

# SCVSFSA

Base Menu Spreadsheet  
Portion Values - Detailed

Page 1

Oct 1, 2021 thru Oct 31, 2021

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

Generated on: 9/28/2021 7:08:14 AM

	Portion Size	Reimb Qty	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)
Fri - 10/01/2021						
K-8 Breakfast	Total	5				
CYCLE 15-Breakfast	SERVING	1	0.00	0	0.0	0.0
Manager's Choice	1	1	*N/A*	*N/A*	*N/A*	*N/A*
Cereal, Cheerios	Bowl	1	2.86	1	3.52	20.75
Cereal, Cinn Toast Crunch, RS	Bowl	1	3.00	6	1.0	22.0
Cereal, Trix, WG, RS	Bowl	1	1.00	7	1.0	24.0
Crackers, Jungle	1 oz	3	1.09	*N/A*	2.18	19.63
Pears, Cnd, Sliced 1/2c	1/2 cup	5	2.00	*N/A*	0.42	16.05
Fruit Juice, Variety	4 fl.oz.	5	0.00	*N/A*	0.5	15.5
Milk, Nonfat	HALF PINT	2	0.00	13	9.0	13.0
Milk,1% Lowfat	HALF PINT	3	0.00	15	11.0	16.0
:	-	1	0.00	0	0.0	0.0
Middle School (6-8) Lunch	Total	3				
CYCLE 15-Lunch	SERVING	1	0.00	0	0.0	0.0
Manager's Choice	1	1	*N/A*	*N/A*	*N/A*	*N/A*
Sandwich, Toasted Cheese	Sandwich	1	2.00	*4	13.08	40.01
Calzone, Turk Pepp & Cheese	1	1	3.00	4	19.0	39.0
Carrots, baby-cut, IW	1pkg	3	1.00	*N/A*	0.0	4.0
Green Beans, cnd 1/2c	1/2 CUP	3	1.00	*N/A*	0.0	5.0
Nectarine, Fresh	1 EACH	3	2.31	11	1.44	14.35
Fruit, Cnd, Variety 1/2c	1/2 CUP	1	1.58	*N/A*	0.39	17.13
Milk, Nonfat	HALF PINT	1	0.00	13	9.0	13.0
Milk,1% Lowfat	HALF PINT	1	0.00	15	11.0	16.0
Milk, Chocolate Nonfat	Carton	1	0.00	22	7.0	23.0
Dressing, Ranch Pkt	Packet	1	0.00	*N/A*	0.0	1.0
Weighted Daily Average			4.95	*22	16.43	72.07
% of Calories				*21.2%	15.9%	69.5%
Nutrient Guideline						

Mon - 10/04/2021						
K-8 Breakfast	Total	5				
NO SCHOOL TODAY	SERVING	1	0.00	0	0.0	0.0
CYCLE 16	SERVING	1	0.00	0	0.0	0.0
Cherry Apple Crunch Bar	bar	1	2.00	16	4.0	42.0
Cereal, Cheerios	Bowl	1	2.86	1	3.52	20.75
Cereal, Cinn Toast Crunch, RS	Bowl	1	3.00	6	1.0	22.0
Cereal, Trix, WG, RS	Bowl	1	1.00	7	1.0	24.0
Crackers, Jungle	1 oz	3	1.09	*N/A*	2.18	19.63
Pears, Cnd, Sliced 1/2c	1/2 cup	5	2.00	*N/A*	0.42	16.05
Fruit Juice, Variety	4 fl.oz.	5	0.00	*N/A*	0.5	15.5
Milk, Nonfat	HALF PINT	2	0.00	13	9.0	13.0
Milk,1% Lowfat	HALF PINT	3	0.00	15	11.0	16.0
:	-	1	0.00	0	0.0	0.0

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Base Menu Spreadsheet  
Portion Values - Detailed

Page 2

Oct 1, 2021 thru Oct 31, 2021

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

Generated on: 9/28/2021 7:08:15 AM

	Portion Size	Reimb Qty	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)
Middle School (6-8) Lunch	Total	3				
NO SCHOOL TODAY	SERVING	1	0.00	0	0.0	0.0
CYCLE 16-Lunch	SERVING	1	0.00	0	0.0	0.0
Chicken Drumstick, Mesquite	one	1	0.00	0	16.0	4.0
Potatoes, Mashed 1/4c	1/4 Cup	1	1.00	*0	2.0	17.0
BBQ Sauce	2 Tbsp	1	0.00	8	0.0	10.69
Muffin, Corn, Mini	Muffin 1.5oz	1	2.00	*N/A*	2.0	23.0
Pizza, Cheese, Nardones 16	Slice	2	3.00	6	20.0	31.0
Corn & Black Beans***	1/2 cup	3	4.75	*N/A*	5.0	22.75
Peas, Sweet, Cnd 1/4c	1/4 Cup	3	1.50	*N/A*	2.0	6.0
Orange Wedges (whole)	whole orange	3	2.30	*N/A*	0.9	11.28
Fruit, Mixed, Cnd 1/2c	1/2 cup	1	1.00	*N/A*	0.0	18.0
Cookie, Choc Chip (pre-baked)	Cookie	1	1.00	9	1.0	18.5
Cookie, Choc Chip (to bake)	Cookie	1	1.00	9	1.0	18.5
Milk, Nonfat	HALF PINT	1	0.00	13	9.0	13.0
Milk, 1% Lowfat	HALF PINT	1	0.00	15	11.0	16.0
Milk, Chocolate Nonfat	Carton	1	0.00	22	7.0	23.0
Weighted Daily Average			7.47	*24	23.05	92.89
% of Calories				*17.1%	16.7%	67.4%
Nutrient Guideline						

Tue - 10/05/2021						
K-8 Breakfast	Total	5				
CYCLE 17-Breakfast	SERVING	1	0.00	0	0.0	0.0
Breakfast Bun, WG	BUN	1	3.00	10	6.0	39.0
Cereal, Cheerios	Bowl	1	2.86	1	3.52	20.75
Cereal, Cinn Toast Crunch, RS	Bowl	1	3.00	6	1.0	22.0
Cereal, Trix, WG, RS	Bowl	1	1.00	7	1.0	24.0
Belly Bears, Cinnamon	package	3	1.00	*N/A*	2.0	21.0
Orange Wedges (whole)	whole orange	5	2.30	*N/A*	0.9	11.28
Fruit, Mixed, Cnd 1/2c	1/2 cup	5	1.00	*N/A*	0.0	18.0
Milk, Nonfat	HALF PINT	2	0.00	13	9.0	13.0
Milk, 1% Lowfat	HALF PINT	3	0.00	15	11.0	16.0
:	-	1	0.00	0	0.0	0.0
Middle School (6-8) Lunch	Total	2				
NO SCHOOL TODAY	SERVING	1	0.00	0	0.0	0.0
CYCLE 17-Lunch	SERVING	1	0.00	0	0.0	0.0
Pancakes, Mini, Maple, IW	Pkg	1	3.00	12	4.0	39.0
Sausage Patty, Pork x2 lunch	2 Pattys	1	0.20	*N/A*	12.81	1.0
Pizza, Cheese, Nardones 16	Slice	1	3.00	6	20.0	31.0
Potatoes, Wedges, Low-sodium,	1/2 cup	2	2.00	0	2.0	16.0
Corn, Cnd 1/2c	1/2 CUP	2	1.50	*N/A*	3.0	25.5
HOTM Melon	1 Each	2	0.32	5	0.49	6.04
Fruit Juice, Variety	4 fl.oz.	2	0.00	*N/A*	0.5	15.5
Milk, Nonfat	HALF PINT	1	0.00	13	9.0	13.0
Milk, 1% Lowfat	HALF PINT	1	0.00	15	11.0	16.0
Ketchup Pkt	Packet	1	0.00	*N/A*	0.0	2.0
Weighted Daily Average			6.17	*22	20.26	88.18
% of Calories				*16.8%	15.8%	68.6%
Nutrient Guideline						

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**SCVSFSA**

Base Menu Spreadsheet  
Portion Values - Detailed

**Oct 1, 2021 thru Oct 31, 2021**

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

	Portion Size	Reimb Qty	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)
<b>Wed - 10/06/2021</b>						
K-8 Breakfast	Total	5				
CYCLE 18-Breakfast	SERVING	1	0.00	0	0.0	0.0
Benefit Bar, Banana Choc	1	1	3.00	23	5.0	48.0
Cereal, Cheerios	Bowl	1	2.86	1	3.52	20.75
Cereal, Cinn Toast Crunch, RS	Bowl	1	3.00	6	1.0	22.0
Cereal, Trix, WG, RS	Bowl	1	1.00	7	1.0	24.0
Crackers, Jungle	1 oz	3	1.09	*N/A*	2.18	19.63
Applesauce, unsw, cnd 1/2c	1/2 cup	5	2.00	*N/A*	0.0	13.0
Fruit Juice, Variety	4 fl.oz.	5	0.00	*N/A*	0.5	15.5
Milk, Nonfat	HALF PINT	2	0.00	13	9.0	13.0
Milk,1% Lowfat	HALF PINT	3	0.00	15	11.0	16.0
:	-	1	0.00	0	0.0	0.0
Middle School (6-8) Lunch	Total	3				
CYCLE 18	SERVING	1	0.00	0	0.0	0.0
Salad, Specialty Southwest	Container	1	10.74	*5	35.99	65.6
Pizza, Cheese, Nardones 16	Slice	1	3.00	6	20.0	31.0
Pizza, Meateaters, Nardones	Slice	1	3.00	6	21.0	27.0
Cucumber Slices 1/2c IW***	Pkg	3	1.00	1	1.0	2.0
Beans,Black,Cnd,Drnd Veg 1/2c	1/2 Cup	1	8.00	*N/A*	7.0	20.0
Banana	1 EACH	3	2.11	*N/A*	0.88	18.5
Blueberries, Frozen, 1/2c	1/2 cup	1	2.09	7	0.33	9.43
Milk, Nonfat	HALF PINT	1	0.00	13	9.0	13.0
Milk,1% Lowfat	HALF PINT	2	0.00	15	11.0	16.0
Milk, Chocolate Nonfat	Carton	1	0.00	22	7.0	23.0
Dressing, Jalapeno Ranch	2 TBSP	1	0.00	1	1.0	2.0
Dressing, Ranch Pkt	Packet	1	0.00	*N/A*	0.0	1.0
Weighted Daily Average			7.41	*25	24.94	84.46
% of Calories				*19.0%	18.9%	63.9%
Nutrient Guideline						

	Portion Size	Reimb Qty	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)
<b>Thu - 10/07/2021</b>						
K-8 Breakfast	Total	5				
CYCLE 19-Breakfast	SERVING	1	0.00	0	0.0	0.0
Breakfast Bun, WG	BUN	1	3.00	10	6.0	39.0
Cereal, Cheerios	Bowl	1	2.86	1	3.52	20.75
Cereal, Cinn Toast Crunch, RS	Bowl	1	3.00	6	1.0	22.0
Cereal, Trix, WG, RS	Bowl	1	1.00	7	1.0	24.0
Belly Bears, Cinnamon	package	3	1.00	*N/A*	2.0	21.0
Banana	1 EACH	5	2.11	*N/A*	0.88	18.5
Blueberries, Frozen, 1/2c	1/2 cup	5	2.09	7	0.33	9.43
Milk, Nonfat	HALF PINT	2	0.00	13	9.0	13.0
Milk,1% Lowfat	HALF PINT	3	0.00	15	11.0	16.0
:	-	1	0.00	0	0.0	0.0

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# SCVSFSA

## Base Menu Spreadsheet Portion Values - Detailed

Page 4

# Oct 1, 2021 thru Oct 31, 2021

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

Generated on: 9/28/2021 7:08:15 AM

	Portion Size	Reimb Qty	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)
Middle School (6-8) Lunch	Total	2				
CYCLE 19	SERVING	1	0.00	0	0.0	0.0
Chicken, Orange	3.9 oz	1	0.00	11	11.0	21.0
SP Rice, Brown, 1/2 cup	1/2 cup	1	1.06	*N/A*	2.12	18.58
Pizza, Cheese, Nardones 16	Slice	1	3.00	6	20.0	31.0
Broccoli, Frz 1/2c	1/2 CUP	2	1.14	1	1.24	2.92
Zucchini Sticks 1/2c IW*	Pkg	2	1.00	1	1.0	3.0
Applesauce, unsw, cnd 1/2c	1/2 cup	2	2.00	*N/A*	0.0	13.0
Fruit Juice, Variety	4 fl.oz.	2	0.00	*N/A*	0.5	15.5
Milk, Nonfat	HALF PINT	1	0.00	13	9.0	13.0
Milk, 1% Lowfat	HALF PINT	1	0.00	15	11.0	16.0
Dressing, Ranch Pkt	Packet	1	0.00	*N/A*	0.0	1.0
Weighted Daily Average			6.60	*25	19.02	78.83
% of Calories				*22.3%	16.8%	69.7%
Nutrient Guideline						

Fri - 10/08/2021						
K-8 Breakfast	Total	5				
CYCLE 20-Breakfast	SERVING	1	0.00	0	0.0	0.0
Manager's Choice	1	1	*N/A*	*N/A*	*N/A*	*N/A*
Cereal, Cheerios	Bowl	1	2.86	1	3.52	20.75
Cereal, Cinn Toast Crunch, RS	Bowl	1	3.00	6	1.0	22.0
Cereal, Trix, WG, RS	Bowl	1	1.00	7	1.0	24.0
Crackers, Jungle	1 oz	3	1.09	*N/A*	2.18	19.63
Apple Slices IW	2 oz Pkg	5	1.00	5	0.0	7.0
Peaches, Sliced, Cnd 1/2c	1/2 cup	5	1.60	*N/A*	0.55	18.26
Milk, Nonfat	HALF PINT	2	0.00	13	9.0	13.0
Milk, 1% Lowfat	HALF PINT	3	0.00	15	11.0	16.0
:	-	1	0.00	0	0.0	0.0
Middle School (6-8) Lunch	Total	4				
CYCLE 20	SERVING	1	0.00	0	0.0	0.0
Manager's Choice	1	1	*N/A*	*N/A*	*N/A*	*N/A*
Cheesy Garlic Toast	1	2	1.37	*0	19.38	34.58
Chicken Tenders	3 Pieces	2	1.00	*N/A*	14.0	15.0
Carrots, baby-cut, IW	1pkg	4	1.00	*N/A*	0.0	4.0
Vegetable, Cnd, Variety 1/2c	1/2 Cup	4	2.02	*1	1.02	6.03
Apple	1 EACH	1	2.54	11	0.28	14.64
Fruit, Cnd, Variety 1/2c	1/2 CUP	4	1.58	*N/A*	0.39	17.13
Milk, Nonfat	HALF PINT	2	0.00	13	9.0	13.0
Milk, 1% Lowfat	HALF PINT	1	0.00	15	11.0	16.0
Milk, Chocolate Nonfat	Carton	1	0.00	22	7.0	23.0
Ketchup Pkt	Packet	1	0.00	*N/A*	0.0	2.0
Marinara Sauce	1/4 cup	1	1.00	2	1.0	4.5
Dressing, Ranch Pkt	Packet	1	0.00	*N/A*	0.0	1.0
Ketchup Pkt	Packet	1	0.00	*N/A*	0.0	2.0
Weighted Daily Average			5.53	*21	19.50	69.21
% of Calories				*17.3%	15.9%	56.5%
Nutrient Guideline						

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Portion Values - Detailed

**Oct 1, 2021 thru Oct 31, 2021**

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

	Portion Size	Reimb Qty	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)
<b>Mon - 10/11/2021</b>						
K-8 Breakfast	Total	5				
CYCLE 21-Breakfast	SERVING	1	0.00	0	0.0	0.0
Mini Bagel Pull-Aparts, Cinn	Pkg	1	2.00	13	6.0	41.0
Cereal, Cheerios	Bowl	1	2.86	1	3.52	20.75
Cereal, Cinn Toast Crunch, RS	Bowl	1	3.00	6	1.0	22.0
Cereal, Trix, WG, RS	Bowl	1	1.00	7	1.0	24.0
Crackers, Jungle	1 oz	1	1.09	*N/A*	2.18	19.63
Applesauce, unsw, cnd 1/2c	1/2 cup	1	2.00	*N/A*	0.0	13.0
Fruit Juice, Variety	4 fl.oz.	1	0.00	*N/A*	0.5	15.5
Milk, Nonfat	HALF PINT	1	0.00	13	9.0	13.0
Milk,1% Lowfat	HALF PINT	1	0.00	15	11.0	16.0
:	-	1	0.00	0	0.0	0.0
Middle School (6-8) Lunch	Total	10				
CYCLE 21-Lunch	SERVING	1	0.00	0	0.0	0.0
Chicken Meatballs	3 Meatballs	2	1.00	0	15.0	5.0
Potatoes, Mashed 1/4c	1/4 Cup	1	1.00	*0	2.0	17.0
BBQ Sauce	2 Tbsp	2	0.00	8	0.0	10.69
Bun, Wheat Knot	Bun	2	4.00	3	5.0	29.0
Pizza, Cheese, Nardones 16	Slice	2	3.00	6	20.0	31.0
Beans, Veg Baked, 1/2c - CK	1/2 cup	1	5.21	10	6.03	26.85
Carrots, baby-cut, IW	1pkg	6	1.00	*N/A*	0.0	4.0
Orange Wedges (whole)	whole orange	6	2.30	*N/A*	0.9	11.28
Fruit, Mixed, Cnd 1/2c	1/2 cup	1	1.00	*N/A*	0.0	18.0
Cookie, Choc Chip (pre-baked)	Cookie	5	1.00	9	1.0	18.5
Cookie, Choc Chip (to bake)	Cookie	1	1.00	9	1.0	18.5
Milk, Nonfat	HALF PINT	2	0.00	13	9.0	13.0
Milk,1% Lowfat	HALF PINT	2	0.00	15	11.0	16.0
Milk, Chocolate Nonfat	Carton	2	0.00	22	7.0	23.0
Dressing, Ranch Pkt	Packet	1	0.00	*N/A*	0.0	1.0
Weighted Daily Average			4.07	*17	12.51	47.05
% of Calories				*22.4%	16.8%	63.2%
Nutrient Guideline						

<b>Tue - 10/12/2021</b>						
K-8 Breakfast	Total	5				
CYCLE 22-Breakfast	SERVING	1	0.00	0	0.0	0.0
Breakfast Bun, WG	BUN	1	3.00	10	6.0	39.0
Cereal, Cheerios	Bowl	1	2.86	1	3.52	20.75
Cereal, Cinn Toast Crunch, RS	Bowl	1	3.00	6	1.0	22.0
Cereal, Trix, WG, RS	Bowl	1	1.00	7	1.0	24.0
Belly Bears, Honey	PKG	3	1.00	*N/A*	2.0	20.0
Apple	1 EACH	5	2.54	11	0.28	14.64
Fruit, Mixed, Cnd 1/2c	1/2 cup	5	1.00	*N/A*	0.0	18.0
Milk, Nonfat	HALF PINT	2	0.00	13	9.0	13.0
Milk,1% Lowfat	HALF PINT	3	0.00	15	11.0	16.0
:	-	1	0.00	0	0.0	0.0

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Portion Values - Detailed

**Oct 1, 2021 thru Oct 31, 2021**

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

	Portion Size	Reimb Qty	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)
Middle School (6-8) Lunch	Total	3				
CYCLE 22	SERVING	1	0.00	0	0.0	0.0
SP Enchilada, Chicken	1 Enchilada	1	4.60	*1	15.87	22.03
Pizza, Cheese, Nardones 16	Slice	2	3.00	6	20.0	31.0
Cucumber Coins 1/4c	1/4 cup	3	0.00	*N/A*	0.0	0.95
Corn, Cnd 1/2c	1/2 CUP	3	1.50	*N/A*	3.0	25.5
HOTM Melon	1 Each	3	0.32	5	0.49	6.04
Fruit Juice, Variety	4 fl.oz.	3	0.00	*N/A*	0.5	15.5
Milk, Nonfat	HALF PINT	2	0.00	13	9.0	13.0
Milk, 1% Lowfat	HALF PINT	1	0.00	15	11.0	16.0
Dressing, Ranch Pkt	Packet	1	0.00	*N/A*	0.0	1.0
Weighted Daily Average			5.83	*27	20.84	84.24
% of Calories				*21.6%	16.4%	66.4%
Nutrient Guideline						

Wed - 10/13/2021						
K-8 Breakfast	Total	5				
CYCLE 23-Breakfast	SERVING	1	0.00	0	0.0	0.0
Cinnamon Crumble	Container	1	2.00	25	6.0	44.0
Cereal, Cheerios	Bowl	1	2.86	1	3.52	20.75
Cereal, Cinn Toast Crunch, RS	Bowl	1	3.00	6	1.0	22.0
Cereal, Trix, WG, RS	Bowl	1	1.00	7	1.0	24.0
Crackers, Jungle	1 oz	3	1.09	*N/A*	2.18	19.63
Pears, Cnd, Sliced 1/2c	1/2 cup	5	2.00	*N/A*	0.42	16.05
Fruit Juice, Variety	4 fl.oz.	5	0.00	*N/A*	0.5	15.5
Milk, Nonfat	HALF PINT	2	0.00	13	9.0	13.0
Milk, 1% Lowfat	HALF PINT	3	0.00	15	11.0	16.0
:	-	1	0.00	0	0.0	0.0
Middle School (6-8) Lunch	Total	3				
CYCLE 23	SERVING	1	0.00	0	0.0	0.0
Yogurt, ParfaitPro (LF Van.)	1 cup	1	5.21	43	11.0	78.31
Granola, Cinnamon	1/4 cup	1	1.00	6	2.0	17.0
Strawberries, Frozen BAG 1/2c	1/2 Cup	1	1.44	4	0.48	5.53
Pizza, Cheese, Nardones 16	Slice	1	3.00	6	20.0	31.0
Pizza, Meateaters, Nardones	Slice	1	3.00	6	21.0	27.0
Celery Sticks IW	Pkg	3	2.00	2	1.0	3.0
Green Beans, cnd 1/2c	1/2 CUP	1	1.00	*N/A*	0.0	5.0
Banana	1 EACH	3	2.11	*N/A*	0.88	18.5
Peaches, Sliced, Cnd 1/2c	1/2 cup	1	1.60	*N/A*	0.55	18.26
Milk, Nonfat	HALF PINT	1	0.00	13	9.0	13.0
Milk, 1% Lowfat	HALF PINT	1	0.00	15	11.0	16.0
Milk, Chocolate Nonfat	Carton	1	0.00	22	7.0	23.0
Dressing, Ranch Pkt	Packet	1	0.00	*N/A*	0.0	1.0
Weighted Daily Average			6.34	*29	20.17	87.62
% of Calories				*22.1%	15.4%	67.1%
Nutrient Guideline						

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**SCVSFSA**

Base Menu Spreadsheet  
 Portion Values - Detailed

**Oct 1, 2021 thru Oct 31, 2021**

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

	Portion Size	Reimb Qty	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)
<b>Thu - 10/14/2021</b>						
K-8 Breakfast	Total	5				
CYCLE 24-Breakfast	SERVING	1	0.00	0	0.0	0.0
PopTart	1	1	6.00	29	4.0	75.0
Cereal, Cheerios	Bowl	1	2.86	1	3.52	20.75
Cereal, Cinn Toast Crunch, RS	Bowl	1	3.00	6	1.0	22.0
Cereal, Trix, WG, RS	Bowl	1	1.00	7	1.0	24.0
Belly Bears, Cinnamon	package	3	1.00	*N/A*	2.0	21.0
Banana	1 EACH	5	2.11	*N/A*	0.88	18.5
Peaches, Sliced, Cnd 1/2c	1/2 cup	5	1.60	*N/A*	0.55	18.26
Milk, Nonfat	HALF PINT	2	0.00	13	9.0	13.0
Milk,1% Lowfat	HALF PINT	3	0.00	15	11.0	16.0
:	-	1	0.00	0	0.0	0.0
Middle School (6-8) Lunch	Total	3				
CYCLE 24	SERVING	1	0.00	0	0.0	0.0
Corn Dog, Chicken	1 Each	1	2.00	8	9.0	30.0
Pizza, Cheese, Nardones 16	Slice	1	3.00	6	20.0	31.0
3 Bean Salad:	1/2 cup	3	1.60	*1	1.73	7.99
Beans, Red Kidney, Cnd V 1/6 c	1/6 CUP	1	2.32	*N/A*	2.32	7.3
Beans, Garbanz, Cnd, Veg 1/6 c	1/6 cup	1	2.00	*N/A*	2.0	6.67
Green Beans, Cnd 1/6c	1/6 CUP	1	0.33	*N/A*	0.0	1.66
Dressing, Italian	2 TBSP	1	0.00	2	0.0	6.0
Jicama Sticks IW***	Pkg	3	1.00	2	1.0	3.01
Apple Slices IW	2 oz Pkg	3	1.00	5	0.0	7.0
Fruit Juice, Variety	4 fl.oz.	3	0.00	*N/A*	0.5	15.5
Crackers, Jungle	1 oz	3	1.09	*N/A*	2.18	19.63
Milk, Nonfat	HALF PINT	2	0.00	13	9.0	13.0
Milk,1% Lowfat	HALF PINT	1	0.00	15	11.0	16.0
Ketchup Pkt	Packet	1	0.00	*N/A*	0.0	2.0
Mustard, Pkt	packet	1	0.05	*N/A*	0.21	0.29
Dressing, Ranch Pkt	Packet	1	0.00	*N/A*	0.0	1.0
Weighted Daily Average			7.27	*25	19.06	93.73
% of Calories				*18.7%	14.5%	71.5%
<b>Nutrient Guideline</b>						

<b>Fri - 10/15/2021</b>						
K-8 Breakfast	Total	5				
CYCLE 25-Breakfast	SERVING	1	0.00	0	0.0	0.0
Manager's Choice	1	1	*N/A*	*N/A*	*N/A*	*N/A*
Cereal, Cheerios	Bowl	1	2.86	1	3.52	20.75
Cereal, Cinn Toast Crunch, RS	Bowl	1	3.00	6	1.0	22.0
Cereal, Trix, WG, RS	Bowl	1	1.00	7	1.0	24.0
Crackers, Jungle	1 oz	3	1.09	*N/A*	2.18	19.63
Apple Slices IW	2 oz Pkg	5	1.00	5	0.0	7.0
Fruit, Mixed, Cnd 1/2c	1/2 cup	5	1.00	*N/A*	0.0	18.0
Milk, Nonfat	HALF PINT	2	0.00	13	9.0	13.0
Milk,1% Lowfat	HALF PINT	3	0.00	15	11.0	16.0
:	-	1	0.00	0	0.0	0.0

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**SCVSFSA**

Base Menu Spreadsheet  
Portion Values - Detailed

**Oct 1, 2021 thru Oct 31, 2021**

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

	Portion Size	Reimb Qty	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)
Middle School (6-8) Lunch	Total	4				
CYCLE 25	SERVING	1	0.00	0	0.0	0.0
Manager's Choice	1	1	*N/A*	*N/A*	*N/A*	*N/A*
Cheesy Cavatappi	pouch	2	3.00	5	21.0	36.0
Chicken Nuggets Tyson	5 pieces	2	3.00	1	16.0	16.0
Carrots, baby-cut, IW	1pkg	4	1.00	*N/A*	0.0	4.0
Cool Tropics Juice Slush	pouch	4	0.00	15	0.0	19.0
Grapes, Fresh 1/2c	1/4 CUP	4	0.21	4	0.14	3.94
Fruit, Cnd, Variety 1/2c	1/2 CUP	4	1.58	*N/A*	0.39	17.13
Brownie Cup	1.5 oz	1	2.00	14	1.5	26.0
Milk, Nonfat	HALF PINT	2	0.00	13	9.0	13.0
Milk, 1% Lowfat	HALF PINT	1	0.00	15	11.0	16.0
Milk, Chocolate Nonfat	Carton	1	0.00	22	7.0	23.0
Ketchup Pkt	Packet	1	0.00	*N/A*	0.0	2.0
Dressing, Ranch Pkt	Packet	1	0.00	*N/A*	0.0	1.0
Weighted Daily Average			5.03	*30	19.63	77.66
% of Calories				*24.3%	15.7%	61.9%
Nutrient Guideline						

Mon - 10/18/2021						
K-8 Breakfast	Total	5				
CYCLE 01-Breakfast	SERVING	1	0.00	0	0.0	0.0
Breakfast Bun, WG	BUN	1	3.00	10	6.0	39.0
Cereal, Cheerios	Bowl	1	2.86	1	3.52	20.75
Cereal, Cinn Toast Crunch, RS	Bowl	1	3.00	6	1.0	22.0
Cereal, Trix, WG, RS	Bowl	1	1.00	7	1.0	24.0
Crackers, Jungle	1 oz	3	1.09	*N/A*	2.18	19.63
Applesauce, unsw, cnd 1/2c	1/2 cup	5	2.00	*N/A*	0.0	13.0
Fruit Juice, Variety	4 fl.oz.	5	0.00	*N/A*	0.5	15.5
Milk, Nonfat	HALF PINT	2	0.00	13	9.0	13.0
Milk, 1% Lowfat	HALF PINT	3	0.00	15	11.0	16.0
.	-	1	0.00	0	0.0	0.0
Middle School (6-8) Lunch	Total	4				
CYCLE 01	SERVING	1	0.00	0	0.0	0.0
Pulled Pork Sandwich	Sandwich	2	1.38	*6	21.77	46.1
Roll, WG 4"	Roll	2	3.00	2	7.0	27.0
Pizza, Cheese, Nardones 16	Slice	2	3.00	6	20.0	31.0
Carrots, baby-cut, IW	1pkg	4	1.00	*N/A*	0.0	4.0
Broccoli, Frz 1/4c	1/4 CUP	4	0.57	0	0.62	1.46
Orange Wedges (whole)	whole orange	4	2.30	*N/A*	0.9	11.28
Fruit, Mixed, Cnd 1/2c	1/2 cup	1	1.00	*N/A*	0.0	18.0
Cookie, Choc Chip (pre-baked)	Cookie	3	1.00	9	1.0	18.5
Cookie, Choc Chip (to bake)	Cookie	1	1.00	9	1.0	18.5
Milk, Nonfat	HALF PINT	2	0.00	13	9.0	13.0
Milk, 1% Lowfat	HALF PINT	1	0.00	15	11.0	16.0
Milk, Chocolate Nonfat	Carton	1	0.00	22	7.0	23.0
Dressing, Ranch Pkt	Packet	1	0.00	*N/A*	0.0	1.0
Weighted Daily Average			6.49	*25	23.91	90.48
% of Calories				*17.9%	17.3%	65.6%
Nutrient Guideline						

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**SCVSFSA**

Base Menu Spreadsheet  
Portion Values - Detailed

**Oct 1, 2021 thru Oct 31, 2021**

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

	Portion Size	Reimb Qty	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)
<b>Tue - 10/19/2021</b>						
K-8 Breakfast	Total	5				
CYCLE 02-Breakfast	SERVING	1	0.00	0	0.0	0.0
Pancake & Sausage Stick, WG	1 EACH	1	1.40	*N/A*	7.0	19.8
Cereal, Cheerios	Bowl	1	2.86	1	3.52	20.75
Cereal, Cinn Toast Crunch, RS	Bowl	1	3.00	6	1.0	22.0
Cereal, Trix, WG, RS	Bowl	1	1.00	7	1.0	24.0
Belly Bears, Honey	PKG	3	1.00	*N/A*	2.0	20.0
Plum, Fresh	1 Each	5	0.92	7	0.46	7.54
Pears, Cnd, Sliced 1/2c	1/2 cup	5	2.00	*N/A*	0.42	16.05
Milk, Nonfat	HALF PINT	2	0.00	13	9.0	13.0
Milk, 1% Lowfat	HALF PINT	3	0.00	15	11.0	16.0
Syrup	1 TBSP	1	0.00	*N/A*	0.0	12.5
:	-	1	0.00	0	0.0	0.0
Middle School (6-8) Lunch	Total	2				
CYCLE 02	SERVING	1	0.00	0	0.0	0.0
Chicken Wings, Honey Sriracha	6 pieces	1	2.00	4	22.0	22.0
Rice, Brown, WG 1/2cup	1/2 cup	1	1.06	*N/A*	2.12	18.58
Pizza, Cheese, Nardones 16	Slice	1	3.00	6	20.0	31.0
Jicama Sticks	1/4 cup	2	0.38	0	0.0	0.75
Broccoli, Frz 1/2c	1/2 CUP	2	1.14	1	1.24	2.92
HOTM Melon	1 Each	2	0.32	5	0.49	6.04
Fruit Juice, Variety	4 fl.oz.	2	0.00	*N/A*	0.5	15.5
Milk, Nonfat	HALF PINT	1	0.00	13	9.0	13.0
Milk, 1% Lowfat	HALF PINT	1	0.00	15	11.0	16.0
Tajin, LS	1/4 Tsp	1	0.00	0	0.0	0.5
Weighted Daily Average			5.09	*24	20.36	71.78
% of Calories				*21.9%	18.6%	65.5%
Nutrient Guideline						

<b>Wed - 10/20/2021</b>						
K-8 Breakfast	Total	5				
CYCLE 03-Breakfast	SERVING	1	0.00	0	0.0	0.0
Pancakes, Mini, Maple, IW	Pkg	1	3.00	12	4.0	39.0
Cereal, Cheerios	Bowl	1	2.86	1	3.52	20.75
Cereal, Cinn Toast Crunch, RS	Bowl	1	3.00	6	1.0	22.0
Cereal, Trix, WG, RS	Bowl	1	1.00	7	1.0	24.0
Crackers, Jungle	1 oz	3	1.09	*N/A*	2.18	19.63
Peaches, Sliced, Cnd 1/2c	1/2 cup	5	1.60	*N/A*	0.55	18.26
Fruit Juice, Variety	4 fl.oz.	5	0.00	*N/A*	0.5	15.5
Milk, Nonfat	HALF PINT	2	0.00	13	9.0	13.0
Milk, 1% Lowfat	HALF PINT	3	0.00	15	11.0	16.0
Syrup	1 TBSP	1	0.00	*N/A*	0.0	12.5
:	-	1	0.00	0	0.0	0.0

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# SCVSFSA

## Base Menu Spreadsheet Portion Values - Detailed

Page 10

Oct 1, 2021 thru Oct 31, 2021

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

Generated on: 9/28/2021 7:08:15 AM

	Portion Size	Reimb Qty	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)
Middle School (6-8) Lunch	Total	3				
CYCLE 03	SERVING	1	0.00	0	0.0	0.0
Salad, Specialty Caesar	Container	1	2.55	*4	22.11	12.42
Pizza, Cheese, Nardones 16	Slice	1	3.00	6	20.0	31.0
Pizza, Meateaters, Nardones	Slice	1	3.00	6	21.0	27.0
Cucumber Slices 1/2c IW***	Pkg	3	1.00	1	1.0	2.0
Green Beans, cnd 1/2c	1/2 CUP	1	1.00	*N/A*	0.0	5.0
Banana	1 EACH	3	2.11	*N/A*	0.88	18.5
Pears, Cnd, Sliced 1/2c	1/2 cup	1	2.00	*N/A*	0.42	16.05
Milk, Nonfat	HALF PINT	1	0.00	13	9.0	13.0
Milk, 1% Lowfat	HALF PINT	2	0.00	15	11.0	16.0
Milk, Chocolate Nonfat	Carton	1	0.00	22	7.0	23.0
Dressing, Creamy Caesar, Ken's	2 Tbsp	1	0.00	1	1.0	1.0
Dressing, Ranch Pkt	Packet	1	0.00	*N/A*	0.0	1.0
Weighted Daily Average			5.25	*23	22.56	80.36
% of Calories				*17.3%	17.2%	61.3%
Nutrient Guideline						

Thu - 10/21/2021						
K-8 Breakfast	Total	5				
CYCLE 04-Breakfast	SERVING	1	0.00	0	0.0	0.0
Breakfast Bun, WG	BUN	1	3.00	10	6.0	39.0
Cereal, Cheerios	Bowl	1	2.86	1	3.52	20.75
Cereal, Cinn Toast Crunch, RS	Bowl	1	3.00	6	1.0	22.0
Cereal, Trix, WG, RS	Bowl	1	1.00	7	1.0	24.0
Belly Bears, Cinnamon	package	3	1.00	*N/A*	2.0	21.0
Banana	1 EACH	5	2.11	*N/A*	0.88	18.5
Pears, Cnd, Sliced 1/2c	1/2 cup	5	2.00	*N/A*	0.42	16.05
Milk, Nonfat	HALF PINT	2	0.00	13	9.0	13.0
Milk, 1% Lowfat	HALF PINT	3	0.00	15	11.0	16.0
:	-	1	0.00	0	0.0	0.0
Middle School (6-8) Lunch	Total	2				
CYCLE 04	SERVING	1	0.00	0	0.0	0.0
Burrito, Bean & Cheese, Lunch	5.75 oz	1	6.00	*N/A*	16.0	54.0
Pizza, Cheese, Nardones 16	Slice	1	3.00	6	20.0	31.0
Corn, Cnd 1/2c	1/2 CUP	2	1.50	*N/A*	3.0	25.5
Zucchini Sticks 1/2c IW*	Pkg	2	1.00	1	1.0	3.0
Apple Slices IW	2 oz Pkg	2	1.00	5	0.0	7.0
Fruit Juice, Variety	4 fl.oz.	2	0.00	*N/A*	0.5	15.5
Milk, Nonfat	HALF PINT	1	0.00	13	9.0	13.0
Milk, 1% Lowfat	HALF PINT	1	0.00	15	11.0	16.0
Taco Sauce, Mild	pkt	1	0.12	*N/A*	0.1	1.18
Salsa, Mild, Cnd	2 TBSP	1	1.00	*N/A*	1.0	4.0
Dressing, Ranch Pkt	Packet	1	0.00	*N/A*	0.0	1.0
Weighted Daily Average			7.21	*20	20.16	91.09
% of Calories				*15.8%	15.8%	71.3%
Nutrient Guideline						

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**SCVSFSA**

Base Menu Spreadsheet  
 Portion Values - Detailed

Page 11

**Oct 1, 2021 thru Oct 31, 2021**

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

Generated on: 9/28/2021 7:08:15 AM

	Portion Size	Reimb Qty	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)
<b>Fri - 10/22/2021</b>						
K-8 Breakfast	Total	5				
CYCLE 05-Breakfast	SERVING	1	0.00	0	0.0	0.0
Manager's Choice	1	1	*N/A*	*N/A*	*N/A*	*N/A*
Cereal, Cheerios	Bowl	1	2.86	1	3.52	20.75
Cereal, Cinn Toast Crunch, RS	Bowl	1	3.00	6	1.0	22.0
Cereal, Trix, WG, RS	Bowl	1	1.00	7	1.0	24.0
Crackers, Jungle	1 oz	3	1.09	*N/A*	2.18	19.63
Apple Slices IW	2 oz Pkg	5	1.00	5	0.0	7.0
Fruit, Mixed, Cnd 1/2c	1/2 cup	5	1.00	*N/A*	0.0	18.0
Milk, Nonfat	HALF PINT	2	0.00	13	9.0	13.0
Milk,1% Lowfat	HALF PINT	3	0.00	15	11.0	16.0
:	-	1	0.00	0	0.0	0.0
<b>Middle School (6-8) Lunch</b>						
CYCLE 05	Total	4				
Manager's Choice	SERVING	1	0.00	0	0.0	0.0
Cheesy Garlic Toast	1	1	*N/A*	*N/A*	*N/A*	*N/A*
Quesadilla, cheese&green chile	1	2	1.37	*0	19.38	34.58
Carrots, baby-cut, IW	Pkg	2	4.40	1	17.0	32.0
Vegetable, Cnd, Variety 1/2c	1pkg	4	1.00	*N/A*	0.0	4.0
Kiwi, Whole***	1/2 Cup	1	2.02	*1	1.02	6.03
Fruit, Cnd, Variety 1/2c	1 each	4	2.28	7	0.87	11.14
Milk, Nonfat	1/2 CUP	4	1.58	*N/A*	0.39	17.13
Milk,1% Lowfat	HALF PINT	2	0.00	13	9.0	13.0
Milk, Chocolate Nonfat	HALF PINT	1	0.00	15	11.0	16.0
Marinara Sauce	Carton	1	0.00	22	7.0	23.0
Taco Sauce, Mild	1/4 cup	1	1.00	2	1.0	4.5
Dressing, Ranch Pkt	pkt	1	0.12	*N/A*	0.1	1.18
	Packet	1	0.00	*N/A*	0.0	1.0
Weighted Daily Average			6.03	*23	19.88	73.85
% of Calories				*17.7%	15.3%	56.9%
<b>Nutrient Guideline</b>						

<b>Mon - 10/25/2021</b>						
K-8 Breakfast	Total	5				
CYCLE 06-Breakfast	SERVING	1	0.00	0	0.0	0.0
Breakfast Bun, WG	BUN	1	3.00	10	6.0	39.0
Cereal, Cheerios	Bowl	1	2.86	1	3.52	20.75
Cereal, Cinn Toast Crunch, RS	Bowl	1	3.00	6	1.0	22.0
Cereal, Trix, WG, RS	Bowl	1	1.00	7	1.0	24.0
Crackers, Jungle	1 oz	3	1.09	*N/A*	2.18	19.63
Applesauce, unsw, cnd 1/2c	1/2 cup	5	2.00	*N/A*	0.0	13.0
Fruit Juice, Variety	4 fl.oz.	5	0.00	*N/A*	0.5	15.5
Milk, Nonfat	HALF PINT	2	0.00	13	9.0	13.0
Milk,1% Lowfat	HALF PINT	3	0.00	15	11.0	16.0
:	-	1	0.00	0	0.0	0.0

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# SCVSFSA

## Base Menu Spreadsheet Portion Values - Detailed

Page 12

Oct 1, 2021 thru Oct 31, 2021

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

Generated on: 9/28/2021 7:08:15 AM

	Portion Size	Reimb Qty	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)
Middle School (6-8) Lunch	Total	4				
CYCLE 06	SERVING	1	0.00	0	0.0	0.0
Chicken Patty	Pattie	2	1.00	1	15.0	13.0
Bun, Hamburger, 3.5"	BUN	2	0.59	*N/A*	3.1	19.81
Pizza, Cheese, Nardones 16	Slice	2	3.00	6	20.0	31.0
Potatoes, Wedges, Low-sodium,	1/2 cup	4	2.00	0	2.0	16.0
Carrots, baby-cut, IW	1pkg	4	1.00	*N/A*	0.0	4.0
Orange Wedges (whole)	whole orange	4	2.30	*N/A*	0.9	11.28
Fruit, Mixed, Cnd 1/2c	1/2 cup	1	1.00	*N/A*	0.0	18.0
Cookie, Carnival (pre-baked)	1.5 oz	3	1.50	14	2.0	27.0
Cookie, Carnival (to bake)	1.5 oz	1	1.50	14	2.0	27.0
Milk, Nonfat	HALF PINT	2	0.00	13	9.0	13.0
Milk, 1% Lowfat	HALF PINT	1	0.00	15	11.0	16.0
Milk, Chocolate Nonfat	Carton	1	0.00	22	7.0	23.0
Ketchup Pkt	Packet	1	0.00	*N/A*	0.0	2.0
Mustard, Pkt	packet	1	0.05	*N/A*	0.21	0.29
Mayonnaise, pkt	Packet	1	0.00	*N/A*	0.0	1.0
Weighted Daily Average			6.73	*25	22.62	92.02
% of Calories				*17.3%	15.4%	62.8%
Nutrient Guideline						

Tue - 10/26/2021						
K-8 Breakfast	Total	5				
CYCLE 07-Breakfast	SERVING	1	0.00	0	0.0	0.0
Yogurt, Yoplait Trix	4 oz	1	0.00	*N/A*	4.0	17.0
Cereal, Cheerios	Bowl	1	2.86	1	3.52	20.75
Cereal, Cinn Toast Crunch, RS	Bowl	1	3.00	6	1.0	22.0
Cereal, Trix, WG, RS	Bowl	1	1.00	7	1.0	24.0
Belly Bears, Honey	PKG	3	1.00	*N/A*	2.0	20.0
Kiwi, Whole***	1 each	5	2.28	7	0.87	11.14
Fruit, Mixed, Cnd 1/2c	1/2 cup	5	1.00	*N/A*	0.0	18.0
Milk, Nonfat	HALF PINT	2	0.00	13	9.0	13.0
Milk, 1% Lowfat	HALF PINT	3	0.00	15	11.0	16.0
:	-	1	0.00	0	0.0	0.0
Middle School (6-8) Lunch	Total	2				
CYCLE -L	SERVING	1	0.00	0	0.0	0.0
Meatballs, Beef 5	5 Meatballs	1	1.00	1	13.0	5.0
Marinara Sauce	1/4 cup	1	1.00	2	1.0	4.5
Cheese, Shredded for topping	1/8 cup	1	0.00	0	1.71	0.05
Roll, WG 4"	Roll	1	3.00	2	7.0	27.0
Pizza, Cheese, Nardones 16	Slice	1	3.00	6	20.0	31.0
Cucumber Coins 1/4c	1/4 cup	2	0.00	*N/A*	0.0	0.95
Corn, Cnd 1/2c	1/2 CUP	2	1.50	*N/A*	3.0	25.5
HOTM Melon	1 Each	2	0.32	5	0.49	6.04
Fruit Juice, Variety	4 fl.oz.	2	0.00	*N/A*	0.5	15.5
Milk, Nonfat	HALF PINT	1	0.00	13	9.0	13.0
Milk, 1% Lowfat	HALF PINT	1	0.00	15	11.0	16.0
Dressing, Ranch Pkt	Packet	1	0.00	*N/A*	0.0	1.0
Weighted Daily Average			5.41	*24	20.22	79.57
% of Calories				*20.2%	16.9%	66.6%
Nutrient Guideline						

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**SCVSFSA**

Base Menu Spreadsheet  
 Portion Values - Detailed

**Oct 1, 2021 thru Oct 31, 2021**

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

	Portion Size	Reimb Qty	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)
<b>Wed - 10/27/2021</b>						
K-8 Breakfast	Total	5				
CYCLE 08-Breakfast	SERVING	1	0.00	0	0.0	0.0
Cinnamon Toast	Pkg	1	3.00	7	5.0	30.0
Cereal, Cheerios	Bowl	1	2.86	1	3.52	20.75
Cereal, Cinn Toast Crunch, RS	Bowl	1	3.00	6	1.0	22.0
Cereal, Trix, WG, RS	Bowl	1	1.00	7	1.0	24.0
Crackers, Jungle	1 oz	3	1.09	*N/A*	2.18	19.63
Applesauce, unsw, cnd 1/2c	1/2 cup	5	2.00	*N/A*	0.0	13.0
Fruit Juice, Variety	4 fl.oz.	5	0.00	*N/A*	0.5	15.5
Milk, Nonfat	HALF PINT	2	0.00	13	9.0	13.0
Milk, 1% Lowfat	HALF PINT	3	0.00	15	11.0	16.0
:	-	1	0.00	0	0.0	0.0
Middle School (6-8) Lunch	Total	3				
CYCLE 08	SERVING	1	0.00	0	0.0	0.0
Yogurt, ParfaitPro (LF Van.)	1 cup	1	5.21	43	11.0	78.31
Granola, Cinnamon	1/4 cup	1	1.00	6	2.0	17.0
Strawberries, Frozen BAG 1/2c	1/2 Cup	1	1.44	4	0.48	5.53
Pizza, Cheese, Nardones 16	Slice	1	3.00	6	20.0	31.0
Pizza, Meateaters, Nardones	Slice	1	3.00	6	21.0	27.0
Celery Sticks IW	Pkg	3	2.00	2	1.0	3.0
Green Beans, cnd 1/2c	1/2 CUP	1	1.00	*N/A*	0.0	5.0
Banana	1 EACH	3	2.11	*N/A*	0.88	18.5
Pears, Cnd, Sliced 1/2c	1/2 cup	1	2.00	*N/A*	0.42	16.05
Milk, Nonfat	HALF PINT	1	0.00	13	9.0	13.0
Milk, 1% Lowfat	HALF PINT	1	0.00	15	11.0	16.0
Milk, Chocolate Nonfat	Carton	1	0.00	22	7.0	23.0
Dressing, Ranch Pkt	Packet	1	0.00	*N/A*	0.0	1.0
Weighted Daily Average			6.51	*27	19.76	83.69
% of Calories				*21.3%	15.8%	66.9%
<b>Nutrient Guideline</b>						

<b>Thu - 10/28/2021</b>						
K-8 Breakfast	Total	5				
CYCLE 09-Breakfast	SERVING	1	0.00	0	0.0	0.0
Breakfast Bun, WG	BUN	1	3.00	10	6.0	39.0
Cereal, Cheerios	Bowl	1	2.86	1	3.52	20.75
Cereal, Cinn Toast Crunch, RS	Bowl	1	3.00	6	1.0	22.0
Cereal, Trix, WG, RS	Bowl	1	1.00	7	1.0	24.0
Belly Bears, Cinnamon	package	3	1.00	*N/A*	2.0	21.0
Banana	1 EACH	5	2.11	*N/A*	0.88	18.5
Peaches, Sliced, Cnd 1/2c	1/2 cup	5	1.60	*N/A*	0.55	18.26
Milk, Nonfat	HALF PINT	2	0.00	13	9.0	13.0
Milk, 1% Lowfat	HALF PINT	3	0.00	15	11.0	16.0
:	-	1	0.00	0	0.0	0.0

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## Base Menu Spreadsheet Portion Values - Detailed

Page 14

Oct 1, 2021 thru Oct 31, 2021

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

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	Portion Size	Reimb Qty	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)
Middle School (6-8) Lunch	Total	3				
CYCLE 09	SERVING	1	0.00	0	0.0	0.0
SP Turkey Taco Meat 1.6	1.67 oz	1	1.70	*0	13.88	3.89
Turkey Taco Meat 1.67oz	1.67 oz	1	1.70	*0	13.88	3.89
Cheese, Shredded for topping	1/8 cup	1	0.00	0	1.71	0.05
Tortilla, Flour, 6" WG	Tortilla	1	2.00	*N/A*	3.0	15.0
Taco Shell	Shell	1	0.00	0	1.0	12.0
Pizza, Cheese, Nardones 16	Slice	1	3.00	6	20.0	31.0
3 Bean Salad:	1/2 cup	3	1.60	*1	1.73	7.99
Beans, Red Kidney, Cnd V 1/6 c	1/6 CUP	1	2.32	*N/A*	2.32	7.3
Beans, Garbanz, Cnd, Veg 1/6 c	1/6 cup	1	2.00	*N/A*	2.0	6.67
Green Beans, Cnd 1/6c	1/6 CUP	1	0.33	*N/A*	0.0	1.66
Dressing, Italian	2 TBSP	1	0.00	2	0.0	6.0
Jicama Sticks IW***	Pkg	3	1.00	2	1.0	3.01
Apple Slices IW	2 oz Pkg	3	1.00	5	0.0	7.0
Sidekicks Frozen Fruit Juice	Container	3	0.00	*N/A*	0.0	20.0
Brownie Cup	1.5 oz	1	2.00	14	1.5	26.0
Milk, Nonfat	HALF PINT	2	0.00	13	9.0	13.0
Milk, 1% Lowfat	HALF PINT	1	0.00	15	11.0	16.0
Taco Sauce, Mild	pkt	1	0.12	*N/A*	0.1	1.18
Salsa, Mild, Cnd	2 TBSP	1	1.00	*N/A*	1.0	4.0
Tajin, LS	1/4 Tsp	1	0.00	0	0.0	0.5
Weighted Daily Average			7.30	*23	21.66	87.71
% of Calories				*17.6%	16.6%	67.4%
Nutrient Guideline						

Fri - 10/29/2021						
K-8 Breakfast	Total	5				
CYCLE 10-Breakfast	SERVING	1	0.00	0	0.0	0.0
Manager's Choice	1	1	*N/A*	*N/A*	*N/A*	*N/A*
Cereal, Cheerios	Bowl	1	2.86	1	3.52	20.75
Cereal, Cinn Toast Crunch, RS	Bowl	1	3.00	6	1.0	22.0
Cereal, Trix, WG, RS	Bowl	1	1.00	7	1.0	24.0
Crackers, Jungle	1 oz	3	1.09	*N/A*	2.18	19.63
Apple Slices IW	2 oz Pkg	5	1.00	5	0.0	7.0
Fruit, Mixed, Cnd 1/2c	1/2 cup	5	1.00	*N/A*	0.0	18.0
Milk, Nonfat	HALF PINT	2	0.00	13	9.0	13.0
Milk, 1% Lowfat	HALF PINT	3	0.00	15	11.0	16.0
:	-	1	0.00	0	0.0	0.0
Middle School (6-8) Lunch	Total	4				
CYCLE 10	SERVING	1	0.00	0	0.0	0.0
Manager's Choice	1	1	*N/A*	*N/A*	*N/A*	*N/A*
Macaroni & Cheese #6	2/3 Cup	2	2.00	*N/A*	17.0	31.0
Pizza, Cheese, Nardones 16	Slice	2	3.00	6	20.0	31.0
Carrots, baby-cut, IW	1pkg	4	1.00	*N/A*	0.0	4.0
Vegetable, Cnd, Variety 1/2c	1/2 Cup	4	2.02	*1	1.02	6.03
Nectarine, Fresh	1 EACH	1	2.31	11	1.44	14.35
Fruit, Cnd, Variety 1/2c	1/2 CUP	4	1.58	*N/A*	0.39	17.13
Belly Bears, Chocolate	package	4	2.03	*N/A*	2.03	20.25
Milk, Nonfat	HALF PINT	2	0.00	13	9.0	13.0
Milk, 1% Lowfat	HALF PINT	1	0.00	15	11.0	16.0
Milk, Chocolate Nonfat	Carton	1	0.00	22	7.0	23.0
Dressing, Ranch Pkt	Packet	1	0.00	*N/A*	0.0	1.0

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# SCVSFSA

Base Menu Spreadsheet  
Portion Values - Detailed

Page 15

**Oct 1, 2021 thru Oct 31, 2021**

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

Generated on: 9/28/2021 7:08:15 AM

	Portion Size	Reimb Qty	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)
Weighted Daily Average % of Calories			6.55	*22 *17.9%	20.91 16.9%	79.85 64.5%
Nutrient Guideline						

Weighted Average			6.15	*24 *43.3%	20.35 16.4%	81.25 65.4%
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Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Fiber (g)	6.15				Missing			
Sugars (g)	24	19.26%						
Protein (g)	20.35	16.40%						
Carbohydrate (g)	81.25	65.45%						

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