

SCVSFSA

Base Menu Spreadsheet
Portion Values - Detailed

Page 1

Nov 1, 2017 thru Nov 30, 2017

Combined: K-8 Breakfast/Middle School (6-8) Lunch

Generated on: 10/23/2017 11:55:27 AM

	Portion Size	Carb (g)
Wed - 11/01/2017		
K-8 Breakfast	Total	
CYCLE 13	SERVING	0.0
Waffle, Mini, Blueberry, IW	Pkg	38.0
Breakfast Bun, WG	BUN	37.0
Cereal, Cinn Toast Crunch, WG	Bowl	22.0
Cereal, Honey Nut Cheerios, WG	Bowl	22.0
Cereal, Trix, WG, RS	Bowl	24.0
Crackers, Jungle Breakfast	1 oz	19.63
Fruit, Fresh, Breakfast***	1 piece	17.8
Fruit, Canned, Breakfast***	1/2 CUP	18.75
Milk, Nonfat	HALF PINT	13.0
Milk, 1% Lowfat	HALF PINT	14.0
5-Compartment Trays	Tray	0.0
Breakfast Trays	Tray	0.0
Combo Kits	Kit	0.0
Middle School (6-8) Lunch	Total	
CYCLE 13	SERVING	0.0
Speedline Enchilada, Chicken	1 Enchilada	22.22
Deli Sandwich Meat-Turkey Roll, WG 4"	Sandwich	1.28
Chicken Tenders	Roll	27.0
Pizza, PeppSausage/SmartChoice	3 Pieces	13.0
Pizza, Cheese, SmartChoice	Slice	34.14
Salad Blend	Slice	33.41
Crackers, WG, Mini, Zesta	3/4 Cup	4.0
Zucchini, Sticks	1 Pouch	7.0
Potato, Fries, Oven Baked	1/4 Cup	1.51
Black Beans, Veg 1/4c	1/4 Cup	8.68
Applesauce, Unsweetened, Cups,	1/4 Cup	10.0
Peaches, Diced, Cnd	Container	0.0
Cookie, Choc Chip (to bake)	1/4 Cup	12.0
Milk, Nonfat	Cookie	18.5
Milk, 1% Lowfat	HALF PINT	12.0
Milk, Chocolate Nonfat	HALF PINT	14.0
Dressing, Italian	Carton	23.0
Dressing, Ranch	2 TBSP	6.0
Ketchup	2 TBSP	2.0
Mustard	1 TBSP	5.0
Mayonnaise, Light	1 TSP	0.0
Marinara Sauce	1 TBSP	2.0
BBQ Sauce	1/4 cup	4.5
Salsa, Mild, Cnd	2 TBSP	13.86
Taco Sauce, Mild	2 TBSP	4.0
Weighted Daily Average	pkt	1.18
% of Calories		75.42
Nutrient Guideline		60.9%

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Combined: K-8 Breakfast/Middle School (6-8) Lunch

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	Portion Size	Carb (g)
Thu - 11/02/2017		
K-8 Breakfast	Total	
CYCLE 14	SERVING	0.0
Sausage Biscuit	Sandwich	26.0
Breakfast Bun, WG	BUN	37.0
Cereal, Cinn Toast Crunch, WG	Bowl	22.0
Cereal, Honey Nut Cheerios, WG	Bowl	22.0
Cereal, Trix, WG, RS	Bowl	24.0
Belly Bear, WG, Brkfast Honey	PKG	20.0
Fruit, Fresh, Breakfast***	1 piece	17.8
Fruit, Canned, Breakfast***	1/2 CUP	18.75
Milk, Nonfat	HALF PINT	13.0
Milk, 1% Lowfat	HALF PINT	14.0
5-Compartment Trays	Tray	0.0
Breakfast Trays	Tray	0.0
Combo Kits	Kit	0.0
Middle School (6-8) Lunch	Total	
CYCLE 14	SERVING	0.0
Rodeo Roundup: Hamburger Patty	Patty	2.0
Bun, Hamburger WG 3.5"	Bun	28.0
Cheese, Slice	1 slice	1.0
Onion Rings	2 Pieces	10.8
BBQ Sauce	2 TBSP	13.86
Spicy Curly Fries	1/4 cup	7.5
Chicken, Popcorn, WG	15 pieces	17.06
Chicken, Popcorn, Spicy	12 Pieces	16.0
Pizza, Cheese, SmartChoice	Slice	33.41
Pizza, Pepperoni SmartChoice	Slice	33.48
Salad Blend	3/4 Cup	4.0
Peas, Sweet, Cnd 1/4c	1/4 Cup	6.0
Broccoli	1/4 CUP	1.51
Fruit Juice, Variety***	4 fl.oz.	15.5
Apple***	1 EACH	14.64
Milk, Nonfat	HALF PINT	12.0
Milk, 1% Lowfat	HALF PINT	14.0
Dressing, Italian	2 TBSP	6.0
Dressing, Ranch	2 TBSP	2.0
Ketchup	1 TBSP	5.0
Mustard	1 TSP	0.0
Mayonnaise, Light	1 TBSP	2.0
Weighted Daily Average		53.67
% of Calories		65.9%
Nutrient Guideline		

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	Portion Size	Carb (g)
Fri - 11/03/2017		
K-8 Breakfast	Total	
CYCLE 15	SERVING	0.0
Omelet, Cheese	1 Omelet	1.0
Tortilla, Flour, 6" WG	Tortilla	15.0
Breakfast Bun, WG	BUN	37.0
Cereal, Cinn Toast Crunch, WG	Bowl	22.0
Cereal, Honey Nut Cheerios, WG	Bowl	22.0
Cereal, Trix, WG, RS	Bowl	24.0
Crackers, Jungle Breakfast	1 oz	19.63
Fruit, Canned, Breakfast***	1/2 CUP	18.75
Fruit Juice, Variety***	4 fl.oz.	15.5
Milk, Nonfat	HALF PINT	13.0
Milk, 1% Lowfat	HALF PINT	14.0
5-Compartment Trays	Tray	0.0
Breakfast Trays	Tray	0.0
Combo Kits	Kit	0.0
Middle School (6-8) Lunch	Total	
CYCLE 15	SERVING	0.0
Chicken Nuggets Tyson	5 pieces	16.0
Burrito, Bean & Cheese, Lunch	5.75 oz	54.0
Pizza, Cheese, SmartChoice	Slice	33.41
Pizza, Pepperoni SmartChoice	Slice	33.48
Manager's Choice	1	*N/A*
Salad Blend	3/4 Cup	4.0
Crackers, WG, Mini, Zesta	1 Pouch	7.0
Potato, Fries, Oven Baked	1/4 Cup	8.68
Beans, Garbanzo	1/4 cup	10.0
Carrots, baby-cut, IW 1.3 oz	1 pkg	4.0
Pears, Cnd, Sliced, juice 1/4c	1/4 cup	8.02
Orange Wedges (whole)***	whole orange	11.28
Milk, Nonfat	HALF PINT	13.0
Milk, 1% Lowfat	HALF PINT	16.0
Milk, Chocolate Nonfat	Carton	23.0
Dressing, Italian	2 TBSP	6.0
Dressing, Ranch	2 TBSP	2.0
Ketchup	1 TBSP	5.0
Mustard	1 TSP	0.0
Mayonnaise. Light	1 TBSP	2.0
Tajin, LS	1/4 Tsp	0.5
Weighted Daily Average		49.86
% of Calories		63.2%
Nutrient Guideline		

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	Portion Size	Carb (g)
Mon - 11/06/2017		
K-8 Breakfast	Total	
CYCLE 16	SERVING	0.0
Breakfast Burrito, Los Cabos	4 OZ	42.21
Breakfast Bun, WG	BUN	37.0
Cereal, Cinn Toast Crunch, WG	Bowl	22.0
Cereal, Honey Nut Cheerios, WG	Bowl	22.0
Cereal, Trix, WG, RS	Bowl	24.0
Crackers, Jungle Breakfast	1 oz	19.63
Fruit, Canned, Breakfast***	1/2 CUP	18.75
Fruit Juice, Variety***	4 fl.oz.	15.5
Milk, Nonfat	HALF PINT	13.0
Milk, 1% Lowfat	HALF PINT	14.0
5-Compartment Trays	Tray	0.0
Breakfast Trays	Tray	0.0
Combo Kits	Kit	0.0
Middle School (6-8) Lunch		
CYCLE 16	Total	
Hot Dog, Turkey Frank	5" Frank	1.0
Bun, Hot Dog, WG, 6"	Bun	27.0
Chicken, Popcorn, WG	12 pieces	17.06
Chicken, Popcorn, Spicy	13 Pieces	16.0
Italian Cheesy Stix	2 Stix	34.0
Marinara Sauce	1/4 cup	4.5
Salad Blend	3/4 Cup	4.0
Potato, Fries, Oven Baked	1/4 Cup	8.68
Corn, Cnd 1/4c	1/4 CUP	12.75
Beans, Garbanzo	1/4 cup	10.0
Apple***	1 EACH	14.64
Milk, Nonfat	HALF PINT	13.0
Milk, 1% Lowfat	HALF PINT	14.0
Milk, Chocolate Nonfat	Carton	23.0
Dressing, Italian	2 TBSP	6.0
Dressing, Ranch	2 TBSP	2.0
Ketchup	1 TBSP	5.0
Mustard	1 TSP	0.0
Weighted Daily Average		60.21
% of Calories		61.8%
Nutrient Guideline		

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	Portion Size	Carb (g)
Tue - 11/07/2017		
K-8 Breakfast	Total	
CYCLE 17	SERVING	0.0
Egg & Turkey Sausage Wrap	Wrap	17.0
Breakfast Bun, WG	BUN	37.0
Cereal, Cinn Toast Crunch, WG	Bowl	22.0
Cereal, Honey Nut Cheerios, WG	Bowl	22.0
Cereal, Trix, WG, RS	Bowl	24.0
Belly Bears, WG, Cinnamon	package	21.0
Fruit, Canned, Breakfast***	1/2 CUP	18.75
Fruit, Fresh, Breakfast***	1 piece	17.8
Milk, Nonfat	HALF PINT	13.0
Milk, 1% Lowfat	HALF PINT	14.0
5-Compartment Trays	Tray	0.0
Breakfast Trays	Tray	0.0
Combo Kits	Kit	0.0
Middle School (6-8) Lunch	Total	
CYCLE 17	SERVING	0.0
Pork, BBQ, Shredded	4 oz	13.0
Roll, WG 4"	Roll	27.0
Chicken Tenders	3 Pieces	13.0
Marinara Sauce	1/4 cup	4.5
Pizza, Cheese, SmartChoice	Slice	33.41
Pizza, Pepperoni SmartChoice	Slice	33.48
Salad Blend	3/4 Cup	4.0
Celery Sticks	1/4 CUP	1.14
Green Beans	1/4 CUP	2.5
Cherries, Dried	1/8 cup	14.0
Banana***	1 EACH	18.5
Fruit Juice, Variety***	4 fl.oz.	15.5
Belly Bears, WG, Chocolate	package	20.25
Milk, Nonfat	HALF PINT	13.0
Milk, 1% Lowfat	HALF PINT	14.0
Dressing, Italian	2 TBSP	6.0
Dressing, Ranch	2 TBSP	2.0
Ketchup	1 TBSP	5.0
Mustard	1 TSP	0.0
BBQ Sauce	2 TBSP	13.86
Weighted Daily Average		66.41
% of Calories		63.9%
Nutrient Guideline		

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	Portion Size	Carb (g)
Wed - 11/08/2017		
K-8 Breakfast	Total	
CYCLE 18	SERVING	0.0
Muffin, Zucchini Carrot	1 Each	24.0
String Cheese @breakfast muff	PACKAGE	0.0
Breakfast Bun, WG	BUN	37.0
Cereal, Cinn Toast Crunch, WG	Bowl	22.0
Cereal, Honey Nut Cheerios, WG	Bowl	22.0
Cereal, Trix, WG, RS	Bowl	24.0
Crackers, Jungle Breakfast	1 oz	19.63
Fruit, Canned, Breakfast***	1/2 CUP	18.75
Fruit, Fresh, Breakfast***	1 piece	17.8
Milk, Nonfat	HALF PINT	13.0
Milk, 1% Lowfat	HALF PINT	14.0
5-Compartment Trays	Tray	0.0
Breakfast Trays	Tray	0.0
Combo Kits	Kit	0.0
Middle School (6-8) Lunch	Total	
CYCLE 18	SERVING	0.0
Chicken, Popcorn Orange	3.9 oz	21.0
Rice Pilaf (72 serv)	2/3 Cup	28.81
Hamburger Patty	Patty	2.0
Bun, Hamburger WG 3.5"	Bun	28.0
Cheese, Slice	1 slice	1.0
Lettuce & Tomato: 1 leaf, 2 slice	1 lf, 2 slc	1.11
Pizza, Cheese, SmartChoice	Slice	33.41
Pizza, Pepperoni SmartChoice	Slice	33.48
Salad Blend	3/4 Cup	4.0
Crackers, WG, Mini, Zesta	1 Pouch	7.0
Beans, Red Kidney	1/4 CUP	11.0
Broccoli	1/4 CUP	1.51
Dill Pickle Chips	1/8 Cup	0.52
Peaches, Diced, Cnd	1/4 Cup	12.0
Applesauce, unsweetened	1/4 cup	6.5
Cookie, Choc Chip (to bake)	Cookie	18.5
Milk, Nonfat	HALF PINT	12.0
Milk, 1% Lowfat	HALF PINT	16.0
Milk, Chocolate Nonfat	Carton	23.0
Dressing, Italian	2 TBSP	6.0
Dressing, Ranch	2 TBSP	2.0
Ketchup	1 TBSP	5.0
Mustard	1 TSP	0.0
Weighted Daily Average		68.10
% of Calories		69.0%
Nutrient Guideline		

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	Portion Size	Carb (g)
Thu - 11/09/2017		
K-8 Breakfast	Total	
CYCLE 19	SERVING	0.0
Pancakes, Mini, Strawberry, IW	Pkg	42.0
Breakfast Bun, WG	BUN	37.0
Cereal, Cinn Toast Crunch, WG	Bowl	22.0
Cereal, Honey Nut Cheerios, WG	Bowl	22.0
Cereal, Trix, WG, RS	Bowl	24.0
Belly Bear, WG, Brkfst Honey	PKG	20.0
Fruit, Canned, Breakfast***	1/2 CUP	18.75
Fruit, Fresh, Breakfast***	1 piece	17.8
Milk, Nonfat	HALF PINT	13.0
Milk, 1% Lowfat	HALF PINT	14.0
5-Compartment Trays	Tray	0.0
Breakfast Trays	Tray	0.0
Combo Kits	Kit	0.0
Middle School (6-8) Lunch	Total	
CYCLE 19	SERVING	0.0
Meatballs & Marinara Sauce	4 Meatballs/sau	10.0
Roll, WG 4"	Roll	27.0
Cheese, Shredded for topping	1/8 cup	0.05
Sandwich, Strawberry PBJ	Sandwich	32.0
String Cheese @lunch	PACKAGE	0.0
Chicken, Popcorn, WG	15 pieces	17.06
Chicken, Popcorn, Spicy	12 Pieces	16.0
Pizza, Cheese, SmartChoice	Slice	33.41
Pizza, Pepperoni SmartChoice	Slice	33.48
Salad Blend	3/4 Cup	4.0
Crackers, WG, Mini, Zesta	1 Pouch	7.0
Potato, Fries, Oven Baked	1/4 Cup	8.68
Jicama Sticks	1/4 cup	0.75
Corn, Cnd 1/4c	1/4 CUP	12.75
Apple, Fresh	1 EACH	14.64
Fruit Juice, Variety***	4 fl.oz.	15.5
Pudding, Chocolate Bay Valley	1/3 cup	17.18
Whipped Topping, On Top Richs	1 TBSP	1.0
Milk, Nonfat	HALF PINT	12.0
Milk, 1% Lowfat	HALF PINT	16.0
Dressing, Italian	2 TBSP	6.0
Dressing, Ranch	2 TBSP	2.0
Ketchup	1 TBSP	5.0
Tajin, LS	1/4 Tsp	0.5
Weighted Daily Average		61.06
% of Calories		59.0%
Nutrient Guideline		

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	Portion Size	Carb (g)
Fri - 11/10/2017		
K-8 Breakfast	Total	
NO SCHOOL TODAY	SERVING	0.0
CYCLE 20	SERVING	0.0
Cinnamon Roll 3.5 oz	Roll	54.0
Breakfast Bun, WG	BUN	37.0
Cereal, Cinn Toast Crunch, WG	Bowl	22.0
Cereal, Honey Nut Cheerios, WG	Bowl	22.0
Cereal, Trix, WG, RS	Bowl	24.0
Belly Bears, WG, Brkfst Cinn	package	21.0
Fruit Juice, Variety***	4 fl.oz.	15.5
Fruit, Canned, Breakfast***	1/2 CUP	18.75
Milk, Nonfat	HALF PINT	13.0
Milk, 1% Lowfat	HALF PINT	14.0
5-Compartment Trays	Tray	0.0
Breakfast Trays	Tray	0.0
Combo Kits	Kit	0.0
Middle School (6-8) Lunch	Total	
NO SCHOOL TODAY	SERVING	0.0
CYCLE 20	SERVING	0.0
Chicken Drumstick, Breaded	Piece	5.0
Potatoes, Mashed	1/4 Cup	7.75
Chicken Patty	Pattie	12.0
Chicken Patty, Spicy	Pattie	17.0
Bun, Hamburger WG 3.5"	Bun	28.0
Pizza, Cheese, SmartChoice	Slice	33.41
Pizza, Pepperoni SmartChoice	Slice	33.48
Manager's Choice	1	*N/A*
Salad Blend	3/4 Cup	4.0
Crackers, WG, Mini, Zesta	1 Pouch	7.0
Broccoli	1/4 CUP	1.51
Carrots, baby-cut, IW 1.3 oz	1 pkg	4.0
Orange Wedges (whole)***	4 Wedges	11.28
Milk, Nonfat	HALF PINT	12.0
Milk, 1% Lowfat	HALF PINT	16.0
Milk, Chocolate Nonfat	Carton	23.0
Dressing, Italian	2 TBSP	6.0
Dressing, Ranch	2 TBSP	2.0
Ketchup	1 TBSP	5.0
Mustard	1 TSP	0.0
Mayonnaise, Light	1 TBSP	2.0
Tajin, LS	1/4 Tsp	0.5
Weighted Daily Average		54.00
% of Calories		55.2%
Nutrient Guideline		

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	Portion Size	Carb (g)
Mon - 11/13/2017		
K-8 Breakfast	Total	
CYCLE 21	SERVING	0.0
Yogurt, Yoplait Trix	4 oz	17.0
Belly Bear,Brkfst Honey wYogrt	PKG	20.0
Breakfast Bun, WG	BUN	37.0
Cereal, Cinn Toast Crunch, WG	Bowl	22.0
Cereal, Honey Nut Cheerios, WG	Bowl	22.0
Cereal, Trix, WG, RS	Bowl	24.0
Crackers, Jungle Breakfast	1 oz	19.63
Fruit Juice, Variety***	4 fl.oz.	15.5
Fruit, Canned, Breakfast***	1/2 CUP	18.75
Milk, Nonfat	HALF PINT	13.0
Milk,1% Lowfat	HALF PINT	14.0
5-Compartment Trays	Tray	0.0
Breakfast Trays	Tray	0.0
Combo Kits	Kit	0.0
Middle School (6-8) Lunch	Total	
CYCLE 21	SERVING	0.0
Hamburger Patty	Patty	2.0
Bun, Hamburger WG 3.5"	Bun	28.0
Cheese, Slice	1 slice	1.0
Lettuce & Tomato:1 leaf,2 slice	1 lf,2 slc	1.11
Chicken Tenders	3 Pieces	13.0
Corn Dog, Chicken FF	1 Each	30.0
Italian Cheesy Stix	2 Stix	34.0
Marinara Sauce	1/4 cup	4.5
Salad Blend	3/4 Cup	4.0
Dill Pickle Chips	1/8 Cup	0.52
Potato,Fries,Oven Baked	1/4 Cup	8.68
Green Beans	1/4 CUP	2.5
Apple, Fresh	1 EACH	14.64
Crackers, Jungle	1 oz	19.63
Milk, Nonfat	HALF PINT	12.0
Milk,1% Lowfat	HALF PINT	16.0
Milk, Chocolate Nonfat	Carton	23.0
Dressing, Italian	2 TBSP	6.0
Dressing, Ranch	2 TBSP	2.0
Ketchup	1 TBSP	5.0
Mustard	1 TSP	0.0
Mayonnaise. Light	1 TBSP	2.0
BBQ Sauce	2 TBSP	13.86
Marinara Sauce	1/4 cup	4.5
Weighted Daily Average		47.98
% of Calories		61.8%
Nutrient Guideline		

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	Portion Size	Carb (g)
Tue - 11/14/2017		
K-8 Breakfast	Total	
CYCLE 22	SERVING	0.0
Cinnamon Toast	Pkg	30.0
Breakfast Bun, WG	BUN	37.0
Cereal, Cinn Toast Crunch, WG	Bowl	22.0
Cereal, Honey Nut Cheerios, WG	Bowl	22.0
Cereal, Trix, WG, RS	Bowl	24.0
Belly Bears, WG, Brkfst Cinn	package	21.0
Fruit, Canned, Breakfast***	1/2 CUP	18.75
Fruit, Fresh, Breakfast***	1 piece	17.8
Milk, Nonfat	HALF PINT	13.0
Milk, 1% Lowfat	HALF PINT	14.0
5-Compartment Trays	Tray	0.0
Breakfast Trays	Tray	0.0
Combo Kits	Kit	0.0
Middle School (6-8) Lunch	Total	
CYCLE 22	SERVING	0.0
Pork Carnitas, Shredded	2 oz	0.0
Cheese, Shredded	1 oz	0.19
Lettuce, Shredded for taco	2 TBSP	0.29
Tortilla, Flour, 6" WG	Tortilla	15.0
Chicken Patty, Spicy	Pattie	17.0
Chicken Patty	Pattie	12.0
Bun, Hamburger WG 3.5"	Bun	28.0
Pizza, Cheese, SmartChoice	Slice	33.41
Pizza, Pepperoni SmartChoice	Slice	33.48
Salad Blend	3/4 Cup	4.0
Corn, Cnd 1/4c	1/4 CUP	12.75
Black Beans, Veg 1/4c	1/4 Cup	10.0
Fruit, Mixed, Cnd	1/4 cup	9.0
Banana***	1 EACH	18.5
Fruit Juice, Variety***	4 fl.oz.	15.5
Milk, Nonfat	HALF PINT	12.0
Milk, 1% Lowfat	HALF PINT	16.0
Dressing, Italian	2 TBSP	6.0
Dressing, Ranch	2 TBSP	2.0
Ketchup	1 TBSP	5.0
Mustard	1 TSP	0.0
Mayonnaise. Light	1 TBSP	2.0
Salsa, Mild, Cnd	2 TBSP	4.0
Taco Sauce, Mild	pkt	1.18
Weighted Daily Average		66.03
% of Calories		63.8%
Nutrient Guideline		

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Base Menu Spreadsheet
Portion Values - Detailed

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Nov 1, 2017 thru Nov 30, 2017

Combined: K-8 Breakfast/Middle School (6-8) Lunch

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	Portion Size	Carb (g)
Wed - 11/15/2017		
K-8 Breakfast	Total	
CYCLE 23	SERVING	0.0
Pancake & Sausage Stick, WG	1 EACH	19.8
Syrup, Pancake & Waffle	2 TBSP	25.0
Breakfast Bun, WG	BUN	37.0
Cereal, Cinn Toast Crunch, WG	Bowl	22.0
Cereal, Honey Nut Cheerios, WG	Bowl	22.0
Cereal, Trix, WG, RS	Bowl	24.0
Crackers, Jungle Breakfast	1 oz	19.63
Fruit, Canned, Breakfast***	1/2 CUP	18.75
Fruit, Fresh, Breakfast***	1 piece	17.8
Milk, Nonfat	HALF PINT	13.0
Milk, 1% Lowfat	HALF PINT	14.0
5-Compartment Trays	Tray	0.0
Breakfast Trays	Tray	0.0
Combo Kits	Kit	0.0
Middle School (6-8) Lunch	Total	
CYCLE 23	SERVING	0.0
Macaroni & Cheese #6	2/3 Cup	31.0
Sandwich, Grape PBJ	Sandwich	32.0
String Cheese @lunch	PACKAGE	0.0
Hot Dog, Turkey Frank	5" Frank	1.0
Bun, Hot Dog, WG, 6"	Bun	27.0
Pizza, PeppSausage/SmartChoice	Slice	34.14
Pizza, Cheese, SmartChoice	Slice	33.41
Salad Blend	3/4 Cup	4.0
Zucchini, Sticks	1/4 Cup	1.51
Broccoli	1/4 CUP	1.51
Applesauce, unsweetened	1/4 cup	6.5
Pears, Cnd, Sliced, juice 1/4c	1/4 cup	8.02
Cookie, Choc Chip (to bake)	Cookie	18.5
Milk, Nonfat	HALF PINT	12.0
Milk, 1% Lowfat	HALF PINT	16.0
Milk, Chocolate Nonfat	Carton	23.0
Dressing, Italian	2 TBSP	6.0
Dressing, Ranch	2 TBSP	2.0
Ketchup	1 TBSP	5.0
Mustard	1 TSP	0.0
Weighted Daily Average		59.68
% of Calories		57.8%
Nutrient Guideline		

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Base Menu Spreadsheet
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Nov 1, 2017 thru Nov 30, 2017

Combined: K-8 Breakfast/Middle School (6-8) Lunch

Generated on: 10/23/2017 11:55:28 AM

	Portion Size	Carb (g)
Thu - 11/16/2017		
K-8 Breakfast	Total	
CYCLE 24	SERVING	0.0
Quesadilla, Breakfast, Cheese	1 Each	14.0
Breakfast Bun, WG	BUN	37.0
Cereal, Cinn Toast Crunch, WG	Bowl	22.0
Cereal, Honey Nut Cheerios, WG	Bowl	22.0
Cereal, Trix, WG, RS	Bowl	24.0
Belly Bear, WG, Brkfst Honey	PKG	20.0
Fruit, Canned, Breakfast***	1/2 CUP	18.75
Fruit, Fresh, Breakfast***	1 piece	17.8
Milk, Nonfat	HALF PINT	13.0
Milk, 1% Lowfat	HALF PINT	14.0
5-Compartment Trays	Tray	0.0
Breakfast Trays	Tray	0.0
Combo Kits	Kit	0.0
Middle School (6-8) Lunch	Total	
CYCLE 24	SERVING	0.0
Sandwich, Toasted Cheese	Sandwich	30.01
Szechuan Chicken	2/3 cup	10.86
Rice, Brown, WG 1/2cup	1/2 cup	18.58
Deli Sandwich Meat-Turkey	Sandwich	1.28
Cheese, Slice	1 slice	1.0
Roll, WG 4"	Roll	27.0
Pizza, Cheese, SmartChoice	Slice	33.41
Pizza, Pepperoni SmartChoice	Slice	33.48
Salad Blend	3/4 Cup	4.0
Crackers, WG, Mini, Zesta	1 Pouch	7.0
Green Beans	1/4 CUP	2.5
Beans, Garbanzo	1/4 cup	10.0
Cranberries, Whole, Dried	1/8 Cup	12.0
Apple, Fresh	1 EACH	14.64
Fruit Juice, Variety***	4 fl.oz.	15.5
Milk, Nonfat	HALF PINT	12.0
Milk, 1% Lowfat	HALF PINT	16.0
Dressing, Italian	2 TBSP	6.0
Dressing, Ranch	2 TBSP	2.0
Ketchup	1 TBSP	5.0
Mustard	1 TSP	0.0
Mayonnaise, Light	1 TBSP	2.0
Weighted Daily Average		60.97
% of Calories		60.3%
Nutrient Guideline		

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Base Menu Spreadsheet
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Nov 1, 2017 thru Nov 30, 2017

Combined: K-8 Breakfast/Middle School (6-8) Lunch

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	Portion Size	Carb (g)
Fri - 11/17/2017		
K-8 Breakfast	Total	
CYCLE 25	SERVING	0.0
Buttermilk Bar	2.5 oz	34.94
Breakfast Bun, WG	BUN	37.0
Cereal, Cinn Toast Crunch, WG	Bowl	22.0
Cereal, Honey Nut Cheerios, WG	Bowl	22.0
Cereal, Trix, WG, RS	Bowl	24.0
Crackers, Jungle Breakfast	1 oz	19.63
Fruit Juice, Variety***	4 fl.oz.	15.5
Fruit, Canned, Breakfast***	1/2 CUP	18.75
Milk, Nonfat	HALF PINT	13.0
Milk, 1% Lowfat	HALF PINT	14.0
5-Compartment Trays	Tray	0.0
Breakfast Trays	Tray	0.0
Combo Kits	Kit	0.0
Middle School (6-8) Lunch	Total	
CYCLE 25	SERVING	0.0
Pancakes, Mini, Maple, IW	Pkg	39.0
Sausage Patty, Pork	Patty	0.5
Chicken Tenders	3 Pieces	13.0
Pizza, Cheese, SmartChoice	Slice	33.41
Pizza, Pepperoni SmartChoice	Slice	33.48
Salad Blend	3/4 Cup	4.0
Corn, Cnd 1/4c	1/4 CUP	12.75
Carrots, baby-cut, IW 1.3 oz	1 pkg	4.0
Peaches, Diced, Cnd	1/4 Cup	12.0
Pineapple, Sno Pal	1/2 package	4.0
Milk, Nonfat	HALF PINT	12.0
Milk, 1% Lowfat	HALF PINT	14.0
Milk, Chocolate Nonfat	Carton	23.0
Dressing, Italian	2 TBSP	6.0
Dressing, Ranch	2 TBSP	2.0
Ketchup	1 TBSP	5.0
Mustard	1 TSP	0.0
Mayonnaise. Light	1 TBSP	2.0
Marinara Sauce	1/4 cup	4.5
Weighted Daily Average		61.32
% of Calories		65.5%
Nutrient Guideline		

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Base Menu Spreadsheet
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Combined: K-8 Breakfast/Middle School (6-8) Lunch

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	Portion Size	Carb (g)
Mon - 11/20/2017		
K-8 Breakfast	Total	
CYCLE 01	SERVING	0.0
Muffin, Star, Corn 2.5oz	1 Each	37.0
Breakfast Bun, WG	BUN	37.0
Cereal, Cinn Toast Crunch, WG	Bowl	22.0
Cereal, Honey Nut Cheerios, WG	Bowl	22.0
Cereal, Trix, WG, RS	Bowl	24.0
Belly Bears, WG, Brkfst Cinn	package	21.0
Fruit, Canned, Breakfast***	1/2 CUP	18.75
Fruit Juice, Variety***	4 fl.oz.	15.5
Milk, Nonfat	HALF PINT	13.0
Milk, 1% Lowfat	HALF PINT	14.0
5-Compartment Trays	Tray	0.0
Breakfast Trays	Tray	0.0
Combo Kits	Kit	0.0
Middle School (6-8) Lunch		
CYCLE 01	Total	
Pork Riblet w/ BBQ Sauce	SERVING	0.0
Roll, WG 4"	Pattie	10.0
Corn Dogs, Mini Chicken	Roll	27.0
Chicken Tenders	6 Mini Dogs	28.7
Marinara Sauce	3 Pieces	13.0
Italian Cheesy Stix	1/4 cup	4.5
Marinara Sauce	2 Stix	34.0
Salad Blend	1/4 cup	4.5
Celery Sticks	3/4 Cup	4.0
Dill Pickle Chips	1/4 CUP	1.14
Fruit, Mixed, Cnd	1/8 Cup	0.52
Apple Slices IW***	1/4 cup	9.0
Brownie Cup	2 oz Pkg	7.0
Milk, Nonfat	1.5 oz	26.0
Milk, 1% Lowfat	HALF PINT	12.0
Milk, Chocolate Nonfat	HALF PINT	16.0
Dressing, Italian	Carton	23.0
Dressing, Ranch	2 TBSP	6.0
Ketchup	2 TBSP	2.0
Mustard	1 TBSP	5.0
Mayonnaise. Light	1 TSP	0.0
BBQ Sauce	1 TBSP	2.0
	2 TBSP	13.86
Weighted Daily Average		36.57
% of Calories		65.5%
Nutrient Guideline		

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Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

Combined: K-8 Breakfast/Middle School (6-8) Lunch

Portion Values - Detailed

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	Portion Size	Carb (g)
Tue - 11/21/2017		
K-8 Breakfast	Total	
CYCLE 02	SERVING	0.0
Egg & Turkey Sausage Wrap	Wrap	17.0
Breakfast Bun, WG	BUN	37.0
Cereal, Cinn Toast Crunch, WG	Bowl	22.0
Cereal, Honey Nut Cheerios, WG	Bowl	22.0
Cereal, Trix, WG, RS	Bowl	24.0
Crackers, Jungle Breakfast	1 oz	19.63
Fruit, Fresh, Breakfast***	1 piece	17.8
Fruit, Canned, Breakfast***	1/2 CUP	18.75
Milk, Nonfat	HALF PINT	13.0
Milk, 1% Lowfat	HALF PINT	14.0
5-Compartment Trays	Tray	0.0
Breakfast Trays	Tray	0.0
Combo Kits	Kit	0.0
Middle School (6-8) Lunch	Total	
CYCLE 02	SERVING	0.0
Fish Sticks, Baja, Breaded	4 Pieces	17.06
Cabbage, Shredded	1/4 cup	0.94
Tortilla, Flour, 6" WG	Tortilla	15.0
Sauce, Baja	2 Tbsp	2.99
Chicken Patty	Pattie	12.0
Chicken Patty, Spicy	Pattie	17.0
Bun, Hamburger WG 3.5"	Bun	28.0
Pizza, Cheese, SmartChoice	Slice	33.41
Pizza, Pepperoni SmartChoice	Slice	33.48
Manager's Choice	1	*N/A*
Salad Blend	3/4 Cup	4.0
Crackers, WG, Mini, Zesta	1 Pouch	7.0
Corn, Cnd 1/4c	1/4 CUP	12.75
Broccoli	1/4 CUP	1.51
Banana***	1 EACH	18.5
Fruit Cup, Frzn, Peaches, ***	4.4oz Cup	29.98
Milk, Nonfat	HALF PINT	12.0
Milk, 1% Lowfat	HALF PINT	16.0
Dressing, Italian	2 TBSP	6.0
Dressing, Ranch	2 TBSP	2.0
Salsa, Mild, Cnd	2 TBSP	4.0
Taco Sauce, Mild	pkt	1.18
BBQ Sauce	2 TBSP	13.86
Weighted Daily Average		68.39
% of Calories		67.2%
Nutrient Guideline		

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Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

Combined: K-8 Breakfast/Middle School (6-8) Lunch

Portion Values - Detailed

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	Portion Size	Carb (g)
Wed - 11/22/2017		
K-8 Breakfast	Total	
CYCLE 03	SERVING	0.0
Breakfast Burrito, Los Cabos	4 OZ	42.21
Salsa, Mild, Cnd	2 TBSP	4.0
Breakfast Bun, WG	BUN	37.0
Cereal, Cinn Toast Crunch, WG	Bowl	22.0
Cereal, Honey Nut Cheerios, WG	Bowl	22.0
Cereal, Trix, WG, RS	Bowl	24.0
Belly Bear, WG, Brkfast Honey	PKG	20.0
Fruit, Fresh, Breakfast***	1 piece	17.8
Fruit, Canned, Breakfast***	1/2 CUP	18.75
Milk, Nonfat	HALF PINT	13.0
Milk, 1% Lowfat	HALF PINT	14.0
5-Compartment Trays	Tray	0.0
Breakfast Trays	Tray	0.0
Combo Kits	Kit	0.0
Middle School (6-8) Lunch	Total	
NO SCHOOL TODAY	SERVING	0.0
CYCLE 03	SERVING	0.0
Chicken, Popcorn Orange	3.9 oz	21.0
Rice Pilaf (72 serv)	2/3 Cup	28.81
Italian Cheesy Stix	2 Stix	34.0
Marinara Sauce	1/4 cup	4.5
Pizza, Cheese, SmartChoice	Slice	33.41
Pizza, PeppSausage/SmartChoice	Slice	34.14
Salad Blend	3/4 Cup	4.0
Green Beans	1/4 CUP	2.5
Potato Oven Fries	1/4 Cup	8.44
Cherries, Dried	1/8 cup	14.0
Peaches, Diced, Cnd	1/4 Cup	12.0
Applesauce, unsweetened	1/4 cup	6.5
Cookie, Choc Chip (to bake)	Cookie	18.5
Milk, Nonfat	HALF PINT	12.0
Milk, 1% Lowfat	HALF PINT	16.0
Milk, Chocolate Nonfat	Carton	23.0
Dressing, Italian	2 TBSP	6.0
Dressing, Ranch	2 TBSP	2.0
Ketchup	1 TBSP	5.0
Mustard	1 TSP	0.0
Mayonnaise, Light	1 TBSP	2.0
Weighted Daily Average		77.79
% of Calories		70.7%
Nutrient Guideline		

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Base Menu Spreadsheet
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Nov 1, 2017 thru Nov 30, 2017

Combined: K-8 Breakfast/Middle School (6-8) Lunch

Generated on: 10/23/2017 11:55:29 AM

	Portion Size	Carb (g)
Thu - 11/23/2017		
K-8 Breakfast	Total	
NO SCHOOL TODAY	SERVING	0.0
CYCLE 04	SERVING	0.0
Sausage Biscuit	Sandwich	26.0
Breakfast Bun, WG	BUN	37.0
Cereal, Cinn Toast Crunch, WG	Bowl	22.0
Cereal, Honey Nut Cheerios, WG	Bowl	22.0
Cereal, Trix, WG, RS	Bowl	24.0
Belly Bears, WG, Brkfst Cinn	package	21.0
Fruit, Fresh, Breakfast***	1 piece	17.8
Fruit, Canned, Breakfast***	1/2 CUP	18.75
Milk, Nonfat	HALF PINT	13.0
Milk, 1% Lowfat	HALF PINT	14.0
5-Compartment Trays	Tray	0.0
Breakfast Trays	Tray	0.0
Combo Kits	Kit	0.0
Middle School (6-8) Lunch	Total	
NO SCHOOL TODAY	SERVING	0.0
CYCLE 04	SERVING	0.0
Chicken, Fajita Strips	1.8 oz	0.55
Corn, Cnd 1/8	1/8 CUP	6.38
Black Beans, Veg 1/4c	1/4 Cup	10.0
Cheese, Shredded	1 oz	0.19
Dressing, Chipotle Ranch, Light	2 TBSP	4.0
Tortilla, WG 12"	Tortilla	42.0
Burrito, Bean & Cheese, Lunch	5.75 oz	54.0
Deli Sandwich Meat-Turkey	Sandwich	1.28
Cheese, Slice	1 slice	1.0
Roll, WG 4"	Roll	27.0
Pizza, Cheese, SmartChoice	Slice	33.41
Pizza, Pepperoni SmartChoice	Slice	33.48
Salad Blend	3/4 Cup	4.0
Crackers, WG, Mini, Zesta	1 Pouch	7.0
Zucchini, Sticks	1/4 Cup	1.51
Beans, Garbanzo	1/4 cup	10.0
Apple***	EACH	14.64
Pears, Cnd, Sliced, juice 1/4c	1/4 cup	8.02
Fruit Juice, Variety***	4 fl.oz.	15.5
Milk, Nonfat	HALF PINT	12.0
Milk, 1% Lowfat	HALF PINT	14.0
Dressing, Italian	2 TBSP	6.0
Dressing, Ranch	2 TBSP	2.0
Ketchup	1 TBSP	5.0
Mustard	1 TSP	0.0
Mayonnaise, Light	1 TBSP	2.0
Salsa, Mild, Cnd	2 TBSP	4.0
Taco Sauce, Mild	pkt	1.18
Weighted Daily Average		68.92
% of Calories		68.0%
Nutrient Guideline		

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Base Menu Spreadsheet
Portion Values - Detailed

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Nov 1, 2017 thru Nov 30, 2017

Combined: K-8 Breakfast/Middle School (6-8) Lunch

Generated on: 10/23/2017 11:55:29 AM

	Portion Size	Carb (g)
Fri - 11/24/2017		
K-8 Breakfast	Total	
NO SCHOOL TODAY	SERVING	0.0
CYCLE 05	SERVING	0.0
French Toast Sticks	2 Pieces	17.5
Sausage Patty, Pork	Patty	0.5
Syrup, Pancake & Waffle	2 TBSP	25.0
Breakfast Bun, WG	BUN	37.0
Cereal, Cinn Toast Crunch, WG	Bowl	22.0
Cereal, Honey Nut Cheerios, WG	Bowl	22.0
Cereal, Trix, WG, RS	Bowl	24.0
Crackers, Jungle Breakfast	1 oz	19.63
Fruit, Canned, Breakfast***	1/2 CUP	18.75
Fruit Juice, Variety***	4 fl.oz.	15.5
Milk, Nonfat	HALF PINT	13.0
Milk, 1% Lowfat	HALF PINT	14.0
5-Compartment Trays	Tray	0.0
Breakfast Trays	Tray	0.0
Combo Kits	Kit	0.0
Middle School (6-8) Lunch		
NO SCHOOL TODAY	Total	
CYCLE 05	SERVING	0.0
Chicken Meatballs	3 Meatballs	5.0
Potatoes, Mashed	1/4 Cup	7.75
BBQ Sauce	2 TBSP	13.86
Chicken Tenders	3 Pieces	13.0
Marinara Sauce	1/4 cup	4.5
Sandwich, Strawberry PBJ	Sandwich	32.0
String Cheese @lunch	PACKAGE	0.0
Pizza, Cheese, SmartChoice	Slice	33.41
Pizza, Pepperoni SmartChoice	Slice	33.48
Manager's Choice	1	*N/A*
Salad Blend	3/4 Cup	4.0
Crackers, WG, Mini, Zesta	1 Pouch	7.0
Carrots, baby-cut, IW 1.3 oz	1 pkg	4.0
Black Beans, Veg 1/4c	1/4 Cup	10.0
Orange Wedges (whole)***	4 Wedges	11.28
Milk, Nonfat	HALF PINT	12.0
Milk, 1% Lowfat	HALF PINT	14.0
Milk, Chocolate Nonfat	Carton	23.0
Dressing, Italian	2 TBSP	6.0
Dressing, Ranch	2 TBSP	2.0
Ketchup	1 TBSP	5.0
Mustard	1 TSP	0.0
Mayonnaise. Light	1 TBSP	2.0
Weighted Daily Average		51.03
% of Calories		64.6%
Nutrient Guideline		

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Base Menu Spreadsheet Portion Values - Detailed

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Nov 1, 2017 thru Nov 30, 2017

Combined: K-8 Breakfast/Middle School (6-8) Lunch

Generated on: 10/23/2017 11:55:29 AM

	Portion Size	Carb (g)
Mon - 11/27/2017		
K-8 Breakfast	Total	
CYCLE 06	SERVING	0.0
French Toast,Mini,Triple Berry	Pkg	37.0
Breakfast Bun, WG	BUN	37.0
Cereal, Cinn Toast Crunch, WG	Bowl	22.0
Cereal, Honey Nut Cheerios, WG	Bowl	22.0
Cereal, Trix, WG, RS	Bowl	24.0
Belly Bears, WG, Brkfst Cinn	package	21.0
Fruit, Canned, Breakfast***	1/2 CUP	18.75
Fruit Juice, Variety***	4 fl.oz.	15.5
Milk, Nonfat	HALF PINT	13.0
Milk,1% Lowfat	HALF PINT	14.0
5-Compartment Trays	Tray	0.0
Breakfast Trays	Tray	0.0
Combo Kits	Kit	0.0
Middle School (6-8) Lunch	Total	
Chicken Drumstick, Breaded	Piece	5.0
Potatoes,Mashed	1/4 Cup	7.75
BBQ Sauce	2 TBSP	13.86
Chicken, Popcorn, WG	12 pieces	17.06
Chicken, Popcorn, Spicy	13 Pieces	16.0
Italian Cheesy Stix	2 Stix	34.0
Marinara Sauce	1/4 cup	4.5
Salad Blend	3/4 Cup	4.0
Crackers, WG, Mini, Zesta	1 Pouch	7.0
Corn, Cnd 1/4c	1/4 CUP	12.75
Broccoli	1/4 CUP	1.51
Apple***	EACH	14.64
Crackers, Jungle	1 oz	19.63
Milk, Nonfat	HALF PINT	12.0
Milk,1% Lowfat	HALF PINT	14.0
Milk, Chocolate Nonfat	Carton	23.0
Dressing, Italian	2 TBSP	6.0
Dressing, Ranch	2 TBSP	2.0
Ketchup	1 TBSP	5.0
Mustard	1 TSP	0.0
Mayonnaise. Light	1 TBSP	2.0
Weighted Daily Average		39.27
% of Calories		59.6%
Nutrient Guideline		

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Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

Combined: K-8 Breakfast/Middle School (6-8) Lunch

Portion Values - Detailed

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	Portion Size	Carb (g)
Tue - 11/28/2017		
K-8 Breakfast	Total	
CYCLE 07	SERVING	0.0
Breakfast Pizza	3" Round	14.85
Breakfast Bun, WG	BUN	37.0
Cereal, Cinn Toast Crunch, WG	Bowl	22.0
Cereal, Honey Nut Cheerios, WG	Bowl	22.0
Cereal, Trix, WG, RS	Bowl	24.0
Crackers, Jungle Breakfast	1 oz	19.63
Fruit, Fresh, Breakfast***	1 piece	17.8
Fruit, Canned, Breakfast***	1/2 CUP	18.75
Milk, Nonfat	HALF PINT	13.0
Milk, 1% Lowfat	HALF PINT	14.0
5-Compartment Trays	Tray	0.0
Breakfast Trays	Tray	0.0
Combo Kits	Kit	0.0
Middle School (6-8) Lunch	Total	
CYCLE 07	SERVING	0.0
Turkey Taco Meat 1.67oz	1.67 oz	2.83
Cheese, Shredded	1 oz	0.19
Lettuce, Shredded for taco	2 TBSP	0.29
Taco Shell	Shell	12.0
Tortilla, Flour, 6" WG	Tortilla	15.0
Refried Beans for Tacos	1/4 cup	9.02
Chicken Filet, Grilled	piece	1.0
Bun, Hamburger WG 3.5"	Bun	28.0
BBQ Sauce	2 TBSP	13.86
Cheese, Slice	1 slice	1.0
Corn Dog, Chicken FF	1 Each	30.0
Pizza, Cheese, SmartChoice	Slice	33.41
Pizza, Pepperoni SmartChoice	Slice	33.48
Salad Blend	3/4 Cup	4.0
Crackers, WG, Mini, Zesta	1 Pouch	7.0
Green Beans	1/4 CUP	2.5
Potato, Fries, Oven Baked	1/4 Cup	8.68
Banana***	1 EACH	18.5
Fruit Cup, Froz Strawberry***	container	33.05
Fruit Juice, Variety***	4 fl.oz.	15.5
Milk, Nonfat	HALF PINT	12.0
Milk, 1% Lowfat	HALF PINT	14.0
Dressing, Italian	2 TBSP	6.0
Dressing, Ranch	2 TBSP	2.0
Ketchup	1 TBSP	5.0
Mustard	1 TSP	0.0
Mayonnaise, Light	1 TBSP	2.0
Salsa, Mild, Cnd	2 TBSP	4.0
Taco Sauce, Mild	pkt	1.18
Weighted Daily Average		74.79
% of Calories		69.5%
Nutrient Guideline		

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Base Menu Spreadsheet
 Portion Values - Detailed

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Nov 1, 2017 thru Nov 30, 2017

Combined: K-8 Breakfast/Middle School (6-8) Lunch

Generated on: 10/23/2017 11:55:29 AM

	Portion Size	Carb (g)
Wed - 11/29/2017		
K-8 Breakfast	Total	
CYCLE 08	SERVING	0.0
Yogurt, Yoplait Trix	4 oz	17.0
Belly Bear, Brkfst Honey wYogrt	PKG	20.0
Breakfast Bun, WG	BUN	37.0
Cereal, Cinn Toast Crunch, WG	Bowl	22.0
Cereal, Honey Nut Cheerios, WG	Bowl	22.0
Cereal, Trix, WG, RS	Bowl	24.0
Belly Bear, WG, Brkfst Honey	PKG	20.0
Fruit, Fresh, Breakfast***	1 piece	17.8
Fruit, Canned, Breakfast***	1/2 CUP	18.75
Milk, Nonfat	HALF PINT	13.0
Milk, 1% Lowfat	HALF PINT	14.0
5-Compartment Trays	Tray	0.0
Breakfast Trays	Tray	0.0
Combo Kits	Kit	0.0
Middle School (6-8) Lunch	Total	
CYCLE 08	SERVING	0.0
Speedline MeatLoaf/MashPotatoe	Container	23.5
Sandwich, Grape PBJ	Sandwich	32.0
String Cheese @lunch	PACKAGE	0.0
Chicken Tenders	3 Pieces	13.0
Marinara Sauce	1/4 cup	4.5
Pizza, Cheese, SmartChoice	Slice	33.41
Pizza, Pepperoni SmartChoice	Slice	33.48
Salad Blend	3/4 Cup	4.0
Broccoli	1/4 CUP	1.51
Beans, Garbanzo	1/4 cup	10.0
Applesauce, unsweetened	1/4 cup	6.5
Peaches, Diced, Cnd	1/4 Cup	12.0
Cookie, Carnival (to bake)	1.5 oz	27.0
Milk, Nonfat	HALF PINT	12.0
Milk, 1% Lowfat	HALF PINT	14.0
Milk, Chocolate Nonfat	Carton	23.0
Dressing, Italian	2 TBSP	6.0
Dressing, Ranch	2 TBSP	2.0
Ketchup	1 TBSP	5.0
Mustard	1 TSP	0.0
BBQ Sauce	2 TBSP	13.86
Weighted Daily Average		78.25
% of Calories		62.6%
Nutrient Guideline		

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SCVSFSA

Nov 1, 2017 thru Nov 30, 2017

Base Menu Spreadsheet

Combined: K-8 Breakfast/Middle School (6-8) Lunch

Portion Values - Detailed

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Generated on: 10/23/2017 11:55:29 AM

	Portion Size	Carb (g)
Thu - 11/30/2017		
K-8 Breakfast	Total	
CYCLE 09	SERVING	0.0
Cinnamon Roll 3.5 oz	Roll	54.0
Breakfast Bun, WG	BUN	37.0
Cereal, Cinn Toast Crunch, WG	Bowl	22.0
Cereal, Honey Nut Cheerios, WG	Bowl	22.0
Cereal, Trix, WG, RS	Bowl	24.0
Crackers, Jungle Breakfast	1 oz	19.63
Fruit, Fresh, Breakfast***	1 piece	17.8
Fruit, Canned, Breakfast***	1/2 CUP	18.75
Milk, Nonfat	HALF PINT	13.0
Milk, 1% Lowfat	HALF PINT	14.0
5-Compartment Trays	Tray	0.0
Breakfast Trays	Tray	0.0
Combo Kits	Kit	0.0
Middle School (6-8) Lunch	Total	
CYCLE 09	SERVING	0.0
Nachos/Turkey Taco Meat	2.95 oz	5.0
Tortilla Chips	1 oz	19.0
Cheese, Shredded for topping	1/8 cup	0.05
Burrito, Bean & Cheese, Lunch	5.75 oz	54.0
Chicken, Popcorn, WG	12 pieces	17.06
Chicken, Popcorn, Spicy	13 Pieces	16.0
Pizza, Cheese, SmartChoice	Slice	33.41
Pizza, Pepperoni SmartChoice	Slice	33.48
Salad Blend	3/4 Cup	4.0
Crackers, WG, Mini, Zesta	1 Pouch	7.0
Potato, Fries, Oven Baked	1/4 Cup	8.68
Corn, Cnd 1/4c	1/4 CUP	12.75
Cranberries, Whole, Dried	1/8 Cup	12.0
Apple***	EACH	14.64
Fruit Juice, Variety***	4 fl.oz.	15.5
Milk, Nonfat	HALF PINT	12.0
Milk, 1% Lowfat	HALF PINT	14.0
Dressing, Italian	2 TBSP	6.0
Dressing, Ranch	2 TBSP	2.0
Ketchup	1 TBSP	5.0
Mustard	1 TSP	0.0
Mayonnaise, Light	1 TBSP	2.0
Salsa, Mild, Cnd	2 TBSP	4.0
Taco Sauce, Mild	pkt	1.18
Weighted Daily Average		68.73
% of Calories		66.6%
Nutrient Guideline		

Weighted Average		61.29 63.8%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	61.29	63.78%						

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