

Central Valley School District #356

Jun 3, 2019 thru Jun 14, 2019

Base Menu Spreadsheet

Elementary School Break

Portion Values - Detailed

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Generated on: 5/29/2019 10:42:31 AM

	Portion Size	Carb (g)
Mon - 06/03/2019		
Elementary School Break	Total	
EGG,HARD-BOILED	1 EACH	0.56
Biscuit	1 each	24.0
JELLY	1 TBSP	13.29
CEREAL,VARIETY	SERVING	24.77
Cheese stick	1 oz	1.09
FRUIT JUICE,ASSORTED	4 fl.oz.	15.62
FRUIT,FRESH ASSORTED	1/2 cup	8.63
MILK - Variety	HALF PINT	27.68
Weighted Daily Average		0.00
% of Calories		0.0%
Nutrient Guideline		

Tue - 06/04/2019		
Elementary School Break	Total	
Baked Berry Oatmeal	1 CUP	*43.26
CEREAL,VARIETY	SERVING	24.77
Cheese stick	1 oz	1.09
FRUIT JUICE,ASSORTED	4 fl.oz.	15.62
FRUIT,FRESH ASSORTED	1/2 cup	8.63
MILK - Variety	HALF PINT	27.68
Weighted Daily Average		*0.00
% of Calories		*0.0%
Nutrient Guideline		

Wed - 06/05/2019		
Elementary School Break	Total	
Ham and Cheese on a Croissant	sandwich	27.05
CEREAL,VARIETY	SERVING	24.77
Cheese stick	1 oz	1.09
Yogurt, Yami Lowfat	4 oz	19.07
FRUIT JUICE,ASSORTED	4 fl.oz.	15.62
FRUIT,FRESH ASSORTED	1/2 cup	8.63
MILK - Variety	HALF PINT	27.68
Weighted Daily Average		0.00
% of Calories		0.0%
Nutrient Guideline		

Thu - 06/06/2019		
Elementary School Break	Total	
Yogurt Sundae	1 each	82.62
CEREAL,VARIETY	SERVING	24.77
Cheese stick	1 oz	1.09
FRUIT JUICE,ASSORTED	4 fl.oz.	15.62
FRUIT,FRESH ASSORTED	1/2 cup	8.63
MILK - Variety	HALF PINT	27.68
Weighted Daily Average		0.00
% of Calories		0.0%
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.

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	Portion Size	Carb (g)
Fri - 06/07/2019		
Elementary School Break	Total	
Waffles	2	13.89
Syrup, FSA signature	1 oz	18.43
Fruit Topping	2 oz	37.59
CEREAL,VARIETY	SERVING	24.77
Cheese stick	1 oz	1.09
FRUIT JUICE,ASSORTED	4 fl.oz.	15.62
FRUIT,FRESH ASSORTED	1/2 cup	8.63
MILK - Variety	HALF PINT	27.68
Weighted Daily Average		0.00
% of Calories		0.0%
Nutrient Guideline		

Mon - 06/10/2019		
Elementary School Break	Total	
Cook's Choice Breakfast	1	25.5
CEREAL,VARIETY	SERVING	24.77
Cheese stick	1 oz	1.09
Assorted Fruit Juice	1	15.29
FRUIT,FRESH ASSORTED	1 EACH	17.26
MILK - Variety	HALF PINT	27.68
Weighted Daily Average		64.30
% of Calories		58.7%
Nutrient Guideline		

Tue - 06/11/2019		
Elementary School Break	Total	
Cook's Choice Breakfast	1	25.5
CEREAL,VARIETY	SERVING	24.77
Yogurt, Yami Lowfat	4 oz	19.07
Cheese stick	1 oz	1.09
Assorted Fruit Juice	1	15.29
FRUIT,FRESH ASSORTED	1 EACH	17.26
MILK - Variety	HALF PINT	27.68
Weighted Daily Average		62.95
% of Calories		63.8%
Nutrient Guideline		

Wed - 06/12/2019		
Elementary School Break	Total	
Cook's Choice Breakfast	1	25.5
CEREAL,VARIETY	SERVING	24.77
Yogurt, Yami Lowfat	4 oz	19.07
Cheese stick	1 oz	1.09
FRUIT,FRESH ASSORTED	1 EACH	17.26
Assorted Fruit Juice	1	15.29
MILK - Variety	HALF PINT	27.68

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	Portion Size	Carb (g)
Weighted Daily Average		74.04
% of Calories		61.2%
Nutrient Guideline		

Thu - 06/13/2019		
Elementary School Break	Total	
Cook's Choice	1	0.0
CEREAL,VARIETY	SERVING	24.77
Cheese stick	1 oz	1.09
Assorted Fruit Juice	1	15.29
FRUIT,FRESH ASSORTED	1 EACH	17.26
MILK - Variety	HALF PINT	27.68
Weighted Daily Average		49.11
% of Calories		72.4%
Nutrient Guideline		

Fri - 06/14/2019		
Elementary School Break	Total	
CEREAL,VARIETY	SERVING	24.77
Cheese stick	1 oz	1.09
FRUIT JUICE,ASSORTED	4 fl.oz.	15.62
FRUIT,FRESH ASSORTED	1/2 cup	8.63
MILK - Variety	HALF PINT	27.68
Weighted Daily Average		45.74
% of Calories		64.7%
Nutrient Guideline		

Weighted Average		*59.23
		*63.3%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	59.23	63.33%			Missing			

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