

Central Valley School District #356

Oct 1, 2019 thru Oct 31, 2019

Base Menu Spreadsheet

Horizon Lunch

Portion Values - Detailed

Page 1

Generated on: 9/27/2019 11:43:06 AM

	Portion Size	Carb (g)
Tue - 10/01/2019		
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		

	Portion Size	Carb (g)
Wed - 10/02/2019		
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 Hoops	5	16.0
Garlic Toast	1 each	11.0
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	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		*17.26
% of Calories		*106.2
Nutrient Guideline		

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	Portion Size	Carb (g)
Thu - 10/03/2019		
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
Sweet & Sour Chicken N231 2012	3.92 oz	18.0
Rice, Brown	servings (1/2c)	33.37
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		

	Portion Size	Carb (g)
Fri - 10/04/2019		
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
Cheese and Pepperoni Calzone	pocket	35.0
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	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		0.00
% of Calories		0.0%
Nutrient Guideline		

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	Portion Size	Carb (g)
Mon - 10/07/2019		
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
Chicken strips 2012	3 strips	9.95
Dutch Waffle	1 each	43.0
Syrup, FSA signature	1 oz	18.43
APPLES,Fresh medium	1 EACH	19.06
STRAWBERRIES: frozen	1/2 cup	35.27
LSM	1/2 c	1.26
Carrots, fresh	1/4 cup	4.21
CUCUMBER,RAW	1/4 cup	0.61
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 pepper	dash	0.0
	dash	0.06
Weighted Daily Average		0.00
% of Calories		0.0%
Nutrient Guideline		

Tue - 10/08/2019		
Horizon Lunch	Total	
Chef Salad/Garlic Toast	1 each	34.97
SUB SANDWICH 2012	1 each	38.0
Pizza	slice	29.0
Chick on a Bun 20122	1 EACH	38.25
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
TARTAR SAUCE	2 TBSP	7.94
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 pepper	dash	0.0
	dash	0.06

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	Portion Size	Carb (g)
Weighted Daily Average		38.18
% of Calories		78.1%
Nutrient Guideline		

Wed - 10/09/2019		
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
Nachos2013ms	1/2 cup	55.99
SALSA:COMMODITY	1 OZ	1.98
SOUR CREAM	1 oz	4.57
APPLESAUCE:cnnd,unswtnd,+vit C	1/4 CUP	6.87
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	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		

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	Portion Size	Carb (g)
Thu - 10/10/2019		
Horizon Lunch	Total	
Chef Salad/Garlic Toast	1 each	34.97
Yogurt Parfait MealMS	1 each	48.98
SUB SANDWICH 2012	1 each	38.0
Baked Chips - Variety	1 OZ	16.76
Pizza	slice	29.0
Chicken Drumstick	1 EACH	0.0
cornbread muffin	1 each	28.85
ORANGES	1 EACH	11.28
MIXED FRUIT	1/4 CUP	9.03
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	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
BBQ SAUCE	1 OZ	9.65
Mrs. Dash	dash	0.0
Lemon Pepper	dash	0.0
pepper	dash	0.06
Weighted Daily Average		59.19
% of Calories		55.8%
Nutrient Guideline		

Mon - 10/14/2019		
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
CHEESEBURGER ON A BUN 2012	1 each	26.8
APPLES,Fresh medium	1 EACH	19.06
STRAWBERRIES: frozen	1/2 cup	35.27
LSM	1/2 c	1.26
Carrots, fresh	1/4 cup	4.21
CUCUMBER,RAW	1/4 cup	0.61
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		0.00
% of Calories		0.0%
Nutrient Guideline		

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	Portion Size	Carb (g)
Tue - 10/15/2019		
Horizon Lunch	Total	
Chef Salad/Garlic Toast	1 each	34.97
SUB SANDWICH 2012	1 each	38.0
Pizza	slice	29.0
Popcorn Chicken	13 pieces	11.91
Garlic Toast	1 each	11.0
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 pepper	dash	0.0
	dash	0.06
Weighted Daily Average		22.28
% of Calories		71.2%
Nutrient Guideline		

Wed - 10/16/2019		
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
Cheesesteak Sandwich18	1 each	29.76
Baked Chips - Variety	1 OZ	16.76
APPLESAUCE:cnnd,unswtnd,+vit C	1/4 CUP	6.87
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	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 pepper	dash	0.0
	dash	0.06

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Base Menu Spreadsheet

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	Portion Size	Carb (g)
Weighted Daily Average		*17.26
% of Calories		*106.2
Nutrient Guideline		

Thu - 10/17/2019		
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
Oriental Chicken	3.92 oz	18.0
Brown Rice	1/2 cup	22.39
ORANGES	1 EACH	11.28
MIXED FRUIT	1/4 CUP	9.03
LSM	1/2 c	1.26
Cherry Tomatoes	1/4 CUP	0.73
Harvest of the Month	1/4 cup	*N/A*
ketchup bulk	1 oz	7.6
Mustard bulk	Tbls	0.0
mayo lite bulk	tbls	0.95
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		31.43
% of Calories		88.2%
Nutrient Guideline		

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	Portion Size	Carb (g)
Fri - 10/18/2019		
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 Wings	5 wings	11.0
Garlic Toast	1 each	11.0
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		

	Portion Size	Carb (g)
Mon - 10/21/2019		
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
APPLES,Fresh medium	1 EACH	19.06
STRAWBERRIES: frozen	1/2 cup	35.27
LSM	1/2 c	1.26
Carrots, fresh	1/4 cup	4.21
CUCUMBER,RAW	1/4 cup	0.61
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		0.00
% of Calories		0.0%
Nutrient Guideline		

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	Portion Size	Carb (g)
Tue - 10/22/2019		
Horizon Lunch	Total	
Chef Salad/Garlic Toast	1 each	34.97
SUB SANDWICH 2012	1 each	38.0
Pizza	slice	29.0
POTATO WEDGES	1/2 cup	30.77
CINNAMON SWIRL FRENCH TOAST	2 each	44.76
Syrup, FSA signature	1 oz	18.43
Sausage Links, 1.4 oz each	2 each	2.63
Hash Brown	1 each	14.0
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	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		25.28
% of Calories		57.7%
Nutrient Guideline		

Wed - 10/23/2019		
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
Monte Cristo Sandwiches	1/2 sandwich	17.16
Baked Chips - Variety	1 OZ	16.76
APPLESAUCE:cnnd,unswtnd,+vit C	1/4 CUP	6.87
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

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	Portion Size	Carb (g)
Weighted Daily Average		*17.26
% of Calories		*106.2
Nutrient Guideline		

Thu - 10/24/2019		
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
Dutch Waffle	1 each	43.0
Syrup, FSA signature	1 oz	18.43
ORANGES	1 EACH	11.28
MIXED FRUIT	1/4 CUP	9.03
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	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		9.03
% of Calories		104.8%
Nutrient Guideline		

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	Portion Size	Carb (g)
Fri - 10/25/2019		
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
BBQ Pork ON BUN	3.3 oz	43.01
Baked chips	1 each	19.0
Brownie	1 each	32.0
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		42.07
% of Calories		84.2%
Nutrient Guideline		

	Portion Size	Carb (g)
Mon - 10/28/2019		
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		

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

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Central Valley School District #356

Oct 1, 2019 thru Oct 31, 2019

Base Menu Spreadsheet

Horizon Lunch

Portion Values - Detailed

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	Portion Size	Carb (g)
Tue - 10/29/2019		
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		

Wed - 10/30/2019		
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 Hoops	5	16.0
Garlic Toast	1 each	11.0
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	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		*17.26
% of Calories		*106.2
Nutrient Guideline		

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Central Valley School District #356

Oct 1, 2019 thru Oct 31, 2019

Base Menu Spreadsheet

Horizon Lunch

Portion Values - Detailed

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Generated on: 9/27/2019 11:43:07 AM

	Portion Size	Carb (g)
Thu - 10/31/2019		
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)	33.37
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	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		1.26
% of Calories		88.0%
Nutrient Guideline		

Weighted Average		*22.73
		*78.6%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	22.73	78.55%			Missing			

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