

# SCVSFSA

## Base Menu Spreadsheet Portion Values - Detailed

Page 1

Apr 1, 2019 thru Apr 30, 2019

Combined: K-8 Breakfast/K-8 Lunch

Generated on: 3/20/2019 1:58:05 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
K-8 Lunch	Total		
CYCLE 11	SERVING	0	0.0
Hot Dog, Turkey Frank	5" Frank	130	1.0
Bun, Hot Dog, WG, 6"	Bun	140	27.0
Chicken, Popcorn, WG	15 pieces	280	17.06
Crackers, WG, Mini, Zesta	1 Pouch	50	7.0
Italian Cheesy Stix	2 Stix	300	34.0
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
Beans, Red Kidney	1/4 CUP	60	11.0
Green Beans	1/4 CUP	12	2.5
Broccoli, Frz	1/4 CUP	7	1.46
Apple Slices IW***	2 oz Pkg	30	7.0
Peaches, Diced, Cnd	1/4 Cup	13	3.0
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
Marinara Sauce	1/4 cup	30	4.5
Ketchup	1 TBSP	20	5.0
Mustard	1 Tbsp	0	0.0
Weighted Daily Average		323	35.93
% of Calories			44.5%
Nutrient Guideline		581-635	

\*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/K-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
K-8 Lunch	Total		
CYCLE 12	SERVING	0	0.0
Pork Carnitas, Shredded	2 oz	130	0.0
Cheese, Shredded	1 oz	106	0.19
Lettuce, Shredded for topping	2 TBSP	1	0.29
Taco Shell	Shell	100	12.0
Tortilla, Flour, 6" WG	Tortilla	90	15.0
Chicken Tenders	3 Pieces	210	13.0
Crackers, WG, Mini, Zesta	1 Pouch	50	7.0
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
Corn, Cnd 1/4c	1/4 CUP	60	12.75
Celery Sticks	1/4 CUP	6	1.14
Fruit, Mixed, Cnd	1/4 cup	40	9.0
Banana***	1 EACH	72	18.5
Fruit Juice, Variety***	4 fl.oz.	59	15.5
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
Marinara Sauce	1/4 cup	30	4.5
BBQ Sauce	2 TBSP	58	13.86
Salsa, Mild, Cnd	2 TBSP	20	4.0
Taco Sauce, Mild	pkt	5	1.18
Weighted Daily Average		562	65.72
% of Calories			46.7%
Nutrient Guideline		581-635	

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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/K-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
K-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
Cheese, Slice, Optional	1 slice	55	1.0
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
Zucchini, Sticks	1/4 Cup	8	1.51
Potato Oven Fries	1/4 Cup	54	8.44
Black Beans, Veg 1/4c	1/4 Cup	55	10.0
Applesauce, unsweetened	1/4 cup	25	6.5
Orange Wedges 1/2 orange	1/2 orange	23	5.64
Cookie, Choc Chip (pre-baked)	Cookie	119	18.5
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
Mayonnaise, Light	1 TBSP	44	2.0
Marinara Sauce	1/4 cup	30	4.5
Weighted Daily Average		558	70.82
% of Calories			50.8%
Nutrient Guideline		581-635	

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Apr 1, 2019 thru Apr 30, 2019

Combined: K-8 Breakfast/K-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, 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
K-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
Bun, Hamburger WG 3.5"	Bun	140	28.0
Cheese, Slice, Optional	1 slice	55	1.0
Corn Dog, Chicken FF	1 Each	240	30.0
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
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
Salsa, Mild, Cnd	2 TBSP	20	4.0
Weighted Daily Average		589	68.08
% of Calories			46.2%
Nutrient Guideline		581-635	

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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/K-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
K-8 Lunch	Total		
CYCLE 15	SERVING	0	0.0
Sandwich, Toasted Cheese	Sandwich	318	30.01
Chicken, Popcorn, WG	15 pieces	280	17.06
Sandwich, Grape PBJ	Sandwich	290	32.0
String Cheese @lunch	PACKAGE	80	0.0
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
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
Weighted Daily Average		413	60.00
% of Calories			58.1%
Nutrient Guideline		581-635	

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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/K-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
K-8 Lunch	Total		
CYCLE 16	SERVING	0	0.0
SpeedIn Meatloaf/Mash Potatoes	Container	253	28.67
Hamburger Patty	Patty	172	2.0
Cheese, Slice	1 slice	55	1.0
Bun, Hamburger WG 3.5"	Bun	140	28.0
Chicken Tenders	3 Pieces	210	13.0
Crackers, WG, Mini, Zesta	1 Pouch	50	7.0
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
Celery Sticks	1/4 CUP	6	1.14
Green Beans	1/4 CUP	12	2.5
Broccoli, Frz	1/4 CUP	7	1.46
Pears, Cnd, Sliced, juice 1/4c	1/4 cup	31	8.02
Apple Slices IW***	2 oz Pkg	30	7.0
Blueberries, Frozen, Unsw	1/4 cup	20	4.72
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
Mayonnaise. Light	1 TBSP	44	2.0
Marinara Sauce	1/4 cup	30	4.5
Weighted Daily Average		489	57.12
% of Calories			46.7%
Nutrient Guideline		581-635	

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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/K-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
K-8 Lunch	Total		
CYCLE 17	SERVING	0	0.0
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
Chicken Tenders	3 Pieces	210	13.0
Crackers, WG, Mini, Zesta	1 Pouch	50	7.0
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
Corn, Cnd 1/4c	1/4 CUP	60	12.75
Black Beans, Veg 1/4c	1/4 Cup	55	10.0
Applesauce, unsweetened	1/4 cup	25	6.5
Banana***	1 EACH	72	18.5
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
Ketchup	1 TBSP	20	5.0
Mustard	1 TSP	0	0.0
Marinara Sauce	1/4 cup	30	4.5
Weighted Daily Average		468	64.62
% of Calories			55.3%
Nutrient Guideline		581-635	

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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
K-8 Lunch	Total		
CYCLE 18	SERVING	0	0.0
Speedline Teriyaki ChickenRice	1 cup	158	19.25
Teriyaki Chicken:Chicken Strps	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
Burrito, Bean & Cheese, Lunch	5.75 oz	350	54.0
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
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 (pre-baked)	Cookie	119	18.5
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		489	69.81
% of Calories			57.1%
Nutrient Guideline		581-635	

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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
K-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 Tenders	3 Pieces	210	13.0
Crackers, WG, Mini, Zesta	1 Pouch	50	7.0
Deli Sandwich Meat-Turkey	Sandwich	113	1.28
Cheese, Slice	1 slice	55	1.0
Roll, WG 4"	Roll	140	27.0
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
Green Beans	1/4 CUP	12	2.5
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
BBQ Sauce	2 TBSP	58	13.86
Weighted Daily Average		527	69.17
% of Calories			52.5%
Nutrient Guideline		581-635	

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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/K-8 Lunch

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	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
K-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
Chicken Nuggets Tyson	5 pieces	260	16.0
Sandwich, Strawberry PBJ	Sandwich	290	32.0
String Cheese @lunch	PACKAGE	80	0.0
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
Carrots, baby-cut, IW	1pkg	15	4.0
Broccoli, Frz	1/4 CUP	7	1.46
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
Salsa, Mild, Cnd	2 TBSP	20	4.0
Taco Sauce, Mild	pkt	5	1.18
Weighted Daily Average		526	67.36
% of Calories			51.2%
Nutrient Guideline		581-635	

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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/K-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
K-8 Lunch	Total		
CYCLE 21	SERVING	0	0.0
Speedline Enchilada, Chicken	1 Enchilada	276	22.22
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
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
Salsa, Mild, Cnd	2 TBSP	20	4.0
Weighted Daily Average		720	94.02
% of Calories			52.2%
Nutrient Guideline		581-635	

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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/K-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
K-8 Lunch	Total		
CYCLE 22	SERVING	0	0.0
Speedline Turkey Taco Meat 1.6	1.67 oz	49	2.83
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
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, Red Kidney	1/4 CUP	60	11.0
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	74.68
% of Calories			54.1%
Nutrient Guideline		581-635	

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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/K-8 Lunch

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	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
K-8 Lunch	Total		
CYCLE 23	SERVING	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
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
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 (pre-baked)	1.5 oz	175	27.0
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		710	98.24
% of Calories			55.3%
Nutrient Guideline		581-635	

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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/K-8 Lunch

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	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
K-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 for topping	1/8 cup	26	0.05
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
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
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
Weighted Daily Average		485	65.02
% of Calories			53.6%
Nutrient Guideline		581-635	

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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/K-8 Lunch

Generated on: 3/20/2019 1:58:06 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
K-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	1 slice	55	1.0
Bun, Hamburger WG 3.5"	Bun	140	28.0
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
Broccoli, Frz	1/4 CUP	7	1.46
Peaches, Diced, Cnd***	1/2 Cup	100	24.0
Fruit, Mixed, Cnd	1/4 cup	40	9.0
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
Weighted Daily Average		453	69.78
% of Calories			61.6%
Nutrient Guideline		581-635	

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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/K-8 Lunch

Generated on: 3/20/2019 1:58:06 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
K-8 Lunch	Total		
CYCLE 01	SERVING	0	0.0
Corn Dogs, Mini Chicken	6 Mini Dogs	332	28.7
Chicken Patty	Pattie	200	12.0
Chicken Patty, Spicy	Pattie	270	17.0
Cheese, Slice	1 slice	55	1.0
Bun, Hamburger WG 3.5"	Bun	140	28.0
Pizza, Cheese, 8slice 1.75MMA	Slice	351	42.27
Pizza, Pepperoni 8slc 1.75MMA	Slice	384	41.86
Potato, Fries, Oven Baked*	1/2 Cup	111	17.36
Salad Blend	3/4 Cup	20	4.0
Celery Sticks	1/4 CUP	6	1.14
Dill Pickle Chips	1/8 Cup	2	0.52
Corn, Cnd 1/4c	1/4 CUP	60	12.75
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
Weighted Daily Average		458	64.85
% of Calories			56.6%
Nutrient Guideline		581-635	

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# SCVSFSA

## Base Menu Spreadsheet Portion Values - Detailed

Page 17

Apr 1, 2019 thru Apr 30, 2019

Combined: K-8 Breakfast/K-8 Lunch

Generated on: 3/20/2019 1:58:06 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
K-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
Speedline Rice Pilaf 2/3c	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
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
Applesauce, unsweetened	1/4 cup	25	6.5
Pears, Cnd, Sliced, juice 1/4c	1/4 cup	31	8.02
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		528	78.71
% of Calories			59.6%
Nutrient Guideline		581-635	

Weighted Average		521	69.05
			53.0%

\*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.

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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/K-8 Lunch

Generated on: 3/20/2019 1:58:06 PM

Nutrient	Menu AVG	% of Cals	Weekly Target	Portion Size % of Target	Cals (kcal) Miss Data	Carb (g) Shortfall	Overage	Error Messages (if any)
Calories	521		581 - 635	90%		60		
Carbohydrate (g)	69.05	53.05%						Correction Required - Calories are Low

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

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