

Central Valley School District #356

May 1, 2019 thru May 31, 2019

Base Menu Spreadsheet

High School Breakfast 2013

Portion Values - Detailed

Page 1

Generated on: 4/29/2019 11:35:31 AM

	Portion Size	Carb (g)
Wed - 05/01/2019		
High School Breakfast 2013	Total	
Yogurt Parfait 2012	1 each	76.9
CEREAL,VARIETY	SERVING	24.77
BAGELS,PLAIN,ENRICHED	1 EACH	35.86
CREAM CHEESE	1 TBSP	0.59
Toaster Pastry, Kellogg's	1	38.0
Breakfast Bar	1 each	48.0
Cinnamon Roll	1 each	37.0
Breakfast Bread	1 each	44.0
Yogurt, Yami Lowfat	4 oz	19.07
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		0.00
% of Calories		0.0%
Nutrient Guideline		

	Portion Size	Carb (g)
Thu - 05/02/2019		
High School Breakfast 2013	Total	
Breakfast Sandwich Ham&Cheese	1 each	26.03
CEREAL,VARIETY	SERVING	24.77
BAGELS,PLAIN,ENRICHED	1 EACH	35.86
CREAM CHEESE	1 TBSP	0.59
Toaster Pastry, Kellogg's	1	38.0
Breakfast Bar	1 each	48.0
Cinnamon Roll	1 each	37.0
Breakfast Bread	1 each	44.0
Yogurt, Yami Lowfat	4 oz	19.07
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		0.00
% of Calories		0.0%
Nutrient Guideline		

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

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Portion Values - Detailed

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Generated on: 4/29/2019 11:35:31 AM

	Portion Size	Carb (g)
Fri - 05/03/2019		
High School Breakfast 2013	Total	
Waffle Sandwich	sandwich	14.69
CEREAL,VARIETY	SERVING	24.77
BAGELS,PLAIN,ENRICHED	1 EACH	35.86
CREAM CHEESE	1 TBSP	0.59
Toaster Pastry, Kellogg's	1	38.0
Cinnamon Roll	1 each	37.0
Breakfast Bar	1 each	48.0
Breakfast Bread	1 each	44.0
Sausage Link 2013	2 each	0.0
Yogurt, Yami Lowfat	4 oz	19.07
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		0.00
% of Calories		0.0%
Nutrient Guideline		

Mon - 05/06/2019		
High School Breakfast 2013	Total	
Breakfast Burrito 2013	1	28.0
CEREAL,VARIETY	SERVING	24.77
BAGELS,PLAIN,ENRICHED	1 EACH	35.86
CREAM CHEESE	1 TBSP	0.59
Toaster Pastry, Kellogg's	1	38.0
Breakfast Bar	1 each	48.0
Cinnamon Roll	1 each	37.0
Breakfast Bread	1 each	44.0
Sausage Link 2013	2 each	0.0
Yogurt, Yami Lowfat	4 oz	19.07
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		0.00
% of Calories		0.0%
Nutrient Guideline		

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	Portion Size	Carb (g)
Tue - 05/07/2019		
High School Breakfast 2013	Total	
sausage and cheese sandwich	sandwich	24.8
CEREAL,VARIETY	SERVING	24.77
BAGELS,PLAIN,ENRICHED	1 EACH	35.86
CREAM CHEESE	1 TBSP	0.59
Toaster Pastry, Kellogg's	1	38.0
Breakfast Bar	1 each	48.0
Cinnamon Roll	1 each	37.0
Breakfast Bread	1 each	44.0
Yogurt, Yami Lowfat	4 oz	19.07
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		0.00
% of Calories		0.0%
Nutrient Guideline		

Wed - 05/08/2019		
High School Breakfast 2013	Total	
Yogurt Parfait 2012	1 each	76.9
CEREAL,VARIETY	SERVING	24.77
BAGELS,PLAIN,ENRICHED	1 EACH	35.86
CREAM CHEESE	1 TBSP	0.59
Toaster Pastry, Kellogg's	1	38.0
Breakfast Bar	1 each	48.0
Cinnamon Roll	1 each	37.0
Breakfast Bread	1 each	44.0
Yogurt, Yami Lowfat	4 oz	19.07
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		0.00
% of Calories		0.0%
Nutrient Guideline		

Thu - 05/09/2019		
High School Breakfast 2013	Total	
Breakfast Sandwich Ham&Cheese	1 each	26.03
CEREAL,VARIETY	SERVING	24.77
BAGELS,PLAIN,ENRICHED	1 EACH	35.86
CREAM CHEESE	1 TBSP	0.59
Toaster Pastry, Kellogg's	1	38.0
Breakfast Bar	1 each	48.0
Cinnamon Roll	1 each	37.0
Breakfast Bread	1 each	44.0
Yogurt, Yami Lowfat	4 oz	19.07
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

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	Portion Size	Carb (g)
Weighted Daily Average		0.00
% of Calories		0.0%
Nutrient Guideline		

Fri - 05/10/2019		
High School Breakfast 2013	Total	
Breakfast Dunkers	3 each	*N/A*
CEREAL,VARIETY	SERVING	24.77
BAGELS,PLAIN,ENRICHED	1 EACH	35.86
CREAM CHEESE	1 TBSP	0.59
Toaster Pastry, Kellogg's	1	38.0
Cinnamon Roll	1 each	37.0
Breakfast Bar	1 each	48.0
Breakfast Bread	1 each	44.0
Sausage Link 2013	2 each	0.0
Yogurt, Yami Lowfat	4 oz	19.07
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		0.00
% of Calories		0.0%
Nutrient Guideline		

Mon - 05/13/2019		
High School Breakfast 2013	Total	
Breakfast Burrito 2013	1	28.0
CEREAL,VARIETY	SERVING	24.77
BAGELS,PLAIN,ENRICHED	1 EACH	35.86
CREAM CHEESE	1 TBSP	0.59
Toaster Pastry, Kellogg's	1	38.0
Breakfast Bar	1 each	48.0
Cinnamon Roll	1 each	37.0
Breakfast Bread	1 each	44.0
Sausage Link 2013	2 each	0.0
Yogurt, Yami Lowfat	4 oz	19.07
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		0.00
% of Calories		0.0%
Nutrient Guideline		

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Portion Values - Detailed

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	Portion Size	Carb (g)
Tue - 05/14/2019		
High School Breakfast 2013	Total	
sausage and cheese sandwich	sandwich	24.8
CEREAL,VARIETY	SERVING	24.77
BAGELS,PLAIN,ENRICHED	1 EACH	35.86
CREAM CHEESE	1 TBSP	0.59
Toaster Pastry, Kellogg's	1	38.0
Breakfast Bar	1 each	48.0
Cinnamon Roll	1 each	37.0
Breakfast Bread	1 each	44.0
Yogurt, Yami Lowfat	4 oz	19.07
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		0.00
% of Calories		0.0%
Nutrient Guideline		

Wed - 05/15/2019		
High School Breakfast 2013	Total	
Yogurt Parfait 2012	1 each	76.9
CEREAL,VARIETY	SERVING	24.77
BAGELS,PLAIN,ENRICHED	1 EACH	35.86
CREAM CHEESE	1 TBSP	0.59
Toaster Pastry, Kellogg's	1	38.0
Breakfast Bar	1 each	48.0
Cinnamon Roll	1 each	37.0
Breakfast Bread	1 each	44.0
Yogurt, Yami Lowfat	4 oz	19.07
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		0.00
% of Calories		0.0%
Nutrient Guideline		

Thu - 05/16/2019		
High School Breakfast 2013	Total	
Breakfast Sandwich Ham&Cheese	1 each	26.03
CEREAL,VARIETY	SERVING	24.77
BAGELS,PLAIN,ENRICHED	1 EACH	35.86
CREAM CHEESE	1 TBSP	0.59
Toaster Pastry, Kellogg's	1	38.0
Breakfast Bar	1 each	48.0
Cinnamon Roll	1 each	37.0
Breakfast Bread	1 each	44.0
Yogurt, Yami Lowfat	4 oz	19.07
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

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	Portion Size	Carb (g)
Weighted Daily Average		0.00
% of Calories		0.0%
Nutrient Guideline		

Fri - 05/17/2019		
High School Breakfast 2013	Total	
Waffle Sandwich	sandwich	14.69
CEREAL,VARIETY	SERVING	24.77
BAGELS,PLAIN,ENRICHED	1 EACH	35.86
CREAM CHEESE	1 TBSP	0.59
Toaster Pastry, Kellogg's	1	38.0
Cinnamon Roll	1 each	37.0
Breakfast Bar	1 each	48.0
Breakfast Bread	1 each	44.0
Sausage Link 2013	2 each	0.0
Yogurt, Yami Lowfat	4 oz	19.07
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		0.00
% of Calories		0.0%
Nutrient Guideline		

Mon - 05/20/2019		
High School Breakfast 2013	Total	
Breakfast Burrito 2013	1	28.0
CEREAL,VARIETY	SERVING	24.77
BAGELS,PLAIN,ENRICHED	1 EACH	35.86
CREAM CHEESE	1 TBSP	0.59
Toaster Pastry, Kellogg's	1	38.0
Breakfast Bar	1 each	48.0
Cinnamon Roll	1 each	37.0
Breakfast Bread	1 each	44.0
Sausage Link 2013	2 each	0.0
Yogurt, Yami Lowfat	4 oz	19.07
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		0.00
% of Calories		0.0%
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Portion Values - Detailed

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	Portion Size	Carb (g)
Tue - 05/21/2019		
High School Breakfast 2013	Total	
sausage and cheese sandwich	sandwich	24.8
CEREAL,VARIETY	SERVING	24.77
BAGELS,PLAIN,ENRICHED	1 EACH	35.86
CREAM CHEESE	1 TBSP	0.59
Toaster Pastry, Kellogg's	1	38.0
Breakfast Bar	1 each	48.0
Cinnamon Roll	1 each	37.0
Breakfast Bread	1 each	44.0
Yogurt, Yami Lowfat	4 oz	19.07
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		0.00
% of Calories		0.0%
Nutrient Guideline		

Wed - 05/22/2019		
High School Breakfast 2013	Total	
Yogurt Parfait 2012	1 each	76.9
CEREAL,VARIETY	SERVING	24.77
BAGELS,PLAIN,ENRICHED	1 EACH	35.86
CREAM CHEESE	1 TBSP	0.59
Toaster Pastry, Kellogg's	1	38.0
Breakfast Bar	1 each	48.0
Cinnamon Roll	1 each	37.0
Breakfast Bread	1 each	44.0
Yogurt, Yami Lowfat	4 oz	19.07
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		0.00
% of Calories		0.0%
Nutrient Guideline		

Thu - 05/23/2019		
High School Breakfast 2013	Total	
Breakfast Sandwich Ham&Cheese	1 each	26.03
CEREAL,VARIETY	SERVING	24.77
BAGELS,PLAIN,ENRICHED	1 EACH	35.86
CREAM CHEESE	1 TBSP	0.59
Toaster Pastry, Kellogg's	1	38.0
Breakfast Bar	1 each	48.0
Cinnamon Roll	1 each	37.0
Breakfast Bread	1 each	44.0
Yogurt, Yami Lowfat	4 oz	19.07
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

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Portion Values - Detailed

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Generated on: 4/29/2019 11:35:32 AM

	Portion Size	Carb (g)
Weighted Daily Average % of Calories		0.00 0.0%
Nutrient Guideline		

Fri - 05/24/2019		
High School Breakfast 2013	Total	
Breakfast Dunkers	3 each	*N/A*
CEREAL,VARIETY	SERVING	24.77
BAGELS,PLAIN,ENRICHED	1 EACH	35.86
CREAM CHEESE	1 TBSP	0.59
Toaster Pastry, Kellogg's	1	38.0
Cinnamon Roll	1 each	37.0
Breakfast Bar	1 each	48.0
Breakfast Bread	1 each	44.0
Sausage Link 2013	2 each	0.0
Yogurt, Yami Lowfat	4 oz	19.07
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 % of Calories		0.00 0.0%
Nutrient Guideline		

Tue - 05/28/2019		
High School Breakfast 2013 sausage and cheese sandwich	Total sandwich	24.8
CEREAL,VARIETY	SERVING	24.77
BAGELS,PLAIN,ENRICHED	1 EACH	35.86
CREAM CHEESE	1 TBSP	0.59
Toaster Pastry, Kellogg's	1	38.0
Breakfast Bar	1 each	48.0
Cinnamon Roll	1 each	37.0
Breakfast Bread	1 each	44.0
Yogurt, Yami Lowfat	4 oz	19.07
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MILK - Variety	1 cup	27.68
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Wed - 05/29/2019		
High School Breakfast 2013	Total	
Yogurt Parfait 2012	1 each	76.9
CEREAL,VARIETY	SERVING	24.77
BAGELS,PLAIN,ENRICHED	1 EACH	35.86
CREAM CHEESE	1 TBSP	0.59
Toaster Pastry, Kellogg's	1	38.0
Breakfast Bar	1 each	48.0
Cinnamon Roll	1 each	37.0
Breakfast Bread	1 each	44.0
Yogurt, Yami Lowfat	4 oz	19.07
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		0.00
% of Calories		0.0%
Nutrient Guideline		

	Portion Size	Carb (g)
Thu - 05/30/2019		
High School Breakfast 2013	Total	
Breakfast Sandwich Ham&Cheese	1 each	26.03
CEREAL,VARIETY	SERVING	24.77
BAGELS,PLAIN,ENRICHED	1 EACH	35.86
CREAM CHEESE	1 TBSP	0.59
Toaster Pastry, Kellogg's	1	38.0
Breakfast Bar	1 each	48.0
Cinnamon Roll	1 each	37.0
Breakfast Bread	1 each	44.0
Yogurt, Yami Lowfat	4 oz	19.07
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	Portion Size	Carb (g)
Fri - 05/31/2019		
High School Breakfast 2013	Total	
Waffle Sandwich	sandwich	14.69
CEREAL,VARIETY	SERVING	24.77
BAGELS,PLAIN,ENRICHED	1 EACH	35.86
CREAM CHEESE	1 TBSP	0.59
Toaster Pastry, Kellogg's	1	38.0
Cinnamon Roll	1 each	37.0
Breakfast Bar	1 each	48.0
Breakfast Bread	1 each	44.0
Sausage Link 2013	2 each	0.0
Yogurt, Yami Lowfat	4 oz	19.07
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		0.00
% of Calories		0.0%
Nutrient Guideline		

Weighted Average		0.00
		0.0%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	0.00	0.00%						

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