

# SCVSFSA

## Base Menu Spreadsheet Portion Values - Detailed

Page 1

Sep 1, 2019 thru Sep 30, 2019

Combined: K-8 Breakfast/K-8 Lunch

Generated on: 8/16/2019 11:31:20 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
K-8 Lunch	Total			
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
Hamburger Patty	Patty	172	2.0	0.165
Cheese, Slice	1 slice	55	1.0	0.000
Bun, Hamburger WG 3.5"	Bun	140	28.0	0.000
Chicken Tenders	3 Pieces	240	15.0	0.091
Crackers, WG, Mini, Zesta	1 Pouch	50	7.0	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
Celery Sticks	1/4 CUP	6	1.14	0.000
Green Beans	1/4 CUP	12	2.5	0.000
Broccoli, Frz	1/4 CUP	7	1.46	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, Unsw	1/4 cup	20	4.72	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
Mayonnaise, Light	1 TBSP	44	2.0	0.000
Marinara Sauce	1/4 cup	30	4.5	0.000
Weighted Daily Average		500	57.81	0.201
% of Calories			46.3%	
Nutrient Guideline		577-633		

\*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

<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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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/K-8 Lunch

Generated on: 8/16/2019 11:31:20 AM

	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
K-8 Lunch	Total			
CYCLE 17	SERVING	0	0.0	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
Chicken Tenders	3 Pieces	240	15.0	0.091
Crackers, WG, Mini, Zesta	1 Pouch	50	7.0	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
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
Pears, Cnd, Sliced, 1/4c	1/4 cup	31	8.02	0.000
Apple Slices IW	2 oz Pkg	30	7.0	0.162
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
Ketchup	1 TBSP	20	5.0	0.000
Mustard	1 TSP	0	0.0	0.000
Marinara Sauce	1/4 cup	30	4.5	0.000
Salsa, Mild, Cnd	2 TBSP	20	4.0	0.000
Taco Sauce, Mild	pkt	5	1.18	0.000
Weighted Daily Average		460	64.46	0.082
% of Calories			56.1%	
Nutrient Guideline		577-633		

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**SCVSFSA**

Base Menu Spreadsheet  
 Portion Values - Detailed

**Sep 1, 2019 thru Sep 30, 2019**

Combined: K-8 Breakfast/K-8 Lunch

	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
K-8 Lunch	Total			
CYCLE 18	SERVING	0	0.0	0.000
SP Teriyaki ChickenRice	1 cup	158	19.25	0.000
Teriyaki Chix:Chicken Strps	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
Burrito, Bean & Cheese, Lunch	5.75 oz	350	54.0	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 (pre-baked)	Cookie	119	18.5	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		489	69.81	0.000
% of Calories			57.1%	
Nutrient Guideline		577-633		

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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/K-8 Lunch

Generated on: 8/16/2019 11:31:21 AM

	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
K-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 Tenders	3 Pieces	240	15.0	0.091
Crackers, WG, Mini, Zesta	1 Pouch	50	7.0	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
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
Green Beans	1/4 CUP	12	2.5	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
Weighted Daily Average		518	65.03	0.193
% of Calories			50.2%	
Nutrient Guideline		577-633		

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**SCVSFSA**

Base Menu Spreadsheet  
 Portion Values - Detailed

**Sep 1, 2019 thru Sep 30, 2019**

Combined: K-8 Breakfast/K-8 Lunch

	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
K-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
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
Broccoli, Frz	1/4 CUP	7	1.46	0.000
Peaches, Diced,Cnd	1/4 Cup	13	3.0	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	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
Weighted Daily Average		461	50.66	0.020
% of Calories			43.9%	
Nutrient Guideline		577-633		

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# SCVSFSA

Base Menu Spreadsheet  
Portion Values - Detailed

Page 6

Sep 1, 2019 thru Sep 30, 2019

Combined: K-8 Breakfast/K-8 Lunch

Generated on: 8/16/2019 11:31:21 AM

	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
K-8 Lunch	Total			
CYCLE 21	SERVING	0	0.0	0.000
SP Enchilada, Chicken	1 Enchilada	276	22.22	0.308
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
Cheese, Slice, Optional	1 slice	55	1.0	0.000
Italian Cheesy Stix	2 Stix	300	34.0	0.000
Marinara Sauce	1/4 cup	30	4.5	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
Green Beans	1/4 CUP	12	2.5	0.000
Fruit, Mixed, Cnd	1/4 cup	40	9.0	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	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
Salsa, Mild, Cnd	2 TBSP	20	4.0	0.000
Weighted Daily Average		726	94.15	0.204
% of Calories			51.9%	
Nutrient Guideline		577-633		

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Portion Values - Detailed

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Sep 1, 2019 thru Sep 30, 2019

Combined: K-8 Breakfast/K-8 Lunch

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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
K-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
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, Red Kidney	1/4 CUP	60	11.0	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	74.68	0.000
% of Calories			54.1%	
Nutrient Guideline		577-633		

\*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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**SCVSFSA**

**Sep 1, 2019 thru Sep 30, 2019**

Base Menu Spreadsheet

Combined: K-8 Breakfast/K-8 Lunch

Portion Values - Detailed

	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
K-8 Lunch	Total			
CYCLE 23	SERVING	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
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
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 (pre-baked)	Cookie	119	18.5	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		661	90.68	0.000
% of Calories			54.9%	
Nutrient Guideline		577-633		

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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/K-8 Lunch

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	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
K-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
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
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
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
Marinara Sauce	1/4 cup	30	4.5	0.000
Weighted Daily Average		467	58.47	0.159
% of Calories			50.1%	
Nutrient Guideline		577-633		

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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/K-8 Lunch

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	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
K-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	1 slice	55	1.0	0.000
Bun, Hamburger WG 3.5"	Bun	140	28.0	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
Broccoli, Frz	1/4 CUP	7	1.46	0.000
Peaches, Diced, Cnd	1/4 Cup	13	3.0	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
Weighted Daily Average		384	53.18	0.001
% of Calories			55.4%	
Nutrient Guideline		577-633		

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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/K-8 Lunch

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	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
K-8 Lunch	Total			
CYCLE 01	SERVING	0	0.0	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
Cheese, Slice	1 slice	55	1.0	0.000
Bun, Hamburger WG 3.5"	Bun	140	28.0	0.000
Pizza, Cheese, 8slice 1.75MMA	Slice	351	42.27	0.000
Pizza, Pepperoni 8slc 1.75MMA	Slice	384	41.86	0.000
Potato, Fries, Oven Baked*	1/2 Cup	111	17.36	0.000
Salad Blend	3/4 Cup	20	4.0	0.000
Celery Sticks	1/4 CUP	6	1.14	0.000
Dill Pickle Chips	1/8 Cup	2	0.52	0.000
Corn, Cnd 1/4c	1/4 CUP	60	12.75	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		465	65.02	0.182
% of Calories			55.9%	
Nutrient Guideline		577-633		

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**SCVSFSA**

**Sep 1, 2019 thru Sep 30, 2019**

Base Menu Spreadsheet

Combined: K-8 Breakfast/K-8 Lunch

Portion Values - Detailed

	Portion Size	Cals (kcal)	Carb (g)	Cost
<b>Tue - 09/17/2019</b>				
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
K-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
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
Applesauce, unsweetened	1/4 cup	25	6.5	0.000
Pears, Cnd, Sliced, 1/4c	1/4 cup	31	8.02	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
Marinara Sauce	1/4 cup	30	4.5	0.000
BBQ Sauce	2 TBSP	58	13.86	0.000
Taco Sauce, Mild	pkt	5	1.18	0.000
Salsa, Mild, Cnd	2 TBSP	20	4.0	0.000
Weighted Daily Average		514	75.90	0.016
% of Calories			59.1%	
Nutrient Guideline		577-633		

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**SCVSFSA**

Base Menu Spreadsheet  
 Portion Values - Detailed

**Sep 1, 2019 thru Sep 30, 2019**

Combined: K-8 Breakfast/K-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, Brkfst 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
K-8 Lunch	Total			
CYCLE 03	SERVING	0	0.0	0.000
SP Chick Fiesta Bowl w/Rice	Bowl	241	30.52	0.000
Hamburger Patty	Patty	172	2.0	0.165
Cheese, Slice	1 slice	55	1.0	0.000
Bun, Hamburger WG 3.5"	Bun	140	28.0	0.000
Eggs, Hard-Cooked, Peeled	2 eggs	140	2.0	0.332
Cracker, Wheat Savory MJM	Pkg	80	14.0	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
Green Beans	1/4 CUP	12	2.5	0.000
Zucchini, Sticks	1/4 Cup	8	1.51	0.000
Orange Wedges 1/2 orange	1/2 orange	23	5.64	0.000
Peaches, Diced, Cnd	1/4 Cup	13	3.0	0.000
Fruit, Mixed, Cnd	1/4 cup	40	9.0	0.000
Cookie, Choc Chip (pre-baked)	Cookie	119	18.5	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 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		536	71.20	0.036
% of Calories			53.1%	
Nutrient Guideline		577-633		

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# SCVSFSA

Sep 1, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Combined: K-8 Breakfast/K-8 Lunch

Portion Values - Detailed

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	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
K-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
SP Rice Pilaf 2/3c	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
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
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
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
Weighted Daily Average		524	69.07	0.111
% of Calories			52.8%	
Nutrient Guideline		577-633		

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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/K-8 Lunch

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	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
K-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
Crackers, WG, Mini, Zesta	1 Pouch	50	7.0	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
Black Beans, Veg 1/4c	1/4 Cup	55	10.0	0.000
Corn, Cnd 1/4c	1/4 CUP	60	12.75	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
Weighted Daily Average		540	64.69	0.000
% of Calories			48.0%	
Nutrient Guideline		577-633		

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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/K-8 Lunch

Generated on: 8/16/2019 11:31:22 AM

	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
K-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	1 slice	55	1.0	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, 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
Peaches, Diced,Cnd	1/4 Cup	13	3.0	0.000
Applesauce, unsweetened	1/4 cup	25	6.5	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		566	71.41	0.001
% of Calories			50.5%	
Nutrient Guideline		577-633		

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**SCVSFSA**

**Sep 1, 2019 thru Sep 30, 2019**

Base Menu Spreadsheet

Combined: K-8 Breakfast/K-8 Lunch

Portion Values - Detailed

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	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
K-8 Lunch	Total			
CYCLE 07	SERVING	0	0.0	0.000
Burrito, Bean & Cheese, Lunch	5.75 oz	350	54.0	0.000
Chicken Nuggets Tyson	5 pieces	260	16.0	0.000
Crackers, WG, Mini, Zesta	1 Pouch	50	7.0	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
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
Green Beans	1/4 CUP	12	2.5	0.000
Beans, Red Kidney	1/4 CUP	60	11.0	0.000
Fruit, Mixed, Cnd	1/4 cup	40	9.0	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	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		656	87.76	0.000
% of Calories			53.5%	
Nutrient Guideline		577-633		

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**SCVSFSA**

**Sep 1, 2019 thru Sep 30, 2019**

Base Menu Spreadsheet

Combined: K-8 Breakfast/K-8 Lunch

Portion Values - Detailed

	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
K-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
Chicken Tenders	3 Pieces	240	15.0	0.091
Crackers, WG, Mini, Zesta	1 Pouch	50	7.0	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, Garbanzo	1/4 cup	60	10.0	0.000
Peas, Sweet, Cnd 1/4c	1/4 Cup	35	6.0	0.000
Peaches, cnd, Sliced, light sy	1/4 cup	34	9.13	0.000
Applesauce, unsw*	1/2 cup	50	13.0	0.000
Orange Wedges 1/2 orange	1/2 orange	23	5.64	0.000
Cookie, Carnival (pre-baked)	1.5 oz	175	27.0	0.000
Cookie, Carnival (to bake)	1.5 oz	175	27.0	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
Syrup	1 TBSP	55	12.5	0.000
Marinara Sauce	1/4 cup	30	4.5	0.000
BBQ Sauce	2 Tbsp	49	10.69	0.079
Tajin, LS	1/4 Tsp	2	0.5	0.000
Weighted Daily Average		645	83.03	0.019
% of Calories			51.5%	
Nutrient Guideline		577-633		

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# SCVSFSA

Base Menu Spreadsheet  
Portion Values - Detailed

Sep 1, 2019 thru Sep 30, 2019

Combined: K-8 Breakfast/K-8 Lunch

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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
K-8 Lunch	Total			
CYCLE 09	SERVING	0	0.0	0.000
Corn Dog, Chicken FF	1 Each	240	30.0	0.000
Chicken, Popcorn, WG	15 pieces	280	17.06	0.000
Crackers, WG, Mini, Zesta	1 Pouch	50	7.0	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
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
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
Marinara Sauce	1/4 cup	30	4.5	0.000
BBQ Sauce	2 TBSP	58	13.86	0.000
Weighted Daily Average		423	54.21	0.112
% of Calories			51.3%	
Nutrient Guideline		577-633		

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# SCVSFSA

Base Menu Spreadsheet  
 Portion Values - Detailed

Sep 1, 2019 thru Sep 30, 2019

Combined: K-8 Breakfast/K-8 Lunch

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	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
K-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
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
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
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
Fruit, Mixed, Cnd	1/4 cup	40	9.0	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		420	53.16	0.001
% of Calories			50.6%	
Nutrient Guideline		577-633		

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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/K-8 Lunch

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	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
K-8 Lunch	Total			
CYCLE 11	SERVING	0	0.0	0.000
Rodeo Roundup: Hamburger Patty	Patty	172	2.0	0.165
Bun, Hamburger WG 3.5"	Bun	140	28.0	0.000
Cheese, Slice	1 slice	55	1.0	0.000
Onion Rings	2 Pieces	76	10.8	0.000
BBQ Sauce	2 Tbsp	49	10.69	0.079
Spicy Curly Fries	1/4 cup	55	7.5	0.000
Chicken Nuggets Tyson	5 pieces	260	16.0	0.000
Crackers, WG, Mini, Zesta	1 Pouch	50	7.0	0.000
Italian Cheesy Stix	2 Stix	300	34.0	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
Beans, Red Kidney	1/4 CUP	60	11.0	0.000
Green Beans	1/4 CUP	12	2.5	0.000
Broccoli, Frz	1/4 CUP	7	1.46	0.000
Apple Slices IW	2 oz Pkg	30	7.0	0.162
Peaches, Diced,Cnd	1/4 Cup	13	3.0	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
Marinara Sauce	1/4 cup	30	4.5	0.000
Ketchup	1 TBSP	20	5.0	0.000
Mustard	1 Tbsp	0	0.0	0.000
Weighted Daily Average		304	35.92	0.112
% of Calories			47.3%	
Nutrient Guideline		577-633		

Weighted Average		515	67.16	0.069
			52.2%	

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

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

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

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

# SCVSFSA

Base Menu Spreadsheet

Portion Values - Detailed

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Sep 1, 2019 thru Sep 30, 2019

Combined: K-8 Breakfast/K-8 Lunch

Generated on: 8/16/2019 11:31:22 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	515		577 - 633	89%		62		
Carbohydrate (g)	67.16	52.19%						Correction Required - Calories are Low

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

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

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