

# Central Valley School District #356

Oct 1, 2019 thru Oct 31, 2019

Base Menu Spreadsheet

Summit - 2012

Portion Values - Detailed

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Generated on: 9/27/2019 10:46:41 AM

	Portion Size	Carb (g)
Tue - 10/01/2019		
Summit - 2012	Total	
Taco Tato	1	30.02
Tortilla Chips 2012	2 oz	38.08
SOUR CREAM	1 oz	4.57
SALSA:COMMUNITY	1 OZ	1.98
Chef Saladelem	1 each	3.92
APPLES,Fresh medium	1 EACH	19.06
PEACHES: canned,light syrup	1/4 CUP	9.13
GRAPES,Fresh	1/4 CUP	3.75
romaine salad	1/2 CUP	1.6
Sliced Green Peppers	1/4 cup	*N/A*
Roasted Chickpeas Elem	1 each	6.12
RANCH DRESSING	2 TBSP	3.5
MILK - Variety	1 cup	27.68
Weighted Daily Average		48.56
% of Calories		51.3%
Nutrient Guideline		

Wed - 10/02/2019		
Summit - 2012	Total	
Monte Cristo Sandwiches	1/2 sandwich	17.16
BYOyogurtparfait18	1 each	64.17
Ice Cream Bar	1 each	25.0
ORANGES	1/2 EACH	5.64
kiwi	1/2 each	5.57
PEARS: canned,light syrup	1/4 CUP	9.52
Spinach	1/2 cup	*N/A*
Carrots, fresh	1/4 cup	4.21
Roasted Chickpeas Elem	1 each	6.12
RANCH DRESSING	2 TBSP	2.77
MILK - Variety	1 cup	27.68
Weighted Daily Average		*25.00
% of Calories		*62.5%
Nutrient Guideline		

Thu - 10/03/2019		
Summit - 2012	Total	
Hot Dog on a Bun 2012	SERVING	27.0
KETCHUP: individual	Pkt 6g	1.57
MUSTARD: individual PC	Pkt 5g	0.29
Pizza	slice	29.0
APPLES,Fresh medium	1 EACH	19.06
ORANGES HALVES	1/2 EACH	6.66
GRAPES,Fresh	1/4 CUP	3.75
LSM	1/2 c	1.26
Cherry Tomatoes	1/4 CUP	0.73
Harvest of the Month	1/4 cup	*N/A*
RANCH DRESSING	2 TBSP	3.5
MILK - Variety	1 cup	27.68

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	Portion Size	Carb (g)
Weighted Daily Average		1.87
% of Calories		71.8%
Nutrient Guideline		

Fri - 10/04/2019		
Summit - 2012	Total	
pancake whole grain bulk	2 each	25.34
Syrup, FSA signature	1 oz	18.43
Sausage Link 2013	2 each	0.0
SUB SANDWICHel18	1 each	29.43
mini offer bar sandwiches	1	*12.7
APPLES,Fresh medium	1 EACH	19.06
BANANAS	1/2 EACH	11.53
FRUIT,FRESH ASSORTED	1 each	17.26
romaine salad	1/2 CUP	1.6
Carrots, fresh	1/4 cup	4.21
CUCUMBER,RAW	1/4 cup	0.61
RANCH DRESSING	2 TBSP	3.5
MILK - Variety	1 cup	27.68
Weighted Daily Average		*60.55
% of Calories		*44.8%
Nutrient Guideline		

Mon - 10/07/2019		
Summit - 2012	Total	
Popcorn Chicken	13 pieces	11.91
BBQ SAUCE	1 OZ	9.65
KETCHUP: individual	Pkt 6g	1.57
Deli Bento Box	1 each	17.94
APPLES,Fresh small	1 EACH	14.64
FRUIT,FRESH ASSORTED	1 each	17.26
STRAWBERRIES: frozen	1/4 cup	17.64
LSM	1/2 c	1.26
Carrots, fresh	1/4 cup	4.21
BROCCOLI,raw: fresh	1/4 cup	3.76
RANCH DRESSING	2 TBSP	3.5
MILK - Variety	1 cup	27.68
Weighted Daily Average		106.19
% of Calories		63.6%
Nutrient Guideline		

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	Portion Size	Carb (g)
Tue - 10/08/2019		
Summit - 2012	Total	
Grilled Cheese Sandwich <sup>18</sup>	sandwich	26.99
Yogurt Meal	1 each	49.94
APPLES,Fresh medium	1 EACH	19.06
PEACHES: canned,light syrup	1/4 CUP	9.13
GRAPES,Fresh	1/4 CUP	3.75
romaine salad	1/2 CUP	1.6
Sliced Green Peppers	1/4 cup	*N/A*
Roasted Chickpeas Elem	1 each	6.12
RANCH DRESSING	2 TBSP	3.5
MILK - Variety	1 cup	27.68
Weighted Daily Average		102.82
% of Calories		61.3%
Nutrient Guideline		

	Portion Size	Carb (g)
Wed - 10/09/2019		
Summit - 2012	Total	
Pizza	slice	29.0
Ham and Cheese on a Bun 2012	1 each	29.01
mini offer bar sandwiches	1	*12.7
Roasted Potato Wedge <sup>18</sup>	1/2 cup	36.1
KETCHUP: individual	Pkt 6g	1.57
ORANGES	1/2 EACH	5.64
kiwi	1/2 each	5.57
PEARS: canned,light syrup	1/4 CUP	9.52
Spinach	1/2 cup	*N/A*
Carrots, fresh	1/2 cup	8.42
Roasted Chickpeas Elem	1 each	6.12
RANCH DRESSING	2 TBSP	2.77
MILK - Variety	1 cup	27.68
Weighted Daily Average		*128.76
% of Calories		*53.7%
Nutrient Guideline		

	Portion Size	Carb (g)
Thu - 10/10/2019		
Summit - 2012	Total	
Build Your Own Burger	1	26.0
mini offer bar sandwiches	1	*12.7
Pizza	slice	29.0
APPLES,Fresh medium	1 EACH	19.06
ORANGES HALVES	1/2 EACH	6.66
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
RANCH DRESSING	2 TBSP	3.5
MILK - Variety	1 cup	27.68
Weighted Daily Average		*120.15
% of Calories		*50.0%
Nutrient Guideline		

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	Portion Size	Carb (g)
Mon - 10/14/2019		
Summit - 2012	Total	
Chicken strips 2012	3 strips	9.95
BYOyogurtparfait18	1 each	64.17
APPLES,Fresh medium	1 EACH	19.06
FRUIT,FRESH ASSORTED	1 each	17.26
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
RANCH DRESSING	2 TBSP	3.5
MILK - Variety	1 cup	27.68
Weighted Daily Average		110.74
% of Calories		64.7%
Nutrient Guideline		

Tue - 10/15/2019		
Summit - 2012	Total	
Soft Taco Beef 18	servings	38.08
SALSA:COMMODITY	1 OZ	1.98
SUB SANDWICHel18	1 each	29.43
mini offer bar sandwiches	1	*12.7
Roasted Potato Wedge18	1/2 cup	36.1
KETCHUP: individual	Pkt 6g	1.57
APPLES,Fresh medium	1 EACH	19.06
PEACHES: canned,light syrup	1/4 CUP	9.13
GRAPES,Fresh	1/4 CUP	3.75
romaine salad	1/2 CUP	1.6
Sliced Green Peppers	1/4 cup	*N/A*
Roasted Chickpeas Elem	1 each	6.12
RANCH DRESSING	2 TBSP	3.5
MILK - Variety	1 cup	27.68
Weighted Daily Average		*143.58
% of Calories		*56.4%
Nutrient Guideline		

Wed - 10/16/2019		
Summit - 2012	Total	
Grilled Chicken Sandwich18	1 EACH	35.0
mini offer bar sandwiches	1	*12.7
Cobb Salad/Garlic Toast	1 each	34.97
Chocolate chip cookie/ IW	1.6 oz	28.06
ORANGES	1/2 EACH	5.64
kiwi	1/2 each	5.57
PEARS: canned,light syrup	1/4 CUP	9.52
Spinach	1/2 cup	*N/A*
Carrots, fresh	1/4 cup	4.21
Roasted Chickpeas Elem	1 each	6.12
RANCH DRESSING	2 TBSP	2.77
MILK - Variety	1 cup	27.68

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	Portion Size	Carb (g)
Weighted Daily Average		*135.56
% of Calories		*46.9%
Nutrient Guideline		

Thu - 10/17/2019		
Summit - 2012	Total	
Pizza	slice	29.0
Apple and Sunbutter Boat	1	36.06
APPLES,Fresh medium	1 EACH	19.06
ORANGES HALVES	1/2 EACH	6.66
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
RANCH DRESSING	2 TBSP	3.5
MILK - Variety	1 cup	27.68
Weighted Daily Average		128.94
% of Calories		55.6%
Nutrient Guideline		

Fri - 10/18/2019		
Summit - 2012	Total	
Chicken Drumstick	1 EACH	0.0
BREAD STICK	2 each	22.0
Chef salad18	1 each	36.09
APPLES,Fresh medium	1 EACH	19.06
BANANAS	1/2 EACH	11.53
FRUIT,FRESH ASSORTED	1 each	17.26
romaine salad	1/2 CUP	1.6
Carrots, fresh	1/4 cup	4.21
CUCUMBER,RAW	1/4 cup	0.61
RANCH DRESSING	2 TBSP	3.5
MILK - Variety	1 cup	27.68
Weighted Daily Average		123.75
% of Calories		51.9%
Nutrient Guideline		

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	Portion Size	Carb (g)
Mon - 10/21/2019		
Summit - 2012	Total	
Fish n Chips	4 each	21.6
TARTAR SAUCE	2 TBSP	7.94
Apple and Sunbutter Boat	1	36.06
Roasted Potatoes <sup>18</sup>	1/2 cup	18.03
KETCHUP: individual	Pkt 6g	1.57
APPLES,Fresh medium	1 EACH	19.06
FRUIT,FRESH ASSORTED	1 each	17.26
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
RANCH DRESSING	2 TBSP	3.5
MILK - Variety	1 cup	27.68
Weighted Daily Average		129.47
% of Calories		66.8%
Nutrient Guideline		

Tue - 10/22/2019		
Summit - 2012	Total	
CINNAMON SWIRL FRENCH TOAST	1 each	22.38
Syrup, FSA signature	1 oz	18.43
SCRAMBLED EGGS	1/4 CUP	1.64
Yogurt Meal	1 each	49.94
APPLES,Fresh medium	1 EACH	19.06
PEACHES: canned,light syrup	1/4 CUP	9.13
GRAPES,Fresh	1/4 CUP	3.75
romaine salad	1/2 CUP	1.6
Sliced Green Peppers	1/4 cup	*N/A*
Roasted Chickpeas Elem	1 each	6.12
RANCH DRESSING	2 TBSP	3.5
MILK - Variety	1 cup	27.68
Weighted Daily Average		145.17
% of Calories		60.4%
Nutrient Guideline		

Wed - 10/23/2019		
Summit - 2012	Total	
Orange Chicken	3.6 oz	19.39
Brown Rice	1/2 cup	22.39
Ham and Cheese on a Bun 2012	1 each	29.01
mini offer bar sandwiches	1	*12.7
ORANGES	1/2 EACH	5.64
kiwi	1/2 each	5.57
PEARS: canned,light syrup	1/4 CUP	9.52
Spinach	1/2 cup	*N/A*
Carrots, fresh	1/4 cup	4.21
Roasted Chickpeas Elem	1 each	6.12
RANCH DRESSING	2 TBSP	2.77
MILK - Variety	1 cup	27.68

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	Portion Size	Carb (g)
Weighted Daily Average % of Calories		*113.41 *56.6%
Nutrient Guideline		

Thu - 10/24/2019		
Summit - 2012	Total	
Build Your Own Burger	1	26.0
mini offer bar sandwiches	1	*12.7
Pizza	slice	29.0
APPLES,Fresh medium	1 EACH	19.06
ORANGES HALVES	1/2 EACH	6.66
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
RANCH DRESSING	2 TBSP	3.5
MILK - Variety	1 cup	27.68
Weighted Daily Average % of Calories		*94.05 *53.4%
Nutrient Guideline		

Fri - 10/25/2019		
Summit - 2012	Total	
Cheesesteak Sandwich	1 each	29.76
Deli Bento Box	1 each	17.94
APPLES,Fresh medium	1 EACH	19.06
BANANAS	1/2 EACH	11.53
FRUIT,FRESH ASSORTED	1 each	17.26
romaine salad	1/2 CUP	1.6
Carrots, fresh	1/4 cup	4.21
CUCUMBER,RAW	1/4 cup	0.61
RANCH DRESSING	2 TBSP	3.5
MILK - Variety	1 cup	27.68
Weighted Daily Average % of Calories		117.01 60.8%
Nutrient Guideline		

Mon - 10/28/2019		
Summit - 2012	Total	
Grilled Chicken Sandwich	1 EACH	35.0
mini offer bar sandwiches	1	*12.7
Apple and Sunbutter Boat	1	36.06
Roasted Potato Wedge	1/2 cup	36.1
APPLES,Fresh small	1 EACH	14.64
FRUIT,FRESH ASSORTED	1 each	17.26
STRAWBERRIES: frozen	1/4 cup	17.64
LSM	1/2 c	1.26
Carrots, fresh	1/4 cup	4.21
BROCCOLI,raw: fresh	1/4 cup	3.76
RANCH DRESSING	2 TBSP	3.5
MILK - Variety	1 cup	27.68

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	Portion Size	Carb (g)
Weighted Daily Average		*177.32
% of Calories		*62.2%
Nutrient Guideline		

Tue - 10/29/2019		
Summit - 2012	Total	
Meatballs w/Marinara25	5 meatballs	33.59
BREAD STICK	1 each	11.0
Yogurt Meal	1 each	49.94
APPLES,Fresh medium	1 EACH	19.06
PEACHES: canned,light syrup	1/4 CUP	9.13
GRAPES,Fresh	1/4 CUP	3.75
romaine salad	1/2 CUP	1.6
Sliced Green Peppers	1/4 cup	*N/A*
Roasted Chickpeas Elem	1 each	6.12
RANCH DRESSING	2 TBSP	3.5
MILK - Variety	1 cup	27.68
Weighted Daily Average		110.52
% of Calories		58.7%
Nutrient Guideline		

Wed - 10/30/2019		
Summit - 2012	Total	
Orange Chicken	3.6 oz	19.39
Brown Rice	1/2 cup	22.39
SUB SANDWICHel18	1 each	29.43
mini offer bar sandwiches	1	*12.7
Chocolate chip cookie/ IW	1.6 oz	28.06
ORANGES	1/2 EACH	5.64
kiwi	1/2 each	5.57
PEARS: canned,light syrup	1/4 CUP	9.52
Spinach	1/2 cup	*N/A*
Carrots, fresh	1/2 cup	8.42
Roasted Chickpeas Elem	1 each	6.12
RANCH DRESSING	2 TBSP	2.77
MILK - Variety	1 cup	27.68
Weighted Daily Average		*141.00
% of Calories		*60.4%
Nutrient Guideline		

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Thu - 10/31/2019		
Summit - 2012	Total	
CINNAMON SWIRL FRENCH TOAST	1 each	22.38
SCRAMBLED EGGS	1/2 CUP	3.29
Syrup, FSA signature	1 oz	18.43
Pizza	slice	29.0
APPLES,Fresh medium	1 EACH	19.06
ORANGES HALVES	1/2 EACH	6.66
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
RANCH DRESSING	2 TBSP	3.5
MILK - Variety	1 cup	27.68
Weighted Daily Average		136.98
% of Calories		54.0%
Nutrient Guideline		

Weighted Average		*109.15 *56.7%
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Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	109.15	56.70%			Missing			

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