

SCVSFSA

Base Menu Spreadsheet Portion Values - Detailed

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Oct 1, 2021 thru Oct 31, 2021

Combined: K-8 Breakfast/K-8 Lunch

Generated on: 9/28/2021 7:07:10 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
K-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
Corn Dog, Chicken	1 Each	1	2.00	8	9.0	30.0
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
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			4.83	*22	15.21	71.23
% of Calories				*22.2%	15.1%	70.6%
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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Oct 1, 2021 thru Oct 31, 2021

Combined: K-8 Breakfast/K-8 Lunch

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	Portion Size	Reimb Qty	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)
K-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
Sandwich, PBJ Strawberry	Sandwich	1	4.00	*N/A*	10.0	32.0
Sandwich, Sunwise no-nut option	Sandwich	1	5.00	12	9.0	32.0
String Cheese 168	PACKAGE	2	0.00	*N/A*	7.0	0.0
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	2	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			7.97	*25	22.30	95.45
% of Calories				*16.9%	15.3%	65.5%
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
K-8 Lunch	Total	2				
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
Pizza, Meateaters, Nardones	Slice	1	3.00	6	21.0	27.0
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
Syrup	1 TBSP	1	0.00	*N/A*	0.0	12.5
Ketchup Pkt	Packet	1	0.00	*N/A*	0.0	2.0
Weighted Daily Average			6.60	*22	23.26	93.82
% of Calories				*15.6%	16.2%	65.3%
Nutrient Guideline						

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Portion Values - Detailed

Oct 1, 2021 thru Oct 31, 2021

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	Portion Size	Reimb Qty	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)
Wed - 10/06/2021						
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
K-8 Lunch	Total	3				
CYCLE 18-Lunch	SERVING	1	0.00	0	0.0	0.0
Salad, Specialty Southwest	Container	1	10.74	*5	35.99	65.6
Cheesy Pull-Aparts, Southwest	Pkg	1	2.00	5	14.0	33.0
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
Strawberries, Frozen BAG 1/2c	1/2 Cup	1	1.44	4	0.48	5.53
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
Salsa, Mild, Cnd	2 TBSP	1	1.00	*N/A*	1.0	4.0
Weighted Daily Average			6.95	*24	21.71	81.22
% of Calories				*20.2%	18.4%	68.7%
Nutrient Guideline						

Thu - 10/07/2021						
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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Combined: K-8 Breakfast/K-8 Lunch

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	Portion Size	Reimb Qty	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)
K-8 Lunch	Total	2				
CYCLE 19-Lunch	SERVING	1	0.00	0	0.0	0.0
Chicken, Orange	3.9 oz	1	0.00	11	11.0	21.0
Rice, Brown, WG 1/2cup	1/2 cup	1	1.06	*N/A*	2.12	18.58
SP Rice, Brown, 1/2 cup	1/2 cup	1	1.06	*N/A*	2.12	18.58
Burrito, Bean & Cheese, Lunch	5.75 oz	1	6.00	*N/A*	16.0	54.0
Green Beans, cnd 1/2c	1/2 CUP	2	1.00	*N/A*	0.0	5.0
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
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			7.30	*24	18.56	86.11
% of Calories				*20.2%	15.6%	72.2%
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
K-8 Lunch	Total	4				
CYCLE 20-Lunch	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	1	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
Weighted Daily Average			4.86	*21	19.16	66.98
% of Calories				*17.4%	16.0%	55.8%
Nutrient Guideline						

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Mon - 10/11/2021						
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
K-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
Taco Stick, Beef & Cheese	Pkg	2	3.85	1	20.07	31.87
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
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			4.25	*16	12.59	47.51
% of Calories				*21.1%	16.6%	62.6%
Nutrient Guideline						

Tue - 10/12/2021						
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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K-8 Lunch	Total	3				
CYCLE 22-Lunch	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	1	3.00	6	20.0	31.0
Pizza, Meateaters, Nardones	Slice	1	3.00	6	21.0	27.0
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	20.97	83.74
% of Calories				*21.3%	16.3%	65.1%
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
K-8 Lunch	Total	3				
CYCLE 23-Lunch	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
Sandwich, PBJ Grape	Sandwich	1	4.00	*N/A*	10.0	32.0
Sandwich, Sunwise no-nut option	Sandwich	1	5.00	12	9.0	32.0
String Cheese 168	PACKAGE	1	0.00	*N/A*	7.0	0.0
Celery Sticks IW	Pkg	3	2.00	2	1.0	3.0
Green Beans, cnd 1/2c	1/2 CUP	3	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			6.96	*29	18.29	89.62
% of Calories				*21.8%	13.9%	67.9%
Nutrient Guideline						

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Base Menu Spreadsheet
Portion Values - Detailed

Oct 1, 2021 thru Oct 31, 2021

Combined: K-8 Breakfast/K-8 Lunch

	Portion Size	Reimb Qty	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)
Thu - 10/14/2021						
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
K-8 Lunch	Total	3				
CYCLE 24-Lunch	SERVING	1	0.00	0	0.0	0.0
Pork Carnitas, for Taco	2 oz	2	0.00	0	15.0	0.0
Cheese, Shredded for topping	1/8 cup	2	0.00	0	1.71	0.05
Taco Shell	Shell	1	0.00	0	1.0	12.0
Tortilla, Flour, 6" WG	Tortilla	1	2.00	*N/A*	3.0	15.0
Corn Dog, Chicken	1 Each	1	2.00	8	9.0	30.0
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
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
Ketchup Pkt	Packet	1	0.00	*N/A*	0.0	2.0
Mustard, Pkt	packet	1	0.05	*N/A*	0.21	0.29
Weighted Daily Average			7.29	*24	21.38	93.77
% of Calories				*17.5%	15.8%	69.1%
Nutrient Guideline						

Fri - 10/15/2021						
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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Base Menu Spreadsheet
Portion Values - Detailed

Oct 1, 2021 thru Oct 31, 2021

Combined: K-8 Breakfast/K-8 Lunch

	Portion Size	Reimb Qty	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)
K-8 Lunch	Total	4				
CYCLE 25-Lunch	SERVING	1	0.00	0	0.0	0.0
Manager's Choice	1	1	*N/A*	*N/A*	*N/A*	*N/A*
Mac & Cheese, Cavatappi	6 oz	1	2.00	3	17.0	28.0
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
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			4.70	*30	16.96	73.27
% of Calories				*27.0%	15.3%	65.9%
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
K-8 Lunch	Total	4				
CYCLE 01-Lunch	SERVING	1	0.00	0	0.0	0.0
Pork, BBQ, Shredded	4 oz	2	2.00	9	17.0	13.0
Roll, WG 4"	Roll	2	3.00	2	7.0	27.0
BBQ Sauce	2 Tbsp	1	0.00	8	0.0	10.69
Cheesy Pull-Apart, Italian	Pkg	2	2.00	5	14.0	32.0
Carrots, baby-cut, IW	1pkg	4	1.00	*N/A*	0.0	4.0
Broccoli, Frz 1/2c	1/2 CUP	4	1.14	1	1.24	2.92
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
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

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Base Menu Spreadsheet Portion Values - Detailed

Page 9

Oct 1, 2021 thru Oct 31, 2021

Combined: K-8 Breakfast/K-8 Lunch

Generated on: 9/28/2021 7:07:10 AM

	Portion Size	Reimb Qty	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)
Weighted Daily Average			6.77	*26	21.90	85.68
% of Calories				*20.5%	17.0%	66.4%
Nutrient Guideline						

Tue - 10/19/2021						
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
K-8 Lunch	Total	2				
CYCLE 02-Lunch	SERVING	1	0.00	0	0.0	0.0
Chicken Nuggets Tyson	5 pieces	1	3.00	1	16.0	16.0
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
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
Ketchup Pkt	Packet	1	0.00	*N/A*	0.0	2.0
Mustard, Pkt	packet	1	0.05	*N/A*	0.21	0.29
Tajin, LS	1/4 Tsp	1	0.00	0	0.0	0.5
Weighted Daily Average			5.51	*24	22.23	72.45
% of Calories				*20.5%	18.7%	60.9%
Nutrient Guideline						

Wed - 10/20/2021						
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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Base Menu Spreadsheet Portion Values - Detailed

Page 10

Oct 1, 2021 thru Oct 31, 2021

Combined: K-8 Breakfast/K-8 Lunch

Generated on: 9/28/2021 7:07:10 AM

	Portion Size	Reimb Qty	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)
K-8 Lunch	Total	3				
CYCLE 03-Lunch	SERVING	1	0.00	0	0.0	0.0
Salad, Specialty Caesar	Container	1	2.55	*4	22.11	12.42
Corn Dog, Chicken	1 Each	1	2.00	8	9.0	30.0
Cucumber Slices 1/2c IW***	Pkg	3	1.00	1	1.0	2.0
Green Beans, Cnd 1/6c	1/4 CUP	1	0.50	*N/A*	0.0	2.49
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
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			4.69	*22	18.59	76.83
% of Calories				*18.9%	15.8%	65.5%
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
K-8 Lunch	Total	2				
CYCLE 04-Lunch	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
Deli Sandwich Meat-Turkey	Sandwich	1	0.00	*N/A*	12.4	1.28
Cheese, Slice	2 slice	1	0.00	*N/A*	5.0	2.0
Roll, WG 4"	Roll	1	3.00	2	7.0	27.0
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
Mayonnaise, pkt	Packet	1	0.00	*N/A*	0.0	1.0
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			7.22	*20	20.82	91.18
% of Calories				*14.8%	15.7%	68.9%
Nutrient Guideline						

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SCVSFSA

Base Menu Spreadsheet
Portion Values - Detailed

Oct 1, 2021 thru Oct 31, 2021

Combined: K-8 Breakfast/K-8 Lunch

	Portion Size	Reimb Qty	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)
Fri - 10/22/2021						
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
K-8 Lunch	Total	4				
CYCLE 05-Lunch	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
Quesadilla, cheese&green chile	Pkg	2	4.40	1	17.0	32.0
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
Kiwi, Whole***	1 each	1	2.28	7	0.87	11.14
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
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
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
Weighted Daily Average			6.05	*21	20.04	72.59
% of Calories				*16.3%	15.6%	56.5%
Nutrient Guideline						

Mon - 10/25/2021						
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

Oct 1, 2021 thru Oct 31, 2021

Combined: K-8 Breakfast/K-8 Lunch

	Portion Size	Reimb Qty	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)
K-8 Lunch	Total	4				
CYCLE 06-Lunch	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
Cheesy Pull-Aparts, Southwest	Pkg	2	2.00	5	14.0	33.0
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
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			6.62	*25	21.40	93.02
% of Calories				*17.0%	14.4%	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
K-8 Lunch	Total	6				
CYCLE 07-Lunch	SERVING	1	0.00	0	0.0	0.0
Corn Dogs, Mini Chicken	6 Mini Dogs	4	0.00	*N/A*	10.58	28.7
Pizza, Cheese, Nardones 16	Slice	2	3.00	6	20.0	31.0
Pizza, Meateaters, Nardones	Slice	2	3.00	6	21.0	27.0
Cucumber Coins 1/4c	1/4 cup	6	0.00	*N/A*	0.0	0.95
Corn, Cnd 1/2c	1/2 CUP	6	1.50	*N/A*	3.0	25.5
HOTM Melon	1 Each	6	0.32	5	0.49	6.04
Fruit Juice, Variety	4 fl.oz.	6	0.00	*N/A*	0.5	15.5
Milk, Nonfat	HALF PINT	3	0.00	13	9.0	13.0
Milk, 1% Lowfat	HALF PINT	3	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

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Base Menu Spreadsheet Portion Values - Detailed

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Oct 1, 2021 thru Oct 31, 2021

Combined: K-8 Breakfast/K-8 Lunch

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	Portion Size	Reimb Qty	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)
Weighted Daily Average			4.47	*23	25.39	88.41
% of Calories				*15.5%	16.9%	58.7%
Nutrient Guideline						

Wed - 10/27/2021						
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
K-8 Lunch	Total	3				
CYCLE 08-Lunch	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
Sandwich, PBJ Strawberry	Sandwich	1	4.00	*N/A*	10.0	32.0
Sandwich, Sunwise no-nut option	Sandwich	1	5.00	12	9.0	32.0
String Cheese 168	PACKAGE	1	0.00	*N/A*	7.0	0.0
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			6.89	*27	17.89	84.44
% of Calories				*21.3%	14.3%	67.6%
Nutrient Guideline						

Thu - 10/28/2021						
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

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Oct 1, 2021 thru Oct 31, 2021

Combined: K-8 Breakfast/K-8 Lunch

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	Portion Size	Reimb Qty	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)
K-8 Lunch	Total	3				
CYCLE 09-Lunch	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
Chicken Tenders	3 Pieces	1	1.00	*N/A*	14.0	15.0
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
Ketchup Pkt	Packet	1	0.00	*N/A*	0.0	2.0
Tajin, LS	1/4 Tsp	1	0.00	0	0.0	0.5
Weighted Daily Average			7.05	*22	20.91	85.96
% of Calories				*17.3%	16.3%	67.1%
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

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Base Menu Spreadsheet
Portion Values - Detailed

Page 15

Oct 1, 2021 thru Oct 31, 2021

Combined: K-8 Breakfast/K-8 Lunch

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	Portion Size	Reimb Qty	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)
K-8 Lunch	Total	4				
CYCLE 10-Lunch	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
Burrito, Bean & Cheese, Lunch	5.75 oz	1	6.00	*N/A*	16.0	54.0
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
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			6.67	*21	18.37	79.54
% of Calories				*17.9%	15.7%	68.1%
Nutrient Guideline						

Weighted Average			6.17	*24	19.90	81.56
				*42.5%	15.9%	65.2%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Fiber (g)	6.17							
Sugars (g)	24	18.89%			Missing			
Protein (g)	19.90	15.91%						
Carbohydrate (g)	81.56	65.22%						

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