

Central Valley School District #356

Jun 3, 2019 thru Jun 14, 2019

Base Menu Spreadsheet

Elementary Clean Menu

Portion Values - Detailed

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Generated on: 5/29/2019 10:53:27 AM

| | Portion Size | Carb (g) |
|---------------------------|--------------|----------|
| Mon - 06/03/2019 | | |
| Elementary Clean Menu | Total | |
| Chicken Sliders18 | 2 each | *2.03 |
| mini offer bar sandwiches | 1 | *12.7 |
| Yogurt Meal | 1 each | 49.94 |
| Roasted Potato Wedge18 | 1/2 cup | 36.1 |
| APPLES,Fresh medium | 1 EACH | 19.06 |
| PEARS: canned,light syrup | 1/4 CUP | 9.52 |
| FRUIT,FRESH ASSORTED | 1 each | 17.26 |
| LSM | 1/2 c | 1.26 |
| Carrots, fresh | 1/4 cup | 4.21 |
| Jicama Sticks | 1/4 cup | *N/A* |
| RANCH DRESSING | 2 TBSP | 3.5 |
| MILK - Variety | 1 cup | 27.68 |
| Weighted Daily Average | | *12.70 |
| % of Calories | | *84.8% |
| Nutrient Guideline | | |

| | Portion Size | Carb (g) |
|----------------------------|--------------|----------|
| Tue - 06/04/2019 | | |
| Elementary Clean Menu | Total | |
| Soft Taco Beef 18 | servings | 20.65 |
| SALSA:COMMODITY | 1 OZ | 1.98 |
| SOUR CREAM | 1 oz | 4.57 |
| Turkey and Cheese Sandwich | 1 each | 28.51 |
| mini offer bar sandwiches | 1 | *12.7 |
| APPLES,Fresh medium | 1 EACH | 19.06 |
| strawberries and bananas | 1/4 cup | 12.54 |
| ORANGES HALVES | 1/2 EACH | 6.66 |
| romaine salad | 1/2 CUP | 1.6 |
| Snow Peas | 1/4 CUP | 0.59 |
| Bean Choice | 1/4 CUP | 11.21 |
| RANCH DRESSING | 2 TBSP | 3.5 |
| MILK - Variety | 1 cup | 27.68 |
| Weighted Daily Average | | *19.25 |
| % of Calories | | *79.0% |
| Nutrient Guideline | | |

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

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| | Portion Size | Carb (g) |
|----------------------------|--------------|----------|
| Wed - 06/05/2019 | | |
| Elementary Clean Menu | Total | |
| pancake whole grain bulk | 2 each | 25.34 |
| SCRAMBLED EGGS | 1/2 CUP | 3.29 |
| Syrup, FSA signature | 1 oz | 18.43 |
| TACO SALAD elementary 2012 | 1 each | 17.73 |
| Tortilla Chips 2012 | 1 oz | 19.04 |
| SOUR CREAM | 1 oz | 4.57 |
| SALSA:COMMODITY | 1 OZ | 1.98 |
| GRAPES,Fresh | 1/4 CUP | 3.75 |
| FRUIT,FRESH ASSORTED | 1 each | 17.26 |
| kiwi | 1/2 each | 5.57 |
| 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 | | *24.29 |
| % of Calories | | *14.4% |
| Nutrient Guideline | | |

| | Portion Size | Carb (g) |
|--------------------------|--------------|----------|
| Thu - 06/06/2019 | | |
| Elementary Clean Menu | Total | |
| Pizza | slice | 29.0 |
| Apple and Sunbutter Boat | 1 | 42.67 |
| 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 | | 0.00 |
| % of Calories | | 0.0% |
| Nutrient Guideline | | |

| | Portion Size | Carb (g) |
|-------------------------------|--------------|----------|
| Fri - 06/07/2019 | | |
| Elementary Clean Menu | Total | |
| Chix and Broc Cheesy Pasta18 | 2/3 cup | 25.29 |
| BREAD STICK | 1 each | 11.0 |
| Hummus and Pita 18 | 1 each | *62.67 |
| CHOCOLATE CHIP COOKIES/Frozen | .75 oz | 12.8 |
| APPLES,Fresh medium | 1 EACH | 19.06 |
| BANANAS | 1/2 EACH | 11.53 |
| PEACHES: canned,light syrup | 1/4 CUP | 9.13 |
| romaine salad | 1/2 CUP | 1.6 |
| BROCCOLI,raw: fresh | 1/4 cup | 3.76 |
| beets | 1/4 cup | 4.39 |
| RANCH DRESSING | 2 TBSP | 3.5 |
| MILK - Variety | 1 cup | 27.68 |

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| | Portion Size | Carb (g) |
|------------------------|--------------|----------|
| Weighted Daily Average | | *11.00 |
| % of Calories | | *73.3% |
| Nutrient Guideline | | |

| Mon - 06/10/2019 | | |
|-------------------------|---------|-------|
| Elementary Clean Menu | Total | |
| Cook's Choice | 1 | 0.0 |
| Cook's Choice | 1 | 0.0 |
| Cook's Choice Fruit | serving | 13.32 |
| 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 |
| Weighted Daily Average | | 48.05 |
| % of Calories | | 77.5% |
| Nutrient Guideline | | |

| Tue - 06/11/2019 | | |
|-------------------------|---------|-------|
| Elementary Clean Menu | Total | |
| Cook's Choice | 1 | 0.0 |
| Cook's Choice | 1 | 0.0 |
| Cook's Choice Fruit | serving | 13.32 |
| 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 |
| Weighted Daily Average | | 40.92 |
| % of Calories | | 74.9% |
| Nutrient Guideline | | |

| Wed - 06/12/2019 | | |
|-------------------------|---------|-------|
| Elementary Clean Menu | Total | |
| Cook's Choice | 1 | 0.0 |
| Cook's Choice | 1 | 0.0 |
| Cook's Choice Fruit | serving | 13.32 |
| 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 |

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| | Portion Size | Carb (g) |
|------------------------|--------------|----------|
| Weighted Daily Average | | 48.05 |
| % of Calories | | 77.5% |
| Nutrient Guideline | | |

| Thu - 06/13/2019 | | |
|-------------------------|---------|-------|
| Elementary Clean Menu | Total | |
| Cook's Choice | 1 | 0.0 |
| Cook's Choice | 1 | 0.0 |
| Cook's Choice Fruit | serving | 13.32 |
| 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 |
| Weighted Daily Average | | 40.92 |
| % of Calories | | 74.9% |
| Nutrient Guideline | | |

| | | |
|------------------|--|--------|
| Weighted Average | | *30.65 |
| | | *53.8% |

| Nutrient | Menu AVG | % of Cals | Target | % of Target | Miss Data | Shortfall | Overage | Error Messages (if any) |
|------------------|----------|-----------|--------|-------------|-----------|-----------|---------|-------------------------|
| Carbohydrate (g) | 30.65 | 53.80% | | | Missing | | | |

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