

SCVSFSA

Base Menu Spreadsheet
Portion Values - Detailed

Page 1

May 1, 2018 thru May 31, 2018

Combined: K-8 Breakfast/K-8 Lunch

Generated on: 4/25/2018 10:30:07 AM

	Portion Size	Carb (g)
Tue - 05/01/2018		
K-8 Breakfast	Total	
CYCLE 22	SERVING	0.0
Breakfast Bagel, Pizza	Bagel	23.16
Breakfast Bun, WG	BUN	37.0
Cereal, Cinn Toast Crunch, RS	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
K-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
Taco Shell	Shell	12.0
Tortilla, Flour, 6" WG	Tortilla	15.0
Sandwich, Grape PBJ	Sandwich	32.0
String Cheese @lunch	PACKAGE	0.0
Pizza, Cheese, 8slice 1.75MMA	Slice	42.27
Pizza, Pepperoni 8slc 1.75MMA	Slice	41.86
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
Pears, Cnd, Sliced, juice 1/4c	1/4 cup	8.02
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	Tbsp	0.0
Mayonnaise. Light	1 TBSP	2.0
Salsa, Mild, Cnd	2 TBSP	4.0
Taco Sauce, Mild	pkt	1.18
Weighted Daily Average		75.30
% of Calories		49.1%
Nutrient Guideline		

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	Portion Size	Carb (g)
Wed - 05/02/2018		
K-8 Breakfast	Total	
CYCLE 23	SERVING	0.0
Pancakes, Mini, Maple, IW	Pkg	39.0
Breakfast Bun, WG	BUN	37.0
Cereal, Cinn Toast Crunch, RS	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
K-8 Lunch	Total	
CYCLE 23	SERVING	0.0
Speedline Teriyaki ChickenRice	1 cup	19.25
Teriyaki Chicken:Fajita meat	1/2 cup	0.52
Rice, Brown, WG 1/2cup	1/2 cup	18.58
Teriyaki Sauce	1 oz	14.74
Chicken Tenders	3 Pieces	13.0
Crackers, WG, Mini, Zesta	1 Pouch	7.0
Pizza, Cheese, 8slice 1.75MMA	Slice	42.27
Pizza, Pepperoni 8slc 1.75MMA	Slice	41.86
Salad Blend	3/4 Cup	4.0
Zucchini, Sticks	1/4 Cup	1.51
Potato,Fries,Oven Baked	1/4 Cup	8.68
Applesauce, unsweetened	1/4 cup	6.5
Fruit, Mixed, Cnd	1/4 cup	9.0
Cookie, Choc Chip (pre-baked)	Cookie	18.5
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	Tbsp	0.0
Mayonnaise. Light	1 TBSP	2.0
Marinara Sauce	1/4 cup	4.5
BBQ Sauce	2 TBSP	13.86
Weighted Daily Average		80.81
% of Calories		52.8%
Nutrient Guideline		

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	Portion Size	Carb (g)
Thu - 05/03/2018		
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, RS	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
K-8 Lunch	Total	
CYCLE 24	SERVING	0.0
Chicken Patty	Pattie	12.0
Chicken Patty, Spicy	Pattie	17.0
Bun, Hamburger WG 3.5"	Bun	28.0
Burrito, Bean & Cheese, Lunch	5.75 oz	54.0
Pizza, Cheese, 8slice 1.75MMA	Slice	42.27
Pizza, Pepperoni 8slc 1.75MMA	Slice	41.86
Salad Blend	3/4 Cup	4.0
Green Beans	1/4 CUP	2.5
Beans, Garbanzo	1/4 cup	10.0
Fruit Juice, Variety***	4 fl.oz.	15.5
Apple, Fresh	1 EACH	14.64
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	Tbsp	0.0
Mayonnaise. Light	1 TBSP	2.0
Salsa, Mild, Cnd	2 TBSP	4.0
Taco Sauce, Mild	pkt	1.18
Weighted Daily Average		73.46
% of Calories		53.9%
Nutrient Guideline		

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	Portion Size	Carb (g)
Fri - 05/04/2018		
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, RS	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
K-8 Lunch	Total	
CYCLE 25	SERVING	0.0
Macaroni & Cheese #6	2/3 Cup	31.0
Chicken Tenders	3 Pieces	13.0
Pizza, Cheese, 8slice 1.75MMA	Slice	42.27
Pizza, Pepperoni 8slc 1.75MMA	Slice	41.86
Manager's Choice	1	*N/A*
Salad Blend	3/4 Cup	4.0
Corn, Cnd 1/4c	1/4 CUP	12.75
Carrots, baby-cut, IW	1pkg	4.0
Peaches, Diced, Cnd***	1/2 Cup	24.0
Fruit, Mixed, Cnd	1/4 cup	9.0
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	Tbsp	0.0
Mayonnaise. Light	1 TBSP	2.0
Marinara Sauce	1/4 cup	4.5
BBQ Sauce	2 TBSP	13.86
Weighted Daily Average		80.08
% of Calories		60.4%
Nutrient Guideline		

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	Portion Size	Carb (g)
Mon - 05/07/2018		
K-8 Breakfast	Total	
CYCLE 01	SERVING	0.0
Egg & Turkey Sausage Wrap	Wrap	17.0
Breakfast Bun, WG	BUN	37.0
Cereal, Cinn Toast Crunch, RS	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
K-8 Lunch	Total	
CYCLE 01	SERVING	0.0
Corn Dogs, Mini Chicken	6 Mini Dogs	28.7
Hamburger Patty	Patty	2.0
Cheese, Slice	1 slice	1.0
Bun, Hamburger WG 3.5"	Bun	28.0
Sandwich, Strawberry PBJ	Sandwich	32.0
String Cheese @lunch	PACKAGE	0.0
Pizza, Cheese, 8slice 1.75MMA	Slice	42.27
Pizza, Pepperoni 8slc 1.75MMA	Slice	41.86
Potato, Fries, Oven Baked	1/4 Cup	8.68
Salad Blend	3/4 Cup	4.0
Celery Sticks	1/4 CUP	1.14
Dill Pickle Chips	1/8 Cup	0.52
Fruit, Mixed, Cnd	1/4 cup	9.0
Apple Slices IW***	2 oz Pkg	7.0
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	Tbsp	0.0
Mayonnaise, Light	1 TBSP	2.0
Weighted Daily Average		56.50
% of Calories		53.1%
Nutrient Guideline		

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	Portion Size	Carb (g)
Tue - 05/08/2018		
K-8 Breakfast	Total	
CYCLE 02	SERVING	0.0
Muffin, Star, Corn 2.5oz	1 Each	37.0
Breakfast Bun, WG	BUN	37.0
Cereal, Cinn Toast Crunch, RS	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
K-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 Tenders	3 Pieces	13.0
Crackers, WG, Mini, Zesta	1 Pouch	7.0
Pizza, Cheese, 8slice 1.75MMA	Slice	42.27
Pizza, Pepperoni 8slce 1.75MMA	Slice	41.86
Black Beans, Veg 1/4c	1/4 Cup	10.0
Corn, Cnd 1/4c	1/4 CUP	12.75
Broccoli Florets, Raw	1/4 cup	0.9
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	Tbsp	0.0
Mayonnaise. Light	1 TBSP	2.0
Marinara Sauce	1/4 cup	4.5
BBQ Sauce	2 TBSP	13.86
Weighted Daily Average		77.10
% of Calories		57.6%
Nutrient Guideline		

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	Portion Size	Carb (g)
Wed - 05/09/2018		
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, RS	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
K-8 Lunch	Total	
CYCLE 03	SERVING	0.0
Chicken, Popcorn Orange	3.9 oz	21.0
Rice Pilaf (72 serv)	2/3 Cup	28.81
Speedline Rice Pilaf 2/3c	2/3 Cup	28.81
Italian Cheesy Stix	2 Stix	34.0
Marinara Sauce	1/4 cup	4.5
Pizza, Cheese, 8slice 1.75MMA	Slice	42.27
Pizza, Pepperoni 8slice 1.75MMA	Slice	41.86
Salad Blend	3/4 Cup	4.0
Green Beans	1/4 CUP	2.5
Zucchini, Sticks	1/4 Cup	1.51
Applesauce, unsweetened	1/4 cup	6.5
Peaches, Diced, Cnd	1/4 Cup	12.0
Cookie, Choc Chip (pre-baked)	Cookie	18.5
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
Weighted Daily Average		85.94
% of Calories		57.7%
Nutrient Guideline		

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	Portion Size	Carb (g)
Thu - 05/10/2018		
K-8 Breakfast	Total	
CYCLE 04	SERVING	0.0
Sausage Biscuit	Sandwich	26.0
Breakfast Bun, WG	BUN	37.0
Cereal, Cinn Toast Crunch, RS	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
K-8 Lunch	Total	
CYCLE 04	SERVING	0.0
Chicken Meatballs	3 Meatballs	5.0
Potatoes, Mashed	1/4 Cup	10.33
BBQ Sauce	2 TBSP	13.86
Chicken Patty	Pattie	12.0
Chicken Patty, Spicy	Pattie	17.0
Cheese, Slice	1 slice	1.0
Bun, Hamburger WG 3.5"	Bun	28.0
Pizza, Cheese, 8slice 1.75MMA	Slice	42.27
Pizza, Pepperoni 8slice 1.75MMA	Slice	41.86
Salad Blend	3/4 Cup	4.0
Potato, Fries, Oven Baked	1/4 Cup	8.68
Beans, Garbanzo	1/4 cup	10.0
Pears, Cnd, Sliced, juice 1/4c	1/4 cup	8.02
Apple Slices IW***	2 oz Pkg	7.0
Fruit Juice, Variety***	4 fl.oz.	15.5
Brownie Cup	1.5 oz	26.0
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	Tbsp	0.0
Mayonnaise, Light	1 TBSP	2.0
Weighted Daily Average		85.58
% of Calories		52.1%
Nutrient Guideline		

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	Portion Size	Carb (g)
Fri - 05/11/2018		
K-8 Breakfast	Total	
CYCLE 05	SERVING	0.0
Pancake & Sausage Stick, WG	1 EACH	19.8
Syrup	2 TBSP	25.0
Breakfast Bun, WG	BUN	37.0
Cereal, Cinn Toast Crunch, RS	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
K-8 Lunch	Total	
CYCLE 05	SERVING	0.0
Sandwich, Toasted Cheese	Sandwich	30.01
Chicken Tenders	3 Pieces	13.0
Crackers, WG, Mini, Zesta	1 Pouch	7.0
Pizza, Cheese, 8slice 1.75MMA	Slice	42.27
Pizza, Pepperoni 8slce 1.75MMA	Slice	41.86
Salad Blend	3/4 Cup	4.0
Carrots, baby-cut, IW	1pkg	4.0
Black Beans, Veg 1/4c	1/4 Cup	10.0
Fruit, Mixed, Cnd	1/4 cup	9.0
Peaches, Diced, Cnd	1/4 Cup	12.0
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 Tbsp	0.0
Marinara Sauce	1/4 cup	4.5
BBQ Sauce	2 TBSP	13.86
Weighted Daily Average		63.55
% of Calories		48.7%
Nutrient Guideline		

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	Portion Size	Carb (g)
Mon - 05/14/2018		
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, RS	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
K-8 Lunch	Total	
CYCLE 06	SERVING	0.0
Chicken Drumstick, Breaded	Piece	5.0
Potatoes, Mashed	1/4 Cup	10.33
BBQ Sauce	2 TBSP	13.86
Chicken Tenders	3 Pieces	13.0
Pizza, Cheese, 8slice 1.75MMA	Slice	42.27
Pizza, Pepperoni 8slc 1.75MMA	Slice	41.86
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***	1 EACH	14.64
Fruit Cup, Froz Strawberry***	container	33.05
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	Tbsp	0.0
Marinara Sauce	1/4 cup	4.5
BBQ Sauce	2 TBSP	13.86
Weighted Daily Average		80.14
% of Calories		50.1%
Nutrient Guideline		

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May 1, 2018 thru May 31, 2018

Combined: K-8 Breakfast/K-8 Lunch

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	Portion Size	Carb (g)
Tue - 05/15/2018		
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, RS	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
K-8 Lunch	Total	
CYCLE 07	SERVING	0.0
Turkey Taco Meat 1.67oz	1.67 oz	2.83
Speedline Turkey Taco Meat 1.6	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
Chicken Tenders	3 Pieces	13.0
Crackers, WG, Mini, Zesta	1 Pouch	7.0
Pizza, Cheese, 8slice 1.75MMA	Slice	42.27
Pizza, Pepperoni 8slce 1.75MMA	Slice	41.86
Salad Blend	3/4 Cup	4.0
Potato, Fries, Oven Baked	1/4 Cup	8.68
Green Beans	1/4 CUP	2.5
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	14.0
Dressing, Italian	2 TBSP	6.0
Dressing, Ranch	2 TBSP	2.0
Ketchup	1 TBSP	5.0
Mustard	Tbsp	0.0
Marinara Sauce	1/4 cup	4.5
BBQ Sauce	2 TBSP	13.86
Salsa, Mild, Cnd	2 TBSP	4.0
Taco Sauce, Mild	pkt	1.18
Weighted Daily Average		73.84
% of Calories		49.8%
Nutrient Guideline		

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Combined: K-8 Breakfast/K-8 Lunch

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	Portion Size	Carb (g)
Wed - 05/16/2018		
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, RS	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
K-8 Lunch	Total	
CYCLE 08	SERVING	0.0
SpeedIn Meatloaf/Mash Potatoes	Container	28.67
Chicken, Popcorn, WG	15 pieces	17.06
Crackers, WG, Mini, Zesta	1 Pouch	7.0
Sandwich, Grape PBJ	Sandwich	32.0
String Cheese @lunch	PACKAGE	0.0
Pizza, Cheese, 8slice 1.75MMA	Slice	42.27
Pizza, Pepperoni 8slice 1.75MMA	Slice	41.86
Salad Blend	3/4 Cup	4.0
Beans, Garbanzo	1/4 cup	10.0
Peas, Sweet, Cnd 1/4c	1/4 Cup	6.0
Applesauce, unsweetened***	1/2 cup	13.0
Peaches, Diced, Cnd	1/4 Cup	12.0
Cookie, Choc Chip (pre-baked)	Cookie	18.5
Cookie, Choc Chip (to bake)	Cookie	18.5
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	Tbsp	0.0
BBQ Sauce	2 TBSP	13.86
Marinara Sauce	1/4 cup	4.5
Weighted Daily Average		91.07
% of Calories		50.9%
Nutrient Guideline		

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Combined: K-8 Breakfast/K-8 Lunch

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	Portion Size	Carb (g)
Thu - 05/17/2018		
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, RS	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
K-8 Lunch	Total	
CYCLE 09	SERVING	0.0
Cheeseburgers, Mini Twin	Pkg	35.0
Burrito, Bean & Cheese, Lunch	5.75 oz	54.0
Chicken Tenders	3 Pieces	13.0
Crackers, WG, Mini, Zesta	1 Pouch	7.0
Pizza, Cheese, 8slice 1.75MMA	Slice	42.27
Pizza, Pepperoni 8slce 1.75MMA	Slice	41.86
Salad Blend	3/4 Cup	4.0
Potato, Fries, Oven Baked	1/4 Cup	8.68
Celery Sticks	1/4 CUP	1.14
Apple***	EACH	14.64
Pears, Cnd, Sliced, juice 1/4c	1/4 cup	8.02
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	Tbsp	0.0
Marinara Sauce	1/4 cup	4.5
BBQ Sauce	2 TBSP	13.86
Salsa, Mild, Cnd	2 TBSP	4.0
Taco Sauce, Mild	pkt	1.18
Weighted Daily Average		75.07
% of Calories		51.3%
Nutrient Guideline		

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Combined: K-8 Breakfast/K-8 Lunch

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	Portion Size	Carb (g)
Fri - 05/18/2018		
K-8 Breakfast	Total	
CYCLE 10	SERVING	0.0
Cinnamon Toast	Pkg	30.0
Breakfast Bun, WG	BUN	37.0
Cereal, Cinn Toast Crunch, RS	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
K-8 Lunch	Total	
CYCLE 10	SERVING	0.0
Quesadilla, Chicken	piece	16.15
Quesadilla, Cheese	piece	17.3
Deli Sandwich Meat-Turkey	Sandwich	1.28
Cheese, Slice	1 slice	1.0
Roll, WG 4"	Roll	27.0
Pizza, Cheese, 8slice 1.75MMA	Slice	42.27
Pizza, Pepperoni 8slice 1.75MMA	Slice	41.86
Manager's Choice	1	*N/A*
Salad Blend	3/4 Cup	4.0
Corn, Cnd 1/4c	1/4 CUP	12.75
Carrots, baby-cut, IW	1pkg	4.0
Applesauce, unsweetened	1/4 cup	6.5
Fruit, Mixed, Cnd	1/4 cup	9.0
Fruit, Fresh, Variety	1 EACH	13.73
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
Mustard	Tbsp	0.0
Mayonnaise, Light	1 TBSP	2.0
Salsa, Mild, Cnd	2 TBSP	4.0
Taco Sauce, Mild	pkt	1.18
Tajin, LS	1/4 Tsp	0.5
Weighted Daily Average		60.91
% of Calories		46.7%
Nutrient Guideline		

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Combined: K-8 Breakfast/K-8 Lunch

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	Portion Size	Carb (g)
Mon - 05/21/2018		
K-8 Breakfast	Total	
CYCLE 11	SERVING	0.0
Muffin, Banana 1.8oz BV	Muffin	23.0
String Cheese @breakfast muff	PACKAGE	0.0
Breakfast Bun, WG	BUN	37.0
Cereal, Cinn Toast Crunch, RS	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
K-8 Lunch	Total	
CYCLE 11	SERVING	0.0
Chicken, Roasted, 8 pieces	2 oz	0.0
Potatoes, Mashed	1/4 Cup	10.33
Tortilla, Flour, 6" WG	Tortilla	15.0
Italian Cheesy Stix	2 Stix	34.0
Marinara Sauce	1/4 cup	4.5
Sandwich, Grape PBJ	Sandwich	32.0
Cheese, String, Mozzarella	1 oz	1.07
Pizza, Cheese, 8slice 1.75MMA	Slice	42.27
Pizza, Pepperoni 8slc 1.75MMA	Slice	41.86
Salad Blend	3/4 Cup	4.0
Beans, Red Kidney	1/4 CUP	11.0
Green Beans	1/4 CUP	2.5
Apple***	1 EACH	14.64
Peaches, Diced, Cnd	1/4 Cup	12.0
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
Weighted Daily Average		51.29
% of Calories		53.1%
Nutrient Guideline		

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May 1, 2018 thru May 31, 2018

Combined: K-8 Breakfast/K-8 Lunch

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	Portion Size	Carb (g)
Tue - 05/22/2018		
K-8 Breakfast	Total	
CYCLE 12	SERVING	0.0
Breakfast Bagel, Pizza	Bagel	23.16
Breakfast Bun, WG	BUN	37.0
Cereal, Cinn Toast Crunch, RS	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, 1% Lowfat	HALF PINT	14.0
Milk, Nonfat	HALF PINT	12.0
5-Compartment Trays	Tray	0.0
Breakfast Trays	Tray	0.0
Combo Kits	Kit	0.0
K-8 Lunch	Total	
CYCLE 12	SERVING	0.0
Chicken Taco Meat	1/2 cup	0.52
Speedline Chick Taco Meat	1/2 cup	0.52
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
Corn Dog, Chicken FF	1 Each	30.0
Chicken Tenders	3 Pieces	13.0
Crackers, WG, Mini, Zesta	1 Pouch	7.0
Pizza, Cheese, 8slice 1.75MMA	Slice	42.27
Pizza, Pepperoni 8slice 1.75MMA	Slice	41.86
Salad Blend	3/4 Cup	4.0
Corn, Cnd 1/4c	1/4 CUP	12.75
Celery Sticks	1/4 CUP	1.14
Fruit, Mixed, Cnd	1/4 cup	9.0
Banana***	1 EACH	18.5
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	Tbsp	0.0
Marinara Sauce	1/4 cup	4.5
BBQ Sauce	2 TBSP	13.86
Salsa, Mild, Cnd	2 TBSP	4.0
Taco Sauce, Mild	pkt	1.18
Weighted Daily Average		73.35
% of Calories		47.1%
Nutrient Guideline		

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May 1, 2018 thru May 31, 2018

Combined: K-8 Breakfast/K-8 Lunch

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	Portion Size	Carb (g)
Wed - 05/23/2018		
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, RS	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
K-8 Lunch	Total	
CYCLE 13	SERVING	0.0
Speedline Enchilada, Chicken	1 Enchilada	22.22
Chicken Tenders	3 Pieces	13.0
Pizza, Cheese, 8slice 1.75MMA	Slice	42.27
Pizza, Pepperoni 8slice 1.75MMA	Slice	41.86
Salad Blend	3/4 Cup	4.0
Zucchini, Sticks	1/4 Cup	1.51
Potato, Fries, Oven Baked*	1/2 Cup	17.36
Black Beans, Veg 1/4c	1/4 Cup	10.0
Applesauce, unsweetened	1/4 cup	6.5
Peaches, Diced, Cnd	1/4 Cup	12.0
Cookie, Choc Chip (pre-baked)	Cookie	18.5
Cookie, Choc Chip (to bake)	Cookie	18.5
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	Tbsp	0.0
Mayonnaise. Light	1 TBSP	2.0
Marinara Sauce	1/4 cup	4.5
BBQ Sauce	2 TBSP	13.86
Salsa, Mild, Cnd	2 TBSP	4.0
Weighted Daily Average		88.46
% of Calories		51.9%
Nutrient Guideline		

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Combined: K-8 Breakfast/K-8 Lunch

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	Portion Size	Carb (g)
Thu - 05/24/2018		
K-8 Breakfast	Total	
CYCLE 14	SERVING	0.0
Sausage Biscuit	Sandwich	26.0
Breakfast Bun, WG	BUN	37.0
Cereal, Cinn Toast Crunch, RS	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
K-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 Tenders	3 Pieces	13.0
Crackers, WG, Mini, Zesta	1 Pouch	7.0
Pizza, Cheese, 8slice 1.75MMA	Slice	42.27
Pizza, Pepperoni 8slc 1.75MMA	Slice	41.86
Salad Blend	3/4 Cup	4.0
Dill Pickle Chips	1/8 Cup	0.52
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
Marinara Sauce	1/4 cup	4.5
Weighted Daily Average		72.94
% of Calories		49.3%
Nutrient Guideline		

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May 1, 2018 thru May 31, 2018

Combined: K-8 Breakfast/K-8 Lunch

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	Portion Size	Carb (g)
Fri - 05/25/2018		
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, RS	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
K-8 Lunch	Total	
CYCLE 15	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 Nuggets Tyson	5 pieces	16.0
Pizza, Cheese, 8slice 1.75MMA	Slice	42.27
Pizza, Pepperoni 8slc 1.75MMA	Slice	41.86
Salad Blend	3/4 Cup	4.0
Potato, Fries, Oven Baked	1/4 Cup	8.68
Beans, Garbanzo	1/4 cup	10.0
Carrots, baby-cut, IW	1pkg	4.0
Pears, Cnd, Sliced, juice 1/4c	1/4 cup	8.02
Fruit, Mixed, Cnd	1/4 cup	9.0
Fruit, Fresh, Variety	1 EACH	13.73
Belly Bears, Chocolate	package	20.25
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
Salsa, Mild, Cnd	2 TBSP	4.0
Taco Sauce, Mild	pkt	1.18
Weighted Daily Average		61.27
% of Calories		51.7%
Nutrient Guideline		

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Base Menu Spreadsheet
Portion Values - Detailed

Page 20

May 1, 2018 thru May 31, 2018

Combined: K-8 Breakfast/K-8 Lunch

Generated on: 4/25/2018 10:30:08 AM

	Portion Size	Carb (g)
Mon - 05/28/2018		
K-8 Breakfast	Total	
CYCLE 16	SERVING	0.0
HOLIDAY	SERVING	0.0
Breakfast Burrito, Los Cabos	4 OZ	42.21
Breakfast Bun, WG	BUN	37.0
Cereal, Cinn Toast Crunch, RS	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
K-8 Lunch	Total	
CYCLE 16	SERVING	0.0
HOLIDAY	SERVING	0.0
Hot Dog, Turkey Frank	5" Frank	1.0
Bun, Hot Dog, WG, 6"	Bun	27.0
Chicken Tenders	3 Pieces	13.0
Crackers, WG, Mini, Zesta	1 Pouch	7.0
Pizza, Cheese, 8slice 1.75MMA	Slice	42.27
Pizza, Pepperoni 8slc 1.75MMA	Slice	41.86
Salad Blend	3/4 Cup	4.0
Potato, Fries, Oven Baked	1/4 Cup	8.68
Celery Sticks	1/4 CUP	1.14
Green Beans	1/4 CUP	2.5
Pears, Cnd, Sliced, juice 1/4c	1/4 cup	8.02
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
Marinara Sauce	1/4 cup	4.5
BBQ Sauce	2 TBSP	13.86
Weighted Daily Average		67.78
% of Calories		52.6%
Nutrient Guideline		

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Base Menu Spreadsheet Portion Values - Detailed

Page 21

May 1, 2018 thru May 31, 2018

Combined: K-8 Breakfast/K-8 Lunch

Generated on: 4/25/2018 10:30:08 AM

	Portion Size	Carb (g)
Tue - 05/29/2018		
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, RS	Bowl	22.0
Cereal, Honey Nut Cheerios, WG	Bowl	22.0
Cereal, Trix, WG, RS	Bowl	24.0
Belly Bears, 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
K-8 Lunch	Total	
CYCLE 17	SERVING	0.0
Burrito, Bean & Cheese, Lunch	5.75 oz	54.0
Chicken Tenders	3 Pieces	13.0
Crackers, WG, Mini, Zesta	1 Pouch	7.0
Pizza, Cheese, 8slice 1.75MMA	Slice	42.27
Pizza, Pepperoni 8slce 1.75MMA	Slice	41.86
Potato, Fries, Oven Baked*	1/2 Cup	17.36
Corn, Cnd 1/4c	1/4 CUP	12.75
Black Beans, Veg 1/4c	1/4 Cup	10.0
Blueberries, Frozen, 2.5#bag	1/4 cup	4.72
Apple***	1 EACH	14.64
Fruit Juice, Variety***	4 fl.oz.	15.5
Belly Bears, 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
Marinara Sauce	1/4 cup	4.5
BBQ Sauce	2 TBSP	13.86
Salsa, Mild, Cnd	2 TBSP	4.0
Taco Sauce, Mild	pkt	1.18
Weighted Daily Average		86.73
% of Calories		59.9%
Nutrient Guideline		

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Base Menu Spreadsheet Portion Values - Detailed

Page 22

May 1, 2018 thru May 31, 2018

Combined: K-8 Breakfast/K-8 Lunch

Generated on: 4/25/2018 10:30:08 AM

	Portion Size	Carb (g)
Wed - 05/30/2018		
K-8 Breakfast	Total	
CYCLE 18	SERVING	0.0
Muffin, Apple Cinnamon 1.8 oz	Muffin	25.0
String Cheese @breakfast muff	PACKAGE	0.0
Breakfast Bun, WG	BUN	37.0
Cereal, Cinn Toast Crunch, RS	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
K-8 Lunch	Total	
CYCLE 18	SERVING	0.0
Pork, Pulled, Cooked, Frozen	4 oz	0.0
BBQ Sauce	2 TBSP	13.86
Roll, WG 4"	Roll	27.0
Corn Dog, Chicken FF	1 Each	30.0
Pizza, Cheese, 8slice 1.75MMA	Slice	42.27
Pizza, Pepperoni 8slice 1.75MMA	Slice	41.86
Salad Blend	3/4 Cup	4.0
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, Carnival (pre-baked)	1.5 oz	27.0
Cookie, Carnival (to bake)	1.5 oz	27.0
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		81.04
% of Calories		56.8%
Nutrient Guideline		

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Base Menu Spreadsheet Portion Values - Detailed

Page 23

May 1, 2018 thru May 31, 2018

Combined: K-8 Breakfast/K-8 Lunch

Generated on: 4/25/2018 10:30:09 AM

	Portion Size	Carb (g)
Thu - 05/31/2018		
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, RS	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, 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
K-8 Lunch	Total	
CYCLE 19	SERVING	0.0
Meatballs, Beef 5	5 Meatballs	5.0
Marinara Sauce	1/4 cup	4.5
Roll, WG 4"	Roll	27.0
Cheese, Shredded for topping	1/8 cup	0.05
Chicken Tenders	3 Pieces	13.0
Crackers, WG, Mini, Zesta	1 Pouch	7.0
Pizza, Cheese, 8slice 1.75MMA	Slice	42.27
Pizza, Pepperoni 8slice 1.75MMA	Slice	41.86
Salad Blend	3/4 Cup	4.0
Potato, Fries, Oven Baked	1/4 Cup	8.68
Green Beans	1/4 CUP	2.5
Corn, Cnd 1/4c	1/4 CUP	12.75
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
Marinara Sauce	1/4 cup	4.5
BBQ Sauce	2 TBSP	13.86
Weighted Daily Average		72.10
% of Calories		52.9%
Nutrient Guideline		

Weighted Average		74.54
		52.5%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	74.54	52.51%						

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