

SCVSFSA

Base Menu Spreadsheet Portion Values - Detailed

Page 1

May 1, 2019 thru May 31, 2019

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

Generated on: 4/25/2019 11:37:56 AM

| | Portion Size | Cals (kcal) | Carb (g) |
|--------------------------------|--------------|-------------|----------|
| Wed - 05/01/2019 | | | |
| 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, Brkfast 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 | 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 |
| Salsa, Mild, Cnd | 1/4 Tsp | 2 | 0.5 |
| Taco Sauce, Mild | 2 TBSP | 20 | 4.0 |
| Weighted Daily Average | pkt | 5 | 1.18 |
| % of Calories | | 408 | 71.15 |
| Nutrient Guideline | | | 69.7% |
| | | 551-651 | |

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

* - denotes combined nutrient totals with either missing or incomplete nutrient data

1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

SCVSFSA

Base Menu Spreadsheet
Portion Values - Detailed

Page 2

May 1, 2019 thru May 31, 2019

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

Generated on: 4/25/2019 11:37:57 AM

| | Portion Size | Cals (kcal) | Carb (g) |
|--------------------------------|--------------|-------------|----------|
| Thu - 05/02/2019 | | | |
| 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 |
| Chicken, Diced | 2 oz | 70 | 0.74 |
| Corn, Cnd 1/8 | 1/8 CUP | 30 | 6.38 |
| Black Beans, Veg 1/4c | 1/4 Cup | 55 | 10.0 |
| Cheese, Shredded | 1 oz | 106 | 0.19 |
| Tortilla, WG 12" | Tortilla | 245 | 42.0 |
| 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 8slce 1.75MMA | Slice | 384 | 41.86 |
| 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, Frzn, Peaches, *** | 4.4oz Cup | 118 | 29.98 |
| 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 |
| Weighted Daily Average | | 411 | 71.08 |
| % of Calories | | | 69.3% |
| Nutrient Guideline | | 551-651 | |

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

* - denotes combined nutrient totals with either missing or incomplete nutrient data

1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

SCVSFSA

Base Menu Spreadsheet
Portion Values - Detailed

Page 3

May 1, 2019 thru May 31, 2019

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

Generated on: 4/25/2019 11:37:57 AM

| | Portion Size | Cals (kcal) | Carb (g) |
|--------------------------------|--------------|-------------|----------|
| Fri - 05/03/2019 | | | |
| 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 |
| Kiwi, Whole*** | 1 each | 46 | 11.14 |
| 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 | | 551-651 | |

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

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

SCVSFSA

Base Menu Spreadsheet Portion Values - Detailed

Page 4

May 1, 2019 thru May 31, 2019

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

Generated on: 4/25/2019 11:37:57 AM

| | Portion Size | Cals (kcal) | Carb (g) |
|----------------------------------|--------------|-------------|----------|
| Mon - 05/06/2019 | | | |
| K-8 Breakfast | Total | | |
| CYCLE 06 | SERVING | 0 | 0.0 |
| French Toast,Mini,Triple Berry | Pkg | 220 | 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 |
| 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 06 | Total | | |
| Chicken Drumstick, Breaded | SERVING | 0 | 0.0 |
| Potatoes,Mashed | Piece | 190 | 5.0 |
| BBQ Sauce | 1/4 Cup | 52 | 10.33 |
| Sandwich, Grape PBJ | 2 TBSP | 58 | 13.86 |
| String Cheese @lunch | Sandwich | 290 | 32.0 |
| Specialty Salad/Yogurt Parfait | PACKAGE | 80 | 0.0 |
| Pizza, Cheese, 8slice 1.75MMA | Container | 406 | 59.58 |
| Pizza, Pepperoni 8slc 1.75MMA | Slice | 351 | 42.27 |
| Beans, Garbanzo | Slice | 384 | 41.86 |
| Corn, Cnd 1/4c | 1/4 cup | 60 | 10.0 |
| Broccoli, Frz | 1/4 CUP | 60 | 12.75 |
| Applesauce, unsweetened | 1/4 CUP | 7 | 1.46 |
| Peaches, Diced, Cnd | 1/4 cup | 25 | 6.5 |
| Apple Slices IW*** | 1/4 Cup | 13 | 3.0 |
| 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 | 14.0 |
| 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 | | 271 | 40.54 |
| | | | 59.9% |
| Nutrient Guideline | | 551-651 | |

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

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

SCVSFSA

Base Menu Spreadsheet
Portion Values - Detailed

Page 5

May 1, 2019 thru May 31, 2019

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

Generated on: 4/25/2019 11:37:57 AM

| | Portion Size | Cals (kcal) | Carb (g) |
|---------------------------------|--------------|-------------|----------|
| Tue - 05/07/2019 | | | |
| K-8 Breakfast | Total | | |
| CYCLE 07 | SERVING | 0 | 0.0 |
| Cinnamon Roll 3.5 oz | Roll | 300 | 54.0 |
| 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 | Total | | |
| CYCLE 07 | SERVING | 0 | 0.0 |
| Burrito, Bean & Cheese, Lunch | 5.75 oz | 350 | 54.0 |
| Chicken Filet, Grilled | piece | 100 | 1.0 |
| Bun, Hamburger WG 3.5" | Bun | 140 | 28.0 |
| BBQ Sauce | 2 TBSP | 58 | 13.86 |
| Cheese, Slice | 1 slice | 55 | 1.0 |
| Chicken Nuggets Tyson | 5 pieces | 260 | 16.0 |
| 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 |
| Green Beans | 1/4 CUP | 12 | 2.5 |
| Beans, Red Kidney | 1/4 CUP | 60 | 11.0 |
| 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 | 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 |
| Salsa, Mild, Cnd | 2 TBSP | 20 | 4.0 |
| Taco Sauce, Mild | pkt | 5 | 1.18 |
| Weighted Daily Average | | 393 | 64.47 |
| % of Calories | | | 65.7% |
| Nutrient Guideline | | 551-651 | |

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

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

SCVSFSA

Base Menu Spreadsheet Portion Values - Detailed

Page 6

May 1, 2019 thru May 31, 2019

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

Generated on: 4/25/2019 11:37:57 AM

| | Portion Size | Cals (kcal) | Carb (g) |
|--------------------------------|--------------|-------------|----------|
| Wed - 05/08/2019 | | | |
| K-8 Breakfast | Total | | |
| CYCLE 08 | 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, 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 08 | Total | | |
| Pancakes, Mini, Maple, IW | SERVING | 0 | 0.0 |
| Sausage Patty, Pork x2 lunch | Pkg | 220 | 39.0 |
| Syrup | 2 Pattys | 122 | 1.0 |
| Chicken, Popcorn, WG | 1 TBSP | 55 | 12.5 |
| Chicken, Popcorn, Spicy | 15 pieces | 280 | 17.06 |
| Crackers, WG, Mini, Zesta | 12 Pieces | 250 | 16.0 |
| Specialty Salad/Yogurt Parfait | 1 Pouch | 50 | 7.0 |
| Pizza, Cheese, 8slice 1.75MMA | Container | 406 | 59.58 |
| Pizza, Pepperoni 8slce 1.75MMA | Slice | 351 | 42.27 |
| Salad Blend | Slice | 384 | 41.86 |
| Peas, Sweet, Cnd 1/4c | 3/4 Cup | 20 | 4.0 |
| Beans, Garbanzo | 1/4 Cup | 35 | 6.0 |
| Peaches, cnd, Sliced, light sy | 1/4 cup | 60 | 10.0 |
| Applesauce, unsweetened | 1/4 cup | 34 | 9.13 |
| Orange Wedges 1/2 orange | 1/4 cup | 25 | 6.5 |
| 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 | 14.0 |
| 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 |
| BBQ Sauce | Tbsp | 0 | 0.0 |
| Tajin, LS | 2 TBSP | 58 | 13.86 |
| Weighted Daily Average | 1/4 Tsp | 2 | 0.5 |
| % of Calories | | 499 | 76.95 |
| Nutrient Guideline | | | 61.7% |
| | | 551-651 | |

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
 † - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

SCVSFSA

Base Menu Spreadsheet
Portion Values - Detailed

Page 7

May 1, 2019 thru May 31, 2019

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

Generated on: 4/25/2019 11:37:57 AM

| | Portion Size | Cals (kcal) | Carb (g) |
|---------------------------------|--------------|-------------|----------|
| Thu - 05/09/2019 | | | |
| K-8 Breakfast | Total | | |
| CYCLE 09 | SERVING | 0 | 0.0 |
| Egg Patty, Scrambled, Cooked | Patty | 47 | 0.83 |
| Cheese, Slice | 1 slice | 55 | 1.0 |
| Biscuit, WG Mini | 1 Each | 100 | 14.0 |
| 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 09 | SERVING | 0 | 0.0 |
| Nachos/Turkey Taco Meat | 2.95 oz | 86 | 5.0 |
| Tortilla Chips | 1 oz | 140 | 19.0 |
| Cheese, Shredded for topping | 1/8 cup | 26 | 0.05 |
| Chicken Tenders | 3 Pieces | 210 | 13.0 |
| Crackers, WG, Mini, Zesta | 1 Pouch | 50 | 7.0 |
| 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 8slice 1.75MMA | Slice | 384 | 41.86 |
| Salad Blend | 3/4 Cup | 20 | 4.0 |
| Crackers, WG, Mini, Zesta | 1 Pouch | 50 | 7.0 |
| Potato, Fries, Oven Baked* | 1/2 Cup | 111 | 17.36 |
| Celery Sticks | 1/4 CUP | 6 | 1.14 |
| Apple Slices IW*** | 2 oz Pkg | 30 | 7.0 |
| Pears, Cnd, Sliced, juice 1/4c | 1/4 cup | 31 | 8.02 |
| 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 | 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 |
| Salsa, Mild, Cnd | 2 TBSP | 20 | 4.0 |
| Taco Sauce, Mild | pkt | 5 | 1.18 |
| Marinara Sauce | 1/4 cup | 30 | 4.5 |
| BBQ Sauce | 2 TBSP | 58 | 13.86 |
| Weighted Daily Average | | 306 | 44.28 |
| % of Calories | | | 57.9% |
| Nutrient Guideline | | 551-651 | |

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

* - denotes combined nutrient totals with either missing or incomplete nutrient data

1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

SCVSFSA

Base Menu Spreadsheet
Portion Values - Detailed

Page 8

May 1, 2019 thru May 31, 2019

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

Generated on: 4/25/2019 11:37:57 AM

| | Portion Size | Cals (kcal) | Carb (g) |
|--------------------------------|--------------|-------------|----------|
| Fri - 05/10/2019 | | | |
| K-8 Breakfast | Total | | |
| CYCLE 10 | 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 | 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 |
| Syrup | 1 TBSP | 55 | 12.5 |
| 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 10 | SERVING | 0 | 0.0 |
| Quesadilla, Carnitas | piece | 308 | 16.15 |
| Quesadilla, Cheese | piece | 265 | 17.3 |
| Chicken Nuggets Tyson | 5 pieces | 260 | 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 8slce 1.75MMA | Slice | 384 | 41.86 |
| Manager's Choice | 1 | *N/A* | *N/A* |
| Salad Blend | 3/4 Cup | 20 | 4.0 |
| Corn, Cnd 1/4c | 1/4 CUP | 60 | 12.75 |
| Carrots, baby-cut, IW | 1pkg | 15 | 4.0 |
| Applesauce, unsweetened | 1/4 cup | 25 | 6.5 |
| Tangerine, Fresh | 1 Each | 45 | 11.21 |
| 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 |
| Salsa, Mild, Cnd | 2 TBSP | 20 | 4.0 |
| Taco Sauce, Mild | pkt | 5 | 1.18 |
| Tajin, LS | 1/4 Tsp | 2 | 0.5 |
| Weighted Daily Average | | 472 | 60.23 |
| % of Calories | | | 51.0% |
| Nutrient Guideline | | 551-651 | |

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
 † - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

SCVSFSA

Base Menu Spreadsheet
Portion Values - Detailed

Page 9

May 1, 2019 thru May 31, 2019

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

Generated on: 4/25/2019 11:37:57 AM

| | Portion Size | Cals (kcal) | Carb (g) |
|--------------------------------|--------------|-------------|----------|
| Mon - 05/13/2019 | | | |
| 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 | | 551-651 | |

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

* - denotes combined nutrient totals with either missing or incomplete nutrient data

1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

SCVSFSA

Base Menu Spreadsheet
 Portion Values - Detailed

May 1, 2019 thru May 31, 2019

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

| | Portion Size | Cals (kcal) | Carb (g) |
|---------------------------------|--------------|-------------|----------|
| Tue - 05/14/2019 | | | |
| 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 |
| 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 | | 551-651 | |

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
 † - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

SCVSFSA

Base Menu Spreadsheet
Portion Values - Detailed

Page 11

May 1, 2019 thru May 31, 2019

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

Generated on: 4/25/2019 11:37:57 AM

| | Portion Size | Cals (kcal) | Carb (g) |
|--------------------------------|--------------|-------------|----------|
| Wed - 05/15/2019 | | | |
| 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 | | 551-651 | |

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

* - denotes combined nutrient totals with either missing or incomplete nutrient data

1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

SCVSFSA

Base Menu Spreadsheet
Portion Values - Detailed

Page 12

May 1, 2019 thru May 31, 2019

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

Generated on: 4/25/2019 11:37:57 AM

| | Portion Size | Cals (kcal) | Carb (g) |
|---------------------------------|--------------|-------------|----------|
| Thu - 05/16/2019 | | | |
| 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, Brkfst 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 |
| Chicken, Popcorn Orange | 3.9 oz | 160 | 21.0 |
| Rice Pilaf (72 serv) | 2/3 Cup | 143 | 28.81 |
| 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 | | 288 | 48.83 |
| % of Calories | | | 67.9% |
| Nutrient Guideline | | 551-651 | |

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

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

SCVSFSA

Base Menu Spreadsheet
 Portion Values - Detailed

May 1, 2019 thru May 31, 2019

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

| | Portion Size | Cals (kcal) | Carb (g) |
|---------------------------------|--------------|-------------|----------|
| Fri - 05/17/2019 | | | |
| 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 |
| Strawberries, Fresh | 1/2 Cup | 23 | 5.53 |
| 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 | 47.87 |
| % of Calories | | | 66.4% |
| Nutrient Guideline | | 551-651 | |

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
 † - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

SCVSFSA

Base Menu Spreadsheet
Portion Values - Detailed

May 1, 2019 thru May 31, 2019

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

| | Portion Size | Cals (kcal) | Carb (g) |
|----------------------------------|--------------|-------------|----------|
| Mon - 05/20/2019 | | | |
| 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 |
| Blueberries, Frozen, 2.5#bag | 1/4 cup | 20 | 4.72 |
| 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 | 55.93 |
| % of Calories | | | 61.9% |
| Nutrient Guideline | | 551-651 | |

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
 † - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

SCVSFSA

Base Menu Spreadsheet
 Portion Values - Detailed

May 1, 2019 thru May 31, 2019

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

| | Portion Size | Cals (kcal) | Carb (g) |
|--------------------------------|--------------|-------------|----------|
| Tue - 05/21/2019 | | | |
| 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 |
| 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 |
| 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 |
| Salsa, Mild, Cnd | 2 TBSP | 20 | 4.0 |
| Taco Sauce, Mild | pkt | 5 | 1.18 |
| Weighted Daily Average | | 405 | 64.97 |
| % of Calories | | | 64.2% |
| Nutrient Guideline | | 551-651 | |

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
 † - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

SCVSFSA

Base Menu Spreadsheet
Portion Values - Detailed

May 1, 2019 thru May 31, 2019

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

| | Portion Size | Cals (kcal) | Carb (g) |
|---------------------------------|--------------|-------------|----------|
| Wed - 05/22/2019 | | | |
| 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 | | 551-651 | |

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
 † - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

SCVSFSA

Base Menu Spreadsheet Portion Values - Detailed

Page 17

May 1, 2019 thru May 31, 2019

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

Generated on: 4/25/2019 11:37:58 AM

| | Portion Size | Cals (kcal) | Carb (g) |
|---------------------------------|--------------|-------------|----------|
| Thu - 05/23/2019 | | | |
| 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 Slices IW*** | 2 oz Pkg | 30 | 7.0 |
| 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 | | 266 | 40.35 |
| % of Calories | | | 60.6% |
| Nutrient Guideline | | 551-651 | |

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

* - denotes combined nutrient totals with either missing or incomplete nutrient data

1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

SCVSFSA

Base Menu Spreadsheet
Portion Values - Detailed

Page 18

May 1, 2019 thru May 31, 2019

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

Generated on: 4/25/2019 11:37:58 AM

| | Portion Size | Cals (kcal) | Carb (g) |
|--------------------------------|--------------|-------------|----------|
| Fri - 05/24/2019 | | | |
| K-8 Breakfast | Total | | |
| CYCLE 20 | SERVING | 0 | 0.0 |
| Yogurt, Yoplait Trix | 4 oz | 90 | 17.0 |
| Belly Bear, WG, Brkfst Honey | PKG | 130 | 20.0 |
| 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, 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 |
| Pork, Pulled, Cooked, Frozen | 4 oz | 133 | 0.0 |
| BBQ Sauce | 2 Tbsp | 49 | 10.69 |
| Roll, WG 4" | Roll | 140 | 27.0 |
| 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 |
| Tangerine, Fresh | 1 Each | 45 | 11.21 |
| 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 | | 319 | 46.00 |
| % of Calories | | | 57.6% |
| Nutrient Guideline | | 551-651 | |

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

* - denotes combined nutrient totals with either missing or incomplete nutrient data

1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

SCVSFSA

Base Menu Spreadsheet
Portion Values - Detailed

May 1, 2019 thru May 31, 2019

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

| | Portion Size | Cals (kcal) | Carb (g) |
|--------------------------------|--------------|-------------|----------|
| Mon - 05/27/2019 | | | |
| K-8 Breakfast | Total | | |
| HOLIDAY | SERVING | 0 | 0.0 |
| 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 | | | |
| HOLIDAY | Total | | |
| CYCLE 21 | SERVING | 0 | 0.0 |
| Pasta w/ Meat Sauce | 1 Cup | 311 | 22.2 |
| Chicken Patty | Pattie | 200 | 12.0 |
| Chicken Patty, Spicy | Pattie | 270 | 17.0 |
| Bun, Hamburger WG 3.5" | Bun | 140 | 28.0 |
| Cheese, Slice, Optional | 1 slice | 55 | 1.0 |
| Italian Cheesy Stix | 2 Stix | 300 | 34.0 |
| Marinara Sauce | 1/4 cup | 30 | 4.5 |
| 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 |
| Green Beans | 1/4 CUP | 12 | 2.5 |
| Fruit, Mixed, Cnd | 1/4 cup | 40 | 9.0 |
| Apple Slices IW*** | 2 oz Pkg | 30 | 7.0 |
| Crackers, Jungle | 1 oz | 120 | 19.63 |
| 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 |
| Weighted Daily Average | | 730 | 94.02 |
| % of Calories | | | 51.5% |
| Nutrient Guideline | | 551-651 | |

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
 † - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

SCVSFSA

Base Menu Spreadsheet
 Portion Values - Detailed

May 1, 2019 thru May 31, 2019

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

| | Portion Size | Cals (kcal) | Carb (g) |
|--------------------------------|--------------|-------------|----------|
| Tue - 05/28/2019 | | | |
| 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 |
| Speedline Enchilada, Chicken | 1 Enchilada | 276 | 22.22 |
| 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 |
| 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 |
| Apple Slices IW*** | 2 oz Pkg | 30 | 7.0 |
| 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 |
| Salsa, Mild, Cnd | 2 TBSP | 20 | 4.0 |
| Taco Sauce, Mild | pkt | 5 | 1.18 |
| Weighted Daily Average | | 519 | 65.10 |
| % of Calories | | | 50.2% |
| Nutrient Guideline | | 551-651 | |

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
 † - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

SCVSFSA

Base Menu Spreadsheet
Portion Values - Detailed

May 1, 2019 thru May 31, 2019

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

| | Portion Size | Cals (kcal) | Carb (g) |
|----------------------------------|--------------|-------------|----------|
| Wed - 05/29/2019 | | | |
| 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 |
| Tajin, LS | 1/4 Tsp | 2 | 0.5 |
| Weighted Daily Average | | 680 | 91.60 |
| % of Calories | | | 53.9% |
| Nutrient Guideline | | 551-651 | |

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
 † - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

SCVSFSA

Base Menu Spreadsheet
Portion Values - Detailed

Page 22

May 1, 2019 thru May 31, 2019

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

Generated on: 4/25/2019 11:37:58 AM

| | Portion Size | Cals (kcal) | Carb (g) |
|--------------------------------|--------------|-------------|----------|
| Thu - 05/30/2019 | | | |
| 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, 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 |
| 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 Slices IW*** | 2 oz Pkg | 30 | 7.0 |
| 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 |
| BBQ Sauce | 2 TBSP | 58 | 13.86 |
| Weighted Daily Average | | 463 | 58.24 |
| % of Calories | | | 50.3% |
| Nutrient Guideline | | 551-651 | |

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

* - denotes combined nutrient totals with either missing or incomplete nutrient data

1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

SCVSFSA

Base Menu Spreadsheet
Portion Values - Detailed

Page 23

May 1, 2019 thru May 31, 2019

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

Generated on: 4/25/2019 11:37:58 AM

| | Portion Size | Cals (kcal) | Carb (g) |
|--------------------------------|--------------|-------------|----------|
| Fri - 05/31/2019 | | | |
| 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 | | | |
| CYCLE 25 | Total | | |
| Macaroni & Cheese #6 | SERVING | 0 | 0.0 |
| Chicken Nuggets Tyson | 2/3 Cup | 290 | 31.0 |
| Crackers, WG, Mini, Zesta | 5 pieces | 260 | 16.0 |
| Hamburger Patty | 1 Pouch | 50 | 7.0 |
| Cheese, Slice, Optional | 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, Pepperoni 8slc 1.75MMA | Slice | 351 | 42.27 |
| Manager's Choice | Slice | 384 | 41.86 |
| Salad Blend | 1 | *N/A* | *N/A* |
| Celery Sticks | 3/4 Cup | 20 | 4.0 |
| Carrots, baby-cut, IW | 1/4 CUP | 6 | 1.14 |
| Peaches, Diced, Cnd*** | 1pkg | 15 | 4.0 |
| Fruit, Mixed, Cnd | 1/2 Cup | 100 | 24.0 |
| Kiwi, Whole*** | 1/4 cup | 40 | 9.0 |
| Pineapple, Sno Pal | 1 each | 46 | 11.14 |
| Milk, Nonfat | 1 package | 38 | 8.0 |
| 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 |
| Mustard | 1 TBSP | 20 | 5.0 |
| Mayonnaise, Light | Tbsp | 0 | 0.0 |
| Weighted Daily Average | 1 TBSP | 44 | 2.0 |
| % of Calories | | 462 | 70.18 |
| Nutrient Guideline | | | 60.8% |
| | | 551-651 | |

| | | | |
|------------------|--|-----|-------|
| Weighted Average | | 408 | 60.66 |
| | | | 59.5% |

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
 † - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

SCVSFSA

Base Menu Spreadsheet
Portion Values - Detailed

Page 24

May 1, 2019 thru May 31, 2019

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

Generated on: 4/25/2019 11:37:59 AM

| Nutrient | Menu AVG | % of Cals | Weekly Target | Portion Size % of Target | Cals (kcal) Miss Data | Carb (g) Shortfall | Overage | Error Messages (if any) |
|------------------|----------|-----------|---------------|-----------------------------|--------------------------|-----------------------|---------|--|
| Calories | 408 | | 551 - 651 | 74% | | 143 | | |
| Carbohydrate (g) | 60.66 | 59.48% | | | | | | Correction Required - Calories are Low |

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

** - denotes combined nutrient totals with either missing or incomplete nutrient data*

1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.