

SCVSFSA

Base Menu Spreadsheet
Portion Values - Detailed

Page 1

Sep 1, 2019 thru Sep 30, 2019

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

Generated on: 8/16/2019 11:32:39 AM

	Portion Size	Cals (kcal)	Carb (g)	Cost
Mon - 09/02/2019				
K-8 Breakfast	Total			
HOLIDAY	SERVING	0	0.0	0.000
CYCLE 16	SERVING	0	0.0	0.000
Breakfast Burrito, Los Cabos	4 OZ	262	42.21	0.000
Breakfast Bun, WG	BUN	230	39.0	0.000
Cereal, Cinn Toast Crunch, RS	Bowl	110	22.0	0.000
Cereal, Cheerios	Bowl	105	20.75	0.000
Cereal, Trix, WG, RS	Bowl	110	24.0	0.000
Crackers, Jungle Breakfast	1 oz	120	19.63	0.000
Fruit, Canned, Breakfast	1/2 CUP	77	18.75	0.000
Fruit Juice, Variety	4 fl.oz.	59	15.5	0.000
Milk, Nonfat	HALF PINT	90	13.0	0.000
Milk, 1% Lowfat	HALF PINT	120	14.0	0.000
5-Compartment Trays	Tray	0	0.0	0.000
Breakfast Trays	Tray	0	0.0	0.000
Combo Kits	Kit	0	0.0	0.000
Middle School (6-8) Lunch				
HOLIDAY	SERVING	0	0.0	0.000
CYCLE 16	SERVING	0	0.0	0.000
SP Meatloaf/Mash Potatoes	Container	253	28.67	0.226
Chicken, Popcorn, Spicy	13 Pieces	250	16.0	0.000
Chicken, Popcorn, WG	12 pieces	280	17.06	0.000
Crackers, WG, Mini, Zesta	1 Pouch	50	7.0	0.000
Hamburger Patty	Patty	172	2.0	0.165
Cheese, Slice, Optional	1 slice	55	1.0	0.000
Bun, Hamburger WG 3.5"	Bun	140	28.0	0.000
Specialty Salad/Yogurt Parfait	Container	406	59.58	0.000
Pizza, Cheese, 8slice 1.75MMA	Slice	351	42.27	0.000
Pizza, Pepperoni 8slc 1.75MMA	Slice	384	41.86	0.000
Salad Blend	3/4 Cup	20	4.0	0.000
Potato, Fries, Oven Baked*	1/2 Cup	111	17.36	0.000
Corn, Cnd 1/4c	1/4 CUP	60	12.75	0.000
Beans, Garbanzo	1/4 cup	60	10.0	0.000
Pears, Cnd, Sliced, 1/4c	1/4 cup	31	8.02	0.000
Apple Slices IW	2 oz Pkg	30	7.0	0.162
Blueberries, Frozen, 2.5#bag	1/4 cup	20	4.72	0.000
Pineapple, Sno Pal	1 package	38	8.0	0.000
Milk, Nonfat	HALF PINT	90	13.0	0.000
Milk, 1% Lowfat	HALF PINT	120	14.0	0.000
Milk, Chocolate Nonfat	Carton	120	23.0	0.000
Dressing, Italian	2 TBSP	40	6.0	0.000
Dressing, Ranch	2 TBSP	140	2.0	0.000
Ketchup	1 TBSP	20	5.0	0.000
Mustard	1 TSP	0	0.0	0.000
Weighted Daily Average		361	55.93	0.105
% of Calories			61.9%	
Nutrient Guideline		542-642		

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

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Sep 1, 2019 thru Sep 30, 2019

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

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	Portion Size	Cals (kcal)	Carb (g)	Cost
Tue - 09/03/2019				
K-8 Breakfast	Total			
CYCLE 17	SERVING	0	0.0	0.000
Yogurt, Yoplait Trix	4 oz	90	17.0	0.000
Belly Bear, Brkfst Honey wYogrt	PKG	130	20.0	0.124
Breakfast Bun, WG	BUN	230	39.0	0.000
Cereal, Cinn Toast Crunch, RS	Bowl	110	22.0	0.000
Cereal, Cheerios	Bowl	105	20.75	0.000
Cereal, Trix, WG, RS	Bowl	110	24.0	0.000
Belly Bears, Cinnamon	package	130	21.0	0.124
Fruit, Canned, Breakfast	1/2 CUP	77	18.75	0.000
Fruit, Fresh, Breakfast	1 piece	69	17.8	0.000
Milk, Nonfat	HALF PINT	90	13.0	0.000
Milk, 1% Lowfat	HALF PINT	120	14.0	0.000
5-Compartment Trays	Tray	0	0.0	0.000
Breakfast Trays	Tray	0	0.0	0.000
Combo Kits	Kit	0	0.0	0.000
Middle School (6-8) Lunch	Total			
CYCLE 17	SERVING	0	0.0	0.000
Pizza, Taco, 8slice 1.75MMA	Slice	321	39.76	0.000
Fish Sticks, Baja, Breaded	4 Pieces	201	17.06	0.000
Cabbage, Shredded	1/4 cup	4	0.94	0.000
Sauce, Baja	2 Tbsp	49	2.99	0.000
Tortilla, Flour, 6" WG	Tortilla	90	15.0	0.000
Corn Dogs, Mini Chicken	6 Mini Dogs	332	28.7	0.476
Specialty Salad/Yogurt Parfait	Container	406	59.58	0.000
Pizza, Cheese, 8slice 1.75MMA	Slice	351	42.27	0.000
Pizza, Pepperoni 8slce 1.75MMA	Slice	384	41.86	0.000
Potato, Fries, Oven Baked*	1/2 Cup	111	17.36	0.000
Celery Sticks	1/4 CUP	6	1.14	0.000
Green Beans	1/4 CUP	12	2.5	0.000
Apple Slices IW	2 oz Pkg	30	7.0	0.162
Pears, Cnd, Sliced, 1/4c	1/4 cup	31	8.02	0.000
Fruit Juice, Variety	4 fl.oz.	59	15.5	0.000
Brownie Cup	1.5 oz	146	26.0	0.248
Milk, Nonfat	HALF PINT	90	13.0	0.000
Milk, 1% Lowfat	HALF PINT	120	14.0	0.000
Dressing, Italian	2 TBSP	40	6.0	0.000
Dressing, Ranch	2 TBSP	140	2.0	0.000
Salsa, Mild, Cnd	2 TBSP	20	4.0	0.000
Taco Sauce, Mild	pkt	5	1.18	0.000
Weighted Daily Average		365	64.22	0.044
% of Calories			70.4%	
Nutrient Guideline		542-642		

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Sep 1, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

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

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)	Cost
Wed - 09/04/2019				
K-8 Breakfast	Total			
CYCLE 18	SERVING	0	0.0	0.000
Quesadilla, Breakfast, Cheese	1 Each	180	14.0	0.000
Breakfast Bun, WG	BUN	230	39.0	0.000
Cereal, Cinn Toast Crunch, RS	Bowl	110	22.0	0.000
Cereal, Cheerios	Bowl	105	20.75	0.000
Cereal, Trix, WG, RS	Bowl	110	24.0	0.000
Crackers, Jungle Breakfast	1 oz	120	19.63	0.000
Fruit, Canned, Breakfast	1/2 CUP	77	18.75	0.000
Fruit, Fresh, Breakfast	1 piece	69	17.8	0.000
Fruit Juice, Variety	4 fl.oz.	59	15.5	0.000
Milk, Nonfat	HALF PINT	90	13.0	0.000
Milk,1% Lowfat	HALF PINT	120	14.0	0.000
5-Compartment Trays	Tray	0	0.0	0.000
Breakfast Trays	Tray	0	0.0	0.000
Combo Kits	Kit	0	0.0	0.000
Middle School (6-8) Lunch	Total			
CYCLE 18	SERVING	0	0.0	0.000
Teriyaki Chicken:Fajita meat	1/2 cup	67	0.52	0.000
Teriyaki Sauce	1 oz	59	14.74	0.000
Rice, Brown, WG 1/2cup	1/2 cup	90	18.58	0.000
Chicken Nuggets Tyson	5 pieces	260	16.0	0.000
Crackers, WG, Mini, Zesta	1 Pouch	50	7.0	0.000
Specialty Salad/Yogurt Parfait	Container	406	59.58	0.000
Pizza, Cheese, 8slice 1.75MMA	Slice	351	42.27	0.000
Pizza, Pepperoni 8slce 1.75MMA	Slice	384	41.86	0.000
Salad Blend	3/4 Cup	20	4.0	0.000
Beans, Red Kidney	1/4 CUP	60	11.0	0.000
Dill Pickle Chips	1/8 Cup	2	0.52	0.000
Applesauce, unsweetened	1/4 cup	25	6.5	0.000
Orange Wedges 1/2 orange	1/2 orange	23	5.64	0.000
Cookie, Choc Chip (to bake)	Cookie	119	18.5	0.000
Milk, Nonfat	HALF PINT	90	12.0	0.000
Milk,1% Lowfat	HALF PINT	120	16.0	0.000
Milk, Chocolate Nonfat	Carton	120	23.0	0.000
Dressing, Italian	2 TBSP	40	6.0	0.000
Dressing, Ranch	2 TBSP	140	2.0	0.000
Ketchup	1 TBSP	20	5.0	0.000
Mustard	1 TSP	0	0.0	0.000
Taco Sauce, Mild	pkt	5	1.18	0.000
Salsa, Mild, Cnd	2 TBSP	20	4.0	0.000
Tajin, LS	1/4 Tsp	2	0.5	0.000
Weighted Daily Average		387	63.39	0.000
% of Calories			65.5%	
Nutrient Guideline		542-642		

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	Portion Size	Cals (kcal)	Carb (g)	Cost
Thu - 09/05/2019				
K-8 Breakfast	Total			
CYCLE 19	SERVING	0	0.0	0.000
Pancake & Sausage Stick, WG	1 EACH	187	19.8	0.000
Breakfast Bun, WG	BUN	230	39.0	0.000
Cereal, Cinn Toast Crunch, RS	Bowl	110	22.0	0.000
Cereal, Cheerios	Bowl	105	20.75	0.000
Cereal, Trix, WG, RS	Bowl	110	24.0	0.000
Belly Bear, WG, Brkfst Honey	PKG	130	20.0	0.124
Fruit, Canned, Breakfast	1/2 CUP	77	18.75	0.000
Fruit, Fresh, Breakfast	1 piece	69	17.8	0.000
Milk, Nonfat	HALF PINT	90	13.0	0.000
Milk, 1% Lowfat	HALF PINT	120	14.0	0.000
5-Compartment Trays	Tray	0	0.0	0.000
Breakfast Trays	Tray	0	0.0	0.000
Combo Kits	Kit	0	0.0	0.000
Syrup	1 TBSP	55	12.5	0.000
Middle School (6-8) Lunch	Total			
CYCLE 19	SERVING	0	0.0	0.000
Chicken Meatballs	3 Meatballs	170	5.0	0.262
Potatoes, Mashed	1/4 Cup	52	10.33	0.000
BBQ Sauce	2 TBSP	58	13.86	0.000
Chicken, Popcorn, WG	15 pieces	280	17.06	0.000
Chicken, Popcorn, Spicy	12 Pieces	250	16.0	0.000
Deli Sandwich Meat-Turkey	Sandwich	113	1.28	0.000
Cheese, Slice	1 slice	55	1.0	0.000
Roll, WG 4"	Roll	140	27.0	0.000
Specialty Salad/Yogurt Parfait	Container	406	59.58	0.000
Pizza, Cheese, 8slice 1.75MMA	Slice	351	42.27	0.000
Pizza, Pepperoni 8slice 1.75MMA	Slice	384	41.86	0.000
Salad Blend	3/4 Cup	20	4.0	0.000
Potato, Fries, Oven Baked*	1/2 Cup	111	17.36	0.000
Corn, Cnd 1/4c	1/4 CUP	60	12.75	0.000
Apple Slices IW	2 oz Pkg	30	7.0	0.162
Fruit, Mixed, Cnd	1/4 cup	40	9.0	0.000
Fruit Juice, Variety	4 fl.oz.	59	15.5	0.000
Milk, Nonfat	HALF PINT	90	12.0	0.000
Milk, 1% Lowfat	HALF PINT	120	16.0	0.000
Dressing, Italian	2 TBSP	40	6.0	0.000
Dressing, Ranch	2 TBSP	140	2.0	0.000
Ketchup	1 TBSP	20	5.0	0.000
Mustard	1 Tbsp	0	0.0	0.000
Mayonnaise. Light	1 TBSP	44	2.0	0.000
Tajin, LS	1/4 Tsp	2	0.5	0.000
Weighted Daily Average		266	40.31	0.129
% of Calories			60.6%	
Nutrient Guideline		542-642		

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Sep 1, 2019 thru Sep 30, 2019

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

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	Portion Size	Cals (kcal)	Carb (g)	Cost
Fri - 09/06/2019				
K-8 Breakfast	Total			
CYCLE 20	SERVING	0	0.0	0.000
Egg & Turkey Sausage Wrap	Wrap	200	17.0	0.000
Breakfast Bun, WG	BUN	230	39.0	0.000
Cereal, Cinn Toast Crunch, RS	Bowl	110	22.0	0.000
Cereal, Cheerios	Bowl	105	20.75	0.000
Cereal, Trix, WG, RS	Bowl	110	24.0	0.000
Belly Bears, WG, Brkfst Cinn	package	130	21.0	0.124
Fruit Juice, Variety	4 fl.oz.	59	15.5	0.000
Fruit, Canned, Breakfast	1/2 CUP	77	18.75	0.000
Milk, Nonfat	HALF PINT	90	13.0	0.000
Milk, 1% Lowfat	HALF PINT	120	14.0	0.000
5-Compartment Trays	Tray	0	0.0	0.000
Breakfast Trays	Tray	0	0.0	0.000
Combo Kits	Kit	0	0.0	0.000
Middle School (6-8) Lunch	Total			
CYCLE 20	SERVING	0	0.0	0.000
Pork, Pulled, Cooked, Frozen	4 oz	133	0.0	0.000
BBQ Sauce	2 Tbsp	49	10.69	0.079
Roll, WG 4"	Roll	140	27.0	0.000
Chicken Nuggets Tyson	5 pieces	260	16.0	0.000
Sandwich, Strawberry PBJ	Sandwich	290	32.0	0.000
String Cheese @lunch	PACKAGE	80	0.0	0.000
Specialty Salad/Yogurt Parfait	Container	406	59.58	0.000
Pizza, Cheese, 8slice 1.75MMA	Slice	351	42.27	0.000
Pizza, Pepperoni 8slce 1.75MMA	Slice	384	41.86	0.000
Manager's Choice	1	*N/A*	*N/A*	0.000
Salad Blend	3/4 Cup	20	4.0	0.000
Broccoli, Frz	1/4 CUP	7	1.46	0.000
Carrots, baby-cut, IW	1pkg	15	4.0	0.000
Peaches, Diced,Cnd	1/4 Cup	13	3.0	0.000
Pineapple, Sno Pal	1 package	38	8.0	0.000
Milk, Nonfat	HALF PINT	90	12.0	0.000
Milk, 1% Lowfat	HALF PINT	120	16.0	0.000
Milk, Chocolate Nonfat	Carton	120	23.0	0.000
Dressing, Italian	2 TBSP	40	6.0	0.000
Dressing, Ranch	2 TBSP	140	2.0	0.000
Ketchup	1 TBSP	20	5.0	0.000
Mustard	1 TSP	0	0.0	0.000
Mayonnaise. Light	1 TBSP	44	2.0	0.000
Tajin, LS	1/4 Tsp	2	0.5	0.000
Weighted Daily Average		327	45.99	0.008
% of Calories			56.3%	
Nutrient Guideline		542-642		

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Sep 1, 2019 thru Sep 30, 2019

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

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	Portion Size	Cals (kcal)	Carb (g)	Cost
Mon - 09/09/2019				
K-8 Breakfast	Total			
CYCLE 21	SERVING	0	0.0	0.000
Yogurt, Yoplait Trix	4 oz	90	17.0	0.000
Belly Bear,Brkfst Honey wYogrt	PKG	130	20.0	0.124
Breakfast Bun, WG	BUN	230	39.0	0.000
Cereal, Cinn Toast Crunch, RS	Bowl	110	22.0	0.000
Cereal, Cheerios	1 oz	105	20.75	0.000
Cereal, Trix, WG, RS	Bowl	110	24.0	0.000
Crackers, Jungle Breakfast	1 oz	120	19.63	0.000
Fruit Juice, Variety	4 fl.oz.	59	15.5	0.000
Fruit, Canned, Breakfast	1/2 CUP	77	18.75	0.000
Milk, Nonfat	HALF PINT	90	13.0	0.000
Milk,1% Lowfat	HALF PINT	120	14.0	0.000
5-Compartment Trays	Tray	0	0.0	0.000
Breakfast Trays	Tray	0	0.0	0.000
Combo Kits	Kit	0	0.0	0.000
Middle School (6-8) Lunch				
CYCLE 21	Total			
SP Enchilada, Chicken	SERVING	0	0.0	0.000
Chicken Patty	1 Enchilada	276	22.22	0.308
Chicken Patty, Spicy	Pattie	240	13.0	0.000
Bun, Hamburger WG 3.5"	Pattie	267	16.83	0.000
Cheese, Slice, Optional	Bun	140	28.0	0.000
Italian Cheesy Stix	1 slice	55	1.0	0.000
Marinara Sauce	2 Stix	300	34.0	0.000
Specialty Salad/Yogurt Parfait	1/4 cup	30	4.5	0.000
Pizza, Cheese, 8slice 1.75MMA	Container	406	59.58	0.000
Pizza, Pepperoni 8slc 1.75MMA	Slice	351	42.27	0.000
Salad Blend	Slice	384	41.86	0.000
Potato,Fries,Oven Baked*	3/4 Cup	20	4.0	0.000
Green Beans	1/2 Cup	111	17.36	0.000
Fruit, Mixed, Cnd	1/4 CUP	12	2.5	0.000
Apple Slices IW	1/4 cup	40	9.0	0.000
Crackers, Jungle	2 oz Pkg	30	7.0	0.162
Milk, Nonfat	1 oz	120	19.63	0.000
Milk,1% Lowfat	HALF PINT	90	12.0	0.000
Milk, Chocolate Nonfat	HALF PINT	120	16.0	0.000
Dressing, Italian	Carton	120	23.0	0.000
Dressing, Ranch	2 TBSP	40	6.0	0.000
Ketchup	2 TBSP	140	2.0	0.000
Mustard	1 TBSP	20	5.0	0.000
Mayonnaise. Light	Tbsp	0	0.0	0.000
Taco Sauce, Mild	1 TBSP	44	2.0	0.000
Weighted Daily Average	pkt	5	1.18	0.000
% of Calories		726	94.15	0.204
Nutrient Guideline			51.9%	
		542-642		

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	Portion Size	Cals (kcal)	Carb (g)	Cost
Tue - 09/10/2019				
K-8 Breakfast	Total			
CYCLE 22	SERVING	0	0.0	0.000
Breakfast Bagel, Pizza	Bagel	192	23.16	0.000
Breakfast Bun, WG	BUN	230	39.0	0.000
Cereal, Cinn Toast Crunch, RS	Bowl	110	22.0	0.000
Cereal, Cheerios	1 oz	105	20.75	0.000
Cereal, Trix, WG, RS	Bowl	110	24.0	0.000
Belly Bears, WG, Brkfst Cinn	package	130	21.0	0.124
Fruit, Canned, Breakfast	1/2 CUP	77	18.75	0.000
Fruit, Fresh, Breakfast	1 piece	69	17.8	0.000
Milk, Nonfat	HALF PINT	90	13.0	0.000
Milk, 1% Lowfat	HALF PINT	120	14.0	0.000
5-Compartment Trays	Tray	0	0.0	0.000
Breakfast Trays	Tray	0	0.0	0.000
Combo Kits	Kit	0	0.0	0.000
Middle School (6-8) Lunch	Total			
CYCLE 22	SERVING	0	0.0	0.000
Pork Carnitas, for Taco	2 oz	130	0.0	0.000
Cheese, Shredded	1 oz	106	0.19	0.000
Lettuce, Shredded	2 TBSP	1	0.29	0.000
Taco Shell	Shell	93	12.0	0.000
Tortilla, Flour, 6" WG	Tortilla	90	15.0	0.000
Chicken Nuggets Tyson	5 pieces	260	16.0	0.000
Crackers, WG, Mini, Zesta	1 Pouch	50	7.0	0.000
Sandwich, Grape PBJ	Sandwich	290	32.0	0.000
String Cheese @lunch	PACKAGE	80	0.0	0.000
Specialty Salad/Yogurt Parfait	Container	406	59.58	0.000
Pizza, Cheese, 8slice 1.75MMA	Slice	351	42.27	0.000
Pizza, Pepperoni 8slc 1.75MMA	Slice	384	41.86	0.000
Broccoli, Frz	1/4 CUP	7	1.46	0.000
Corn, Cnd 1/4c	1/4 CUP	60	12.75	0.000
Beans, Garbanzo	1/4 cup	60	10.0	0.000
Pears, Cnd, Sliced, 1/4c	1/4 cup	31	8.02	0.000
Banana	1 EACH	72	18.5	0.000
Fruit Juice, Variety	4 fl.oz.	59	15.5	0.000
Milk, Nonfat	HALF PINT	90	12.0	0.000
Milk, 1% Lowfat	HALF PINT	120	16.0	0.000
Dressing, Italian	2 TBSP	40	6.0	0.000
Dressing, Ranch	2 TBSP	140	2.0	0.000
Ketchup	1 TBSP	20	5.0	0.000
Mustard	Tbsp	0	0.0	0.000
Salsa, Mild, Cnd	2 TBSP	20	4.0	0.000
Taco Sauce, Mild	pkt	5	1.18	0.000
Weighted Daily Average		552	74.19	0.000
% of Calories			53.7%	
Nutrient Guideline		542-642		

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Base Menu Spreadsheet Portion Values - Detailed

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Sep 1, 2019 thru Sep 30, 2019

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

Generated on: 8/16/2019 11:32:39 AM

	Portion Size	Cals (kcal)	Carb (g)	Cost
Wed - 09/11/2019				
K-8 Breakfast	Total			
CYCLE 23	SERVING	0	0.0	0.000
Pancakes, Mini, Maple, IW	Pkg	220	39.0	0.000
Breakfast Bun, WG	BUN	230	39.0	0.000
Cereal, Cinn Toast Crunch, RS	Bowl	110	22.0	0.000
Cereal, Cheerios	1 oz	105	20.75	0.000
Cereal, Trix, WG, RS	Bowl	110	24.0	0.000
Crackers, Jungle Breakfast	1 oz	120	19.63	0.000
Fruit, Canned, Breakfast	1/2 CUP	77	18.75	0.000
Fruit, Fresh, Breakfast	1 piece	69	17.8	0.000
Fruit Juice, Variety	4 fl.oz.	59	15.5	0.000
Milk, Nonfat	HALF PINT	90	13.0	0.000
Milk, 1% Lowfat	HALF PINT	120	14.0	0.000
5-Compartment Trays	Tray	0	0.0	0.000
Breakfast Trays	Tray	0	0.0	0.000
Combo Kits	Kit	0	0.0	0.000
Syrup	1 TBSP	55	12.5	0.000
Middle School (6-8) Lunch				
CYCLE 23	Total	0	0.0	0.000
Chicken Fillet, Ckd, unbreaded	Fillet	100	0.0	0.000
BBQ Sauce	4 TBSP	117	27.72	0.000
Bun, Hamburger WG 3.5"	Bun	140	28.0	0.000
Corn Dog, Chicken FF	1 Each	240	30.0	0.000
Specialty Salad/Yogurt Parfait	Container	406	59.58	0.000
Pizza, Cheese, 8slice 1.75MMA	Slice	351	42.27	0.000
Pizza, Meat Lovers 8sl 2MMA	Slice	377	42.67	0.000
Salad Blend	3/4 Cup	20	4.0	0.000
Zucchini, Sticks	1/4 Cup	8	1.51	0.000
Potato, Fries, Oven Baked*	1/2 Cup	111	17.36	0.000
Applesauce, unsweetened	1/4 cup	25	6.5	0.000
Orange Wedges 1/2 orange	1/2 orange	23	5.64	0.000
Cookie, Choc Chip (to bake)	Cookie	119	18.5	0.000
Milk, Nonfat	HALF PINT	90	12.0	0.000
Milk, 1% Lowfat	HALF PINT	120	16.0	0.000
Milk, Chocolate Nonfat	Carton	120	23.0	0.000
Dressing, Italian	2 TBSP	40	6.0	0.000
Dressing, Ranch	2 TBSP	140	2.0	0.000
Ketchup	1 TBSP	20	5.0	0.000
Mustard	Tbsp	0	0.0	0.000
Mayonnaise, Light	1 TBSP	44	2.0	0.000
Tajin, LS	1/4 Tsp	2	0.5	0.000
Weighted Daily Average		630	84.04	0.000
% of Calories			53.4%	
Nutrient Guideline		542-642		

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SCVSFSA

Sep 1, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

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

Portion Values - Detailed

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Generated on: 8/16/2019 11:32:39 AM

	Portion Size	Cals (kcal)	Carb (g)	Cost
Thu - 09/12/2019				
K-8 Breakfast	Total			
CYCLE 24	SERVING	0	0.0	0.000
Egg, Hard-Cooked,Peeled	egg	70	1.0	0.166
Crackers, Honey Graham 2	2 crackers	60	10.0	0.000
Breakfast Bun, WG	BUN	230	39.0	0.000
Cereal, Cinn Toast Crunch, RS	Bowl	110	22.0	0.000
Cereal, Cheerios	1 oz	105	20.75	0.000
Cereal, Trix, WG, RS	Bowl	110	24.0	0.000
Belly Bear, WG, Brkfast Honey	PKG	130	20.0	0.124
Fruit, Canned, Breakfast	1/2 CUP	77	18.75	0.000
Fruit, Fresh, Breakfast	1 piece	69	17.8	0.000
Milk, Nonfat	HALF PINT	90	13.0	0.000
Milk,1% Lowfat	HALF PINT	120	14.0	0.000
5-Compartment Trays	Tray	0	0.0	0.000
Breakfast Trays	Tray	0	0.0	0.000
Combo Kits	Kit	0	0.0	0.000
Middle School (6-8) Lunch	Total			
CYCLE 24	SERVING	0	0.0	0.000
Meatballs, Beef 5	5 Meatballs	162	5.0	0.000
Marinara Sauce	1/4 cup	30	4.5	0.000
Roll, WG 4"	Roll	140	27.0	0.000
Cheese, Shredded	1 oz	106	0.19	0.000
Chicken Tenders	3 Pieces	240	15.0	0.091
Crackers, WG, Mini, Zesta	1 Pouch	50	7.0	0.000
Lil Kahuna Double Dogs	4 oz	270	27.0	0.000
Specialty Salad/Yogurt Parfait	Container	406	59.58	0.000
Pizza, Cheese, 8slice 1.75MMA	Slice	351	42.27	0.000
Pizza, Pepperoni 8slc 1.75MMA	Slice	384	41.86	0.000
Salad Blend	3/4 Cup	20	4.0	0.000
Green Beans	1/4 CUP	12	2.5	0.000
Beans, Garbanzo	1/4 cup	60	10.0	0.000
Fruit Juice, Variety	4 fl.oz.	59	15.5	0.000
Apple Slices IW	2 oz Pkg	30	7.0	0.162
Applesauce, unsweetened	1/4 cup	25	6.5	0.000
Brownie Cup	1.5 oz	146	26.0	0.248
Milk, Nonfat	HALF PINT	90	12.0	0.000
Milk,1% Lowfat	HALF PINT	120	16.0	0.000
Dressing, Italian	2 TBSP	40	6.0	0.000
Dressing, Ranch	2 TBSP	140	2.0	0.000
Ketchup	1 TBSP	20	5.0	0.000
Mustard	Tbsp	0	0.0	0.000
Mayonnaise. Light	1 TBSP	44	2.0	0.000
BBQ Sauce	2 TBSP	58	13.86	0.000
Weighted Daily Average		467	58.48	0.159
% of Calories			50.1%	
Nutrient Guideline		542-642		

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SCVSFSA

Base Menu Spreadsheet
 Portion Values - Detailed

Sep 1, 2019 thru Sep 30, 2019

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

	Portion Size	Cals (kcal)	Carb (g)	Cost
Fri - 09/13/2019				
K-8 Breakfast	Total			
CYCLE 25	SERVING	0	0.0	0.000
Muffin, Cherry BV	Muffin	230	39.0	0.000
String Cheese @breakfast muff	PACKAGE	80	0.0	0.000
Breakfast Bun, WG	BUN	230	39.0	0.000
Cereal, Cinn Toast Crunch, RS	Bowl	110	22.0	0.000
Cereal, Cheerios	1 oz	105	20.75	0.000
Cereal, Trix, WG, RS	Bowl	110	24.0	0.000
Belly Bear, WG, Brkfast Honey	PKG	130	20.0	0.124
Fruit, Canned, Breakfast	1/2 CUP	77	18.75	0.000
Fruit, Fresh, Breakfast	1 piece	69	17.8	0.000
Milk, Nonfat	HALF PINT	90	13.0	0.000
Milk,1% Lowfat	HALF PINT	120	14.0	0.000
5-Compartment Trays	Tray	0	0.0	0.000
Breakfast Trays	Tray	0	0.0	0.000
Combo Kits	Kit	0	0.0	0.000
Middle School (6-8) Lunch	Total			
CYCLE 25	SERVING	0	0.0	0.000
Macaroni & Cheese #6	2/3 Cup	290	31.0	0.000
Chicken Nuggets Tyson	5 pieces	260	16.0	0.000
Crackers, WG, Mini, Zesta	1 Pouch	50	7.0	0.000
Hamburger Patty	Patty	172	2.0	0.165
Cheese, Slice, Optional	1 slice	55	1.0	0.000
Bun, Hamburger WG 3.5"	Bun	140	28.0	0.000
Specialty Salad/Yogurt Parfait	Container	406	59.58	0.000
Pizza, Cheese, 8slice 1.75MMA	Slice	351	42.27	0.000
Pizza, Pepperoni 8slc 1.75MMA	Slice	384	41.86	0.000
Manager's Choice	1	*N/A*	*N/A*	0.000
Salad Blend	3/4 Cup	20	4.0	0.000
Celery Sticks	1/4 CUP	6	1.14	0.000
Carrots, baby-cut, IW	1pkg	15	4.0	0.000
Peaches, Diced, Cnd*	1/2 Cup	100	24.0	0.000
Fruit, Mixed, Cnd	1/4 cup	40	9.0	0.000
Milk, Nonfat	HALF PINT	90	12.0	0.000
Milk,1% Lowfat	HALF PINT	120	14.0	0.000
Milk, Chocolate Nonfat	Carton	120	23.0	0.000
Dressing, Italian	2 TBSP	40	6.0	0.000
Dressing, Ranch	2 TBSP	140	2.0	0.000
Ketchup	1 TBSP	20	5.0	0.000
Mustard	Tbsp	0	0.0	0.000
Mayonnaise. Light	1 TBSP	44	2.0	0.000
Weighted Daily Average		462	70.18	0.001
% of Calories			60.8%	
Nutrient Guideline		542-642		

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SCVSFSA

Base Menu Spreadsheet
Portion Values - Detailed

Sep 1, 2019 thru Sep 30, 2019

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

	Portion Size	Cals (kcal)	Carb (g)	Cost
Mon - 09/16/2019				
K-8 Breakfast	Total			
CYCLE 01	SERVING	0	0.0	0.000
Waffle, Mini, Blueberry, IW	Pkg	210	38.0	0.000
Breakfast Bun, WG	BUN	230	39.0	0.000
Cereal, Cinn Toast Crunch, RS	Bowl	110	22.0	0.000
Cereal, Cheerios	1 oz	105	20.75	0.000
Cereal, Trix, WG, RS	Bowl	110	24.0	0.000
Belly Bears, WG, Brkfst Cinn	package	130	21.0	0.124
Fruit, Canned, Breakfast	1/2 CUP	77	18.75	0.000
Fruit Juice, Variety	4 fl.oz.	59	15.5	0.000
Milk, Nonfat	HALF PINT	90	13.0	0.000
Milk, 1% Lowfat	HALF PINT	120	14.0	0.000
5-Compartment Trays	Tray	0	0.0	0.000
Breakfast Trays	Tray	0	0.0	0.000
Combo Kits	Kit	0	0.0	0.000
Syrup	1 TBSP	55	12.5	0.000
Middle School (6-8) Lunch	Total			
CYCLE 01	SERVING	0	0.0	0.000
Chicken Wings, Honey Sriracha	6 pieces	290	22.0	0.000
Rice, Brown, WG 1/2cup	1/2 cup	90	18.58	0.000
Corn Dogs, Mini Chicken	6 Mini Dogs	332	28.7	0.476
Chicken Patty	Pattie	240	13.0	0.000
Chicken Patty, Spicy	Pattie	267	16.83	0.000
Bun, Hamburger WG 3.5"	Bun	140	28.0	0.000
Specialty Salad/Yogurt Parfait	Container	406	59.58	0.000
Pizza, Cheese, 8slice 1.75MMA	Slice	351	42.27	0.000
Pizza, Pepperoni 8slc 1.75MMA	Slice	384	41.86	0.000
Salad Blend	3/4 Cup	20	4.0	0.000
Potato Oven Fries	1/4 Cup	54	8.44	0.000
Celery Sticks	1/4 CUP	6	1.14	0.000
Dill Pickle Chips	1/8 Cup	2	0.52	0.000
Fruit, Mixed, Cnd	1/4 cup	40	9.0	0.000
Pears, Cnd, Sliced, 1/4c	1/4 cup	31	8.02	0.000
Apple Slices IW	2 oz Pkg	30	7.0	0.162
Milk, Nonfat	HALF PINT	90	12.0	0.000
Milk, 1% Lowfat	HALF PINT	120	16.0	0.000
Milk, Chocolate Nonfat	Carton	120	23.0	0.000
Dressing, Italian	2 TBSP	40	6.0	0.000
Dressing, Ranch	2 TBSP	140	2.0	0.000
Ketchup	1 TBSP	20	5.0	0.000
Mustard	Tbsp	0	0.0	0.000
Mayonnaise. Light	1 TBSP	44	2.0	0.000
Weighted Daily Average		181	33.58	0.099
% of Calories			74.3%	
Nutrient Guideline		542-642		

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Base Menu Spreadsheet
Portion Values - Detailed

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Sep 1, 2019 thru Sep 30, 2019

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

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	Portion Size	Cals (kcal)	Carb (g)	Cost
Tue - 09/17/2019				
K-8 Breakfast	Total			
CYCLE 02	SERVING	0	0.0	0.000
Muffin, Star, Corn 2.5oz	1 Each	235	37.0	0.000
Breakfast Bun, WG	BUN	230	39.0	0.000
Cereal, Cinn Toast Crunch, RS	Bowl	110	22.0	0.000
Cereal, Cheerios	1 oz	105	20.75	0.000
Cereal, Trix, WG, RS	Bowl	110	24.0	0.000
Crackers, Jungle Breakfast	1 oz	120	19.63	0.000
Fruit, Fresh, Breakfast	1 piece	69	17.8	0.000
Fruit, Canned, Breakfast	1/2 CUP	77	18.75	0.000
Milk, Nonfat	HALF PINT	90	13.0	0.000
Milk, 1% Lowfat	HALF PINT	120	14.0	0.000
5-Compartment Trays	Tray	0	0.0	0.000
Breakfast Trays	Tray	0	0.0	0.000
Combo Kits	Kit	0	0.0	0.000
Middle School (6-8) Lunch	Total			
CYCLE 02	SERVING	0	0.0	0.000
Turkey Taco Meat 1.67oz	1.67 oz	49	2.83	0.000
Cheese, Shredded	1 oz	106	0.19	0.000
Lettuce, Shredded	2 TBSP	1	0.29	0.000
Taco Shell	Shell	93	12.0	0.000
Tortilla, Flour, 6" WG	Tortilla	90	15.0	0.000
Chicken Tenders	3 Pieces	240	15.0	0.091
Crackers, WG, Mini, Zesta	1 Pouch	50	7.0	0.000
Sandwich, Strawberry PBJ	Sandwich	290	32.0	0.000
String Cheese @lunch	PACKAGE	80	0.0	0.000
Specialty Salad/Yogurt Parfait	Container	406	59.58	0.000
Pizza, Cheese, 8slice 1.75MMA	Slice	351	42.27	0.000
Pizza, Pepperoni 8slice 1.75MMA	Slice	384	41.86	0.000
Salad Blend	3/4 Cup	20	4.0	0.000
Beans, Red Kidney	1/4 CUP	60	11.0	0.000
Corn, Cnd 1/4c	1/4 CUP	60	12.75	0.000
Broccoli, Frz	1/4 CUP	7	1.46	0.000
Banana	1 EACH	72	18.5	0.000
Fruit, Mixed, Cnd	1/4 cup	40	9.0	0.000
Fruit Juice, Variety	4 fl.oz.	59	15.5	0.000
Milk, Nonfat	HALF PINT	90	12.0	0.000
Milk, 1% Lowfat	HALF PINT	120	16.0	0.000
Dressing, Italian	2 TBSP	40	6.0	0.000
Dressing, Ranch	2 TBSP	140	2.0	0.000
Ketchup	1 TBSP	20	5.0	0.000
Mustard	Tbsp	0	0.0	0.000
Mayonnaise. Light	1 TBSP	44	2.0	0.000
Marinara Sauce	1/4 cup	30	4.5	0.000
BBQ Sauce	2 TBSP	58	13.86	0.000
Weighted Daily Average		411	74.21	0.000
% of Calories			72.3%	
Nutrient Guideline		542-642		

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SCVSFSA

Base Menu Spreadsheet
Portion Values - Detailed

Sep 1, 2019 thru Sep 30, 2019

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

	Portion Size	Cals (kcal)	Carb (g)	Cost
Wed - 09/18/2019				
K-8 Breakfast	Total			
CYCLE 03	SERVING	0	0.0	0.000
Pancake & Sausage Stick, WG	1 EACH	187	19.8	0.000
Syrup	1 TBSP	55	12.5	0.000
Breakfast Bun, WG	BUN	230	39.0	0.000
Cereal, Cinn Toast Crunch, RS	Bowl	110	22.0	0.000
Cereal, Cheerios	1 oz	105	20.75	0.000
Cereal, Trix, WG, RS	Bowl	110	24.0	0.000
Belly Bear, WG, Brkfast Honey	PKG	130	20.0	0.124
Fruit, Fresh, Breakfast	1 piece	69	17.8	0.000
Fruit, Canned, Breakfast	1/2 CUP	77	18.75	0.000
Fruit Juice, Variety	4 fl.oz.	59	15.5	0.000
Milk, Nonfat	HALF PINT	90	13.0	0.000
Milk, 1% Lowfat	HALF PINT	120	14.0	0.000
5-Compartment Trays	Tray	0	0.0	0.000
Breakfast Trays	Tray	0	0.0	0.000
Combo Kits	Kit	0	0.0	0.000
Middle School (6-8) Lunch				
CYCLE 03	Total			
SP Chick Fiesta Bowl w/Rice	SERVING	0	0.0	0.000
Hamburger Patty	Bowl	241	30.52	0.000
Cheese, Slice	Patty	172	2.0	0.165
Bun, Hamburger WG 3.5"	1 slice	55	1.0	0.000
Eggs, Hard-Cooked, Peeled	Bun	140	28.0	0.000
Cracker, Wheat Savory MJM	2 eggs	140	2.0	0.332
Specialty Salad/Yogurt Parfait	Pkg	80	14.0	0.000
Pizza, Cheese, 8slice 1.75MMA	Container	406	59.58	0.000
Pizza, MeatLovers 8 slice	Slice	351	42.27	0.000
Salad Blend	Slice	407	42.67	0.000
Green Beans	3/4 Cup	20	4.0	0.000
Zucchini, Sticks	1/4 CUP	12	2.5	0.000
Fruit, Mixed, Cnd	1/4 Cup	8	1.51	0.000
Peaches, Diced, Cnd	1/4 cup	40	9.0	0.000
Orange Wedges 1/2 orange	1/4 Cup	13	3.0	0.000
Cookie, Choc Chip (to bake)	1/2 orange	23	5.64	0.000
Milk, Nonfat	Cookie	119	18.5	0.000
Milk, 1% Lowfat	HALF PINT	90	12.0	0.000
Milk, Chocolate Nonfat	HALF PINT	120	16.0	0.000
Dressing, Italian	Carton	120	23.0	0.000
Dressing, Ranch	2 TBSP	40	6.0	0.000
Ketchup	2 TBSP	140	2.0	0.000
Mustard	1 TBSP	20	5.0	0.000
Mayonnaise. Light	Tbsp	0	0.0	0.000
Tajin, LS	1 TBSP	44	2.0	0.000
Salsa, Mild, Cnd	1/4 Tsp	2	0.5	0.000
	2 TBSP	20	4.0	0.000
Weighted Daily Average		408	71.15	0.024
% of Calories			69.7%	
Nutrient Guideline		542-642		

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SCVSFSA

Base Menu Spreadsheet Portion Values - Detailed

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Sep 1, 2019 thru Sep 30, 2019

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

Generated on: 8/16/2019 11:32:40 AM

	Portion Size	Cals (kcal)	Carb (g)	Cost
Thu - 09/19/2019				
K-8 Breakfast	Total			
CYCLE 04	SERVING	0	0.0	0.000
Sausage Biscuit	Sandwich	220	26.0	0.000
Breakfast Bun, WG	BUN	230	39.0	0.000
Cereal, Cinn Toast Crunch, RS	Bowl	110	22.0	0.000
Cereal, Cheerios	1 oz	105	20.75	0.000
Cereal, Trix, WG, RS	Bowl	110	24.0	0.000
Belly Bears, WG, Brkfst Cinn	package	130	21.0	0.124
Fruit, Fresh, Breakfast	1 piece	69	17.8	0.000
Fruit, Canned, Breakfast	1/2 CUP	77	18.75	0.000
Milk, Nonfat	HALF PINT	90	13.0	0.000
Milk, 1% Lowfat	HALF PINT	120	14.0	0.000
5-Compartment Trays	Tray	0	0.0	0.000
Breakfast Trays	Tray	0	0.0	0.000
Combo Kits	Kit	0	0.0	0.000
Middle School (6-8) Lunch	Total			
CYCLE 04	SERVING	0	0.0	0.000
Chicken, Popcorn Orange	3.9 oz	160	21.0	0.000
Rice Pilaf (72 serv)	2/3 Cup	143	28.81	0.000
Chicken Tenders	3 Pieces	240	15.0	0.091
Crackers, WG, Mini, Zesta	1 Pouch	50	7.0	0.000
Specialty Salad/Yogurt Parfait	Container	406	59.58	0.000
Pizza, Cheese, 8slice 1.75MMA	Slice	351	42.27	0.000
Pizza, Pepperoni 8slice 1.75MMA	Slice	384	41.86	0.000
Manager's Choice	1	*N/A*	*N/A*	0.000
Salad Blend	3/4 Cup	20	4.0	0.000
Potato, Fries, Oven Baked*	1/2 Cup	111	17.36	0.000
Beans, Garbanzo	1/4 cup	60	10.0	0.000
Apple Slices IW	2 oz Pkg	30	7.0	0.162
Pears, Cnd, Sliced, 1/4c	1/4 cup	31	8.02	0.000
Milk, Nonfat	HALF PINT	90	12.0	0.000
Milk, 1% Lowfat	HALF PINT	120	14.0	0.000
Dressing, Italian	2 TBSP	40	6.0	0.000
Dressing, Ranch	2 TBSP	140	2.0	0.000
Ketchup	1 TBSP	20	5.0	0.000
Mustard	1 Tbsp	0	0.0	0.000
BBQ Sauce	2 Tbsp	49	10.69	0.079
Marinara Sauce	1/4 cup	30	4.5	0.000
Weighted Daily Average		400	69.87	0.025
% of Calories			69.8%	
Nutrient Guideline		542-642		

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Base Menu Spreadsheet
 Portion Values - Detailed

Sep 1, 2019 thru Sep 30, 2019

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

	Portion Size	Cals (kcal)	Carb (g)	Cost
Fri - 09/20/2019				
K-8 Breakfast	Total			
CYCLE 05	SERVING	0	0.0	0.000
Breakfast Burrito, Los Cabos	4 OZ	262	42.21	0.000
Salsa, Mild, Cnd	2 TBSP	20	4.0	0.000
Breakfast Bun, WG	BUN	230	39.0	0.000
Cereal, Cinn Toast Crunch, RS	Bowl	110	22.0	0.000
Cereal, Cheerios	1 oz	105	20.75	0.000
Cereal, Trix, WG, RS	Bowl	110	24.0	0.000
Crackers, Jungle Breakfast	1 oz	120	19.63	0.000
Fruit, Canned, Breakfast	1/2 CUP	77	18.75	0.000
Fruit Juice, Variety	4 fl.oz.	59	15.5	0.000
Milk, Nonfat	HALF PINT	90	13.0	0.000
Milk,1% Lowfat	HALF PINT	120	14.0	0.000
5-Compartment Trays	Tray	0	0.0	0.000
Breakfast Trays	Tray	0	0.0	0.000
Combo Kits	Kit	0	0.0	0.000
Middle School (6-8) Lunch	Total			
CYCLE 05	SERVING	0	0.0	0.000
Sandwich, Toasted Cheese	Sandwich	378	40.01	0.000
Chicken, Popcorn, WG	15 pieces	280	17.06	0.000
Chicken, Popcorn, Spicy	12 Pieces	250	16.0	0.000
Crackers, WG, Mini, Zesta	1 Pouch	50	7.0	0.000
Specialty Salad/Yogurt Parfait	Container	406	59.58	0.000
Pizza, Cheese, 8slice 1.75MMA	Slice	351	42.27	0.000
Pizza, Pepperoni 8slce 1.75MMA	Slice	384	41.86	0.000
Manager's Choice	1	*N/A*	*N/A*	0.000
Salad Blend	3/4 Cup	20	4.0	0.000
Carrots, baby-cut, IW	1pkg	15	4.0	0.000
Corn, Cnd 1/4c	1/4 CUP	60	12.75	0.000
Black Beans, Veg 1/4c	1/4 Cup	55	10.0	0.000
Fruit, Mixed, Cnd	1/4 cup	40	9.0	0.000
Applesauce, unsweetened	1/4 cup	25	6.5	0.000
Milk, Nonfat	HALF PINT	90	12.0	0.000
Milk,1% Lowfat	HALF PINT	120	14.0	0.000
Milk, Chocolate Nonfat	Carton	120	23.0	0.000
Dressing, Italian	2 TBSP	40	6.0	0.000
Dressing, Ranch	2 TBSP	140	2.0	0.000
Ketchup	1 TBSP	20	5.0	0.000
Mustard	1 Tbsp	0	0.0	0.000
Marinara Sauce	1/4 cup	30	4.5	0.000
BBQ Sauce	2 TBSP	58	13.86	0.000
Weighted Daily Average		331	51.00	0.000
% of Calories			61.6%	
Nutrient Guideline		542-642		

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Base Menu Spreadsheet Portion Values - Detailed

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Sep 1, 2019 thru Sep 30, 2019

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

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	Portion Size	Cals (kcal)	Carb (g)	Cost
Mon - 09/23/2019				
K-8 Breakfast	Total			
CYCLE 06	SERVING	0	0.0	0.000
French Toast,Mini,Triple Berry	Pkg	220	37.0	0.000
Breakfast Bun, WG	BUN	230	39.0	0.000
Cereal, Cinn Toast Crunch, RS	Bowl	110	22.0	0.000
Cereal, Cheerios	1 oz	105	20.75	0.000
Cereal, Trix, WG, RS	Bowl	110	24.0	0.000
Belly Bears, WG, Brkfst Cinn	package	130	21.0	0.124
Fruit, Canned, Breakfast	1/2 CUP	77	18.75	0.000
Fruit Juice, Variety	4 fl.oz.	59	15.5	0.000
Milk, Nonfat	HALF PINT	90	13.0	0.000
Milk,1% Lowfat	HALF PINT	120	14.0	0.000
5-Compartment Trays	Tray	0	0.0	0.000
Breakfast Trays	Tray	0	0.0	0.000
Combo Kits	Kit	0	0.0	0.000
Syrup	1 TBSP	55	12.5	0.000
Middle School (6-8) Lunch	Total			
CYCLE 06	SERVING	0	0.0	0.000
Chicken Drumstick, Breaded	Piece	190	5.0	0.000
Potatoes,Mashed	1/4 Cup	52	10.33	0.000
BBQ Sauce	2 TBSP	58	13.86	0.000
Hamburger Patty	Patty	172	2.0	0.165
Bun, Hamburger WG 3.5"	Bun	140	28.0	0.000
Cheese, Slice, Optional	1 slice	55	1.0	0.000
Sandwich, Grape PBJ	Sandwich	290	32.0	0.000
String Cheese @lunch	PACKAGE	80	0.0	0.000
Specialty Salad/Yogurt Parfait	Container	406	59.58	0.000
Pizza, Cheese, 8slice 1.75MMA	Slice	351	42.27	0.000
Pizza, Pepperoni 8slc 1.75MMA	Slice	384	41.86	0.000
Beans, Garbanzo	1/4 cup	60	10.0	0.000
Corn, Cnd 1/4c	1/4 CUP	60	12.75	0.000
Broccoli, Frz	1/4 CUP	7	1.46	0.000
Applesauce, unsweetened	1/4 cup	25	6.5	0.000
Peaches, Diced,Cnd	1/4 Cup	13	3.0	0.000
Apple Slices IW	2 oz Pkg	30	7.0	0.162
Crackers, Jungle	1 oz	120	19.63	0.000
Milk, Nonfat	HALF PINT	90	12.0	0.000
Milk,1% Lowfat	HALF PINT	120	14.0	0.000
Milk, Chocolate Nonfat	Carton	120	23.0	0.000
Dressing, Italian	2 TBSP	40	6.0	0.000
Dressing, Ranch	2 TBSP	140	2.0	0.000
Ketchup	1 TBSP	20	5.0	0.000
Mustard	Tbsp	0	0.0	0.000
Mayonnaise. Light	1 TBSP	44	2.0	0.000
Weighted Daily Average		271	40.59	0.008
% of Calories			59.9%	
Nutrient Guideline		542-642		

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SCVSFSA

Base Menu Spreadsheet
Portion Values - Detailed

Sep 1, 2019 thru Sep 30, 2019

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

	Portion Size	Cals (kcal)	Carb (g)	Cost
Tue - 09/24/2019				
K-8 Breakfast	Total			
CYCLE 07	SERVING	0	0.0	0.000
Quesadilla, Breakfast, Cheese	1 Each	180	14.0	0.000
Breakfast Bun, WG	BUN	230	39.0	0.000
Cereal, Cinn Toast Crunch, RS	Bowl	110	22.0	0.000
Cereal, Cheerios	1 oz	105	20.75	0.000
Cereal, Trix, WG, RS	Bowl	110	24.0	0.000
Crackers, Jungle Breakfast	1 oz	120	19.63	0.000
Fruit Juice, Variety	4 fl.oz.	59	15.5	0.000
Fruit, Canned, Breakfast	1/2 CUP	77	18.75	0.000
Milk, Nonfat	HALF PINT	90	13.0	0.000
Milk, 1% Lowfat	HALF PINT	120	14.0	0.000
5-Compartment Trays	Tray	0	0.0	0.000
Breakfast Trays	Tray	0	0.0	0.000
Combo Kits	Kit	0	0.0	0.000
Salsa, Mild, Cnd	2 TBSP	20	4.0	0.000
Middle School (6-8) Lunch	Total			
CYCLE 07	SERVING	0	0.0	0.000
Burrito, Bean & Cheese, Lunch	5.75 oz	350	54.0	0.000
Chicken Filet, Grilled	piece	100	1.0	0.000
Bun, Hamburger WG 3.5"	Bun	140	28.0	0.000
BBQ Sauce	2 TBSP	58	13.86	0.000
Cheese, Slice	1 slice	55	1.0	0.000
Chicken Nuggets Tyson	5 pieces	260	16.0	0.000
Specialty Salad/Yogurt Parfait	Container	406	59.58	0.000
Pizza, Cheese, 8slice 1.75MMA	Slice	351	42.27	0.000
Pizza, Pepperoni 8slce 1.75MMA	Slice	384	41.86	0.000
Green Beans	1/4 CUP	12	2.5	0.000
Beans, Red Kidney	1/4 CUP	60	11.0	0.000
Banana	1 EACH	72	18.5	0.000
Fruit, Mixed, Cnd	1/4 cup	40	9.0	0.000
Fruit Juice, Variety	4 fl.oz.	59	15.5	0.000
Milk, Nonfat	HALF PINT	90	12.0	0.000
Milk, 1% Lowfat	HALF PINT	120	14.0	0.000
Dressing, Italian	2 TBSP	40	6.0	0.000
Dressing, Ranch	2 TBSP	140	2.0	0.000
Ketchup	1 TBSP	20	5.0	0.000
Mustard	Tbsp	0	0.0	0.000
Mayonnaise. Light	1 TBSP	44	2.0	0.000
Salsa, Mild, Cnd	2 TBSP	20	4.0	0.000
Taco Sauce, Mild	pkt	5	1.18	0.000
Weighted Daily Average		385	61.89	0.000
% of Calories			64.3%	
Nutrient Guideline		542-642		

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SCVSFSA

Base Menu Spreadsheet
Portion Values - Detailed

Sep 1, 2019 thru Sep 30, 2019

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

	Portion Size	Cals (kcal)	Carb (g)	Cost
Wed - 09/25/2019				
K-8 Breakfast	Total			
CYCLE 08	SERVING	0	0.0	0.000
Egg, Hard-Cooked,Peeled	egg	70	1.0	0.166
Crackers, Honey Graham 2	2 crackers	60	10.0	0.000
Breakfast Bun, WG	BUN	230	39.0	0.000
Cereal, Cinn Toast Crunch, RS	Bowl	110	22.0	0.000
Cereal, Cheerios	1 oz	105	20.75	0.000
Cereal, Trix, WG, RS	Bowl	110	24.0	0.000
Belly Bear, WG, Brkfast Honey	PKG	130	20.0	0.124
Fruit, Fresh, Breakfast	1 piece	69	17.8	0.000
Fruit, Canned, Breakfast	1/2 CUP	77	18.75	0.000
Fruit Juice, Variety	4 fl.oz.	59	15.5	0.000
Milk, Nonfat	HALF PINT	90	13.0	0.000
Milk,1% Lowfat	HALF PINT	120	14.0	0.000
5-Compartment Trays	Tray	0	0.0	0.000
Breakfast Trays	Tray	0	0.0	0.000
Combo Kits	Kit	0	0.0	0.000
Middle School (6-8) Lunch	Total			
CYCLE 08	SERVING	0	0.0	0.000
Pancakes, Mini, Maple, IW	Pkg	220	39.0	0.000
Sausage Patty, Pork x2 lunch	2 Pattys	122	1.0	0.000
Syrup	1 TBSP	55	12.5	0.000
Chicken Tenders	3 Pieces	240	15.0	0.091
Crackers, WG, Mini, Zesta	1 Pouch	50	7.0	0.000
Specialty Salad/Yogurt Parfait	Container	406	59.58	0.000
Pizza, Cheese, 8slice 1.75MMA	Slice	351	42.27	0.000
Pizza, Pepperoni 8slce 1.75MMA	Slice	384	41.86	0.000
Salad Blend	3/4 Cup	20	4.0	0.000
Peas, Sweet, Cnd 1/4c	1/4 Cup	35	6.0	0.000
Beans, Garbanzo	1/4 cup	60	10.0	0.000
Peaches, cnd, Sliced, light sy	1/4 cup	34	9.13	0.000
Applesauce, unsweetened	1/4 cup	25	6.5	0.000
Orange Wedges 1/2 orange	1/2 orange	23	5.64	0.000
Cookie, Choc Chip (to bake)	Cookie	119	18.5	0.000
Milk, Nonfat	HALF PINT	90	12.0	0.000
Milk,1% Lowfat	HALF PINT	120	14.0	0.000
Milk, Chocolate Nonfat	Carton	120	23.0	0.000
Dressing, Italian	2 TBSP	40	6.0	0.000
Dressing, Ranch	2 TBSP	140	2.0	0.000
Ketchup	1 TBSP	20	5.0	0.000
Mustard	Tbsp	0	0.0	0.000
BBQ Sauce	2 TBSP	58	13.86	0.000
Marinara Sauce	1/4 cup	30	4.5	0.000
Tajin, LS	1/4 Tsp	2	0.5	0.000
Weighted Daily Average		491	75.88	0.013
% of Calories			61.8%	
Nutrient Guideline		542-642		

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Sep 1, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

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

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Carb (g)	Cost
Thu - 09/26/2019				
K-8 Breakfast	Total			
CYCLE 09	SERVING	0	0.0	0.000
Egg Patty, Scrambled, Cooked	Patty	47	0.83	0.000
Cheese, Slice	1 slice	55	1.0	0.000
Bun, Hamburger WG 3.5"	Bun	140	28.0	0.000
Breakfast Bun, WG	BUN	230	39.0	0.000
Cereal, Cinn Toast Crunch, RS	Bowl	110	22.0	0.000
Cereal, Cheerios	1 oz	105	20.75	0.000
Cereal, Trix, WG, RS	Bowl	110	24.0	0.000
Crackers, Jungle Breakfast	1 oz	120	19.63	0.000
Fruit, Fresh, Breakfast	1 piece	69	17.8	0.000
Fruit, Canned, Breakfast	1/2 CUP	77	18.75	0.000
Milk, Nonfat	HALF PINT	90	13.0	0.000
Milk, 1% Lowfat	HALF PINT	120	14.0	0.000
5-Compartment Trays	Tray	0	0.0	0.000
Breakfast Trays	Tray	0	0.0	0.000
Combo Kits	Kit	0	0.0	0.000
Middle School (6-8) Lunch	Total			
CYCLE 09	SERVING	0	0.0	0.000
Nachos/Turkey Taco Meat	2.95 oz	86	5.0	0.000
Tortilla Chips	1 oz	140	19.0	0.000
Cheese, Shredded for topping	1/8 cup	26	0.05	0.000
Chicken, Popcorn, WG	15 pieces	280	17.06	0.000
Chicken, Popcorn, Spicy	12 Pieces	250	16.0	0.000
Crackers, WG, Mini, Zesta	1 Pouch	50	7.0	0.000
Corn Dogs, Mini Chicken	6 Mini Dogs	332	28.7	0.476
Specialty Salad/Yogurt Parfait	Container	406	59.58	0.000
Pizza, Cheese, 8slice 1.75MMA	Slice	351	42.27	0.000
Pizza, Pepperoni 8slice 1.75MMA	Slice	384	41.86	0.000
Salad Blend	3/4 Cup	20	4.0	0.000
Crackers, WG, Mini, Zesta	1 Pouch	50	7.0	0.000
Potato, Fries, Oven Baked*	1/2 Cup	111	17.36	0.000
Celery Sticks	1/4 CUP	6	1.14	0.000
Apple Slices IW	2 oz Pkg	30	7.0	0.162
Pears, Cnd, Sliced, 1/4c	1/4 cup	31	8.02	0.000
Fruit, Mixed, Cnd	1/4 cup	40	9.0	0.000
Pineapple, Sno Pal	1 package	38	8.0	0.000
Fruit Juice, Variety	4 fl.oz.	59	15.5	0.000
Milk, Nonfat	HALF PINT	90	12.0	0.000
Milk, 1% Lowfat	HALF PINT	120	14.0	0.000
Dressing, Italian	2 TBSP	40	6.0	0.000
Dressing, Ranch	2 TBSP	140	2.0	0.000
Ketchup	1 TBSP	20	5.0	0.000
Mustard	Tbsp	0	0.0	0.000
Mayonnaise, Light	1 TBSP	44	2.0	0.000
Salsa, Mild, Cnd	2 TBSP	20	4.0	0.000
Taco Sauce, Mild	pkt	5	1.18	0.000
Marinara Sauce	1/4 cup	30	4.5	0.000
BBQ Sauce	2 TBSP	58	13.86	0.000
Weighted Daily Average		306	44.30	0.079
% of Calories			57.9%	
Nutrient Guideline		542-642		

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SCVSFSA

Base Menu Spreadsheet
Portion Values - Detailed

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Sep 1, 2019 thru Sep 30, 2019

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

Generated on: 8/16/2019 11:32:41 AM

	Portion Size	Cals (kcal)	Carb (g)	Cost
Fri - 09/27/2019				
K-8 Breakfast	Total			
CYCLE 10	SERVING	0	0.0	0.000
Buttermilk Bar	2.5 oz	329	34.94	0.000
Breakfast Bun, WG	BUN	230	39.0	0.000
Cereal, Cinn Toast Crunch, RS	Bowl	110	22.0	0.000
Cereal, Cheerios	1 oz	105	20.75	0.000
Cereal, Trix, WG, RS	Bowl	110	24.0	0.000
Belly Bears, WG, Brkfst Cinn	package	130	21.0	0.124
Fruit, Canned, Breakfast	1/2 CUP	77	18.75	0.000
Fruit Juice, Variety	4 fl.oz.	59	15.5	0.000
Milk, Nonfat	HALF PINT	90	13.0	0.000
Milk, 1% Lowfat	HALF PINT	120	14.0	0.000
Syrup	1 TBSP	55	12.5	0.000
5-Compartment Trays	Tray	0	0.0	0.000
Breakfast Trays	Tray	0	0.0	0.000
Combo Kits	Kit	0	0.0	0.000
Middle School (6-8) Lunch	Total			
CYCLE 10	SERVING	0	0.0	0.000
SP Meatloaf/Mash Potatoes	Container	253	28.67	0.226
Chicken Nuggets Tyson	5 pieces	260	16.0	0.000
Deli Sandwich Meat-Turkey	Sandwich	113	1.28	0.000
Cheese, Slice	1 slice	55	1.0	0.000
Roll, WG 4"	Roll	140	27.0	0.000
Specialty Salad/Yogurt Parfait	Container	406	59.58	0.000
Pizza, Cheese, 8slice 1.75MMA	Slice	351	42.27	0.000
Pizza, Pepperoni 8slice 1.75MMA	Slice	384	41.86	0.000
Manager's Choice	1	*N/A*	*N/A*	0.000
Salad Blend	3/4 Cup	20	4.0	0.000
Corn, Cnd 1/4c	1/4 CUP	60	12.75	0.000
Carrots, baby-cut, IW	1pkg	15	4.0	0.000
Applesauce, unsweetened	1/4 cup	25	6.5	0.000
Tangerine, Fresh	1 Each	45	11.21	0.000
Brownie Cup	1.5 oz	146	26.0	0.248
Milk, Nonfat	HALF PINT	90	12.0	0.000
Milk, 1% Lowfat	HALF PINT	120	14.0	0.000
Milk, Chocolate Nonfat	Carton	120	23.0	0.000
Dressing, Italian	2 TBSP	40	6.0	0.000
Dressing, Ranch	2 TBSP	140	2.0	0.000
Ketchup	1 TBSP	20	5.0	0.000
Mustard	Tbsp	0	0.0	0.000
Mayonnaise, Light	1 TBSP	44	2.0	0.000
Salsa, Mild, Cnd	2 TBSP	20	4.0	0.000
Taco Sauce, Mild	pkt	5	1.18	0.000
Tajin, LS	1/4 Tsp	2	0.5	0.000
Weighted Daily Average		421	59.49	0.045
% of Calories			56.5%	
Nutrient Guideline		542-642		

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SCVSFSA

Base Menu Spreadsheet
Portion Values - Detailed

Sep 1, 2019 thru Sep 30, 2019

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

	Portion Size	Cals (kcal)	Carb (g)	Cost
Mon - 09/30/2019				
K-8 Breakfast	Total			
CYCLE 11	SERVING	0	0.0	0.000
Muffin, Banana 1.8oz BV	Muffin	140	23.0	0.000
String Cheese @breakfast muff	PACKAGE	80	0.0	0.000
Breakfast Bun, WG	BUN	230	39.0	0.000
Cereal, Cinn Toast Crunch, RS	Bowl	110	22.0	0.000
Cereal, Cheerios	1 oz	105	20.75	0.000
Cereal, Trix, WG, RS	Bowl	110	24.0	0.000
Crackers, Jungle Breakfast	1 oz	120	19.63	0.000
Fruit, Canned, Breakfast	1/2 CUP	77	18.75	0.000
Fruit Juice, Variety	4 fl.oz.	59	15.5	0.000
Milk, Nonfat	HALF PINT	90	13.0	0.000
Milk,1% Lowfat	HALF PINT	120	14.0	0.000
5-Compartment Trays	Tray	0	0.0	0.000
Breakfast Trays	Tray	0	0.0	0.000
Combo Kits	Kit	0	0.0	0.000
Middle School (6-8) Lunch				
CYCLE 11	Total			
Rodeo Roundup: Hamburger Patty	SERVING	0	0.0	0.000
Bun, Hot Dog, WG, 6"	Patty	172	2.0	0.165
Cheese, Slice	Bun	140	27.0	0.000
Onion Rings	1 slice	55	1.0	0.000
BBQ Sauce	2 Pieces	76	10.8	0.000
Spicy Curly Fries	2 Tbsp	49	10.69	0.079
Chicken Nuggets Tyson	1/4 cup	55	7.5	0.000
Specialty Salad/Yogurt Parfait	5 pieces	260	16.0	0.000
Pizza, Cheese, 8slice 1.75MMA	Container	406	59.58	0.000
Pizza, Pepperoni 8slc 1.75MMA	Slice	351	42.27	0.000
Salad Blend	Slice	384	41.86	0.000
Beans, Red Kidney	3/4 Cup	20	4.0	0.000
Green Beans	1/4 CUP	60	11.0	0.000
Apple Slices IW	1/4 CUP	12	2.5	0.000
Peaches, Diced,Cnd	2 oz Pkg	30	7.0	0.162
Milk, Nonfat	1/4 Cup	13	3.0	0.000
Milk,1% Lowfat	HALF PINT	90	12.0	0.000
Milk, Chocolate Nonfat	HALF PINT	120	14.0	0.000
Dressing, Italian	Carton	120	23.0	0.000
Dressing, Ranch	2 TBSP	40	6.0	0.000
Ketchup	2 TBSP	140	2.0	0.000
Mayonnaise. Light	1 TBSP	20	5.0	0.000
Mustard	1 TBSP	44	2.0	0.000
Salsa, Mild, Cnd	1 Tbsp	0	0.0	0.000
Taco Sauce, Mild	2 TBSP	20	4.0	0.000
Weighted Daily Average	pkt	5	1.18	0.000
% of Calories		170	30.31	0.079
Nutrient Guideline			71.4%	
		542-642		

Weighted Average		396	60.15	0.049
			60.7%	

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.

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SCVSFSA

Base Menu Spreadsheet

Portion Values - Detailed

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Sep 1, 2019 thru Sep 30, 2019

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

Generated on: 8/16/2019 11:32:41 AM

Nutrient	Menu AVG	% of Cals	Weekly Target	Portion Size % of Target	Cals (kcal) Miss Data	Carb (g) Shortfall	Cost Overage	Error Messages (if any)
Calories	396		542 - 642	73%		146		
Carbohydrate (g)	60.15	60.74%						Correction Required - Calories are Low

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

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