

SCVSFSA

Base Menu Spreadsheet
Portion Values - Detailed

Page 1

Apr 1, 2019 thru Apr 30, 2019

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

Generated on: 3/20/2019 1:58:59 PM

	Portion Size	Cals (kcal)	Carb (g)
Mon - 04/08/2019			
K-8 Breakfast	Total		
CYCLE 11	SERVING	0	0.0
Muffin, Banana 1.8oz BV	Muffin	140	23.0
String Cheese @breakfast muff	PACKAGE	80	0.0
Breakfast Bun, WG	BUN	230	39.0
Cereal, Cinn Toast Crunch, RS	Bowl	110	22.0
Cereal, Cheerios	1 oz	107	20.76
Cereal, Trix, WG, RS	Bowl	110	24.0
Crackers, Jungle Breakfast	1 oz	120	19.63
Fruit, Canned, Breakfast***	1/2 CUP	77	18.75
Fruit Juice, Variety***	4 fl.oz.	59	15.5
Milk, Nonfat	HALF PINT	90	13.0
Milk, 1% Lowfat	HALF PINT	120	14.0
5-Compartment Trays	Tray	0	0.0
Breakfast Trays	Tray	0	0.0
Combo Kits	Kit	0	0.0
Middle School (6-8) Lunch			
CYCLE 11	Total		
Hot Dog, Turkey Frank	SERVING	0	0.0
Bun, Hot Dog, WG, 6"	5" Frank	130	1.0
Chicken, Popcorn, WG	Bun	140	27.0
Chicken, Popcorn, Spicy	15 pieces	280	17.06
Specialty Salad/Yogurt Parfait	12 Pieces	250	16.0
Pizza, Cheese, 8slice 1.75MMA	Container	406	59.58
Pizza, Pepperoni 8slc 1.75MMA	Slice	351	42.27
Salad Blend	Slice	384	41.86
Beans, Red Kidney	3/4 Cup	20	4.0
Green Beans	1/4 CUP	60	11.0
Apple Slices IW***	1/4 CUP	12	2.5
Peaches, Diced, Cnd	2 oz Pkg	30	7.0
Milk, Nonfat	1/4 Cup	13	3.0
Milk, 1% Lowfat	HALF PINT	90	12.0
Milk, Chocolate Nonfat	HALF PINT	120	14.0
Dressing, Italian	Carton	120	23.0
Dressing, Ranch	2 TBSP	40	6.0
Ketchup	2 TBSP	140	2.0
Mayonnaise. Light	1 TBSP	20	5.0
Mustard	1 TBSP	44	2.0
Salsa, Mild, Cnd	1 Tbsp	0	0.0
Taco Sauce, Mild	2 TBSP	20	4.0
	pkt	5	1.18
Weighted Daily Average		170	30.29
% of Calories			71.3%
Nutrient Guideline		556-656	

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

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	Portion Size	Cals (kcal)	Carb (g)
Tue - 04/09/2019			
K-8 Breakfast	Total		
CYCLE 12	SERVING	0	0.0
Cinnamon Toast	Pkg	230	30.0
Breakfast Bun, WG	BUN	230	39.0
Cereal, Cinn Toast Crunch, RS	Bowl	110	22.0
Cereal, Cheerios	1 oz	107	20.76
Cereal, Trix, WG, RS	Bowl	110	24.0
Belly Bears, WG, Brkfst Cinn	package	130	21.0
Fruit, Fresh, Breakfast***	1 piece	69	17.8
Fruit, Canned, Breakfast***	1/2 CUP	77	18.75
Milk, 1% Lowfat	HALF PINT	120	14.0
Milk, Nonfat	HALF PINT	90	12.0
5-Compartment Trays	Tray	0	0.0
Breakfast Trays	Tray	0	0.0
Combo Kits	Kit	0	0.0
Middle School (6-8) Lunch	Total		
CYCLE 12	SERVING	0	0.0
Ranch Chicken Wrap:	1 Each	340	38.9
Salad Blend 1cup***	1 cup	27	5.33
Cheese, Shredded	1 oz	106	0.19
Chicken, Diced	2 oz	70	0.74
Dressing, Ranch	2 TBSP	140	2.0
Tortilla, WG 12"	Tortilla	245	42.0
Chicken Tenders	3 Pieces	210	13.0
Crackers, WG, Mini, Zesta	1 Pouch	50	7.0
Specialty Salad/Yogurt Parfait	Container	406	59.58
Pizza, Cheese, 8slice 1.75MMA	Slice	351	42.27
Pizza, Pepperoni 8slice 1.75MMA	Slice	384	41.86
Salad Blend	3/4 Cup	20	4.0
Celery Sticks	1/4 CUP	6	1.14
Corn, Cnd 1/4c	1/4 CUP	60	12.75
Fruit, Mixed, Cnd	1/4 cup	40	9.0
Fruit Juice, Variety***	4 fl.oz.	59	15.5
Apple Slices IW***	2 oz Pkg	30	7.0
Fruit Cup, Froz Strawberry***	container	122	33.05
Milk, Nonfat	HALF PINT	90	12.0
Milk, 1% Lowfat	HALF PINT	120	14.0
Dressing, Italian	2 TBSP	40	6.0
Dressing, Ranch	2 TBSP	140	2.0
Ketchup	1 TBSP	20	5.0
Mustard	Tbsp	0	0.0
Mayonnaise. Light	1 TBSP	44	2.0
Marinara Sauce	1/4 cup	30	4.5
BBQ Sauce	2 TBSP	58	13.86
Weighted Daily Average		433	63.50
% of Calories			58.7%
Nutrient Guideline		556-656	

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

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	Portion Size	Cals (kcal)	Carb (g)
Wed - 04/10/2019			
K-8 Breakfast	Total		
CYCLE 13	SERVING	0	0.0
Breakfast Bagel, Pizza	Bagel	192	23.16
Breakfast Bun, WG	BUN	230	39.0
Cereal, Cinn Toast Crunch, RS	Bowl	110	22.0
Cereal, Cheerios	1 oz	107	20.76
Cereal, Trix, WG, RS	Bowl	110	24.0
Crackers, Jungle Breakfast	1 oz	120	19.63
Fruit, Fresh, Breakfast***	1 piece	69	17.8
Fruit, Canned, Breakfast***	1/2 CUP	77	18.75
Fruit Juice, Variety***	4 fl.oz.	59	15.5
Milk, Nonfat	HALF PINT	90	13.0
Milk, 1% Lowfat	HALF PINT	120	14.0
5-Compartment Trays	Tray	0	0.0
Breakfast Trays	Tray	0	0.0
Combo Kits	Kit	0	0.0
Middle School (6-8) Lunch	Total		
CYCLE 13	SERVING	0	0.0
Rodeo Roundup: Hamburger Patty	Patty	172	2.0
Bun, Hamburger WG 3.5"	Bun	140	28.0
Cheese, Slice	1 slice	55	1.0
Onion Rings	2 Pieces	76	10.8
BBQ Sauce	2 TBSP	58	13.86
Spicy Curly Fries	1/4 cup	55	7.5
Chicken Tenders	3 Pieces	210	13.0
Crackers, WG, Mini, Zesta	1 Pouch	50	7.0
Specialty Salad/Yogurt Parfait	Container	406	59.58
Pizza, Cheese, 8slice 1.75MMA	Slice	351	42.27
Pizza, Meat Lovers 8sl 2MMA	Slice	377	42.67
Salad Blend	3/4 Cup	20	4.0
Zucchini, Sticks	1/4 Cup	8	1.51
Potato, Fries, Oven Baked*	1/2 Cup	111	17.36
Black Beans, Veg 1/4c	1/4 Cup	55	10.0
Orange Wedges 1/2 orange	1/2 orange	23	5.64
Applesauce, unsweetened	1/4 cup	25	6.5
Peaches, Diced, Cnd	1/4 Cup	13	3.0
Cookie, Choc Chip (to bake)	Cookie	119	18.5
Milk, Nonfat	HALF PINT	90	12.0
Milk, 1% Lowfat	HALF PINT	120	14.0
Milk, Chocolate Nonfat	Carton	120	23.0
Dressing, Italian	2 TBSP	40	6.0
Dressing, Ranch	2 TBSP	140	2.0
Ketchup	1 TBSP	20	5.0
Mustard	Tbsp	0	0.0
Marinara Sauce	1/4 cup	30	4.5
Weighted Daily Average		531	76.89
% of Calories			57.9%
Nutrient Guideline		556-656	

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

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	Portion Size	Cals (kcal)	Carb (g)
Thu - 04/11/2019			
K-8 Breakfast	Total		
CYCLE 14	SERVING	0	0.0
Pancakes, Mini, Strawberry, IW	Pkg	240	42.0
Breakfast Bun, WG	BUN	230	39.0
Cereal, Cinn Toast Crunch, RS	Bowl	110	22.0
Cereal, Cheerios	1 oz	107	20.76
Cereal, Trix, WG, RS	Bowl	110	24.0
Belly Bear, WG, Brkfast Honey	PKG	130	20.0
Fruit, Fresh, Breakfast***	1 piece	69	17.8
Fruit, Canned, Breakfast***	1/2 CUP	77	18.75
Milk, Nonfat	HALF PINT	90	13.0
Milk, 1% Lowfat	HALF PINT	120	14.0
5-Compartment Trays	Tray	0	0.0
Breakfast Trays	Tray	0	0.0
Combo Kits	Kit	0	0.0
Middle School (6-8) Lunch	Total		
CYCLE 14	SERVING	0	0.0
Carnitas Fiesta Bowl	Bowl	271	30.0
Chicken Patty	Pattie	200	12.0
Chicken Patty, Spicy	Pattie	270	17.0
Cheese, Slice, Optional	1 slice	55	1.0
Bun, Hamburger WG 3.5"	Bun	140	28.0
Corn Dog, Chicken FF	1 Each	240	30.0
Specialty Salad/Yogurt Parfait	Container	406	59.58
Pizza, Cheese, 8slice 1.75MMA	Slice	351	42.27
Pizza, Pepperoni 8slice 1.75MMA	Slice	384	41.86
Salad Blend	3/4 Cup	20	4.0
Dill Pickle Chips	1/8 Cup	2	0.52
Peas, Sweet, Cnd 1/4c	1/4 Cup	35	6.0
Broccoli, Frz	1/4 CUP	7	1.46
Fruit Juice, Variety***	4 fl.oz.	59	15.5
Apple Slices IW***	2 oz Pkg	30	7.0
Milk, Nonfat	HALF PINT	90	12.0
Milk, 1% Lowfat	HALF PINT	120	14.0
Dressing, Italian	2 TBSP	40	6.0
Dressing, Ranch	2 TBSP	140	2.0
Ketchup	1 TBSP	20	5.0
Mustard	1 TSP	0	0.0
Mayonnaise. Light	1 TBSP	44	2.0
Taco Sauce, Mild	pkt	5	1.18
Salsa, Mild, Cnd	2 TBSP	20	4.0
Weighted Daily Average		305	50.24
% of Calories			65.8%
Nutrient Guideline		556-656	

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

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	Portion Size	Cals (kcal)	Carb (g)
Fri - 04/12/2019			
K-8 Breakfast	Total		
CYCLE 15	SERVING	0	0.0
Omelet, Cheese	1 Omelet	110	1.0
Tortilla, Flour, 6" WG	Tortilla	90	15.0
Breakfast Bun, WG	BUN	230	39.0
Cereal, Cinn Toast Crunch, RS	Bowl	110	22.0
Cereal, Cheerios	1 oz	107	20.76
Cereal, Trix, WG, RS	Bowl	110	24.0
Crackers, Jungle Breakfast	1 oz	120	19.63
Fruit, Canned, Breakfast***	1/2 CUP	77	18.75
Fruit Juice, Variety***	4 fl.oz.	59	15.5
Milk, Nonfat	HALF PINT	90	13.0
Milk, 1% Lowfat	HALF PINT	120	14.0
5-Compartment Trays	Tray	0	0.0
Breakfast Trays	Tray	0	0.0
Combo Kits	Kit	0	0.0
Middle School (6-8) Lunch	Total		
CYCLE 15	SERVING	0	0.0
Sandwich, Toasted Cheese	Sandwich	318	30.01
Chicken, Popcorn, WG	15 pieces	280	17.06
Chicken, Popcorn, Spicy	12 Pieces	250	16.0
Sandwich, Grape PBJ	Sandwich	290	32.0
String Cheese @lunch	PACKAGE	80	0.0
Specialty Salad/Yogurt Parfait	Container	406	59.58
Pizza, Cheese, 8slice 1.75MMA	Slice	351	42.27
Pizza, Pepperoni 8slice 1.75MMA	Slice	384	41.86
Manager's Choice	1	*N/A*	*N/A*
Salad Blend	3/4 Cup	20	4.0
Potato, Fries, Oven Baked*	1/2 Cup	111	17.36
Beans, Garbanzo	1/4 cup	60	10.0
Carrots, baby-cut, IW	1pkg	15	4.0
Pears, Cnd, Sliced, juice 1/4c	1/4 cup	31	8.02
Fruit, Mixed, Cnd	1/4 cup	40	9.0
Fruit, Fresh, Variety	1 EACH	53	13.73
Belly Bears, Chocolate	package	121	20.25
Milk, Nonfat	HALF PINT	90	13.0
Milk, 1% Lowfat	HALF PINT	120	16.0
Milk, Chocolate Nonfat	Carton	120	23.0
Dressing, Italian	2 TBSP	40	6.0
Dressing, Ranch	2 TBSP	140	2.0
Ketchup	1 TBSP	20	5.0
Mustard	1 TSP	0	0.0
Mayonnaise. Light	1 TBSP	44	2.0
Tajin, LS	1/4 Tsp	2	0.5
Weighted Daily Average		288	47.89
% of Calories			66.5%
Nutrient Guideline		556-656	

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

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	Portion Size	Cals (kcal)	Carb (g)
Mon - 04/15/2019			
K-8 Breakfast	Total		
CYCLE 16	SERVING	0	0.0
Breakfast Burrito, Los Cabos	4 OZ	262	42.21
Breakfast Bun, WG	BUN	230	39.0
Cereal, Cinn Toast Crunch, RS	Bowl	110	22.0
Cereal, Cheerios	Bowl	107	20.76
Cereal, Trix, WG, RS	Bowl	110	24.0
Crackers, Jungle Breakfast	1 oz	120	19.63
Fruit, Canned, Breakfast***	1/2 CUP	77	18.75
Fruit Juice, Variety***	4 fl.oz.	59	15.5
Milk, Nonfat	HALF PINT	90	13.0
Milk, 1% Lowfat	HALF PINT	120	14.0
5-Compartment Trays	Tray	0	0.0
Breakfast Trays	Tray	0	0.0
Combo Kits	Kit	0	0.0
Middle School (6-8) Lunch			
CYCLE 16	Total		
SpeedIn Meatloaf/Mash Potatoes	Container	253	28.67
Chicken, Popcorn, Spicy	13 Pieces	250	16.0
Chicken, Popcorn, WG	12 pieces	280	17.06
Crackers, WG, Mini, Zesta	1 Pouch	50	7.0
Hamburger Patty	Patty	172	2.0
Cheese, Slice, Optional	1 slice	55	1.0
Bun, Hamburger WG 3.5"	Bun	140	28.0
Specialty Salad/Yogurt Parfait	Container	406	59.58
Pizza, Cheese, 8slice 1.75MMA	Slice	351	42.27
Pizza, Pepperoni 8slc 1.75MMA	Slice	384	41.86
Salad Blend	3/4 Cup	20	4.0
Potato, Fries, Oven Baked*	1/2 Cup	111	17.36
Corn, Cnd 1/4c	1/4 CUP	60	12.75
Beans, Garbanzo	1/4 cup	60	10.0
Pears, Cnd, Sliced, juice 1/4c	1/4 cup	31	8.02
Apple Slices IW***	2 oz Pkg	30	7.0
Pineapple, Sno Pal	1 package	38	8.0
Milk, Nonfat	HALF PINT	90	13.0
Milk, 1% Lowfat	HALF PINT	120	14.0
Milk, Chocolate Nonfat	Carton	120	23.0
Dressing, Italian	2 TBSP	40	6.0
Dressing, Ranch	2 TBSP	140	2.0
Ketchup	1 TBSP	20	5.0
Mustard	1 TSP	0	0.0
Weighted Daily Average		361	55.92
% of Calories			61.9%
Nutrient Guideline		556-656	

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

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	Portion Size	Cals (kcal)	Carb (g)
Tue - 04/16/2019			
K-8 Breakfast	Total		
CYCLE 17	SERVING	0	0.0
Egg & Turkey Sausage Wrap	Wrap	200	17.0
Breakfast Bun, WG	BUN	230	39.0
Cereal, Cinn Toast Crunch, RS	Bowl	110	22.0
Cereal, Cheerios	Bowl	107	20.76
Cereal, Trix, WG, RS	Bowl	110	24.0
Belly Bears, Cinnamon	package	130	21.0
Fruit, Canned, Breakfast***	1/2 CUP	77	18.75
Fruit, Fresh, Breakfast***	1 piece	69	17.8
Milk, Nonfat	HALF PINT	90	13.0
Milk, 1% Lowfat	HALF PINT	120	14.0
5-Compartment Trays	Tray	0	0.0
Breakfast Trays	Tray	0	0.0
Combo Kits	Kit	0	0.0
Middle School (6-8) Lunch	Total		
CYCLE 17	SERVING	0	0.0
Pizza, Taco, 8slice 1.75MMA	Slice	321	39.76
Pork, Pulled, Cooked, Frozen	4 oz	133	0.0
BBQ Sauce	2 TBSP	58	13.86
Roll, WG 4"	Roll	140	27.0
Corn Dogs, Mini Chicken	6 Mini Dogs	332	28.7
Specialty Salad/Yogurt Parfait	Container	406	59.58
Pizza, Cheese, 8slice 1.75MMA	Slice	351	42.27
Pizza, Pepperoni 8slce 1.75MMA	Slice	384	41.86
Potato, Fries, Oven Baked*	1/2 Cup	111	17.36
Celery Sticks	1/4 CUP	6	1.14
Green Beans	1/4 CUP	12	2.5
Banana***	1 EACH	72	18.5
Applesauce, unsweetened	1/4 cup	25	6.5
Fruit Juice, Variety***	4 fl.oz.	59	15.5
Milk, Nonfat	HALF PINT	90	13.0
Milk, 1% Lowfat	HALF PINT	120	14.0
Dressing, Italian	2 TBSP	40	6.0
Dressing, Ranch	2 TBSP	140	2.0
Weighted Daily Average		404	64.88
% of Calories			64.2%
Nutrient Guideline		556-656	

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

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	Portion Size	Cals (kcal)	Carb (g)
Wed - 04/17/2019			
K-8 Breakfast	Total		
CYCLE 18	SERVING	0	0.0
Quesadilla, Breakfast, Cheese	1 Each	180	14.0
Breakfast Bun, WG	BUN	230	39.0
Cereal, Cinn Toast Crunch, RS	Bowl	110	22.0
Cereal, Cheerios	Bowl	107	20.76
Cereal, Trix, WG, RS	Bowl	110	24.0
Crackers, Jungle Breakfast	1 oz	120	19.63
Fruit, Canned, Breakfast***	1/2 CUP	77	18.75
Fruit, Fresh, Breakfast***	1 piece	69	17.8
Fruit Juice, Variety***	4 fl.oz.	59	15.5
Milk, Nonfat	HALF PINT	90	13.0
Milk, 1% Lowfat	HALF PINT	120	14.0
5-Compartment Trays	Tray	0	0.0
Breakfast Trays	Tray	0	0.0
Combo Kits	Kit	0	0.0
Middle School (6-8) Lunch	Total		
CYCLE 18	SERVING	0	0.0
Teriyaki Chicken:Fajita meat	1/2 cup	67	0.52
Teriyaki Sauce	1 oz	59	14.74
Rice, Brown, WG 1/2cup	1/2 cup	90	18.58
Chicken Nuggets Tyson	5 pieces	260	16.0
Crackers, WG, Mini, Zesta	1 Pouch	50	7.0
Specialty Salad/Yogurt Parfait	Container	406	59.58
Pizza, Cheese, 8slice 1.75MMA	Slice	351	42.27
Pizza, Pepperoni 8slice 1.75MMA	Slice	384	41.86
Salad Blend	3/4 Cup	20	4.0
Beans, Red Kidney	1/4 CUP	60	11.0
Dill Pickle Chips	1/8 Cup	2	0.52
Applesauce, unsweetened	1/4 cup	25	6.5
Orange Wedges 1/2 orange	1/2 orange	23	5.64
Cookie, Choc Chip (to bake)	Cookie	119	18.5
Milk, Nonfat	HALF PINT	90	12.0
Milk, 1% Lowfat	HALF PINT	120	16.0
Milk, Chocolate Nonfat	Carton	120	23.0
Dressing, Italian	2 TBSP	40	6.0
Dressing, Ranch	2 TBSP	140	2.0
Ketchup	1 TBSP	20	5.0
Mustard	1 TSP	0	0.0
Taco Sauce, Mild	pkt	5	1.18
Salsa, Mild, Cnd	2 TBSP	20	4.0
Tajin, LS	1/4 Tsp	2	0.5
Weighted Daily Average		387	63.39
% of Calories			65.5%
Nutrient Guideline		556-656	

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

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	Portion Size	Cals (kcal)	Carb (g)
Thu - 04/18/2019			
K-8 Breakfast	Total		
CYCLE 19	SERVING	0	0.0
Pancake & Sausage Stick, WG	1 EACH	187	19.8
Breakfast Bun, WG	BUN	230	39.0
Cereal, Cinn Toast Crunch, RS	Bowl	110	22.0
Cereal, Cheerios	Bowl	107	20.76
Cereal, Trix, WG, RS	Bowl	110	24.0
Belly Bear, WG, Brkfst Honey	PKG	130	20.0
Fruit, Canned, Breakfast***	1/2 CUP	77	18.75
Fruit, Fresh, Breakfast***	1 piece	69	17.8
Milk, Nonfat	HALF PINT	90	13.0
Milk, 1% Lowfat	HALF PINT	120	14.0
5-Compartment Trays	Tray	0	0.0
Breakfast Trays	Tray	0	0.0
Combo Kits	Kit	0	0.0
Syrup	1 TBSP	55	12.5
Middle School (6-8) Lunch	Total		
CYCLE 19	SERVING	0	0.0
Chicken Meatballs	3 Meatballs	170	5.0
Potatoes, Mashed	1/4 Cup	52	10.33
BBQ Sauce	2 TBSP	58	13.86
Chicken, Popcorn, WG	15 pieces	280	17.06
Chicken, Popcorn, Spicy	12 Pieces	250	16.0
Deli Sandwich Meat-Turkey	Sandwich	113	1.28
Cheese, Slice	1 slice	55	1.0
Roll, WG 4"	Roll	140	27.0
Specialty Salad/Yogurt Parfait	Container	406	59.58
Pizza, Cheese, 8slice 1.75MMA	Slice	351	42.27
Pizza, Pepperoni 8slice 1.75MMA	Slice	384	41.86
Salad Blend	3/4 Cup	20	4.0
Potato, Fries, Oven Baked*	1/2 Cup	111	17.36
Corn, Cnd 1/4c	1/4 CUP	60	12.75
Apple, Fresh	1 EACH	55	14.64
Fruit, Mixed, Cnd	1/4 cup	40	9.0
Fruit Juice, Variety***	4 fl.oz.	59	15.5
Brownie Cup	1.5 oz	146	26.0
Milk, Nonfat	HALF PINT	90	12.0
Milk, 1% Lowfat	HALF PINT	120	16.0
Dressing, Italian	2 TBSP	40	6.0
Dressing, Ranch	2 TBSP	140	2.0
Ketchup	1 TBSP	20	5.0
Mustard	1 Tbsp	0	0.0
Mayonnaise. Light	1 TBSP	44	2.0
Tajin, LS	1/4 Tsp	2	0.5
Weighted Daily Average		279	44.05
% of Calories			63.2%
Nutrient Guideline		556-656	

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
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Base Menu Spreadsheet
Portion Values - Detailed

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Apr 1, 2019 thru Apr 30, 2019

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

Generated on: 3/20/2019 1:58:59 PM

	Portion Size	Cals (kcal)	Carb (g)
Fri - 04/19/2019			
K-8 Breakfast	Total		
CYCLE 20	SERVING	0	0.0
Buttermilk Bar	2.5 oz	329	34.94
Breakfast Bun, WG	BUN	230	39.0
Cereal, Cinn Toast Crunch, RS	Bowl	110	22.0
Cereal, Cheerios	Bowl	107	20.76
Cereal, Trix, WG, RS	Bowl	110	24.0
Belly Bears, WG, Brkfst Cinn	package	130	21.0
Fruit Juice, Variety***	4 fl.oz.	59	15.5
Fruit, Canned, Breakfast***	1/2 CUP	77	18.75
Milk, Nonfat	HALF PINT	90	13.0
Milk, 1% Lowfat	HALF PINT	120	14.0
5-Compartment Trays	Tray	0	0.0
Breakfast Trays	Tray	0	0.0
Combo Kits	Kit	0	0.0
Middle School (6-8) Lunch	Total		
CYCLE 20	SERVING	0	0.0
Fish Sticks, Baja, Breaded	4 Pieces	201	17.06
Cabbage, Shredded	1/4 cup	4	0.94
Sauce, Baja	2 Tbsp	49	2.99
Tortilla, Flour, 6" WG	Tortilla	90	15.0
Sandwich, Strawberry PBJ	Sandwich	290	32.0
String Cheese @lunch	PACKAGE	80	0.0
Specialty Salad/Yogurt Parfait	Container	406	59.58
Pizza, Cheese, 8slice 1.75MMA	Slice	351	42.27
Pizza, Pepperoni 8slce 1.75MMA	Slice	384	41.86
Manager's Choice	1	*N/A*	*N/A*
Salad Blend	3/4 Cup	20	4.0
Broccoli, Frz	1/4 CUP	7	1.46
Carrots, baby-cut, IW	1pkg	15	4.0
Peaches, Diced, Cnd	1/4 Cup	13	3.0
Frozen Fruit Cup, Holiday	Container	99	25.0
Milk, Nonfat	HALF PINT	90	12.0
Milk, 1% Lowfat	HALF PINT	120	16.0
Milk, Chocolate Nonfat	Carton	120	23.0
Dressing, Italian	2 TBSP	40	6.0
Dressing, Ranch	2 TBSP	140	2.0
Ketchup	1 TBSP	20	5.0
Mustard	1 TSP	0	0.0
Mayonnaise. Light	1 TBSP	44	2.0
Tajin, LS	1/4 Tsp	2	0.5
Weighted Daily Average		331	46.04
% of Calories			55.6%
Nutrient Guideline		556-656	

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Base Menu Spreadsheet
Portion Values - Detailed

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Apr 1, 2019 thru Apr 30, 2019

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

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	Portion Size	Cals (kcal)	Carb (g)
Mon - 04/22/2019			
K-8 Breakfast	Total		
CYCLE 21	SERVING	0	0.0
Yogurt, Yoplait Trix	4 oz	90	17.0
Belly Bear, Brkfst Honey wYogrt	PKG	130	20.0
Breakfast Bun, WG	BUN	230	39.0
Cereal, Cinn Toast Crunch, RS	Bowl	110	22.0
Cereal, Cheerios	1 oz	107	20.76
Cereal, Trix, WG, RS	Bowl	110	24.0
Crackers, Jungle Breakfast	1 oz	120	19.63
Fruit Juice, Variety***	4 fl.oz.	59	15.5
Fruit, Canned, Breakfast***	1/2 CUP	77	18.75
Milk, Nonfat	HALF PINT	90	13.0
Milk, 1% Lowfat	HALF PINT	120	14.0
5-Compartment Trays	Tray	0	0.0
Breakfast Trays	Tray	0	0.0
Combo Kits	Kit	0	0.0
Middle School (6-8) Lunch			
CYCLE 21	Total		
Pasta w/ Meat Sauce	SERVING	0	0.0
Chicken Patty	1 Cup	311	22.2
Chicken Patty, Spicy	Pattie	200	12.0
Bun, Hamburger WG 3.5"	Pattie	270	17.0
Cheese, Slice, Optional	Bun	140	28.0
Italian Cheesy Stix	1 slice	55	1.0
Marinara Sauce	2 Stix	300	34.0
Specialty Salad/Yogurt Parfait	1/4 cup	30	4.5
Pizza, Cheese, 8slice 1.75MMA	Container	406	59.58
Pizza, Pepperoni 8slc 1.75MMA	Slice	351	42.27
Salad Blend	Slice	384	41.86
Potato, Fries, Oven Baked*	3/4 Cup	20	4.0
Green Beans	1/2 Cup	111	17.36
Fruit, Mixed, Cnd	1/4 CUP	12	2.5
Apple Slices IW***	1/4 cup	40	9.0
Crackers, Jungle	2 oz Pkg	30	7.0
Milk, Nonfat	1 oz	120	19.63
Milk, 1% Lowfat	HALF PINT	90	12.0
Milk, Chocolate Nonfat	HALF PINT	120	16.0
Dressing, Italian	Carton	120	23.0
Dressing, Ranch	2 TBSP	40	6.0
Ketchup	2 TBSP	140	2.0
Mustard	1 TBSP	20	5.0
Mayonnaise. Light	Tbsp	0	0.0
	1 TBSP	44	2.0
Weighted Daily Average		730	94.02
% of Calories			51.5%
Nutrient Guideline		556-656	

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Base Menu Spreadsheet
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Apr 1, 2019 thru Apr 30, 2019

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

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	Portion Size	Cals (kcal)	Carb (g)
Tue - 04/23/2019			
K-8 Breakfast	Total		
CYCLE 22	SERVING	0	0.0
Breakfast Bagel, Pizza	Bagel	192	23.16
Breakfast Bun, WG	BUN	230	39.0
Cereal, Cinn Toast Crunch, RS	Bowl	110	22.0
Cereal, Cheerios	1 oz	107	20.76
Cereal, Trix, WG, RS	Bowl	110	24.0
Belly Bears, WG, Brkfst Cinn	package	130	21.0
Fruit, Canned, Breakfast***	1/2 CUP	77	18.75
Fruit, Fresh, Breakfast***	1 piece	69	17.8
Milk, Nonfat	HALF PINT	90	13.0
Milk, 1% Lowfat	HALF PINT	120	14.0
5-Compartment Trays	Tray	0	0.0
Breakfast Trays	Tray	0	0.0
Combo Kits	Kit	0	0.0
Middle School (6-8) Lunch	Total		
CYCLE 22	SERVING	0	0.0
Turkey Taco Meat 1.67oz	1.67 oz	49	2.83
Lettuce, Shredded for topping	2 TBSP	1	0.29
Cheese, Shredded	1 oz	106	0.19
Taco Shell	Shell	93	12.0
Tortilla, Flour, 6" WG	Tortilla	90	15.0
Chicken Nuggets Tyson	5 pieces	260	16.0
Crackers, WG, Mini, Zesta	1 Pouch	50	7.0
Sandwich, Grape PBJ	Sandwich	290	32.0
String Cheese @lunch	PACKAGE	80	0.0
Specialty Salad/Yogurt Parfait	Container	406	59.58
Pizza, Cheese, 8slice 1.75MMA	Slice	351	42.27
Pizza, Pepperoni 8slc 1.75MMA	Slice	384	41.86
Salad Blend	3/4 Cup	20	4.0
Broccoli, Frz	1/4 CUP	7	1.46
Corn, Cnd 1/4c	1/4 CUP	60	12.75
Beans, Garbanzo	1/4 cup	60	10.0
Pears, Cnd, Sliced, juice 1/4c	1/4 cup	31	8.02
Banana***	1 EACH	72	18.5
Fruit Juice, Variety***	4 fl.oz.	59	15.5
Milk, Nonfat	HALF PINT	90	12.0
Milk, 1% Lowfat	HALF PINT	120	16.0
Dressing, Italian	2 TBSP	40	6.0
Dressing, Ranch	2 TBSP	140	2.0
Ketchup	1 TBSP	20	5.0
Mustard	Tbsp	0	0.0
Salsa, Mild, Cnd	2 TBSP	20	4.0
Taco Sauce, Mild	pkt	5	1.18
Weighted Daily Average		552	74.19
% of Calories			53.7%
Nutrient Guideline		556-656	

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Base Menu Spreadsheet Portion Values - Detailed

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Apr 1, 2019 thru Apr 30, 2019

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

Generated on: 3/20/2019 1:59:00 PM

	Portion Size	Cals (kcal)	Carb (g)
Wed - 04/24/2019			
K-8 Breakfast	Total		
CYCLE 23	SERVING	0	0.0
Pancakes, Mini, Maple, IW	Pkg	220	39.0
Breakfast Bun, WG	BUN	230	39.0
Cereal, Cinn Toast Crunch, RS	Bowl	110	22.0
Cereal, Cheerios	1 oz	107	20.76
Cereal, Trix, WG, RS	Bowl	110	24.0
Crackers, Jungle Breakfast	1 oz	120	19.63
Fruit, Canned, Breakfast***	1/2 CUP	77	18.75
Fruit, Fresh, Breakfast***	1 piece	69	17.8
Fruit Juice, Variety***	4 fl.oz.	59	15.5
Milk, Nonfat	HALF PINT	90	13.0
Milk, 1% Lowfat	HALF PINT	120	14.0
5-Compartment Trays	Tray	0	0.0
Breakfast Trays	Tray	0	0.0
Combo Kits	Kit	0	0.0
Syrup	1 TBSP	55	12.5
Middle School (6-8) Lunch			
CYCLE 23	Total	0	0.0
Chicken Fillet, Ckd, unbreaded	Fillet	100	0.0
BBQ Sauce	4 TBSP	117	27.72
Bun, Hamburger WG 3.5"	Bun	140	28.0
Corn Dog, Chicken FF	1 Each	240	30.0
Specialty Salad/Yogurt Parfait	Container	406	59.58
Pizza, Cheese, 8slice 1.75MMA	Slice	351	42.27
Pizza, Meat Lovers 8sl 2MMA	Slice	377	42.67
Salad Blend	3/4 Cup	20	4.0
Zucchini, Sticks	1/4 Cup	8	1.51
Potato, Fries, Oven Baked*	1/2 Cup	111	17.36
Applesauce, unsweetened	1/4 cup	25	6.5
Orange Wedges 1/2 orange	1/2 orange	23	5.64
Cookie, Carnival (to bake)	1.5 oz	175	27.0
Milk, Nonfat	HALF PINT	90	12.0
Milk, 1% Lowfat	HALF PINT	120	16.0
Milk, Chocolate Nonfat	Carton	120	23.0
Dressing, Italian	2 TBSP	40	6.0
Dressing, Ranch	2 TBSP	140	2.0
Ketchup	1 TBSP	20	5.0
Mustard	Tbsp	0	0.0
Mayonnaise. Light	1 TBSP	44	2.0
BBQ Sauce	2 TBSP	58	13.86
Tajin, LS	1/4 Tsp	2	0.5
Weighted Daily Average		680	91.60
% of Calories			53.9%
Nutrient Guideline		556-656	

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Base Menu Spreadsheet
Portion Values - Detailed

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Apr 1, 2019 thru Apr 30, 2019

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

Generated on: 3/20/2019 1:59:00 PM

	Portion Size	Cals (kcal)	Carb (g)
Thu - 04/25/2019			
K-8 Breakfast	Total		
CYCLE 24	SERVING	0	0.0
Breakfast Pizza	3" Round	160	14.85
Breakfast Bun, WG	BUN	230	39.0
Cereal, Cinn Toast Crunch, RS	Bowl	110	22.0
Cereal, Cheerios	1 oz	107	20.76
Cereal, Trix, WG, RS	Bowl	110	24.0
Belly Bear, WG, Brkfast Honey	PKG	130	20.0
Fruit, Canned, Breakfast***	1/2 CUP	77	18.75
Fruit, Fresh, Breakfast***	1 piece	69	17.8
Milk, Nonfat	HALF PINT	90	13.0
Milk, 1% Lowfat	HALF PINT	120	14.0
5-Compartment Trays	Tray	0	0.0
Breakfast Trays	Tray	0	0.0
Combo Kits	Kit	0	0.0
Middle School (6-8) Lunch	Total		
CYCLE 24	SERVING	0	0.0
Meatballs, Beef 5	5 Meatballs	162	5.0
Marinara Sauce	1/4 cup	30	4.5
Roll, WG 4"	Roll	140	27.0
Cheese, Shredded	1 oz	106	0.19
Chicken Tenders	3 Pieces	210	13.0
Crackers, WG, Mini, Zesta	1 Pouch	50	7.0
Lil Kahuna Double Dogs	4 oz	270	27.0
Specialty Salad/Yogurt Parfait	Container	406	59.58
Pizza, Cheese, 8slice 1.75MMA	Slice	351	42.27
Pizza, Pepperoni 8slc 1.75MMA	Slice	384	41.86
Salad Blend	3/4 Cup	20	4.0
Green Beans	1/4 CUP	12	2.5
Beans, Garbanzo	1/4 cup	60	10.0
Fruit Juice, Variety***	4 fl.oz.	59	15.5
Apple, Fresh	1 EACH	55	14.64
Applesauce, unsweetened	1/4 cup	25	6.5
Milk, Nonfat	HALF PINT	90	12.0
Milk, 1% Lowfat	HALF PINT	120	16.0
Dressing, Italian	2 TBSP	40	6.0
Dressing, Ranch	2 TBSP	140	2.0
Ketchup	1 TBSP	20	5.0
Mustard	Tbsp	0	0.0
Mayonnaise. Light	1 TBSP	44	2.0
Marinara Sauce	1/4 cup	30	4.5
BBQ Sauce	2 TBSP	58	13.86
Weighted Daily Average		485	65.03
% of Calories			53.6%
Nutrient Guideline		556-656	

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SCVSFSA

Base Menu Spreadsheet
Portion Values - Detailed

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Apr 1, 2019 thru Apr 30, 2019

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

Generated on: 3/20/2019 1:59:00 PM

	Portion Size	Cals (kcal)	Carb (g)
Fri - 04/26/2019			
K-8 Breakfast	Total		
CYCLE 25	SERVING	0	0.0
Muffin, Cherry BV	Muffin	230	39.0
String Cheese @breakfast muff	PACKAGE	80	0.0
Breakfast Bun, WG	BUN	230	39.0
Cereal, Cinn Toast Crunch, RS	Bowl	110	22.0
Cereal, Cheerios	1 oz	107	20.76
Cereal, Trix, WG, RS	Bowl	110	24.0
Belly Bear, WG, Brkfast Honey	PKG	130	20.0
Fruit, Canned, Breakfast***	1/2 CUP	77	18.75
Fruit, Fresh, Breakfast***	1 piece	69	17.8
Milk, Nonfat	HALF PINT	90	13.0
Milk, 1% Lowfat	HALF PINT	120	14.0
5-Compartment Trays	Tray	0	0.0
Breakfast Trays	Tray	0	0.0
Combo Kits	Kit	0	0.0
Middle School (6-8) Lunch	Total		
CYCLE 25	SERVING	0	0.0
Macaroni & Cheese #6	2/3 Cup	290	31.0
Chicken Nuggets Tyson	5 pieces	260	16.0
Crackers, WG, Mini, Zesta	1 Pouch	50	7.0
Hamburger Patty	Patty	172	2.0
Cheese, Slice, Optional	1 slice	55	1.0
Bun, Hamburger WG 3.5"	Bun	140	28.0
Specialty Salad/Yogurt Parfait	Container	406	59.58
Pizza, Cheese, 8slice 1.75MMA	Slice	351	42.27
Pizza, Pepperoni 8slc 1.75MMA	Slice	384	41.86
Manager's Choice	1	*N/A*	*N/A*
Salad Blend	3/4 Cup	20	4.0
Celery Sticks	1/4 CUP	6	1.14
Carrots, baby-cut, IW	1pkg	15	4.0
Peaches, Diced, Cnd***	1/2 Cup	100	24.0
Fruit, Mixed, Cnd	1/4 cup	40	9.0
Pineapple, Sno Pal	1 package	38	8.0
Milk, Nonfat	HALF PINT	90	12.0
Milk, 1% Lowfat	HALF PINT	120	14.0
Milk, Chocolate Nonfat	Carton	120	23.0
Dressing, Italian	2 TBSP	40	6.0
Dressing, Ranch	2 TBSP	140	2.0
Ketchup	1 TBSP	20	5.0
Mustard	Tbsp	0	0.0
Mayonnaise. Light	1 TBSP	44	2.0
Weighted Daily Average		462	70.18
% of Calories			60.8%
Nutrient Guideline		556-656	

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Base Menu Spreadsheet Portion Values - Detailed

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Apr 1, 2019 thru Apr 30, 2019

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

Generated on: 3/20/2019 1:59:00 PM

	Portion Size	Cals (kcal)	Carb (g)
Mon - 04/29/2019			
K-8 Breakfast	Total		
CYCLE 01	SERVING	0	0.0
Waffle, Mini, Blueberry, IW	Pkg	210	38.0
Breakfast Bun, WG	BUN	230	39.0
Cereal, Cinn Toast Crunch, RS	Bowl	110	22.0
Cereal, Cheerios	1 oz	107	20.76
Cereal, Trix, WG, RS	Bowl	110	24.0
Belly Bears, WG, Brkfst Cinn	package	130	21.0
Fruit, Canned, Breakfast***	1/2 CUP	77	18.75
Fruit Juice, Variety***	4 fl.oz.	59	15.5
Milk, Nonfat	HALF PINT	90	13.0
Milk, 1% Lowfat	HALF PINT	120	14.0
5-Compartment Trays	Tray	0	0.0
Breakfast Trays	Tray	0	0.0
Combo Kits	Kit	0	0.0
Syrup	1 TBSP	55	12.5
Middle School (6-8) Lunch	Total		
CYCLE 01	SERVING	0	0.0
Szechuan Chicken	2/3 cup	163	10.86
Rice, Brown, WG 1/2cup	1/2 cup	90	18.58
Corn Dogs, Mini Chicken	6 Mini Dogs	332	28.7
Chicken Tenders	3 Pieces	210	13.0
Crackers, WG, Mini, Zesta	1 Pouch	50	7.0
Specialty Salad/Yogurt Parfait	Container	406	59.58
Pizza, Cheese, 8slice 1.75MMA	Slice	351	42.27
Pizza, Pepperoni 8slc 1.75MMA	Slice	384	41.86
Salad Blend	3/4 Cup	20	4.0
Potato Oven Fries	1/4 Cup	54	8.44
Celery Sticks	1/4 CUP	6	1.14
Dill Pickle Chips	1/8 Cup	2	0.52
Fruit, Mixed, Cnd	1/4 cup	40	9.0
Pears, Cnd, Sliced, juice 1/4c	1/4 cup	31	8.02
Apple Slices IW***	2 oz Pkg	30	7.0
Brownie Cup	1.5 oz	146	26.0
Milk, Nonfat	HALF PINT	90	12.0
Milk, 1% Lowfat	HALF PINT	120	16.0
Milk, Chocolate Nonfat	Carton	120	23.0
Dressing, Italian	2 TBSP	40	6.0
Dressing, Ranch	2 TBSP	140	2.0
Ketchup	1 TBSP	20	5.0
Mustard	Tbsp	0	0.0
Mayonnaise. Light	1 TBSP	44	2.0
Marinara Sauce	1/4 cup	30	4.5
BBQ Sauce	2 TBSP	58	13.86
Weighted Daily Average		181	33.58
% of Calories			74.3%
Nutrient Guideline		556-656	

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SCVSFSA

Base Menu Spreadsheet
Portion Values - Detailed

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Apr 1, 2019 thru Apr 30, 2019

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

Generated on: 3/20/2019 1:59:00 PM

	Portion Size	Cals (kcal)	Carb (g)
Tue - 04/30/2019			
K-8 Breakfast	Total		
CYCLE 02	SERVING	0	0.0
Muffin, Star, Corn 2.5oz	1 Each	235	37.0
Breakfast Bun, WG	BUN	230	39.0
Cereal, Cinn Toast Crunch, RS	Bowl	110	22.0
Cereal, Cheerios	1 oz	107	20.76
Cereal, Trix, WG, RS	Bowl	110	24.0
Crackers, Jungle Breakfast	1 oz	120	19.63
Fruit, Fresh, Breakfast***	1 piece	69	17.8
Fruit, Canned, Breakfast***	1/2 CUP	77	18.75
Milk, Nonfat	HALF PINT	90	13.0
Milk, 1% Lowfat	HALF PINT	120	14.0
5-Compartment Trays	Tray	0	0.0
Breakfast Trays	Tray	0	0.0
Combo Kits	Kit	0	0.0
Middle School (6-8) Lunch	Total		
CYCLE 02	SERVING	0	0.0
Chicken Wings, Honey Sriracha	6 pieces	290	22.0
Rice, Brown, WG 1/2cup	1/2 cup	90	18.58
Chicken, Popcorn Orange	3.9 oz	160	21.0
Rice Pilaf (72 serv)	2/3 Cup	143	28.81
Specialty Salad/Yogurt Parfait	Container	406	59.58
Pizza, Cheese, 8slice 1.75MMA	Slice	351	42.27
Pizza, Pepperoni 8slice 1.75MMA	Slice	384	41.86
Salad Blend	3/4 Cup	20	4.0
Beans, Red Kidney	1/4 CUP	60	11.0
Corn, Cnd 1/4c	1/4 CUP	60	12.75
Broccoli, Frz	1/4 CUP	7	1.46
Banana***	1 EACH	72	18.5
Fruit, Mixed, Cnd	1/4 cup	40	9.0
Fruit Juice, Variety***	4 fl.oz.	59	15.5
Milk, Nonfat	HALF PINT	90	12.0
Milk, 1% Lowfat	HALF PINT	120	16.0
Dressing, Italian	2 TBSP	40	6.0
Dressing, Ranch	2 TBSP	140	2.0
Ketchup	1 TBSP	20	5.0
Mustard	Tbsp	0	0.0
Mayonnaise. Light	1 TBSP	44	2.0
Marinara Sauce	1/4 cup	30	4.5
BBQ Sauce	2 TBSP	58	13.86
Weighted Daily Average		417	74.66
% of Calories			71.6%
Nutrient Guideline		556-656	

Weighted Average		412	61.55 59.8%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	412		556 - 656	74%		145		Correction Required - Calories are Low
Carbohydrate (g)	61.55	59.81%						

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