

# Central Valley School District #356

Oct 1, 2019 thru Oct 31, 2019

Base Menu Spreadsheet

Elementary School Break

Portion Values - Detailed

Page 1

Generated on: 9/30/2019 8:43:50 AM

	Portion Size	Carb (g)
Tue - 10/01/2019		
Elementary School Break	Total	
CINNAMON SWIRL FRENCH TOAST	1 each	22.38
Sausage Link 2013	2 each	0.0
Syrup, FSA signature	1 oz	18.43
CEREAL,VARIETY	SERVING	24.77
Cheese stick	1 oz	1.09
FRUIT JUICE,ASSORTED	4 fl.oz.	15.62
FRUIT,FRESH ASSORTED	1/2 cup	8.63
MILK - Variety	HALF PINT	27.68
Weighted Daily Average		18.43
% of Calories		38.3%
Nutrient Guideline		

Wed - 10/02/2019		
Elementary School Break	Total	
CHEESE OMELET	1 each	1.0
Biscuit	1 each	24.0
JELLY	1 TBSP	13.29
CEREAL,VARIETY	SERVING	24.77
Cheese stick	1 oz	1.09
FRUIT JUICE,ASSORTED	4 fl.oz.	15.62
FRUIT,FRESH ASSORTED	1/2 cup	8.63
MILK - Variety	HALF PINT	27.68
Weighted Daily Average		37.29
% of Calories		62.0%
Nutrient Guideline		

Thu - 10/03/2019		
Elementary School Break	Total	
Yogurt Parfait 2012	1 each	76.9
CEREAL,VARIETY	SERVING	24.77
Cheese stick	1 oz	1.09
FRUIT JUICE,ASSORTED	4 fl.oz.	15.62
FRUIT,FRESH ASSORTED	1/2 cup	8.63
MILK - Variety	HALF PINT	27.68
Weighted Daily Average		0.00
% of Calories		0.0%
Nutrient Guideline		

Fri - 10/04/2019		
Elementary School Break	Total	
egg muffin sand	1 each	25.8
CEREAL,VARIETY	SERVING	24.77
Cheese stick	1 oz	1.09
FRUIT,FRESH ASSORTED	1/2 cup	8.63
FRUIT JUICE,ASSORTED	4 fl.oz.	15.62
MILK - Variety	HALF PINT	27.68

\*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.

# Central Valley School District #356

Oct 1, 2019 thru Oct 31, 2019

Base Menu Spreadsheet

Elementary School Break

Portion Values - Detailed

Page 2

Generated on: 9/30/2019 8:43:50 AM

	Portion Size	Carb (g)
Weighted Daily Average		0.00
% of Calories		0.0%
Nutrient Guideline		

Mon - 10/07/2019		
Elementary School Break	Total	
Toasted English Muffin	SLICE	24.0
Sunbutter Dip	1 oz	6.61
CEREAL,VARIETY	SERVING	24.77
Cheese stick	1 oz	1.09
FRUIT JUICE,ASSORTED	4 fl.oz.	15.62
FRUIT,FRESH ASSORTED	1/2 cup	8.63
MILK - Variety	HALF PINT	27.68
Weighted Daily Average		6.61
% of Calories		15.1%
Nutrient Guideline		

Tue - 10/08/2019		
Elementary School Break	Total	
Ham & Cheese on Engl. Muffin	sandwich	24.94
CEREAL,VARIETY	SERVING	24.77
Cheese stick	1 oz	1.09
FRUIT JUICE,ASSORTED	4 fl.oz.	15.62
FRUIT,FRESH ASSORTED	1/2 cup	8.63
MILK - Variety	HALF PINT	27.68
Weighted Daily Average		0.00
% of Calories		0.0%
Nutrient Guideline		

Wed - 10/09/2019		
Elementary School Break	Total	
Baked Scone	1	26.2
Cheese stick	1 oz	1.09
CEREAL,VARIETY	SERVING	24.77
Cheese stick	1 oz	1.09
FRUIT JUICE,ASSORTED	4 fl.oz.	15.62
FRUIT,FRESH ASSORTED	1/2 cup	8.63
MILK - Variety	HALF PINT	27.68
Weighted Daily Average		1.09
% of Calories		5.1%
Nutrient Guideline		

\*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.

**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.

# Central Valley School District #356

Oct 1, 2019 thru Oct 31, 2019

Base Menu Spreadsheet

Elementary School Break

Portion Values - Detailed

Page 3

Generated on: 9/30/2019 8:43:50 AM

	Portion Size	Carb (g)
Thu - 10/10/2019		
Elementary School Break	Total	
Waffles	2	13.89
Sausage Link 2013	2 each	0.0
Syrup, FSA signature	1 oz	18.43
CEREAL,VARIETY	SERVING	24.77
Cheese stick	1 oz	1.09
FRUIT JUICE,ASSORTED	4 fl.oz.	15.62
FRUIT,FRESH ASSORTED	1/2 cup	8.63
MILK - Variety	HALF PINT	27.68
Weighted Daily Average		18.43
% of Calories		38.3%
Nutrient Guideline		

Mon - 10/14/2019		
Elementary School Break	Total	
EGG,HARD-BOILED	1 EACH	0.56
Biscuit	1 each	24.0
JELLY	1 TBSP	13.29
CEREAL,VARIETY	SERVING	24.77
Cheese stick	1 oz	1.09
FRUIT JUICE,ASSORTED	4 fl.oz.	15.62
FRUIT,FRESH ASSORTED	1/2 cup	8.63
MILK - Variety	HALF PINT	27.68
Weighted Daily Average		37.29
% of Calories		62.0%
Nutrient Guideline		

Tue - 10/15/2019		
Elementary School Break	Total	
pancake whole grain bulk	2 each	25.34
Sausage Link 2013	2 each	0.0
Syrup, FSA signature	1 oz	18.43
CEREAL,VARIETY	SERVING	24.77
Cheese stick	1 oz	1.09
FRUIT JUICE,ASSORTED	4 fl.oz.	15.62
FRUIT,FRESH ASSORTED	1/2 cup	8.63
MILK - Variety	HALF PINT	27.68
Weighted Daily Average		18.43
% of Calories		38.3%
Nutrient Guideline		

Wed - 10/16/2019		
Elementary School Break	Total	
Breakfast Pizza	1 each	19.0
CEREAL,VARIETY	SERVING	24.77
Cheese stick	1 oz	1.09
FRUIT JUICE,ASSORTED	4 fl.oz.	15.62
FRUIT,FRESH ASSORTED	1/2 cup	8.63
MILK - Variety	HALF PINT	27.68

\*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.

# Central Valley School District #356

Oct 1, 2019 thru Oct 31, 2019

Base Menu Spreadsheet

Elementary School Break

Portion Values - Detailed

Page 4

Generated on: 9/30/2019 8:43:50 AM

	Portion Size	Carb (g)
Weighted Daily Average		0.00
% of Calories		0.0%
Nutrient Guideline		

Thu - 10/17/2019		
Elementary School Break	Total	
Yogurt Parfait 2012	1 each	76.9
CEREAL,VARIETY	SERVING	24.77
Cheese stick	1 oz	1.09
FRUIT JUICE,ASSORTED	4 fl.oz.	15.62
FRUIT,FRESH ASSORTED	1 each	17.26
MILK - Variety	HALF PINT	27.68
Weighted Daily Average		0.00
% of Calories		0.0%
Nutrient Guideline		

Fri - 10/18/2019		
Elementary School Break	Total	
Ham & Cheese on Engl. Muffin	sandwich	24.94
CEREAL,VARIETY	SERVING	24.77
Cheese stick	1 oz	1.09
FRUIT JUICE,ASSORTED	4 fl.oz.	15.62
FRUIT,FRESH ASSORTED	1/2 cup	8.63
MILK - Variety	HALF PINT	27.68
Weighted Daily Average		0.00
% of Calories		0.0%
Nutrient Guideline		

Mon - 10/21/2019		
Elementary School Break	Total	
CINNAMON SWIRL FRENCH TOAST	2 each	44.76
Sausage Link 2013	2 each	0.0
Syrup, FSA signature	1 oz	18.43
CEREAL,VARIETY	SERVING	24.77
Cheese stick	1 oz	1.09
FRUIT JUICE,ASSORTED	4 fl.oz.	15.62
FRUIT,FRESH ASSORTED	1/2 cup	8.63
MILK - Variety	HALF PINT	27.68
Weighted Daily Average		18.43
% of Calories		38.3%
Nutrient Guideline		

\*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.

**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.

# Central Valley School District #356

Oct 1, 2019 thru Oct 31, 2019

Base Menu Spreadsheet

Elementary School Break

Portion Values - Detailed

Page 5

Generated on: 9/30/2019 8:43:50 AM

	Portion Size	Carb (g)
Tue - 10/22/2019		
Elementary School Break	Total	
CHEESE OMELET	1 each	1.0
Biscuit	1 each	24.0
JELLY	1 TBSP	13.29
CEREAL,VARIETY	SERVING	24.77
Cheese stick	1 oz	1.09
FRUIT JUICE,ASSORTED	4 fl.oz.	15.62
FRUIT,FRESH ASSORTED	1/2 cup	8.63
MILK - Variety	HALF PINT	27.68
Weighted Daily Average		37.29
% of Calories		62.0%
Nutrient Guideline		

Wed - 10/23/2019		
Elementary School Break	Total	
Waffle Sandwich	sandwich	14.69
CEREAL,VARIETY	SERVING	24.77
Cheese stick	1 oz	1.09
FRUIT JUICE,ASSORTED	4 fl.oz.	15.62
FRUIT,FRESH ASSORTED	1/2 cup	8.63
MILK - Variety	HALF PINT	27.68
Weighted Daily Average		0.00
% of Calories		0.0%
Nutrient Guideline		

Thu - 10/24/2019		
Elementary School Break	Total	
Baked Scone	1	26.2
Cheese stick	1 oz	1.09
CEREAL,VARIETY	SERVING	24.77
Cheese stick	1 oz	1.09
FRUIT JUICE,ASSORTED	4 fl.oz.	15.62
FRUIT,FRESH ASSORTED	1/2 cup	8.63
MILK - Variety	HALF PINT	27.68
Weighted Daily Average		25.85
% of Calories		52.8%
Nutrient Guideline		

Fri - 10/25/2019		
Elementary School Break	Total	
Yogurt Parfait 2012	1 each	76.9
CEREAL,VARIETY	SERVING	24.77
Cheese stick	1 oz	1.09
FRUIT JUICE,ASSORTED	4 fl.oz.	15.62
FRUIT,FRESH ASSORTED	1/2 cup	8.63
MILK - Variety	HALF PINT	27.68
Weighted Daily Average		24.77
% of Calories		89.8%
Nutrient Guideline		

\*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.

**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.

# Central Valley School District #356

Oct 1, 2019 thru Oct 31, 2019

Base Menu Spreadsheet

Elementary School Break

Portion Values - Detailed

Page 6

Generated on: 9/30/2019 8:43:50 AM

	Portion Size	Carb (g)
<b>Mon - 10/28/2019</b>		
Elementary School Break	Total	
Bagel 2013 nc	1	29.0
CREAM CHEESE	1 TBSP	0.59
Cheese stick	1 oz	1.09
CEREAL,VARIETY	SERVING	24.77
Cheese stick	1 oz	1.09
FRUIT JUICE,ASSORTED	4 fl.oz.	15.62
Assorted Fruit	1/2 c	16.0
MILK - Variety	HALF PINT	27.68
Weighted Daily Average		1.09
% of Calories		5.1%
Nutrient Guideline		

<b>Tue - 10/29/2019</b>		
Elementary School Break	Total	
Waffles	2	13.89
Sausage Link 2013	2 each	0.0
Syrup, FSA signature	1 oz	18.43
CEREAL,VARIETY	SERVING	24.77
Cheese stick	1 oz	1.09
FRUIT JUICE,ASSORTED	4 fl.oz.	15.62
FRUIT,FRESH ASSORTED	1/2 cup	8.63
MILK - Variety	HALF PINT	27.68
Weighted Daily Average		18.43
% of Calories		38.3%
Nutrient Guideline		

<b>Wed - 10/30/2019</b>		
Elementary School Break	Total	
Toasted English Muffin	SLICE	24.0
Sunbutter Dip	1 oz	6.61
CEREAL,VARIETY	SERVING	24.77
Cheese stick	1 oz	1.09
FRUIT JUICE,ASSORTED	4 fl.oz.	15.62
FRUIT,FRESH ASSORTED	1/2 cup	8.63
MILK - Variety	HALF PINT	27.68
Weighted Daily Average		0.00
% of Calories		0.0%
Nutrient Guideline		

<b>Thu - 10/31/2019</b>		
Elementary School Break	Total	
Yogurt Parfait 2012	1 each	76.9
CEREAL,VARIETY	SERVING	24.77
Cheese stick	1 oz	1.09
FRUIT JUICE,ASSORTED	4 fl.oz.	15.62
FRUIT,FRESH ASSORTED	1/2 cup	8.63
MILK - Variety	HALF PINT	27.68

\*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.

**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.

# Central Valley School District #356

Oct 1, 2019 thru Oct 31, 2019

Base Menu Spreadsheet

Elementary School Break

Portion Values - Detailed

Page 7

Generated on: 9/30/2019 8:43:50 AM

	Portion Size	Carb (g)
Weighted Daily Average % of Calories		0.00 0.0%
Nutrient Guideline		

Weighted Average		20.26 45.1%
------------------	--	----------------

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	20.26	45.09%						

*\*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.