

Central Valley School District #356

Jun 3, 2019 thru Jun 14, 2019

Base Menu Spreadsheet

Horizon Lunch

Portion Values - Detailed

Page 1

Generated on: 5/29/2019 11:12:35 AM

	Portion Size	Carb (g)
Mon - 06/03/2019		
Horizon Lunch	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
Marinara Sauce	1 oz	*N/A*
APPLES,Fresh medium	1 EACH	19.06
STRAWBERRIES: frozen	1/2 cup	35.27
LSM	1/2 c	1.26
CUCUMBER,RAW	1/4 cup	0.61
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		*4.21
% of Calories		*93.5%
Nutrient Guideline		

	Portion Size	Carb (g)
Tue - 06/04/2019		
Horizon Lunch	Total	
Chef Salad/Garlic Toast	1 each	34.97
SUB SANDWICH 2012	1 each	38.0
Pizza	slice	29.0
CHEESEBURGER ON A BUN 2012	1 each	26.8
POTATO WEDGES	1/2 cup	30.77
ORANGES	1 EACH	11.28
PEARS: canned,light syrup	1/2 CUP	19.04
romaine salad	1/2 CUP	1.6
Sliced Red 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		30.25
% of Calories		91.2%
Nutrient Guideline		

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	Portion Size	Carb (g)
Wed - 06/05/2019		
Horizon Lunch	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
Garlic Toast	2 each	22.0
APPLESAUCE:cnnd,unswtnd,+vit C	1/2 CUP	13.75
FRUIT,FRESH ASSORTED	1 each	17.26
Spinach	1/2 cup	*N/A*
Carrots, fresh	1/4 cup	4.21
Roasted Chickpeasms	1 each	12.0
ketchup bulk	1 oz	7.6
Mustard bulk	Tbbs	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		*17.26
% of Calories		*106.2
Nutrient Guideline		

	Portion Size	Carb (g)
Thu - 06/06/2019		
Horizon Lunch	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
Sweet & Sour Chicken N231 2012	3.92 oz	18.0
Rice, Brown	servings (1/2c)	27.81
ORANGES	1 EACH	11.28
MIXED FRUIT	1/2 CUP	18.07
LSM	1/2 c	1.26
Cherry Tomatoes	1/4 CUP	0.73
CORN: frozen, yellow	1/4 cup	10.94
ketchup bulk	1 oz	7.6
Mustard bulk	Tbbs	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		1.26
% of Calories		88.0%
Nutrient Guideline		

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	Portion Size	Carb (g)
Fri - 06/07/2019		
Horizon Lunch	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
Grilled Cheese Sandwich18	sandwich	27.79
Baked Chips - Variety	1 OZ	16.76
frosted cookie	1 each	25.0
APPLES,Fresh medium	1 EACH	19.06
BANANAS	1 EACH	23.07
romaine salad	1/2 CUP	1.6
BROCCOLI,raw: fresh	1/4 cup	3.76
CELERY STICKS/2	1/4 cup	0.89
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		0.00
% of Calories		0.0%
Nutrient Guideline		

Mon - 06/10/2019		
Horizon Lunch	Total	
Chef Salad/Garlic Toast	1 each	34.97
SUB SANDWICH 2012	1 each	38.0
Pizza	slice	29.0
Cook's Choice	1	0.0
Cook's Choice Fruit	serving	13.32
Cook's Choice Fruit	serving	13.32
Cook's Choice Vegetable	serving	3.14
Cook's Choice Vegetable	serving	3.14
Cook's Choice Vegetable	serving	3.14
RANCH DRESSING	2 TBSP	3.5
MILK - Variety	1 cup	27.68
ketchup bulk	1 oz	7.6
BBQ SAUCE	1 OZ	9.65
Weighted Daily Average		186.45
% of Calories		47.4%
Nutrient Guideline		

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	Portion Size	Carb (g)
Tue - 06/11/2019		
Horizon Lunch	Total	
Chef Salad/Garlic Toast	1 each	34.97
SUB SANDWICH 2012	1 each	38.0
Pizza	slice	29.0
Cook's Choice	1	0.0
POTATO WEDGES	1/2 cup	30.77
Cook's Choice Fruit	serving	13.32
Cook's Choice Fruit	serving	13.32
Cook's Choice Vegetable	serving	3.14
Cook's Choice Vegetable	serving	3.14
Cook's Choice Vegetable	serving	3.14
RANCH DRESSING	2 TBSP	3.5
MILK - Variety	1 cup	27.68
ketchup bulk	1 oz	7.6
BBQ SAUCE	1 OZ	9.65
Weighted Daily Average		217.22
% of Calories		50.8%
Nutrient Guideline		

	Portion Size	Carb (g)
Wed - 06/12/2019		
Horizon Lunch	Total	
Chef Salad/Garlic Toast	1 each	34.97
SUB SANDWICH 2012	1 each	38.0
pizza choice	5.6	44.5
Cook's Choice	1	0.0
Cook's Choice Fruit	serving	13.32
Cook's Choice Fruit	serving	13.32
Cook's Choice Vegetable	serving	3.14
Cook's Choice Vegetable	serving	3.14
Cook's Choice Vegetable	serving	3.14
RANCH DRESSING	2 TBSP	3.5
MILK - Variety	1 cup	27.68
ketchup bulk	1 oz	7.6
BBQ SAUCE	1 OZ	9.65
Weighted Daily Average		201.95
% of Calories		48.5%
Nutrient Guideline		

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	Portion Size	Carb (g)
Thu - 06/13/2019		
Horizon Lunch	Total	
Chef Salad/Garlic Toast	1 each	34.97
SUB SANDWICH 2012	1 each	38.0
Pizza	slice	29.0
Cook's Choice	1	0.0
Cook's Choice Fruit	serving	13.32
Cook's Choice Fruit	serving	13.32
Cook's Choice Vegetable	serving	3.14
Cook's Choice Vegetable	serving	3.14
Cook's Choice Vegetable	serving	3.14
RANCH DRESSING	2 TBSP	3.5
MILK - Variety	1 cup	27.68
ketchup bulk	1 oz	7.6
BBQ SAUCE	1 OZ	9.65
Weighted Daily Average		186.45
% of Calories		47.4%
Nutrient Guideline		

Weighted Average		*105.63 *50.1%
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Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	105.63	50.11%			Missing			

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