

# SCVSFSA

Base Menu Spreadsheet  
Portion Values - Detailed

Page 1

Mar 1, 2019 thru Mar 29, 2019

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

Generated on: 2/19/2019 2:10:05 PM

	Portion Size	Cals (kcal)	Carb (g)
Fri - 03/01/2019			
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
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
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
Potato, Fries, Oven Baked*	1/2 Cup	111	17.36
Beans, Garbanzo	1/4 cup	60	10.0
Carrots, baby-cut, IW	1pkg	15	4.0
Pears, Cnd, Sliced, juice 1/4c	1/4 cup	31	8.02
Fruit, Mixed, Cnd	1/4 cup	40	9.0
Fruit, Fresh, Variety	1 EACH	53	13.73
Belly Bears, Chocolate	package	121	20.25
Milk, Nonfat	HALF PINT	90	13.0
Milk, 1% Lowfat	HALF PINT	120	16.0
Milk, Chocolate Nonfat	Carton	120	23.0
Dressing, Italian	2 TBSP	40	6.0
Dressing, Ranch	2 TBSP	140	2.0
Ketchup	1 TBSP	20	5.0
Mustard	1 TSP	0	0.0
Mayonnaise. Light	1 TBSP	44	2.0
Tajin, LS	1/4 Tsp	2	0.5
Weighted Daily Average		288	47.92
% of Calories			66.5%
Nutrient Guideline		542-642	

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# SCVSFSA

## Base Menu Spreadsheet Portion Values - Detailed

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# Mar 1, 2019 thru Mar 29, 2019

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

Generated on: 2/19/2019 2:10:05 PM

	Portion Size	Cals (kcal)	Carb (g)
Mon - 03/04/2019			
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	SERVING	0	0.0
Chicken, Popcorn, Spicy	Container	253	28.67
Chicken, Popcorn, WG	13 Pieces	250	16.0
Crackers, WG, Mini, Zesta	12 pieces	280	17.06
Corn Dogs, Mini Chicken	1 Pouch	50	7.0
Specialty Salad/Yogurt Parfait	6 Mini Dogs	332	28.7
Pizza, Cheese, 8slice 1.75MMA	Container	406	59.58
Pizza, Pepperoni 8slc 1.75MMA	Slice	351	42.27
Salad Blend	Slice	384	41.86
Potato, Fries, Oven Baked*	3/4 Cup	20	4.0
Corn, Cnd 1/4c	1/2 Cup	111	17.36
Beans, Garbanzo	1/4 CUP	60	12.75
Pears, Cnd, Sliced, juice 1/4c	1/4 cup	60	10.0
Apple Slices IW***	1/4 cup	31	8.02
Milk, Nonfat	2 oz Pkg	30	7.0
Milk, 1% Lowfat	HALF PINT	90	13.0
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
	1 TSP	0	0.0
Weighted Daily Average		414	60.49
% of Calories			58.4%
Nutrient Guideline		542-642	

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Base Menu Spreadsheet  
Portion Values - Detailed

Page 3

Mar 1, 2019 thru Mar 29, 2019

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

Generated on: 2/19/2019 2:10:05 PM

	Portion Size	Cals (kcal)	Carb (g)
Tue - 03/05/2019			
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
Chicken, Popcorn Orange	3.9 oz	160	21.0
Rice Pilaf (72 serv)	2/3 Cup	143	28.81
Burrito, Bean & Cheese, Lunch	5.75 oz	350	54.0
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
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		407	65.68
% of Calories			64.6%
Nutrient Guideline		542-642	

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Base Menu Spreadsheet  
Portion Values - Detailed

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**Mar 1, 2019 thru Mar 29, 2019**

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

Generated on: 2/19/2019 2:10:05 PM

	Portion Size	Cals (kcal)	Carb (g)
Wed - 03/06/2019			
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			
CYCLE 18	Total		
Sandwich, Toasted Cheese	SERVING	0	0.0
Chicken Nuggets Tyson	Sandwich	318	30.01
Crackers, WG, Mini, Zesta	5 pieces	260	16.0
Specialty Salad/Yogurt Parfait	1 Pouch	50	7.0
Pizza, Cheese, 8slice 1.75MMA	Container	406	59.58
Pizza, Pepperoni 8slice 1.75MMA	Slice	351	42.27
Salad Blend	Slice	384	41.86
Beans, Red Kidney	3/4 Cup	20	4.0
Dill Pickle Chips	1/4 CUP	60	11.0
Applesauce, unsweetened	1/8 Cup	2	0.52
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	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
Taco Sauce, Mild	1 TSP	0	0.0
Salsa, Mild, Cnd	pkt	5	1.18
Tajin, LS	2 TBSP	20	4.0
	1/4 Tsp	2	0.5
Weighted Daily Average		387	63.39
% of Calories			65.5%
Nutrient Guideline		542-642	

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Base Menu Spreadsheet  
Portion Values - Detailed

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Mar 1, 2019 thru Mar 29, 2019

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

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	Portion Size	Cals (kcal)	Carb (g)
Thu - 03/07/2019			
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, 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
Syrup	1 TBSP	55	12.5
Middle School (6-8) Lunch	Total		
CYCLE 19	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, Popcorn, WG	15 pieces	280	17.06
Chicken, Popcorn, Spicy	12 Pieces	250	16.0
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
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
Tajin, LS	1/4 Tsp	2	0.5
Weighted Daily Average		277	44.01
% of Calories			63.6%
Nutrient Guideline		542-642	

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# SCVSFSA

Base Menu Spreadsheet  
Portion Values - Detailed

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Mar 1, 2019 thru Mar 29, 2019

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

Generated on: 2/19/2019 2:10:05 PM

	Portion Size	Cals (kcal)	Carb (g)
Fri - 03/08/2019			
K-8 Breakfast	Total		
CYCLE 20	SERVING	0	0.0
Buttermilk Bar	2.5 oz	329	34.94
Breakfast Bun, WG	BUN	230	39.0
Cereal, Cinn Toast Crunch, RS	Bowl	110	22.0
Cereal, Cheerios	Bowl	107	20.76
Cereal, Trix, WG, RS	Bowl	110	24.0
Belly Bears, WG, Brkfst Cinn	package	130	21.0
Fruit Juice, Variety***	4 fl.oz.	59	15.5
Fruit, Canned, Breakfast***	1/2 CUP	77	18.75
Milk, Nonfat	HALF PINT	90	13.0
Milk, 1% Lowfat	HALF PINT	120	14.0
5-Compartment Trays	Tray	0	0.0
Breakfast Trays	Tray	0	0.0
Combo Kits	Kit	0	0.0
Middle School (6-8) Lunch	Total		
CYCLE 20	SERVING	0	0.0
Fish Sticks, Baja, Breaded	4 Pieces	201	17.06
Cabbage, Shredded	1/4 cup	4	0.94
Sauce, Baja	2 Tbsp	49	2.99
Tortilla, Flour, 6" WG	Tortilla	90	15.0
Sandwich, Strawberry PBJ	Sandwich	290	32.0
String Cheese @lunch	PACKAGE	80	0.0
Specialty Salad/Yogurt Parfait	Container	406	59.58
Pizza, Cheese, 8slice 1.75MMA	Slice	351	42.27
Pizza, Pepperoni 8slce 1.75MMA	Slice	384	41.86
Manager's Choice	1	*N/A*	*N/A*
Salad Blend	3/4 Cup	20	4.0
Broccoli, Frz	1/4 CUP	7	1.46
Carrots, baby-cut, IW	1pkg	15	4.0
Peaches, Diced, Cnd	1/4 Cup	13	3.0
Pineapple, Sno Pal	1 package	38	8.0
Milk, Nonfat	HALF PINT	90	12.0
Milk, 1% Lowfat	HALF PINT	120	16.0
Milk, Chocolate Nonfat	Carton	120	23.0
Dressing, Italian	2 TBSP	40	6.0
Dressing, Ranch	2 TBSP	140	2.0
Ketchup	1 TBSP	20	5.0
Mustard	1 TSP	0	0.0
Mayonnaise. Light	1 TBSP	44	2.0
Tajin, LS	1/4 Tsp	2	0.5
Weighted Daily Average		331	46.01
% of Calories			55.6%
Nutrient Guideline		542-642	

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# SCVSFSA

Base Menu Spreadsheet  
Portion Values - Detailed

Page 7

Mar 1, 2019 thru Mar 29, 2019

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

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	Portion Size	Cals (kcal)	Carb (g)
Mon - 03/11/2019			
K-8 Breakfast	Total		
CYCLE 21	SERVING	0	0.0
Yogurt, Yoplait Trix	4 oz	90	17.0
Belly Bear, Brkfst Honey wYogrt	PKG	130	20.0
Breakfast Bun, WG	BUN	230	39.0
Cereal, Cinn Toast Crunch, RS	Bowl	110	22.0
Cereal, Cheerios	1 oz	107	20.76
Cereal, Trix, WG, RS	Bowl	110	24.0
Crackers, Jungle Breakfast	1 oz	120	19.63
Fruit Juice, Variety***	4 fl.oz.	59	15.5
Fruit, Canned, Breakfast***	1/2 CUP	77	18.75
Milk, Nonfat	HALF PINT	90	13.0
Milk, 1% Lowfat	HALF PINT	120	14.0
5-Compartment Trays	Tray	0	0.0
Breakfast Trays	Tray	0	0.0
Combo Kits	Kit	0	0.0
Middle School (6-8) Lunch			
CYCLE 21	Total		
Lil Kahuna Double Dogs	SERVING	0	0.0
Chicken Patty	4 oz	270	27.0
Chicken Patty, Spicy	Pattie	200	12.0
Bun, Hamburger WG 3.5"	Pattie	270	17.0
Cheese, Slice, Optional	Bun	140	28.0
Italian Cheesy Stix	1 slice	55	1.0
Marinara Sauce	2 Stix	300	34.0
Specialty Salad/Yogurt Parfait	1/4 cup	30	4.5
Pizza, Cheese, 8slice 1.75MMA	Container	406	59.58
Pizza, Pepperoni 8slc 1.75MMA	Slice	351	42.27
Salad Blend	Slice	384	41.86
Potato, Fries, Oven Baked*	3/4 Cup	20	4.0
Green Beans	1/2 Cup	111	17.36
Fruit, Mixed, Cnd	1/4 CUP	12	2.5
Apple Slices IW***	1/4 cup	40	9.0
Crackers, Jungle	2 oz Pkg	30	7.0
Milk, Nonfat	1 oz	120	19.63
Milk, 1% Lowfat	HALF PINT	90	12.0
Milk, Chocolate Nonfat	HALF PINT	120	16.0
Dressing, Italian	Carton	120	23.0
Dressing, Ranch	2 TBSP	40	6.0
Ketchup	2 TBSP	140	2.0
Mustard	1 TBSP	20	5.0
Mayonnaise. Light	Tbsp	0	0.0
	1 TBSP	44	2.0
Weighted Daily Average		718	95.44
% of Calories			53.1%
Nutrient Guideline		542-642	

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Mar 1, 2019 thru Mar 29, 2019

Base Menu Spreadsheet

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

Portion Values - Detailed

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Generated on: 2/19/2019 2:10:05 PM

	Portion Size	Cals (kcal)	Carb (g)
Tue - 03/12/2019			
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
Pork Carnitas, for Taco	2 oz	130	0.0
Lettuce, Shredded for topping	2 TBSP	1	0.29
Cheese, Shredded	1 oz	106	0.19
Tortilla, Flour, 6" WG	Tortilla	90	15.0
Taco Shell	Shell	93	12.0
Chicken Nuggets Tyson	5 pieces	260	16.0
Crackers, WG, Mini, Zesta	1 Pouch	50	7.0
Sandwich, Grape PBJ	Sandwich	290	32.0
String Cheese @lunch	PACKAGE	80	0.0
Specialty Salad/Yogurt Parfait	Container	406	59.58
Pizza, Cheese, 8slice 1.75MMA	Slice	351	42.27
Pizza, Pepperoni 8slc 1.75MMA	Slice	384	41.86
Salad Blend	3/4 Cup	20	4.0
Broccoli, Frz	1/4 CUP	7	1.46
Corn, Cnd 1/4c	1/4 CUP	60	12.75
Beans, Garbanzo	1/4 cup	60	10.0
Pears, Cnd, Sliced, juice 1/4c	1/4 cup	31	8.02
Banana***	1 EACH	72	18.5
Fruit Juice, Variety***	4 fl.oz.	59	15.5
Milk, Nonfat	HALF PINT	90	12.0
Milk, 1% Lowfat	HALF PINT	120	16.0
Dressing, Italian	2 TBSP	40	6.0
Dressing, Ranch	2 TBSP	140	2.0
Ketchup	1 TBSP	20	5.0
Mustard	Tbsp	0	0.0
Salsa, Mild, Cnd	2 TBSP	20	4.0
Taco Sauce, Mild	pkt	5	1.18
Weighted Daily Average		552	74.19
% of Calories			53.7%
Nutrient Guideline		542-642	

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**SCVSFSA**

Base Menu Spreadsheet  
Portion Values - Detailed

**Mar 1, 2019 thru Mar 29, 2019**

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

	Portion Size	Cals (kcal)	Carb (g)
<b>Wed - 03/13/2019</b>			
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
<b>Middle School (6-8) Lunch</b>			
CYCLE 23	Total		
Chicken Fillet, Ckd, unbreaded	SERVING	0	0.0
BBQ Sauce	Fillet	100	0.0
Bun, Hamburger WG 3.5"	4 TBSP	117	27.72
Corn Dog, Chicken FF	Bun	140	28.0
Specialty Salad/Yogurt Parfait	1 Each	240	30.0
Pizza, Cheese, 8slice 1.75MMA	Container	406	59.58
Pizza, Pepperoni 8slc 1.75MMA	Slice	351	42.27
Salad Blend	Slice	384	41.86
Zucchini, Sticks	3/4 Cup	20	4.0
Potato, Fries, Oven Baked*	1/4 Cup	8	1.51
Applesauce, unsweetened	1/2 Cup	111	17.36
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	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
BBQ Sauce	1 TBSP	44	2.0
Tajin, LS	2 TBSP	58	13.86
	1/4 Tsp	2	0.5
Weighted Daily Average		632	83.84
% of Calories			53.1%
Nutrient Guideline		542-642	

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**SCVSFSA**

Base Menu Spreadsheet  
 Portion Values - Detailed

**Mar 1, 2019 thru Mar 29, 2019**

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

	Portion Size	Cals (kcal)	Carb (g)
Thu - 03/14/2019			
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
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
Roll, WG 4"	Roll	140	27.0
Cheese, Slice	1 slice	55	1.0
Specialty Salad/Yogurt Parfait	Container	406	59.58
Pizza, Cheese, 8slice 1.75MMA	Slice	351	42.27
Pizza, Pepperoni 8slc 1.75MMA	Slice	384	41.86
Salad Blend	3/4 Cup	20	4.0
Green Beans	1/4 CUP	12	2.5
Beans, Garbanzo	1/4 cup	60	10.0
Fruit Juice, Variety***	4 fl.oz.	59	15.5
Apple, Fresh	1 EACH	55	14.64
Applesauce, unsweetened	1/4 cup	25	6.5
Milk, Nonfat	HALF PINT	90	12.0
Milk, 1% Lowfat	HALF PINT	120	16.0
Dressing, Italian	2 TBSP	40	6.0
Dressing, Ranch	2 TBSP	140	2.0
Ketchup	1 TBSP	20	5.0
Mustard	Tbsp	0	0.0
Mayonnaise. Light	1 TBSP	44	2.0
Marinara Sauce	1/4 cup	30	4.5
BBQ Sauce	2 TBSP	58	13.86
Weighted Daily Average		485	65.03
% of Calories			53.6%
Nutrient Guideline		542-642	

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# SCVSFSA

Base Menu Spreadsheet  
Portion Values - Detailed

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Mar 1, 2019 thru Mar 29, 2019

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

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	Portion Size	Cals (kcal)	Carb (g)
Fri - 03/15/2019			
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
Specialty Salad/Yogurt Parfait	1 Pouch	50	7.0
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
Frozen Fruit Cup, Holiday	1/4 cup	40	9.0
Milk, Nonfat	Container	99	25.0
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
Salsa, Mild, Cnd	1 TBSP	44	2.0
Taco Sauce, Mild	2 TBSP	20	4.0
Weighted Daily Average	pkt	5	1.18
% of Calories		462	70.18
Nutrient Guideline		542-642	60.8%

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# SCVSFSA

Base Menu Spreadsheet  
Portion Values - Detailed

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Mar 1, 2019 thru Mar 29, 2019

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

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	Portion Size	Cals (kcal)	Carb (g)
Mon - 03/18/2019			
K-8 Breakfast	Total		
CYCLE 01	SERVING	0	0.0
Waffle, Mini, Blueberry, IW	Pkg	210	38.0
Breakfast Bun, WG	BUN	230	39.0
Cereal, Cinn Toast Crunch, RS	Bowl	110	22.0
Cereal, Cheerios	1 oz	107	20.76
Cereal, Trix, WG, RS	Bowl	110	24.0
Belly Bears, WG, Brkfst Cinn	package	130	21.0
Fruit, Canned, Breakfast***	1/2 CUP	77	18.75
Fruit Juice, Variety***	4 fl.oz.	59	15.5
Milk, Nonfat	HALF PINT	90	13.0
Milk, 1% Lowfat	HALF PINT	120	14.0
5-Compartment Trays	Tray	0	0.0
Breakfast Trays	Tray	0	0.0
Combo Kits	Kit	0	0.0
Syrup	1 TBSP	55	12.5
Middle School (6-8) Lunch			
CYCLE 01	Total		
Pork Riblet w/ BBQ Sauce	SERVING	0	0.0
Roll, WG 4"	Pattie	190	10.0
Corn Dogs, Mini Chicken	Roll	140	27.0
Specialty Salad/Yogurt Parfait	6 Mini Dogs	332	28.7
Pizza, Cheese, 8slice 1.75MMA	Container	406	59.58
Pizza, Pepperoni 8slc 1.75MMA	Slice	351	42.27
Salad Blend	Slice	384	41.86
Potato Oven Fries	3/4 Cup	20	4.0
Celery Sticks	1/4 Cup	54	8.44
Dill Pickle Chips	1/4 CUP	6	1.14
Fruit, Mixed, Cnd	1/8 Cup	2	0.52
Pears, Cnd, Sliced, juice 1/4c	1/4 cup	40	9.0
Apple Slices IW***	1/4 cup	31	8.02
Milk, Nonfat	2 oz Pkg	30	7.0
Milk, 1% Lowfat	HALF PINT	90	12.0
Milk, Chocolate Nonfat	HALF PINT	120	16.0
Dressing, Italian	Carton	120	23.0
Dressing, Ranch	2 TBSP	40	6.0
Ketchup	2 TBSP	140	2.0
Mustard	1 TBSP	20	5.0
Mayonnaise. Light	Tbsp	0	0.0
BBQ Sauce	1 TBSP	44	2.0
	2 TBSP	58	13.86
Weighted Daily Average		181	33.58
% of Calories			74.3%
Nutrient Guideline		542-642	

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# SCVSFSA

Base Menu Spreadsheet  
Portion Values - Detailed

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Mar 1, 2019 thru Mar 29, 2019

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

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	Portion Size	Cals (kcal)	Carb (g)
Tue - 03/19/2019			
K-8 Breakfast	Total		
CYCLE 02	SERVING	0	0.0
Muffin, Star, Corn 2.5oz	1 Each	235	37.0
Breakfast Bun, WG	BUN	230	39.0
Cereal, Cinn Toast Crunch, RS	Bowl	110	22.0
Cereal, Cheerios	1 oz	107	20.76
Cereal, Trix, WG, RS	Bowl	110	24.0
Crackers, Jungle Breakfast	1 oz	120	19.63
Fruit, Fresh, Breakfast***	1 piece	69	17.8
Fruit, Canned, Breakfast***	1/2 CUP	77	18.75
Milk, Nonfat	HALF PINT	90	13.0
Milk, 1% Lowfat	HALF PINT	120	14.0
5-Compartment Trays	Tray	0	0.0
Breakfast Trays	Tray	0	0.0
Combo Kits	Kit	0	0.0
Middle School (6-8) Lunch	Total		
CYCLE 02	SERVING	0	0.0
Chicken Wings, Honey Sriracha	6 pieces	290	22.0
Rice, Brown, WG 1/2cup	1/2 cup	90	18.58
Turkey Taco Meat 1.67oz	1.67 oz	49	2.83
Cheese, Shredded	1 oz	106	0.19
Lettuce, Shredded for topping	2 TBSP	1	0.29
Tortilla, Flour, 6" WG	Tortilla	90	15.0
Taco Shell	Shell	93	12.0
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
Beans, Red Kidney	1/4 CUP	60	11.0
Corn, Cnd 1/4c	1/4 CUP	60	12.75
Broccoli, Frz	1/4 CUP	7	1.46
Banana***	1 EACH	72	18.5
Fruit, Mixed, Cnd	1/4 cup	40	9.0
Fruit Juice, Variety***	4 fl.oz.	59	15.5
Milk, Nonfat	HALF PINT	90	12.0
Milk, 1% Lowfat	HALF PINT	120	16.0
Dressing, Italian	2 TBSP	40	6.0
Dressing, Ranch	2 TBSP	140	2.0
Ketchup	1 TBSP	20	5.0
Mustard	Tbsp	0	0.0
Mayonnaise. Light	1 TBSP	44	2.0
Marinara Sauce	1/4 cup	30	4.5
BBQ Sauce	2 TBSP	58	13.86
Salsa, Mild, Cnd	2 TBSP	20	4.0
Taco Sauce, Mild	pkt	5	1.18
Weighted Daily Average		417	74.68
% of Calories			71.6%
Nutrient Guideline		542-642	

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# SCVSFSA

## Base Menu Spreadsheet Portion Values - Detailed

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## Mar 1, 2019 thru Mar 29, 2019

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

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	Portion Size	Cals (kcal)	Carb (g)
Wed - 03/20/2019			
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, Popcorn Orange	SERVING	0	0.0
Rice Pilaf (72 serv)	3.9 oz	160	21.0
Hamburger Patty	2/3 Cup	143	28.81
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
Weighted Daily Average	1/4 Tsp	2	0.5
% of Calories		410	71.54
Nutrient Guideline			69.9%
		542-642	

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# SCVSFSA

Base Menu Spreadsheet  
Portion Values - Detailed

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Mar 1, 2019 thru Mar 29, 2019

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

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	Portion Size	Cals (kcal)	Carb (g)
Thu - 03/21/2019			
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, Froz Berries***	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
Weighted Daily Average		411	71.08
% of Calories			69.3%
Nutrient Guideline		542-642	

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# SCVSFSA

Base Menu Spreadsheet  
Portion Values - Detailed

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Mar 1, 2019 thru Mar 29, 2019

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

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	Portion Size	Cals (kcal)	Carb (g)
Fri - 03/22/2019			
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
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	49.38
% of Calories			61.4%
Nutrient Guideline		542-642	

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# SCVSFSA

Base Menu Spreadsheet  
Portion Values - Detailed

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Mar 1, 2019 thru Mar 29, 2019

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

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	Portion Size	Cals (kcal)	Carb (g)
Mon - 03/25/2019			
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	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
Cheese, Slice	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
Beans, Garbanzo	1/4 cup	60	10.0
Corn, Cnd 1/4c	1/4 CUP	60	12.75
Broccoli, Frz	1/4 CUP	7	1.46
Applesauce, unsweetened	1/4 cup	25	6.5
Peaches, Diced, Cnd	1/4 Cup	13	3.0
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	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
BBQ Sauce	2 TBSP	58	13.86
Weighted Daily Average		271	40.56
% of Calories			59.9%
Nutrient Guideline		542-642	

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# SCVSFSA

Base Menu Spreadsheet  
Portion Values - Detailed

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Mar 1, 2019 thru Mar 29, 2019

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

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	Portion Size	Cals (kcal)	Carb (g)
Tue - 03/26/2019			
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		542-642	

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**SCVSFSA**

Base Menu Spreadsheet  
Portion Values - Detailed

**Mar 1, 2019 thru Mar 29, 2019**

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

	Portion Size	Cals (kcal)	Carb (g)
Wed - 03/27/2019			
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	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
Syrup	1 TBSP	55	12.5
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
Salad Blend	3/4 Cup	20	4.0
Peas, Sweet, Cnd 1/4c	1/4 Cup	35	6.0
Beans, Garbanzo	1/4 cup	60	10.0
Peaches, cnd, Sliced, light sy	1/4 cup	34	9.13
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	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
BBQ Sauce	2 TBSP	58	13.86
Tajin, LS	1/4 Tsp	2	0.5
Weighted Daily Average		542	83.49
% of Calories			61.7%
Nutrient Guideline		542-642	

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# SCVSFSA

Base Menu Spreadsheet  
Portion Values - Detailed

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Mar 1, 2019 thru Mar 29, 2019

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

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	Portion Size	Cals (kcal)	Carb (g)
Thu - 03/28/2019			
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		542-642	

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Base Menu Spreadsheet  
Portion Values - Detailed

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Mar 1, 2019 thru Mar 29, 2019

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

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	Portion Size	Cals (kcal)	Carb (g)
Fri - 03/29/2019			
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
Fruit, Mixed, Cnd	1/4 cup	40	9.0
Pineapple, Sno Pal	1 package	38	8.0
Milk, Nonfat	HALF PINT	90	12.0
Milk, 1% Lowfat	HALF PINT	120	14.0
Milk, Chocolate Nonfat	Carton	120	23.0
Dressing, Italian	2 TBSP	40	6.0
Dressing, Ranch	2 TBSP	140	2.0
Ketchup	1 TBSP	20	5.0
Mustard	Tbsp	0	0.0
Mayonnaise. Light	1 TBSP	44	2.0
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		492	64.57
% of Calories			52.5%
Nutrient Guideline		542-642	
Weighted Average		414	62.56 60.4%

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**SCVSFSA**

Base Menu Spreadsheet

Portion Values - Detailed

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**Mar 1, 2019 thru Mar 29, 2019**

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

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Nutrient	Menu AVG	% of Cals	Weekly Target	Portion Size % of Target	Cals (kcal) Miss Data	Carb (g) Shortfall	Overage	Error Messages (if any)
Calories	414		542 - 642	76%		128		
Carbohydrate (g)	62.56	60.44%						Correction Required - Calories are Low

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