

Central Valley School District #356

May 1, 2019 thru May 31, 2019

Base Menu Spreadsheet

ELC Menu

Portion Values - Detailed

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Generated on: 4/29/2019 11:38:23 AM

	Portion Size	Carb (g)
Wed - 05/01/2019		
ELC Menu	Total	
pancake whole grain bulk	1 each	12.67
Sausage Links, 1.4 oz each	1 each	1.32
Syrup, FSA signature	1 oz	18.43
PEACHES: canned,light syrup	1/2 CUP	18.26
MILK - Variety	3/4 cup	20.76
BANANA	1	34.26
MILK - Variety	1/2 cup	13.84
Chick on a Bun 2013	1 EACH	35.0
ORIENTAL MIXED VEGETABLES	1/4 c	1.33
kiwi	1/2 each	5.57
MILK - Variety	3/4 cup	20.76
Sunbutter and Jelly Sandwich2	sandwich	63.66
MILK - Variety	1/2 cup	13.84
Weighted Daily Average		258.39
% of Calories		62.8%
Nutrient Guideline		

	Portion Size	Carb (g)
Thu - 05/02/2019		
ELC Menu	Total	
muffin-assorted	1	26.0
ORANGES HALVES	1/2 EACH	6.66
MILK - Variety	3/4 cup	20.76
Yogurt, Yami Lowfat	4 oz	19.07
Animal Cookies	1 each	17.54
Oriental Chicken	3.92 oz	18.0
Brown Rice	1/4 cup	11.2
CELERY STICKS/2	1/4 cup	0.89
APPLESAUCE:cnnd,unswtnd,+vit C	1/4 CUP	6.87
MILK - Variety	3/4 cup	20.76
Goldfish Grahams	1bag	16.64
MILK - Variety	1/2 cup	13.84
Weighted Daily Average		178.23
% of Calories		67.2%
Nutrient Guideline		

	Portion Size	Carb (g)
Fri - 05/03/2019		
ELC Menu	Total	
Yogurt, Yami Lowfat	4 oz	19.07
BANANA	1	34.26
MILK - Variety	3/4 cup	20.76
Cheese stick	1 oz	1.09
MILK - Variety	1/2 cup	13.84
Grilled Cheese Sandwich18	sandwich	27.79
BROCCOLI,raw: fresh	1/4 cup	3.76
APPLESAUCE:cnnd,unswtnd,+vit C	1/4 CUP	6.87
MILK - Variety	3/4 cup	20.76
Bagelette	1 each	18.0
JELLY	1 TBSP	13.29
MILK - Variety	1/2 cup	13.84

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	Portion Size	Carb (g)
Weighted Daily Average % of Calories		123.79 65.7%
Nutrient Guideline		

Mon - 05/06/2019		
ELC Menu	Total	
ENGLISH MUFFINS,PLAIN,TOASTED	1/2 EACH	13.69
Cheese, Sliced American	1	2.07
MARGARINE	1 TBSP	0.1
PEARS: canned,light syrup	1/2 CUP	19.04
MILK - Variety	3/4 cup	20.76
CEREAL,VARIETY	SERVING	24.77
MILK - Variety	1/2 cup	13.84
Chili, TFS premade	3/4 cup	28.84
Biscuit	1 each	24.0
ORANGES HALVES	1/2 EACH	6.66
LSM	1/2 c	1.26
RANCH DRESSING	2 TBSP	3.5
MILK - Variety	3/4 cup	20.76
Yogurt, Yami Lowfat	4 oz	19.07
Apple Slices Elem.	1/2 cup	14.0
Weighted Daily Average % of Calories		212.35 58.6%
Nutrient Guideline		

Tue - 05/07/2019		
ELC Menu	Total	
CEREAL,VARIETY	SERVING	24.77
APPLESAUCE:cnnd,unswtnd,+vit C	1/2 CUP	13.75
MILK - Variety	3/4 cup	20.76
Sunbutter and Jelly Sandwich2	sandwich	63.66
MILK - Variety	1/2 cup	13.84
Chicken strips 2012	3 strips	9.95
Garlic Toast	1 each	11.0
BBQ SAUCE	1 OZ	9.65
POTATO WEDGES	1/2 cup	30.77
KETCHUP: individual	Pkt 6g	1.57
kiwi	1/2 each	5.57
MILK - Variety	3/4 cup	20.76
Cheese stick	1 oz	1.09
FRUIT JUICE,ASSORTED	4 fl.oz.	15.62
Weighted Daily Average % of Calories		204.95 54.8%
Nutrient Guideline		

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	Portion Size	Carb (g)
Wed - 05/08/2019		
ELC Menu	Total	
pancake whole grain bulk	1 each	12.67
Sausage Link 2013	1 each	0.0
Syrup, FSA signature	1 oz	18.43
PEACHES: canned,light syrup	1/2 CUP	18.26
MILK - Variety	3/4 cup	20.76
CEREAL,VARIETY	SERVING	24.77
MILK - Variety	1 cup	27.68
Pizza MaxStix, wholegrain 2012	2 each	31.0
Tossed Salad LSM	1/2 c	1.26
fruit combo	1/4 c	8.0
MILK - Variety	3/4 cup	20.76
SCOOBY DOO GRAHAM SNACKS	1 oz	21.0
FRUIT JUICE,ASSORTED	4 fl.oz.	15.62
Weighted Daily Average		220.21
% of Calories		72.6%
Nutrient Guideline		

	Portion Size	Carb (g)
Thu - 05/09/2019		
ELC Menu	Total	
muffin-assorted	1	26.0
Cheese stick	1 oz	1.09
BANANA	1	34.26
MILK - Variety	3/4 cup	20.76
Yogurt, Yami Lowfat	4 oz	19.07
Apple Slices Elem.	1/2 cup	14.0
Chicken Teriyaki,	2.4 oz	18.62
Brown Rice	1/2 cup	22.39
pineapple chunks	1/4 CUP	8.47
BROCCOLI: frozen, boiled	1/4 CUP	2.46
MILK - Variety	3/4 cup	20.76
Goldfish Crackers	1bag	16.64
MILK - Variety	1/2 cup	13.84
Weighted Daily Average		218.36
% of Calories		61.7%
Nutrient Guideline		

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	Portion Size	Carb (g)
Fri - 05/10/2019		
ELC Menu	Total	
CHEESE OMELET	1 each	1.0
Biscuit	1 each	24.0
JELLY	1 TBSP	13.29
MIXED FRUIT	1/2 CUP	18.07
MILK - Variety	3/4 cup	20.76
SCOOBY DOO GRAHAM SNACKS	1 oz	21.0
MILK - Variety	1/2 cup	13.84
Turkey and Cheese Sandwich	1 each	28.51
Tossed Salad LSM	1/2 c	1.26
RANCH DRESSING	2 TBSP	3.5
Apple Slices Elem.	1/4 cup	7.0
MILK - Variety	3/4 cup	20.76
RAISINS	1.33oz box	114.81
MILK - Variety	1/2 cup	13.84
Weighted Daily Average		138.21
% of Calories		65.8%
Nutrient Guideline		

Mon - 05/13/2019		
ELC Menu	Total	
muffin-assorted	1	26.0
ORANGES HALVES	1 EACH	13.32
MILK - Variety	3/4 cup	20.76
CEREAL,VARIETY	SERVING	24.77
MILK - Variety	1/2 cup	13.84
BBQ Chicken Drumstick	1 each	7.0
cornbread muffin	1 each	28.85
Apple Slices Elem.	1/4 cup	7.0
POTATO WEDGES	1/4 cup	15.39
ketchup bulk	1 oz	7.6
BBQ SAUCE	1 OZ	9.65
MILK - Variety	3/4 cup	20.76
Goldfish Crackers	1bag	16.64
MILK - Variety	1/2 cup	13.84
Weighted Daily Average		225.41
% of Calories		67.0%
Nutrient Guideline		

Tue - 05/14/2019		
ELC Menu	Total	
CEREAL,VARIETY	SERVING	24.77
BANANA	1	34.26
MILK - Variety	3/4 cup	20.76
Yogurt, Yami Lowfat	4 oz	19.07
Apple Slices Elem.	1/2 cup	14.0
Pizza, Cheese Nardone's e2013	piece	28.0
Cherry Tomatoes	1/4 CUP	0.73
fruit combo	1/4 c	8.0
MILK - Variety	3/4 cup	20.76
Cheese stick	1 oz	1.09
FRUIT JUICE,ASSORTED	4 fl.oz.	15.62

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	Portion Size	Carb (g)
Weighted Daily Average		187.06
% of Calories		65.6%
Nutrient Guideline		

Wed - 05/15/2019		
ELC Menu	Total	
pancake whole grain bulk	1 each	12.67
Sausage Links, 1.4 oz each	1 each	1.32
Syrup, FSA signature	1 oz	18.43
PEACHES: canned,light syrup	1/2 CUP	18.26
MILK - Variety	3/4 cup	20.76
Sunbutter and Jelly Sandwich2	sandwich	63.66
MILK - Variety	1/2 cup	13.84
Mini-Corn Dogs Elem	6 pieces	33.0
ORIENTAL MIXED VEGETABLES	1/4 c	1.33
kiwi	1/2 each	5.57
MILK - Variety	3/4 cup	20.76
CEREAL,VARIETY	SERVING	24.77
MILK - Variety	1/2 cup	13.84
Weighted Daily Average		246.89
% of Calories		61.6%
Nutrient Guideline		

Thu - 05/16/2019		
ELC Menu	Total	
muffin-assorted	1	26.0
Cheese stick	1 oz	1.09
APPLESAUCE:cnnd,unswtnd,+vit C	1/2 CUP	13.75
MILK - Variety	3/4 cup	20.76
Yogurt, Yami Lowfat	4 oz	19.07
Animal Cookies	1 each	17.54
Popcorn Chicken MS	12 pieces	16.0
POTATO WEDGES	1/4 cup	15.39
CELERY STICKS/2	1/4 cup	0.89
ketchup bulk	1 oz	7.6
BBQ SAUCE	1 OZ	9.65
MILK - Variety	3/4 cup	20.76
Goldfish Grahams	1bag	16.64
MILK - Variety	1/2 cup	13.84
Weighted Daily Average		198.97
% of Calories		59.0%
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	Portion Size	Carb (g)
Fri - 05/17/2019		
ELC Menu	Total	
Yogurt, Yami Lowfat	4 oz	19.07
BANANA	1	34.26
MILK - Variety	3/4 cup	20.76
Cheese stick	1 oz	1.09
MILK - Variety	1/2 cup	13.84
Grilled Ham and Cheese	Sandwich	31.79
BROCCOLI,raw: fresh	1/4 cup	3.76
ORANGES	1/2 EACH	5.64
MILK - Variety	3/4 cup	20.76
SCOOBY DOO GRAHAM SNACKS	1 oz	21.0
MILK - Variety	1/2 cup	13.84
Weighted Daily Average		121.28
% of Calories		65.2%
Nutrient Guideline		

Mon - 05/20/2019		
ELC Menu	Total	
ENGLISH MUFFINS,PLAIN,TOASTED	1/2 EACH	13.69
Cheese, Sliced American	1	2.07
MARGARINE	1 TBSP	0.1
PEARS: canned,light syrup	1/2 CUP	19.04
MILK - Variety	3/4 cup	20.76
CEREAL,VARIETY	SERVING	24.77
MILK - Variety	1/2 cup	13.84
CINNAMON SWIRL FRENCH TOAST	1 each	22.38
Sausage Link 2013	2 each	0.0
Syrup, FSA signature	1 oz	18.43
APPLESAUCE:cnnd,unswtnd,+vit C	1/4 CUP	6.87
Cherry Tomatoes	1/4 CUP	0.73
MILK - Variety	3/4 cup	20.76
Sunbutter and Jelly Sandwich2	sandwich	63.66
MILK - Variety	1/2 cup	13.84
Weighted Daily Average		240.94
% of Calories		54.1%
Nutrient Guideline		

Tue - 05/21/2019		
ELC Menu	Total	
CEREAL,VARIETY	SERVING	24.77
APPLESAUCE:cnnd,unswtnd,+vit C	1/2 CUP	13.75
MILK - Variety	3/4 cup	20.76
muffin-assorted	1	26.0
MILK - Variety	1/2 cup	13.84
Chicken Nuggets/Elem	5 each	13.4
BBQ SAUCE	1 OZ	9.65
Garlic Toast	1 each	11.0
BROCCOLI: frozen, boiled	1/4 CUP	2.46
fruit combo	1/4 c	8.0
MILK - Variety	3/4 cup	20.76
Cheese stick	1 oz	1.09
FRUIT JUICE,ASSORTED	4 fl.oz.	15.62

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	Portion Size	Carb (g)
Weighted Daily Average		170.13
% of Calories		65.8%
Nutrient Guideline		

Wed - 05/22/2019		
ELC Menu	Total	
pancake whole grain bulk	1 each	12.67
Sausage Links, 1.4 oz each	1 each	1.32
Syrup, FSA signature	1 oz	18.43
PEACHES: canned,light syrup	1/2 CUP	18.26
MILK - Variety	3/4 cup	20.76
Cheese stick	1 oz	1.09
FRUIT JUICE,ASSORTED	4 fl.oz.	15.62
SUB SANDWICH 2012	1 each	38.0
Tater tots - elementary	1/4 cup	11.1
ketchup bulk	1 oz	7.6
MIXED FRUIT	1/4 CUP	9.03
MILK - Variety	3/4 cup	20.76
CEREAL,VARIETY	SERVING	24.77
MILK - Variety	1/2 cup	13.84
Weighted Daily Average		211.93
% of Calories		62.7%
Nutrient Guideline		

Thu - 05/23/2019		
ELC Menu	Total	
muffin-assorted	1	26.0
BANANA	1	34.26
MILK - Variety	3/4 cup	20.76
Yogurt, Yami Lowfat	4 oz	19.07
Apple Slices Elem.	1/2 cup	14.0
Hamburger on a bun 2012	1 EACH	26.0
Sweet Potato Fries	1/4 cup	10.36
CELERY STICKS/2	1/4 cup	0.89
ketchup bulk	1 oz	7.6
MUSTARD: individual PC	Pkt 5g	0.29
MILK - Variety	3/4 cup	20.76
Goldfish Crackers	1bag	16.64
MILK - Variety	1/2 cup	13.84
Weighted Daily Average		210.47
% of Calories		65.9%
Nutrient Guideline		

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	Portion Size	Carb (g)
Fri - 05/24/2019		
ELC Menu	Total	
CHEESE OMELET	1 each	1.0
Biscuit	1 each	24.0
JELLY	1 TBSP	13.29
MIXED FRUIT	1/2 CUP	18.07
MILK - Variety	3/4 cup	20.76
SCOOBY DOO GRAHAM SNACKS	1 oz	21.0
MILK - Variety	1/2 cup	13.84
Chick on a Bun 20122	1 EACH	38.25
PEARS: canned,light syrup	1/4 CUP	9.52
Tossed Salad LSM	1/2 c	1.26
RANCH DRESSING	2 TBSP	3.5
MILK - Variety	3/4 cup	20.76
RAISINS	1.33oz box	114.81
MILK - Variety	1/2 cup	13.84
Weighted Daily Average		142.29
% of Calories		63.9%
Nutrient Guideline		

	Portion Size	Carb (g)
Tue - 05/28/2019		
ELC Menu	Total	
CEREAL,VARIETY	SERVING	24.77
APPLESAUCE:cnnd,unswtnd,+vit C	1/2 CUP	13.75
MILK - Variety	3/4 cup	20.76
muffin-assorted	1	26.0
MILK - Variety	1/2 cup	13.84
Chicken Nuggets/Elem	5 each	13.4
BBQ SAUCE	1 OZ	9.65
Garlic Toast	1 each	11.0
BROCCOLI: frozen, boiled	1/4 CUP	2.46
fruit combo	1/4 c	8.0
MILK - Variety	3/4 cup	20.76
Cheese stick	1 oz	1.09
FRUIT JUICE,ASSORTED	4 fl.oz.	15.62
Weighted Daily Average		170.13
% of Calories		65.8%
Nutrient Guideline		

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Wed - 05/29/2019		
ELC Menu	Total	
pancake whole grain bulk	1 each	12.67
Sausage Links, 1.4 oz each	1 each	1.32
Syrup, FSA signature	1 oz	18.43
PEACHES: canned,light syrup	1/2 CUP	18.26
MILK - Variety	3/4 cup	20.76
Cheese stick	1 oz	1.09
FRUIT JUICE,ASSORTED	4 fl.oz.	15.62
SUB SANDWICH 2012	1 each	38.0
Tater tots - elementary	1/4 cup	11.1
ketchup bulk	1 oz	7.6
MIXED FRUIT	1/4 CUP	9.03
MILK - Variety	3/4 cup	20.76
CEREAL,VARIETY	SERVING	24.77
MILK - Variety	1/2 cup	13.84
Weighted Daily Average		211.93
% of Calories		62.7%
Nutrient Guideline		

	Portion Size	Carb (g)
Thu - 05/30/2019		
ELC Menu	Total	
muffin-assorted	1	26.0
BANANA	1	34.26
MILK - Variety	3/4 cup	20.76
Yogurt, Yami Lowfat	4 oz	19.07
Apple Slices Elem.	1/2 cup	14.0
Hamburger on a bun 2012	1 EACH	26.0
Sweet Potato Fries	1/4 cup	10.36
CELERY STICKS/2	1/4 cup	0.89
ketchup bulk	1 oz	7.6
MUSTARD: individual PC	Pkt 5g	0.29
MILK - Variety	3/4 cup	20.76
Goldfish Crackers	1bag	16.64
MILK - Variety	1/2 cup	13.84
Weighted Daily Average		210.47
% of Calories		65.9%
Nutrient Guideline		

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	Portion Size	Carb (g)
Fri - 05/31/2019		
ELC Menu	Total	
CHEESE OMELET	1 each	1.0
Biscuit	1 each	24.0
JELLY	1 TBSP	13.29
MIXED FRUIT	1/2 CUP	18.07
MILK - Variety	3/4 cup	20.76
SCOOBY DOO GRAHAM SNACKS	1 oz	21.0
MILK - Variety	1/2 cup	13.84
Chick on a Bun 20122	1 EACH	38.25
PEARS: canned,light syrup	1/4 CUP	9.52
Tossed Salad LSM	1/2 c	1.26
RANCH DRESSING	2 TBSP	3.5
MILK - Variety	3/4 cup	20.76
RAISINS	1.33oz box	114.81
MILK - Variety	1/2 cup	13.84
Weighted Daily Average		142.29
% of Calories		63.9%
Nutrient Guideline		

Weighted Average		192.94 63.0%
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Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	192.94	63.00%						

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