

SCVSFSA

Base Menu Spreadsheet
Portion Values - Detailed

Page 1

Jun 3, 2019 thru Jun 7, 2019

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

Generated on: 5/20/2019 11:57:48 AM

	Portion Size	Cals (kcal)	Carb (g)
Mon - 06/03/2019			
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			
CYCLE 01	Total		
Chicken Wings, Honey Sriracha	SERVING	0	0.0
Rice, Brown, WG 1/2cup	6 pieces	290	22.0
Corn Dogs, Mini Chicken	1/2 cup	90	18.58
Chicken Patty	6 Mini Dogs	332	28.7
Chicken Patty, Spicy	Pattie	240	13.0
Bun, Hamburger WG 3.5"	Pattie	270	17.0
Specialty Salad/Yogurt Parfait	Bun	140	28.0
Pizza, Cheese, 8slice 1.75MMA	Container	406	59.58
Pizza, Pepperoni 8slc 1.75MMA	Slice	351	42.27
Salad Blend	Slice	384	41.86
Potato Oven Fries	3/4 Cup	20	4.0
Celery Sticks	1/4 Cup	54	8.44
Dill Pickle Chips	1/4 CUP	6	1.14
Fruit, Mixed, Cnd	1/8 Cup	2	0.52
Pears, Cnd, Sliced, juice 1/4c	1/4 cup	40	9.0
Apple Slices IW***	1/4 cup	31	8.02
Brownie Cup	2 oz Pkg	30	7.0
Milk, Nonfat	1.5 oz	146	26.0
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
Weighted Daily Average	1 TBSP	44	2.0
% of Calories		181	33.58
Nutrient Guideline			74.3%
		481-581	

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	Portion Size	Cals (kcal)	Carb (g)
Tue - 06/04/2019			
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, Popcorn Orange	3.9 oz	160	21.0
Rice Pilaf (72 serv)	2/3 Cup	143	28.81
Chicken Tenders	3 Pieces	210	13.0
Crackers, WG, Mini, Zesta	1 Pouch	50	7.0
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 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		411	74.21
% of Calories			72.2%
Nutrient Guideline		481-581	

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	Portion Size	Cals (kcal)	Carb (g)
Wed - 06/05/2019			
K-8 Breakfast	Total		
CYCLE 03	SERVING	0	0.0
Pancake & Sausage Stick, WG	1 EACH	187	19.8
Syrup	1 TBSP	55	12.5
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, Brkfst Honey	PKG	130	20.0
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			
CYCLE 03	Total		
Chicken Fiesta Bowl w/Rice	SERVING	0	0.0
Hamburger Patty	Bowl	241	30.52
Cheese, Slice	Patty	172	2.0
Bun, Hamburger WG 3.5"	1 slice	55	1.0
Specialty Salad/Yogurt Parfait	Bun	140	28.0
Pizza, Cheese, 8slice 1.75MMA	Container	406	59.58
Pizza, MeatLovers 8 slice	Slice	351	42.27
Salad Blend	Slice	407	42.67
Green Beans	3/4 Cup	20	4.0
Zucchini, Sticks	1/4 CUP	12	2.5
Fruit, Mixed, Cnd	1/4 Cup	8	1.51
Peaches, Diced, Cnd	1/4 cup	40	9.0
Orange Wedges 1/2 orange	1/4 Cup	13	3.0
Cookie, Choc Chip (to bake)	1/2 orange	23	5.64
Milk, Nonfat	Cookie	119	18.5
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
Tajin, LS	1 TBSP	44	2.0
	1/4 Tsp	2	0.5
Weighted Daily Average		408	71.15
% of Calories			69.7%
Nutrient Guideline		481-581	

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	Portion Size	Cals (kcal)	Carb (g)
Thu - 06/06/2019			
K-8 Breakfast	Total		
CYCLE 04	SERVING	0	0.0
Sausage Biscuit	Sandwich	220	26.0
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, 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 04	SERVING	0	0.0
Pork, Pulled, Cooked, Frozen	4 oz	133	0.0
BBQ Sauce	2 Tbsp	49	10.69
Roll, WG 4"	Roll	140	27.0
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
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
Apple Slices IW***	2 oz Pkg	30	7.0
Pears, Cnd, Sliced, juice 1/4c	1/4 cup	31	8.02
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	1 Tbsp	0	0.0
BBQ Sauce	2 Tbsp	49	10.69
Marinara Sauce	1/4 cup	30	4.5
Weighted Daily Average		400	69.88
% of Calories			69.8%
Nutrient Guideline		481-581	

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	Portion Size	Cals (kcal)	Carb (g)
Fri - 06/07/2019			
K-8 Breakfast	Total		
CYCLE 05	SERVING	0	0.0
Breakfast Burrito, Los Cabos	4 OZ	262	42.21
Salsa, Mild, Cnd	2 TBSP	20	4.0
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 05	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
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 8slce 1.75MMA	Slice	384	41.86
Manager's Choice	1	*N/A*	*N/A*
Salad Blend	3/4 Cup	20	4.0
Carrots, baby-cut, IW	1pkg	15	4.0
Corn, Cnd 1/4c	1/4 CUP	60	12.75
Black Beans, Veg 1/4c	1/4 Cup	55	10.0
Fruit, Mixed, Cnd	1/4 cup	40	9.0
Applesauce, unsweetened	1/4 cup	25	6.5
Tangerine, Fresh	1 Each	45	11.21
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	1 Tbsp	0	0.0
Marinara Sauce	1/4 cup	30	4.5
BBQ Sauce	2 TBSP	58	13.86
Weighted Daily Average		322	49.40
% of Calories			61.4%
Nutrient Guideline		481-581	

Weighted Average		344	59.64
			69.3%

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Nutrient	Menu AVG	% of Cals	Weekly Target	Portion Size % of Target	Cals (kcal) Miss Data	Carb (g) Shortfall	Overage	Error Messages (if any)
Calories	344		481 - 581	72%		136		
Carbohydrate (g)	59.64	69.27%						Correction Required - Calories are Low

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