

# SCVSFSA

## Base Menu Spreadsheet Portion Values - Detailed

Page 1

Jun 3, 2019 thru Jun 14, 2019

Combined: K-8 Breakfast/K-8 Lunch

Generated on: 5/20/2019 11:56:47 AM

	Portion Size	Cals (kcal)	Carb (g)
Mon - 06/03/2019			
K-8 Breakfast	Total		
CYCLE 01	SERVING	0	0.0
Waffle, Mini, Blueberry, IW	Pkg	210	38.0
Breakfast Bun, WG	BUN	230	39.0
Cereal, Cinn Toast Crunch, RS	Bowl	110	22.0
Cereal, Cheerios	1 oz	107	20.76
Cereal, Trix, WG, RS	Bowl	110	24.0
Belly Bears, WG, Brkfst Cinn	package	130	21.0
Fruit, Canned, Breakfast***	1/2 CUP	77	18.75
Fruit Juice, Variety***	4 fl.oz.	59	15.5
Milk, Nonfat	HALF PINT	90	13.0
Milk, 1% Lowfat	HALF PINT	120	14.0
5-Compartment Trays	Tray	0	0.0
Breakfast Trays	Tray	0	0.0
Combo Kits	Kit	0	0.0
Syrup	1 TBSP	55	12.5
K-8 Lunch	Total		
CYCLE 01	SERVING	0	0.0
Corn Dogs, Mini Chicken	6 Mini Dogs	332	28.7
Chicken Patty	Pattie	240	13.0
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		465	65.02
% of Calories			55.9%
Nutrient Guideline		569-627	

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## Base Menu Spreadsheet Portion Values - Detailed

Page 2

**Jun 3, 2019 thru Jun 14, 2019**

Combined: K-8 Breakfast/K-8 Lunch

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	Portion Size	Cals (kcal)	Carb (g)
Tue - 06/04/2019			
K-8 Breakfast	Total		
CYCLE 02	SERVING	0	0.0
Muffin, Star, Corn 2.5oz	1 Each	235	37.0
Breakfast Bun, WG	BUN	230	39.0
Cereal, Cinn Toast Crunch, RS	Bowl	110	22.0
Cereal, Cheerios	1 oz	107	20.76
Cereal, Trix, WG, RS	Bowl	110	24.0
Crackers, Jungle Breakfast	1 oz	120	19.63
Fruit, Fresh, Breakfast***	1 piece	69	17.8
Fruit, Canned, Breakfast***	1/2 CUP	77	18.75
Milk, Nonfat	HALF PINT	90	13.0
Milk, 1% Lowfat	HALF PINT	120	14.0
5-Compartment Trays	Tray	0	0.0
Breakfast Trays	Tray	0	0.0
Combo Kits	Kit	0	0.0
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		569-627	

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## Base Menu Spreadsheet Portion Values - Detailed

Page 3

**Jun 3, 2019 thru Jun 14, 2019**

Combined: K-8 Breakfast/K-8 Lunch

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	Portion Size	Cals (kcal)	Carb (g)
Wed - 06/05/2019			
K-8 Breakfast	Total		
CYCLE 03	SERVING	0	0.0
Pancake & Sausage Stick, WG	1 EACH	187	19.8
Syrup	1 TBSP	55	12.5
Breakfast Bun, WG	BUN	230	39.0
Cereal, Cinn Toast Crunch, RS	Bowl	110	22.0
Cereal, Cheerios	1 oz	107	20.76
Cereal, Trix, WG, RS	Bowl	110	24.0
Belly Bear, WG, Brkfst Honey	PKG	130	20.0
Fruit, Fresh, Breakfast***	1 piece	69	17.8
Fruit, Canned, Breakfast***	1/2 CUP	77	18.75
Fruit Juice, Variety***	4 fl.oz.	59	15.5
Milk, Nonfat	HALF PINT	90	13.0
Milk, 1% Lowfat	HALF PINT	120	14.0
5-Compartment Trays	Tray	0	0.0
Breakfast Trays	Tray	0	0.0
Combo Kits	Kit	0	0.0
K-8 Lunch	Total		
CYCLE 03	SERVING	0	0.0
Chicken Fiesta Bowl w/Rice	Bowl	241	30.52
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 8slce 1.75MMA	Slice	384	41.86
Salad Blend	3/4 Cup	20	4.0
Green Beans	1/4 CUP	12	2.5
Zucchini, Sticks	1/4 Cup	8	1.51
Orange Wedges 1/2 orange	1/2 orange	23	5.64
Peaches, Diced, Cnd	1/4 Cup	13	3.0
Fruit, Mixed, Cnd	1/4 cup	40	9.0
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 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		536	71.20
% of Calories			53.1%
Nutrient Guideline		569-627	

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## Base Menu Spreadsheet Portion Values - Detailed

Page 4

Jun 3, 2019 thru Jun 14, 2019

Combined: K-8 Breakfast/K-8 Lunch

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	Portion Size	Cals (kcal)	Carb (g)
Thu - 06/06/2019			
K-8 Breakfast	Total		
CYCLE 04	SERVING	0	0.0
Sausage Biscuit	Sandwich	220	26.0
Breakfast Bun, WG	BUN	230	39.0
Cereal, Cinn Toast Crunch, RS	Bowl	110	22.0
Cereal, Cheerios	1 oz	107	20.76
Cereal, Trix, WG, RS	Bowl	110	24.0
Belly Bears, WG, Brkfst Cinn	package	130	21.0
Fruit, Fresh, Breakfast***	1 piece	69	17.8
Fruit, Canned, Breakfast***	1/2 CUP	77	18.75
Milk, Nonfat	HALF PINT	90	13.0
Milk, 1% Lowfat	HALF PINT	120	14.0
5-Compartment Trays	Tray	0	0.0
Breakfast Trays	Tray	0	0.0
Combo Kits	Kit	0	0.0
K-8 Lunch	Total		
CYCLE 04	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
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
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
Fruit Cup, Froz Strawberry***	container	122	33.05
Milk, Nonfat	HALF PINT	90	12.0
Milk, 1% Lowfat	HALF PINT	120	14.0
Dressing, Italian	2 TBSP	40	6.0
Dressing, Ranch	2 TBSP	140	2.0
Ketchup	1 TBSP	20	5.0
Mustard	Tbsp	0	0.0
Mayonnaise, Light	1 TBSP	44	2.0
Weighted Daily Average		514	65.08
% of Calories			50.7%
Nutrient Guideline		569-627	

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Base Menu Spreadsheet  
Portion Values - Detailed

Page 5

Jun 3, 2019 thru Jun 14, 2019

Combined: K-8 Breakfast/K-8 Lunch

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	Portion Size	Cals (kcal)	Carb (g)
Fri - 06/07/2019			
K-8 Breakfast	Total		
CYCLE 05	SERVING	0	0.0
Breakfast Burrito, Los Cabos	4 OZ	262	42.21
Salsa, Mild, Cnd	2 TBSP	20	4.0
Breakfast Bun, WG	BUN	230	39.0
Cereal, Cinn Toast Crunch, RS	Bowl	110	22.0
Cereal, Cheerios	1 oz	107	20.76
Cereal, Trix, WG, RS	Bowl	110	24.0
Crackers, Jungle Breakfast	1 oz	120	19.63
Fruit, Canned, Breakfast***	1/2 CUP	77	18.75
Fruit Juice, Variety***	4 fl.oz.	59	15.5
Milk, Nonfat	HALF PINT	90	13.0
Milk, 1% Lowfat	HALF PINT	120	14.0
5-Compartment Trays	Tray	0	0.0
Breakfast Trays	Tray	0	0.0
Combo Kits	Kit	0	0.0
K-8 Lunch	Total		
CYCLE 05	SERVING	0	0.0
Sandwich, Toasted Cheese	Sandwich	318	30.01
Chicken, Popcorn, WG	15 pieces	280	17.06
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
Manager's Choice	1	*N/A*	*N/A*
Salad Blend	3/4 Cup	20	4.0
Carrots, baby-cut, IW	1pkg	15	4.0
Black Beans, Veg 1/4c	1/4 Cup	55	10.0
Corn, Cnd 1/4c	1/4 CUP	60	12.75
Fruit, Mixed, Cnd	1/4 cup	40	9.0
Applesauce, unsweetened	1/4 cup	25	6.5
Tangerine, Fresh	1 Each	45	11.21
Milk, Nonfat	HALF PINT	90	12.0
Milk, 1% Lowfat	HALF PINT	120	14.0
Milk, Chocolate Nonfat	Carton	120	23.0
Dressing, Italian	2 TBSP	40	6.0
Dressing, Ranch	2 TBSP	140	2.0
Ketchup	1 TBSP	20	5.0
Mustard	1 Tbsp	0	0.0
Weighted Daily Average		528	62.72
% of Calories			47.5%
Nutrient Guideline		569-627	

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## Base Menu Spreadsheet Portion Values - Detailed

Page 6

Jun 3, 2019 thru Jun 14, 2019

Combined: K-8 Breakfast/K-8 Lunch

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	Portion Size	Cals (kcal)	Carb (g)
Mon - 06/10/2019			
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
K-8 Lunch	Total		
CYCLE 06	SERVING	0	0.0
Chicken Drumstick, Breaded	Piece	190	5.0
Potatoes,Mashed	1/4 Cup	52	10.33
BBQ Sauce	2 TBSP	58	13.86
Hamburger Patty	Patty	172	2.0
Bun, Hamburger WG 3.5"	Bun	140	28.0
Cheese, Slice	1 slice	55	1.0
Pizza, Cheese, 8slice 1.75MMA	Slice	351	42.27
Pizza, Pepperoni 8slc 1.75MMA	Slice	384	41.86
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
Peaches, Diced, Cnd	1/4 Cup	13	3.0
Applesauce, unsweetened	1/4 cup	25	6.5
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	14.0
Milk, Chocolate Nonfat	Carton	120	23.0
Dressing, Italian	2 TBSP	40	6.0
Dressing, Ranch	2 TBSP	140	2.0
Ketchup	1 TBSP	20	5.0
Mustard	Tbsp	0	0.0
Mayonnaise. Light	1 TBSP	44	2.0
Weighted Daily Average		566	71.41
% of Calories			50.5%
Nutrient Guideline		569-627	

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Base Menu Spreadsheet  
Portion Values - Detailed

Page 7

Jun 3, 2019 thru Jun 14, 2019

Combined: K-8 Breakfast/K-8 Lunch

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	Portion Size	Cals (kcal)	Carb (g)
Tue - 06/11/2019			
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
K-8 Lunch	Total		
CYCLE 07	SERVING	0	0.0
Burrito, Bean & Cheese, Lunch	5.75 oz	350	54.0
Chicken Nuggets Tyson	5 pieces	260	16.0
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 8slce 1.75MMA	Slice	384	41.86
Potato, Fries, Oven Baked*	1/2 Cup	111	17.36
Green Beans	1/4 CUP	12	2.5
Beans, Red Kidney	1/4 CUP	60	11.0
Fruit, Mixed, Cnd	1/4 cup	40	9.0
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	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		656	87.92
% of Calories			53.6%
Nutrient Guideline		569-627	

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Combined: K-8 Breakfast/K-8 Lunch

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	Portion Size	Cals (kcal)	Carb (g)
Wed - 06/12/2019			
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
K-8 Lunch	Total		
CYCLE 08	SERVING	0	0.0
Pancakes, Mini, Maple, IW	Pkg	220	39.0
Sausage Patty, Pork x2 lunch	2 Pattys	122	1.0
Chicken, Popcorn, WG	15 pieces	280	17.06
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
Beans, Garbanzo	1/4 cup	60	10.0
Peas, Sweet, Cnd 1/4c	1/4 Cup	35	6.0
Peaches, cnd, Sliced, light sy	1/4 cup	34	9.13
Applesauce, unsweetened***	1/2 cup	50	13.0
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	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
Syrup	1 TBSP	55	12.5
Tajin, LS	1/4 Tsp	2	0.5
Weighted Daily Average		654	83.49
% of Calories			51.1%
Nutrient Guideline		569-627	

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Page 9

Jun 3, 2019 thru Jun 14, 2019

Combined: K-8 Breakfast/K-8 Lunch

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	Portion Size	Cals (kcal)	Carb (g)
Thu - 06/13/2019			
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
K-8 Lunch	Total		
CYCLE 09	SERVING	0	0.0
Corn Dog, Chicken FF	1 Each	240	30.0
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
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
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
Marinara Sauce	1/4 cup	30	4.5
BBQ Sauce	2 TBSP	58	13.86
Weighted Daily Average		423	54.21
% of Calories			51.3%
Nutrient Guideline		569-627	

\*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

Page 10

Jun 3, 2019 thru Jun 14, 2019

Combined: K-8 Breakfast/K-8 Lunch

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	Portion Size	Cals (kcal)	Carb (g)
Fri - 06/14/2019			
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
K-8 Lunch	Total		
CYCLE 10	SERVING	0	0.0
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 8slice 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
Fruit, Mixed, Cnd	1/4 cup	40	9.0
Strawberries, Fresh	1/2 Cup	23	5.53
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		420	53.16
% of Calories			50.6%
Nutrient Guideline		569-627	

Weighted Average		529	69.29
			52.4%

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# SCVSFSA

Base Menu Spreadsheet

Portion Values - Detailed

Page 11

Jun 3, 2019 thru Jun 14, 2019

Combined: K-8 Breakfast/K-8 Lunch

Generated on: 5/20/2019 11:56:48 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	529		569 - 627	93%		40		
Carbohydrate (g)	69.29	52.40%						Correction Required - Calories are Low

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