

Central Valley School District #356

Sep 4, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Mica Peak HS

Portion Values - Detailed

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	Portion Size	Carb (g)
Wed - 09/04/2019		
Mica Peak HS	Total	
Build Your Own Burger	1	26.0
pancake whole grain bulk	2 each	25.34
Sausage Link 2013	2 each	0.0
MIXED FRUIT	1/2 CUP	18.07
ORANGES	1/2 EACH	5.64
Snow Peas	1/4 CUP	0.59
Spinach	1/4 cup	*N/A*
Roasted Chickpeasms	1 each	12.0
ketchup bulk	1 oz	7.6
Mustard bulk	Tbls	0.0
Light mayo pc	packet	1.0
BBQ SAUCE	1 OZ	9.65
PICKLES,DILL	2 EACH	0.73
RANCH DRESSING	2 TBSP	3.5
MILK - Variety	1 cup	27.68
Mrs. Dash	dash	0.0
Lemon Pepper	dash	0.0
pepper	dash	0.06
Weighted Daily Average		*25.34
% of Calories		*37.0%
Nutrient Guideline		

	Portion Size	Carb (g)
Thu - 09/05/2019		
Mica Peak HS	Total	
Chef Salad/Garlic Toast	1 each	34.97
SUB SANDWICH 2012	1 each	38.0
Baked Chips - Variety	1 OZ	16.76
Pizza	slice	29.0
Chicken strips 2012	3 strips	9.95
Waffles	2	13.89
Syrup, FSA signature	1 oz	18.43
APPLES,Fresh medium	1 EACH	19.06
GRAPES,Fresh	1/4 CUP	3.75
LSM	1/2 c	1.26
Cherry Tomatoes	1/4 CUP	0.73
CAULIFLOWER,raw: fresh	1/4 CUP	1.24
ketchup bulk	1 oz	7.6
Mustard bulk	Tbls	0.0
Light mayo pc	packet	1.0
BBQ SAUCE	1 OZ	9.65
PICKLES,DILL	2 EACH	0.73
RANCH DRESSING	2 TBSP	2.77
MILK - Variety	1 cup	27.68
Mrs. Dash	dash	0.0
Lemon Pepper	dash	0.0
pepper	dash	0.06
Weighted Daily Average		43.53
% of Calories		48.8%
Nutrient Guideline		

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	Portion Size	Carb (g)
Fri - 09/06/2019		
Mica Peak HS	Total	
Chef Salad/Garlic Toast	1 each	34.97
SUB SANDWICH 2012	1 each	38.0
Chick on a Bun 20122	1 EACH	38.25
Grilled Cheese Sandwich18	sandwich	26.99
Tomato Soup	6 oz	16.29
APPLES,Fresh medium	1 EACH	19.06
BANANAS	1 EACH	23.07
romaine salad	1/2 CUP	1.6
Carrots, fresh	1/4 cup	4.21
CUCUMBER,RAW	1/4 cup	0.61
ketchup bulk	1 oz	7.6
Mustard bulk	Tbls	0.0
Light mayo pc	packet	1.0
BBQ SAUCE	1 OZ	9.65
PICKLES,DILL	2 EACH	0.73
RANCH DRESSING	2 TBSP	3.5
MILK - Variety	1 cup	27.68
Mrs. Dash	dash	0.0
Lemon Pepper	dash	0.0
pepper	dash	0.06
Weighted Daily Average		43.28
% of Calories		51.0%
Nutrient Guideline		

Mon - 09/09/2019		
Mica Peak HS	Total	
Chef Salad/Garlic Toast	1 each	34.97
SUB SANDWICH 2012	1 each	38.0
Baked Chips - Variety	1 OZ	16.76
Pizza	slice	29.0
Monte Cristo SandwichesHS	1 sandwich	17.31
APPLES,Fresh medium	1 EACH	19.06
STRAWBERRIES: frozen	1/4 cup	17.64
LSM	1/2 c	1.26
BROCCOLI,raw: fresh	1/4 cup	3.76
Carrots, fresh	1/4 cup	4.21
ketchup bulk	1 oz	7.6
Mustard bulk	Tbls	0.0
Light mayo pc	packet	1.0
BBQ SAUCE	1 OZ	9.65
PICKLES,DILL	2 EACH	0.73
RANCH DRESSING	2 TBSP	2.77
MILK - Variety	1 cup	27.68
Mrs. Dash	dash	0.0
Lemon Pepper	dash	0.0
pepper	dash	0.06
Weighted Daily Average		38.29
% of Calories		51.4%
Nutrient Guideline		

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	Portion Size	Carb (g)
Tue - 09/10/2019		
Mica Peak HS	Total	
Chef Salad/Garlic Toast	1 each	34.97
SUB SANDWICH 2012	1 each	38.0
Build Your Own Burger	1	26.0
POTATO WEDGES	1/2 cup	30.77
Chicken strips 2012	3 strips	9.95
MASHED POTATOES:flakes,mlk+but	1/2 CUP	5.71
GravyII - HS 2012	2 oz	6.02
Biscuit	1 each	24.0
APPLES,Fresh medium	1 EACH	19.06
PEACHES: canned,light syrup	1/4 CUP	9.13
romaine salad	1/2 CUP	1.6
Sliced Green Peppers	1/4 cup	*N/A*
Bean Choice	1/4 CUP	11.21
ketchup bulk	1 oz	7.6
Mustard bulk	Tbls	0.0
Light mayo pc	packet	1.0
BBQ SAUCE	1 OZ	9.65
PICKLES,DILL	2 EACH	0.73
RANCH DRESSING	2 TBSP	3.5
MILK - Variety	1 cup	27.68
Mrs. Dash	dash	0.0
Lemon Pepper	dash	0.0
pepper	dash	0.06
Weighted Daily Average		66.01
% of Calories		46.3%
Nutrient Guideline		

Wed - 09/11/2019		
Mica Peak HS	Total	
Chick on a Bun 20122	1 EACH	38.25
Mac n Cheese WG 2012	6 oz	30.0
MIXED FRUIT	1/2 CUP	18.07
ORANGES	1/2 EACH	5.64
Snow Peas	1/4 CUP	0.59
Spinach	1/4 cup	*N/A*
Roasted Chickpeasms	1 each	12.0
ketchup bulk	1 oz	7.6
Mustard bulk	Tbls	0.0
Light mayo pc	packet	1.0
BBQ SAUCE	1 OZ	9.65
PICKLES,DILL	2 EACH	0.73
RANCH DRESSING	2 TBSP	3.5
MILK - Variety	1 cup	27.68
Mrs. Dash	dash	0.0
Lemon Pepper	dash	0.0
pepper	dash	0.06
Weighted Daily Average		*30.00
% of Calories		*43.2%
Nutrient Guideline		

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	Portion Size	Carb (g)
Thu - 09/12/2019		
Mica Peak HS	Total	
Chef Salad/Garlic Toast	1 each	34.97
SUB SANDWICH 2012	1 each	38.0
Baked Chips - Variety	1 OZ	16.76
Pizza	slice	29.0
Build Your Own Taco or Nacho18	3 oz meat	47.02
APPLES,Fresh medium	1 EACH	19.06
GRAPES,Fresh	1/4 CUP	3.75
LSM	1/2 c	1.26
Cherry Tomatoes	1/4 CUP	0.73
CAULIFLOWER,raw: fresh	1/4 CUP	1.24
ketchup bulk	1 oz	7.6
Mustard bulk	Tbls	0.0
Light mayo pc	packet	1.0
BBQ SAUCE	1 OZ	9.65
PICKLES,DILL	2 EACH	0.73
RANCH DRESSING	2 TBSP	2.77
MILK - Variety	1 cup	27.68
Mrs. Dash	dash	0.0
Lemon Pepper	dash	0.0
pepper	dash	0.06
Weighted Daily Average		48.28
% of Calories		39.3%
Nutrient Guideline		

	Portion Size	Carb (g)
Fri - 09/13/2019		
Mica Peak HS	Total	
Chef Salad/Garlic Toast	1 each	34.97
SUB SANDWICH 2012	1 each	38.0
Chick on a Bun 20122	1 EACH	38.25
Chicken Parmesan	1 EACH	15.15
PASTA	1/2 cup	20.41
Garlic Toast	1 each	11.0
APPLES,Fresh medium	1 EACH	19.06
BANANAS	1 EACH	23.07
romaine salad	1/2 CUP	1.6
Carrots, fresh	1/4 cup	4.21
CUCUMBER,RAW	1/4 cup	0.61
ketchup bulk	1 oz	7.6
Mustard bulk	Tbls	0.0
Light mayo pc	packet	1.0
BBQ SAUCE	1 OZ	9.65
PICKLES,DILL	2 EACH	0.73
RANCH DRESSING	2 TBSP	3.5
MILK - Variety	1 cup	27.68
Mrs. Dash	dash	0.0
Lemon Pepper	dash	0.0
pepper	dash	0.06
Weighted Daily Average		46.56
% of Calories		40.1%
Nutrient Guideline		

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	Portion Size	Carb (g)
Mon - 09/16/2019		
Mica Peak HS	Total	
Chef Salad/Garlic Toast	1 each	34.97
SUB SANDWICH 2012	1 each	38.0
Baked Chips - Variety	1 OZ	16.76
Pizza	slice	29.0
Pizza Ripper	1 each	37.0
APPLES,Fresh medium	1 EACH	19.06
STRAWBERRIES: frozen	1/2 cup	35.27
LSM	1 c	2.51
BROCCOLI,raw: fresh	1/2 cup	7.53
Carrots, fresh	1/2 cup	8.42
ketchup bulk	1 oz	7.6
Mustard bulk	Tbls	0.0
Light mayo pc	packet	1.0
BBQ SAUCE	1 OZ	9.65
PICKLES,DILL	2 EACH	0.73
RANCH DRESSING	2 TBSP	2.77
MILK - Variety	1 cup	27.68
Mrs. Dash	dash	0.0
Lemon Pepper	dash	0.0
pepper	dash	0.06
Weighted Daily Average		62.18
% of Calories		54.4%
Nutrient Guideline		

Tue - 09/17/2019		
Mica Peak HS	Total	
Chef Salad/Garlic Toast	1 each	34.97
SUB SANDWICH 2012	1 each	38.0
Chick on a Bun 20122	1 EACH	38.25
mini offer bar sandwiches	1	*12.7
POTATO WEDGES	1/2 cup	30.77
CHICKEN FRIED STEAK 3z 2012	1 each	18.01
MASHED POTATOES:flakes,mlk+but	1/2 CUP	5.71
GravyII - HS 2012	2 oz	6.02
Biscuit	1 each	24.0
APPLES,Fresh medium	1 EACH	19.06
PEACHES: canned,light syrup	1/2 CUP	18.26
romaine salad	1 CUP	3.21
Sliced Green Peppers	1/2 cup	*N/A*
Roasted Chickpeas Elem	1 each	6.12
ketchup bulk	1 oz	7.6
Mustard bulk	Tbls	0.0
Light mayo pc	packet	1.0
BBQ SAUCE	1 OZ	9.65
PICKLES,DILL	2 EACH	0.73
RANCH DRESSING	2 TBSP	3.5
MILK - Variety	1 cup	27.68
Mrs. Dash	dash	0.0
Lemon Pepper	dash	0.0
pepper	dash	0.06

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	Portion Size	Carb (g)
Weighted Daily Average		*90.81
% of Calories		*53.8%
Nutrient Guideline		

Wed - 09/18/2019		
Mica Peak HS	Total	
Build Your Own Burger	1	26.0
mini offer bar sandwiches	1	*12.7
Twisty Alfredo	1 cup	35.58
Garlic Toast	1 each	11.0
MIXED FRUIT	1/2 CUP	18.07
ORANGES	1 EACH	11.28
Snow Peas	1/2 CUP	1.19
Spinach	1 cup	*N/A*
Roasted Chickpeasms	1 each	12.0
ketchup bulk	1 oz	7.6
Mustard bulk	Tbls	0.0
Light mayo pc	packet	1.0
BBQ SAUCE	1 OZ	9.65
PICKLES,DILL	2 EACH	0.73
RANCH DRESSING	2 TBSP	3.5
MILK - Variety	1 cup	27.68
Mrs. Dash	dash	0.0
Lemon Pepper	dash	0.0
pepper	dash	0.06
Weighted Daily Average		*59.28
% of Calories		*48.5%
Nutrient Guideline		

Thu - 09/19/2019		
Mica Peak HS	Total	
Chef Salad/Garlic Toast	1 each	34.97
SUB SANDWICH 2012	1 each	38.0
Baked Chips - Variety	1 OZ	16.76
Pizza	slice	29.0
CINNAMON SWIRL FRENCH TOAST	2 each	44.76
SCRAMBLED EGGS	1/2 CUP	3.29
Syrup, FSA signature	1 oz	18.43
APPLES,Fresh medium	1 EACH	19.06
GRAPES,Fresh	1/2 CUP	7.5
LSM	1 c	2.51
Cherry Tomatoes	1/2 CUP	1.46
CAULIFLOWER,raw: fresh	1/2 CUP	2.49
ketchup bulk	1 oz	7.6
Mustard bulk	Tbls	0.0
Light mayo pc	packet	1.0
BBQ SAUCE	1 OZ	9.65
PICKLES,DILL	2 EACH	0.73
RANCH DRESSING	2 TBSP	2.77
MILK - Variety	1 cup	27.68
Mrs. Dash	dash	0.0
Lemon Pepper	dash	0.0
pepper	dash	0.06

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	Portion Size	Carb (g)
Weighted Daily Average % of Calories		68.99 47.3%
Nutrient Guideline		

Fri - 09/20/2019		
Mica Peak HS	Total	
Chef Salad/Garlic Toast	1 each	34.97
SUB SANDWICH 2012	1 each	38.0
Build Your Own Burger	1	26.0
mini offer bar sandwiches	1	*12.7
Pulled Pork Sandwich	1	34.5
Ice Cream Bar	1 each	25.0
APPLES,Fresh medium	1 EACH	19.06
BANANAS	1 EACH	23.07
romaine salad	1 CUP	3.21
Carrots, fresh	1/2 cup	8.42
Coleslaw	1/2 cup	18.65
ketchup bulk	1 oz	7.6
Mustard bulk	Tbls	0.0
Light mayo pc	packet	1.0
BBQ SAUCE	1 OZ	9.65
PICKLES,DILL	2 EACH	0.73
RANCH DRESSING	2 TBSP	3.5
MILK - Variety	1 cup	27.68
Mrs. Dash	dash	0.0
Lemon Pepper pepper	dash	0.0
Weighted Daily Average % of Calories		*72.20 *60.4%
Nutrient Guideline		

Mon - 09/23/2019		
Mica Peak HS	Total	
Chef Salad/Garlic Toast	1 each	34.97
SUB SANDWICH 2012	1 each	38.0
Baked Chips - Variety	1 OZ	16.76
Pizza	slice	29.0
Street Tacos	2 each	37.05
APPLES,Fresh medium	1 EACH	19.06
STRAWBERRIES: frozen	1/2 cup	35.27
LSM	1 c	2.51
BROCCOLI,raw: fresh	1/2 cup	7.53
Carrots, fresh	1/2 cup	8.42
ketchup bulk	1 oz	7.6
Mustard bulk	Tbls	0.0
Light mayo pc	packet	1.0
BBQ SAUCE	1 OZ	9.65
PICKLES,DILL	2 EACH	0.73
RANCH DRESSING	2 TBSP	2.77
MILK - Variety	1 cup	27.68
Mrs. Dash	dash	0.0
Lemon Pepper pepper	dash	0.0
pepper	dash	0.06

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	Portion Size	Carb (g)
Weighted Daily Average		62.23
% of Calories		46.3%
Nutrient Guideline		

Tue - 09/24/2019		
Mica Peak HS	Total	
Chef Salad/Garlic Toast	1 each	34.97
SUB SANDWICH 2012	1 each	38.0
Build Your Own Burger	1	26.0
mini offer bar sandwiches	1	*12.7
POTATO WEDGES	1/2 cup	30.77
Chicken Drumstick	1 EACH	0.0
MASHED POTATOES:flakes,mlk+but	1/2 CUP	5.71
GravyII - HS 2012	2 oz	6.02
Biscuit	1 each	24.0
APPLES,Fresh medium	1 EACH	19.06
PEACHES: canned,light syrup	1/2 CUP	18.26
romaine salad	1 CUP	3.21
Sliced Green Peppers	1/2 cup	*N/A*
Roasted Chickpeas Elem	1 each	6.12
ketchup bulk	1 oz	7.6
Mustard bulk	Tbls	0.0
Light mayo pc	packet	1.0
BBQ SAUCE	1 OZ	9.65
PICKLES,DILL	2 EACH	0.73
RANCH DRESSING	2 TBSP	3.5
MILK - Variety	1 cup	27.68
Mrs. Dash	dash	0.0
Lemon Pepper	dash	0.0
pepper	dash	0.06
Weighted Daily Average		*72.80
% of Calories		*56.3%
Nutrient Guideline		

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	Portion Size	Carb (g)
Wed - 09/25/2019		
Mica Peak HS	Total	
Chick on a Bun 20122	1 EACH	38.25
mini offer bar sandwiches	1	*12.7
Mac n Cheese WG 2012	6 oz	30.0
MIXED FRUIT	1/2 CUP	18.07
ORANGES	1 EACH	11.28
Snow Peas	1/2 CUP	1.19
Spinach	1 cup	*N/A*
Roasted Chickpeasms	1 each	12.0
ketchup bulk	1 oz	7.6
Mustard bulk	Tbls	0.0
Light mayo pc	packet	1.0
BBQ SAUCE	1 OZ	9.65
PICKLES,DILL	2 EACH	0.73
RANCH DRESSING	2 TBSP	3.5
MILK - Variety	1 cup	27.68
Mrs. Dash	dash	0.0
Lemon Pepper	dash	0.0
pepper	dash	0.06
Weighted Daily Average		*42.70
% of Calories		*50.5%
Nutrient Guideline		

	Portion Size	Carb (g)
Thu - 09/26/2019		
Mica Peak HS	Total	
Chef Salad/Garlic Toast	1 each	34.97
SUB SANDWICH 2012	1 each	38.0
Baked Chips - Variety	1 OZ	16.76
Pizza	slice	29.0
MEATBALL SUB SANDWICH	1 each	43.63
APPLES,Fresh medium	1 EACH	19.06
GRAPES,Fresh	1/2 CUP	7.5
LSM	1 c	2.51
Cherry Tomatoes	1/2 CUP	1.46
CAULIFLOWER,raw: fresh	1/2 CUP	2.49
ketchup bulk	1 oz	7.6
Mustard bulk	Tbls	0.0
Light mayo pc	packet	1.0
BBQ SAUCE	1 OZ	9.65
PICKLES,DILL	2 EACH	0.73
RANCH DRESSING	2 TBSP	2.77
MILK - Variety	1 cup	27.68
Mrs. Dash	dash	0.0
Lemon Pepper	dash	0.0
pepper	dash	0.06
Weighted Daily Average		46.15
% of Calories		34.9%
Nutrient Guideline		

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Fri - 09/27/2019		
Mica Peak HS	Total	
Chef Salad/Garlic Toast	1 each	34.97
SUB SANDWICH 2012	1 each	38.0
Chick on a Bun 2013	1 EACH	35.0
mini offer bar sandwiches	1	*12.7
Beef and Broccoli18	4.4 oz	20.32
Brown Rice	1/2 cup	22.39
APPLES,Fresh medium	1 EACH	19.06
BANANAS	1 EACH	23.07
romaine salad	1 CUP	3.21
Carrots, fresh	1/2 cup	8.42
CUCUMBER,RAW	1/2 cup	1.22
ketchup bulk	1 oz	7.6
Mustard bulk	Tbls	0.0
Light mayo pc	packet	1.0
BBQ SAUCE	1 OZ	9.65
PICKLES,DILL	2 EACH	0.73
RANCH DRESSING	2 TBSP	3.5
MILK - Variety	1 cup	27.68
Mrs. Dash	dash	0.0
Lemon Pepper pepper	dash	0.0
pepper	dash	0.06
Weighted Daily Average		*55.41
% of Calories		*61.4%
Nutrient Guideline		

	Portion Size	Carb (g)
Mon - 09/30/2019		
Mica Peak HS	Total	
Chef Salad/Garlic Toast	1 each	34.97
SUB SANDWICH 2012	1 each	38.0
Baked Chips - Variety	1 OZ	16.76
Pizza	slice	29.0
Fish n Chips	4 each	21.6
APPLES,Fresh medium	1 EACH	19.06
STRAWBERRIES: frozen	1/2 cup	35.27
LSM	1 c	2.51
BROCCOLI,raw: fresh	1/2 cup	7.53
Carrots, fresh	1/2 cup	8.42
ketchup bulk	1 oz	7.6
Mustard bulk	Tbls	0.0
Light mayo pc	packet	1.0
BBQ SAUCE	1 OZ	9.65
PICKLES,DILL	2 EACH	0.73
RANCH DRESSING	2 TBSP	2.77
MILK - Variety	1 cup	27.68
Mrs. Dash	dash	0.0
Lemon Pepper pepper	dash	0.0
pepper	dash	0.06
Weighted Daily Average		46.78
% of Calories		48.4%
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

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

Sep 4, 2019 thru Sep 30, 2019

Base Menu Spreadsheet

Mica Peak HS

Portion Values - Detailed

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	Portion Size	Carb (g)
Weighted Average		*53.73 *48.5%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	53.73	48.46%			Missing			

**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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