

Central Valley School District #356

May 1, 2019 thru May 31, 2019

Base Menu Spreadsheet

Horizon Breakfast

Portion Values - Detailed

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Generated on: 4/29/2019 11:41:08 AM

	Portion Size	Carb (g)
Wed - 05/01/2019		
Horizon Breakfast	Total	
CEREAL,VARIETY	SERVING	24.77
Breakfast Bread	1 each	44.0
Cheese stick	1 oz	1.09
FRUIT JUICE,ASSORTED	4 fl.oz.	15.62
FRUIT,FRESH ASSORTED	1 EACH	17.26
MILK - Variety	1 cup	27.68
Weighted Daily Average		24.77
% of Calories		89.8%
Nutrient Guideline		

Thu - 05/02/2019		
Horizon Breakfast	Total	
muffin-assorted	1	26.0
CEREAL,VARIETY	SERVING	24.77
Yogurt, Yami Lowfat	4 oz	19.07
FRUIT JUICE,ASSORTED	4 fl.oz.	15.62
FRUIT,FRESH ASSORTED	1 EACH	17.26
MILK - Variety	1 cup	27.68
Weighted Daily Average		26.00
% of Calories		80.0%
Nutrient Guideline		

Fri - 05/03/2019		
Horizon Breakfast	Total	
CEREAL,VARIETY	SERVING	24.77
Cinnamon Roll	1 each	37.0
Yogurt, Yami Lowfat	4 oz	19.07
FRUIT JUICE,ASSORTED	4 fl.oz.	15.62
FRUIT,FRESH ASSORTED	1 EACH	17.26
MILK - Variety	1 cup	27.68
Weighted Daily Average		24.77
% of Calories		89.8%
Nutrient Guideline		

Mon - 05/06/2019		
Horizon Breakfast	Total	
Breakfast Bar	1 each	48.0
CEREAL,VARIETY	SERVING	24.77
Yogurt, Yami Lowfat	4 oz	19.07
FRUIT JUICE,ASSORTED	4 fl.oz.	15.62
FRUIT,FRESH ASSORTED	1 EACH	17.26
MILK - Variety	1 cup	27.68
Weighted Daily Average		48.00
% of Calories		66.2%
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)
Tue - 05/07/2019		
Horizon Breakfast	Total	
Breakfast Bar	1 each	48.0
CEREAL, VARIETY	SERVING	24.77
Cheese stick	1 oz	1.09
FRUIT JUICE, ASSORTED	4 fl.oz.	15.62
FRUIT, FRESH ASSORTED	1 EACH	17.26
MILK - Variety	1 cup	27.68
Weighted Daily Average		24.77
% of Calories		89.8%
Nutrient Guideline		

Wed - 05/08/2019		
Horizon Breakfast	Total	
CEREAL, VARIETY	SERVING	24.77
Breakfast Bread	1 each	44.0
Cheese stick	1 oz	1.09
FRUIT JUICE, ASSORTED	4 fl.oz.	15.62
FRUIT, FRESH ASSORTED	1 EACH	17.26
MILK - Variety	1 cup	27.68
Weighted Daily Average		24.77
% of Calories		89.8%
Nutrient Guideline		

Thu - 05/09/2019		
Horizon Breakfast	Total	
muffin-assorted	1	26.0
CEREAL, VARIETY	SERVING	24.77
Yogurt, Yami Lowfat	4 oz	19.07
FRUIT JUICE, ASSORTED	4 fl.oz.	15.62
FRUIT, FRESH ASSORTED	1 EACH	17.26
MILK - Variety	1 cup	27.68
Weighted Daily Average		26.00
% of Calories		80.0%
Nutrient Guideline		

Fri - 05/10/2019		
Horizon Breakfast	Total	
CEREAL, VARIETY	SERVING	24.77
Cinnamon Roll	1 each	37.0
Yogurt, Yami Lowfat	4 oz	19.07
FRUIT JUICE, ASSORTED	4 fl.oz.	15.62
FRUIT, FRESH ASSORTED	1 EACH	17.26
MILK - Variety	1 cup	27.68
Weighted Daily Average		24.77
% of Calories		89.8%
Nutrient Guideline		

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	Portion Size	Carb (g)
Mon - 05/13/2019		
Horizon Breakfast	Total	
Breakfast Bar	1 each	48.0
CEREAL,VARIETY	SERVING	24.77
Yogurt, Yami Lowfat	4 oz	19.07
FRUIT JUICE,ASSORTED	4 fl.oz.	15.62
FRUIT,FRESH ASSORTED	1 EACH	17.26
MILK - Variety	1 cup	27.68
Weighted Daily Average		48.00
% of Calories		66.2%
Nutrient Guideline		

Tue - 05/14/2019		
Horizon Breakfast	Total	
Breakfast Bar	1 each	48.0
CEREAL,VARIETY	SERVING	24.77
Cheese stick	1 oz	1.09
FRUIT JUICE,ASSORTED	4 fl.oz.	15.62
FRUIT,FRESH ASSORTED	1 EACH	17.26
MILK - Variety	1 cup	27.68
Weighted Daily Average		24.77
% of Calories		89.8%
Nutrient Guideline		

Wed - 05/15/2019		
Horizon Breakfast	Total	
CEREAL,VARIETY	SERVING	24.77
Breakfast Bread	1 each	44.0
Cheese stick	1 oz	1.09
FRUIT JUICE,ASSORTED	4 fl.oz.	15.62
FRUIT,FRESH ASSORTED	1 EACH	17.26
MILK - Variety	1 cup	27.68
Weighted Daily Average		24.77
% of Calories		89.8%
Nutrient Guideline		

Thu - 05/16/2019		
Horizon Breakfast	Total	
muffin-assorted	1	26.0
CEREAL,VARIETY	SERVING	24.77
Yogurt, Yami Lowfat	4 oz	19.07
FRUIT JUICE,ASSORTED	4 fl.oz.	15.62
FRUIT,FRESH ASSORTED	1 EACH	17.26
MILK - Variety	1 cup	27.68
Weighted Daily Average		26.00
% of Calories		80.0%
Nutrient Guideline		

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	Portion Size	Carb (g)
Fri - 05/17/2019		
Horizon Breakfast	Total	
CEREAL,VARIETY	SERVING	24.77
Cinnamon Roll	1 each	37.0
Yogurt, Yami Lowfat	4 oz	19.07
FRUIT JUICE,ASSORTED	4 fl.oz.	15.62
FRUIT,FRESH ASSORTED	1 EACH	17.26
MILK - Variety	1 cup	27.68
Weighted Daily Average		24.77
% of Calories		89.8%
Nutrient Guideline		

Mon - 05/20/2019		
Horizon Breakfast	Total	
Breakfast Bar	1 each	48.0
CEREAL,VARIETY	SERVING	24.77
Yogurt, Yami Lowfat	4 oz	19.07
FRUIT JUICE,ASSORTED	4 fl.oz.	15.62
FRUIT,FRESH ASSORTED	1 EACH	17.26
MILK - Variety	1 cup	27.68
Weighted Daily Average		48.00
% of Calories		66.2%
Nutrient Guideline		

Tue - 05/21/2019		
Horizon Breakfast	Total	
Breakfast Bar	1 each	48.0
CEREAL,VARIETY	SERVING	24.77
Cheese stick	1 oz	1.09
FRUIT JUICE,ASSORTED	4 fl.oz.	15.62
FRUIT,FRESH ASSORTED	1 EACH	17.26
MILK - Variety	1 cup	27.68
Weighted Daily Average		24.77
% of Calories		89.8%
Nutrient Guideline		

Wed - 05/22/2019		
Horizon Breakfast	Total	
CEREAL,VARIETY	SERVING	24.77
Breakfast Bread	1 each	44.0
Cheese stick	1 oz	1.09
FRUIT JUICE,ASSORTED	4 fl.oz.	15.62
FRUIT,FRESH ASSORTED	1 EACH	17.26
MILK - Variety	1 cup	27.68
Weighted Daily Average		24.77
% of Calories		89.8%
Nutrient Guideline		

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	Portion Size	Carb (g)
Thu - 05/23/2019		
Horizon Breakfast	Total	
muffin-assorted	1	26.0
CEREAL,VARIETY	SERVING	24.77
Yogurt, Yami Lowfat	4 oz	19.07
FRUIT JUICE,ASSORTED	4 fl.oz.	15.62
FRUIT,FRESH ASSORTED	1 EACH	17.26
MILK - Variety	1 cup	27.68
Weighted Daily Average		26.00
% of Calories		80.0%
Nutrient Guideline		

Fri - 05/24/2019		
Horizon Breakfast	Total	
CEREAL,VARIETY	SERVING	24.77
Cinnamon Roll	1 each	37.0
Yogurt, Yami Lowfat	4 oz	19.07
FRUIT JUICE,ASSORTED	4 fl.oz.	15.62
FRUIT,FRESH ASSORTED	1 EACH	17.26
MILK - Variety	1 cup	27.68
Weighted Daily Average		24.77
% of Calories		89.8%
Nutrient Guideline		

Tue - 05/28/2019		
Horizon Breakfast	Total	
Breakfast Bar	1 each	48.0
CEREAL,VARIETY	SERVING	24.77
Cheese stick	1 oz	1.09
FRUIT JUICE,ASSORTED	4 fl.oz.	15.62
FRUIT,FRESH ASSORTED	1 EACH	17.26
MILK - Variety	1 cup	27.68
Weighted Daily Average		24.77
% of Calories		89.8%
Nutrient Guideline		

Wed - 05/29/2019		
Horizon Breakfast	Total	
CEREAL,VARIETY	SERVING	24.77
Breakfast Bread	1 each	44.0
Cheese stick	1 oz	1.09
FRUIT JUICE,ASSORTED	4 fl.oz.	15.62
FRUIT,FRESH ASSORTED	1 EACH	17.26
MILK - Variety	1 cup	27.68
Weighted Daily Average		24.77
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	Portion Size	Carb (g)
Thu - 05/30/2019		
Horizon Breakfast	Total	
muffin-assorted	1	26.0
CEREAL,VARIETY	SERVING	24.77
Yogurt, Yami Lowfat	4 oz	19.07
FRUIT JUICE,ASSORTED	4 fl.oz.	15.62
FRUIT,FRESH ASSORTED	1 EACH	17.26
MILK - Variety	1 cup	27.68
Weighted Daily Average		26.00
% of Calories		80.0%
Nutrient Guideline		

Fri - 05/31/2019		
Horizon Breakfast	Total	
CEREAL,VARIETY	SERVING	24.77
Cinnamon Roll	1 each	37.0
Yogurt, Yami Lowfat	4 oz	19.07
FRUIT JUICE,ASSORTED	4 fl.oz.	15.62
FRUIT,FRESH ASSORTED	1 EACH	17.26
MILK - Variety	1 cup	27.68
Weighted Daily Average		24.77
% of Calories		89.8%
Nutrient Guideline		

Weighted Average		28.22
		81.0%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	28.22	81.01%						

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