0
FRUIT: APPLE, 138ct Whole 1c	Each(138ct)	16.52
MILK: White 1%	Carton	11.0
Milk: Chocolate Skim	Carton	20.0
Weighted Daily Average		109.12
% of Calories		67.3%
Nutrient Guideline		

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Portion Values - Detailed

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	Portion Size	Carb (g)
Tue - 06/20/2017		
Urbana Middle Breakfast	Total	
BRD: MUF AP, ApCin 2ozWG (1BG)	Muffin	31.0
CHEESE, MZ String 1ea 1.0	Stick	1.0
CEREAL BWL, Apple Jck RS WG	Bowl	24.0
CEREAL BWL, Cheerios WG	Bowl	20.0
CEREAL BWL, CinnTstCrnch RS WG	Bowl	22.0
CEREAL BWL, Cocoa Puffs RS WG	Bowl	25.0
CEREAL BWL, Lucky Charms WG	Bowl	23.0
CEREAL BWL, Trix WG	Bowl	24.0
CEREAL BWL, Froot Loops RS WG	Bowl	24.0
BRD: BREAD WG, Tst CinnMrg 1sl	Slice	18.96
FRUIT: APPLE, 138ct Whole 1c	Each (138ct)	16.52
FRUIT: ORANGE 138ct Whole 1/2c	Each (138ct)	11.73
FRUIT: BANANA (100-120ct) Whl	Each(100-120ct)	24.11
FRUIT: PEARS 100ct Whole 1.25c	Each (100ct)	25.89
JUICE SS, Apple 100% 4oz Cart	1 Each	14.0
JUICE SS, Frt Bld 100% 4oz Crt	1 Each	14.0
JUICE SS, Orange 100% 4oz Cart	1 Each	12.0
JUICE SS, Grape100% 4oz Cart	1 Each	18.0
MILK: White 1%	Carton	11.0
Milk: Chocolate Skim	Carton	20.0
Urbana Middle Lunch	Total	
SDW BN, PorkRib BBQ SS WG 2.0	Sandwich	53.0
VEG: BEANS, Bkd Veg AP 1/2c	1/2 Cup	29.25
VEG: BROCCOLI, Fresh 1/2c	1/2 Cup	2.12
COND PC Drsg Ranch 12g	1 Each	1.0
FRUIT: PEACHES Dice w/Jc 1/2c	1/2 Cup	14.35
MILK: White 1%	Carton	11.0
Milk: Chocolate Skim	Carton	20.0
Weighted Daily Average		91.45
% of Calories		67.3%
Nutrient Guideline		

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### Portion Values - Detailed

	Portion Size	Carb (g)
<b>Wed - 06/21/2017</b>		
Urbana Middle Breakfast	Total	
YOGURT SS, Trix Strawb/Ban 4oz	1 Each	20.0
YOGURT SS, Trix Raspberry 4oz	1 Each	20.0
BRD: BREAD WG, Tst CinnMrg 1sl	Slice	18.96
CEREAL BWL, CinnTstCrnch RS WG	Bowl	22.0
CEREAL BWL, Cocoa Puffs RS WG	Bowl	25.0
CEREAL BWL, Lucky Charms WG	Bowl	23.0
CEREAL BWL, Trix WG	Bowl	24.0
CEREAL BWL, Froot Loops RS WG	Bowl	24.0
BRD: BREAD WG, Tst CinnMrg 1sl	Slice	18.96
FRUIT: APPLE, 138ct Whole 1c	Each (138ct)	16.52
FRUIT: ORANGE 138ct Whole 1/2c	Each (138ct)	11.73
FRUIT: BANANA (100-120ct) Whl	Each(100-120ct)	24.11
FRUIT: PEARS 100ct Whole 1.25c	Each (100ct)	25.89
JUICE SS, Apple 100% 4oz Cart	1 Each	14.0
JUICE SS, Frt Bld 100% 4oz Crt	1 Each	14.0
JUICE SS, Orange 100% 4oz Cart	1 Each	12.0
JUICE SS, Grape100% 4oz Cart	1 Each	18.0
MILK: White 1%	Carton	11.0
Milk: Chocolate Skim	Carton	20.0
Urbana Middle Lunch	Total	
CHIX Nugget, WG (5) 2.0	5 Each	12.68
BRD: BREAD WG, 1sl	Slice	15.0
COND PC Ketchup 9g Heinz	1 Each	3.0
COND PC Sauce, BBQ 12g	1 Each	4.0
VEG: POTATO, Tater Tots 1/2 c	1/2 Cup	16.1
VEG: TOMATOES, Cherry 1/2c	1/2 Cup	3.32
COND PC Drsg Ranch 12g	1 Each	1.0
FRUIT: ORANGE 138ct 1/8wg 1/2c	8 Wedges	11.73
MILK: White 1%	Carton	11.0
Milk: Chocolate Skim	Carton	20.0
Weighted Daily Average		53.33
% of Calories		64.4%
Nutrient Guideline		

<b>Thu - 06/22/2017</b>		
Urbana Middle Breakfast	Total	
BRD: BAR, Benefit BanChoc WGIW	1 Each	48.0
CEREAL BWL, CinnTstCrnch RS WG	Bowl	22.0
CEREAL BWL, Cocoa Puffs RS WG	Bowl	25.0
CEREAL BWL, Lucky Charms WG	Bowl	23.0
CEREAL BWL, Trix WG	Bowl	24.0
CEREAL BWL, Froot Loops RS WG	Bowl	24.0
BRD: BREAD WG, Tst CinnMrg 1sl	Slice	18.96
FRUIT: APPLE, 138ct Whole 1c	Each (138ct)	16.52
FRUIT: ORANGE 138ct Whole 1/2c	Each (138ct)	11.73
JUICE SS, Apple 100% 4oz Cart	1 Each	14.0
JUICE SS, Frt Bld 100% 4oz Crt	1 Each	14.0
JUICE SS, Orange 100% 4oz Cart	1 Each	12.0
JUICE SS, Grape100% 4oz Cart	1 Each	18.0
MILK: White 1%	Carton	11.0
Milk: Chocolate Skim	Carton	20.0

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# ARAMARK Education

Jun 5, 2017 thru Jun 29, 2017

Base Menu Spreadsheet

Combined: Urbana Middle Breakfast/Urbana Middle Lunch

Portion Values - Detailed

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	Portion Size	Carb (g)
Urbana Middle Lunch	Total	
PIZZA AP Wdg Chz WG	Pizza	37.0
BRD: BREAD WG, 1sl	Slice	15.0
VEG: CARROTS, Sliced Fz 1/2c	1/2 Cup	6.77
VEG: CUCUMBER, Fresh Slice1/2c	1/2 Cup	2.61
COND PC Drsg Ranch 12g	1 Each	1.0
FRUIT: FRUIT COCKTL w/Jc 1/2c	1/2 Cup	15.41
DESRT: COOKIE ChChp1ozRFGW 1ea	Cookie	18.11
MILK: White 1%	Carton	11.0
Milk: Chocolate Skim	Carton	20.0
Weighted Daily Average		48.08
% of Calories		69.6%
Nutrient Guideline		

Mon - 06/26/2017		
Urbana Middle Breakfast	Total	
BRD: WAFFLE, AP WG Bluebry IW	Pouch	37.0
COND PC Syrup 1.4oz Smuckers	1 Each	29.0
CEREAL BWL, CinnTstCrnch RS WG	Bowl	22.0
CEREAL BWL, Cocoa Puffs RS WG	Bowl	25.0
CEREAL BWL, Lucky Charms WG	Bowl	23.0
CEREAL BWL, Trix WG	Bowl	24.0
CEREAL BWL, Froot Loops RS WG	Bowl	24.0
BRD: BREAD WG, Tst CinnMrg 1sl	Slice	18.96
FRUIT: APPLE, 138ct Whole 1c	Each (138ct)	16.52
FRUIT: ORANGE 138ct Whole 1/2c	Each (138ct)	11.73
JUICE SS, Apple 100% 4oz Cart	1 Each	14.0
JUICE SS, Frt Bld 100% 4oz Crt	1 Each	14.0
JUICE SS, Orange 100% 4oz Cart	1 Each	12.0
JUICE SS, Grape100% 4oz Cart	1 Each	18.0
MILK: White 1%	Carton	11.0
Milk: Chocolate Skim	Carton	20.0
Urbana Middle Lunch	Total	
SDW BN, ChixPty Pln WG/WG 2.0	Sandwich	39.0
VEG: BEANS, Green Fz 1/2c	1/2 Cup	4.49
VEG: PEPPERS, Red Strips1/2c	1/2 Cup	3.02
COND PC Drsg Ranch 12g	1 Each	1.0
FRUIT: APPLE, 138ct Whole 1c	Each(138ct)	16.52
MILK: White 1%	Carton	11.0
Milk: Chocolate Skim	Carton	20.0
Weighted Daily Average		83.12
% of Calories		64.0%
Nutrient Guideline		

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# ARAMARK Education

Jun 5, 2017 thru Jun 29, 2017

Base Menu Spreadsheet

Combined: Urbana Middle Breakfast/Urbana Middle Lunch

Portion Values - Detailed

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	Portion Size	Carb (g)
<b>Tue - 06/27/2017</b>		
Urbana Middle Breakfast	Total	
STICKS, BOSCO Apple AP	1 Each	37.0
CEREAL BWL, CinnTstCrnch RS WG	Bowl	22.0
CEREAL BWL, Cocoa Puffs RS WG	Bowl	25.0
CEREAL BWL, Lucky Charms WG	Bowl	23.0
CEREAL BWL, Trix WG	Bowl	24.0
CEREAL BWL, Froot Loops RS WG	Bowl	24.0
BRD: BREAD WG, Tst CinnMrg 1sl	Slice	18.96
FRUIT: APPLE, 138ct Whole 1c	Each (138ct)	16.52
FRUIT: ORANGE 138ct Whole 1/2c	Each (138ct)	11.73
JUICE SS, Apple 100% 4oz Cart	1 Each	14.0
JUICE SS, Frt Bld 100% 4oz Crt	1 Each	14.0
JUICE SS, Orange 100% 4oz Cart	1 Each	12.0
JUICE SS, Grape100% 4oz Cart	1 Each	18.0
MILK: White 1%	Carton	11.0
Milk: Chocolate Skim	Carton	20.0
Urbana Middle Lunch	Total	
HOT DOG, Plain WG 2.0	1 Each	29.0
COND PC Mustard 6g	1 Each	1.0
COND PC Ketchup 9g Heinz	1 Each	3.0
COND PC Drsg Ranch 12g	1 Each	1.0
VEG: BEANS, Bkd Veg AP 1/2c	1/2 Cup	29.25
VEG: BROCCOLI, Fresh 1/2c	1/2 Cup	2.12
COND PC Drsg Ranch 12g	1 Each	1.0
FRUIT: APPLESAUCE, AP 1/2c	1/2 Cup	22.52
DESRT: COOKIE ChChp1ozRFGW 1ea	Cookie	18.11
MILK: White 1%	Carton	11.0
Milk: Chocolate Skim	Carton	20.0
Weighted Daily Average		97.35
% of Calories		66.2%
Nutrient Guideline		

<b>Wed - 06/28/2017</b>		
Urbana Middle Breakfast	Total	
STICKS, CORN DOG <sup>kyMplBfst1.IW</sup>	1 Each	17.0
COND PC Syrup 1.4oz Smuckers	1 Each	29.0
CEREAL BWL, CinnTstCrnch RS WG	Bowl	22.0
CEREAL BWL, Cocoa Puffs RS WG	Bowl	25.0
CEREAL BWL, Lucky Charms WG	Bowl	23.0
CEREAL BWL, Trix WG	Bowl	24.0
CEREAL BWL, Froot Loops RS WG	Bowl	24.0
BRD: BREAD WG, Tst CinnMrg 1sl	Slice	18.96
FRUIT: APPLE, 138ct Whole 1c	Each (138ct)	16.52
FRUIT: ORANGE 138ct Whole 1/2c	Each (138ct)	11.73
JUICE SS, Apple 100% 4oz Cart	1 Each	14.0
JUICE SS, Frt Bld 100% 4oz Crt	1 Each	14.0
JUICE SS, Orange 100% 4oz Cart	1 Each	12.0
JUICE SS, Grape100% 4oz Cart	1 Each	18.0
MILK: White 1%	Carton	11.0
Milk: Chocolate Skim	Carton	20.0

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# ARAMARK Education

Jun 5, 2017 thru Jun 29, 2017

## Base Menu Spreadsheet

Combined: Urbana Middle Breakfast/Urbana Middle Lunch

### Portion Values - Detailed

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	Portion Size	Carb (g)
Urbana Middle Lunch	Total	
CHIX Popcorn, AP WG 2.0	Serving	15.58
BRD: BREAD WG, 1sl	Slice	15.0
COND PC Ketchup 9g Heinz	1 Each	3.0
COND PC Sauce, BBQ 12g	1 Each	4.0
COND PC Butter 5g	1 Each	0.0
VEG: CORN, Fz 1/2c	1/2 Cup	15.8
VEG: TOMATOES, Cherry 1/2c	1/2 Cup	3.32
COND PC Drsg Ranch 12g	1 Each	1.0
FRUIT: ORANGE 138ct 1/8wg 1/2c	8 Wedges	11.73
MILK: White 1%	Carton	11.0
Milk: Chocolate Skim	Carton	20.0
Weighted Daily Average		65.68
% of Calories		68.2%
Nutrient Guideline		

Thu - 06/29/2017		
Urbana Middle Breakfast	Total	
BRD: ROLL AP, CinnMini WG IW	Pouch	40.0
CEREAL BWL, CinnTstCrnch RS WG	Bowl	22.0
CEREAL BWL, Cocoa Puffs RS WG	Bowl	25.0
CEREAL BWL, Lucky Charms WG	Bowl	23.0
CEREAL BWL, Trix WG	Bowl	24.0
CEREAL BWL, Froot Loops RS WG	Bowl	24.0
BRD: BREAD WG, Tst CinnMrg 1sl	Slice	18.96
FRUIT: APPLE, 138ct Whole 1c	Each (138ct)	16.52
FRUIT: ORANGE 138ct Whole 1/2c	Each (138ct)	11.73
JUICE SS, Apple 100% 4oz Cart	1 Each	14.0
JUICE SS, Frt Bld 100% 4oz Crt	1 Each	14.0
JUICE SS, Orange 100% 4oz Cart	1 Each	12.0
JUICE SS, Grape100% 4oz Cart	1 Each	18.0
MILK: White 1%	Carton	11.0
Milk: Chocolate Skim	Carton	20.0
Urbana Middle Lunch	Total	
FISH, Sticks AP (C) WG2.0(4ea)	4 Each	18.0
BRD: BREAD WG, 1sl	Slice	15.0
COND PC Ketchup 9g Heinz	1 Each	3.0
COND PC Sauce, Tartar 12g	1 Each	2.0
COND PC Butter 5g	1 Each	0.0
VEG: CARROTS, Sliced Fz 1/2c	1/2 Cup	6.77
VEG: CELERY, Sticks 1/2c	1/2 Cup	1.83
COND PC Drsg Ranch 12g	1 Each	1.0
FRUIT: PEARS, Dice w/Jc 1/2c	1/2 Cup	16.36
MILK: White 1%	Carton	11.0
Milk: Chocolate Skim	Carton	20.0
Weighted Daily Average		59.57
% of Calories		62.7%
Nutrient Guideline		

Weighted Average		74.20
		64.2%

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# ARAMARK Education

Jun 5, 2017 thru Jun 29, 2017

Base Menu Spreadsheet

Combined: Urbana Middle Breakfast/Urbana Middle Lunch

Portion Values - Detailed

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Portion Size Carb (g)

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	74.20	64.16%						

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