

Central Valley School District #356

Oct 1, 2019 thru Oct 31, 2019

Base Menu Spreadsheet

High School Breakfast 2013

Portion Values - Detailed

Page 1

Generated on: 9/27/2019 11:18:00 AM

	Portion Size	Carb (g)
Tue - 10/01/2019		
High School Breakfast 2013	Total	
Breakfast Pizza	1 each	19.0
Waffle Sandwich	sandwich	14.69
CEREAL,VARIETY	SERVING	24.77
UBR Breakfast Round	1 each	44.0
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		19.00
% of Calories		47.5%
Nutrient Guideline		

	Portion Size	Carb (g)
Wed - 10/02/2019		
High School Breakfast 2013	Total	
muffin-assorted	1	26.0
egg muffin sand	1 each	25.8
CEREAL,VARIETY	SERVING	24.77
UBR Breakfast Round	1 each	44.0
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		245.29
% of Calories		66.5%
Nutrient Guideline		

	Portion Size	Carb (g)
Thu - 10/03/2019		
High School Breakfast 2013	Total	
Yogurt Parfait 2012	1 each	76.9
Breakfast Sandwich Ham&Cheese	1 each	26.03
CEREAL,VARIETY	SERVING	24.77
UBR Breakfast Round	1 each	44.0
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		76.90
% of Calories		87.6%
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)
Fri - 10/04/2019		
High School Breakfast 2013	Total	
Baked Scone	1	26.2
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
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		24.80
% of Calories		44.3%
Nutrient Guideline		

Mon - 10/07/2019		
High School Breakfast 2013	Total	
CINNAMON SWIRL FRENCH TOAST	1 each	22.38
Sausage Link 2013	2 each	0.0
Syrup, FSA signature	1 oz	18.43
Cheese Quesadilla	1 each	20.05
CEREAL,VARIETY	SERVING	24.77
UBR Breakfast Round	1 each	44.0
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		38.48
% of Calories		31.0%
Nutrient Guideline		

Tue - 10/08/2019		
High School Breakfast 2013	Total	
Breakfast Pizza	1 each	19.0
Waffle Sandwich	sandwich	14.69
CEREAL,VARIETY	SERVING	24.77
UBR Breakfast Round	1 each	44.0
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		19.00
% of Calories		47.5%
Nutrient Guideline		

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	Portion Size	Carb (g)
Wed - 10/09/2019		
High School Breakfast 2013	Total	
muffin-assorted	1	26.0
egg muffin sand	1 each	25.8
CEREAL,VARIETY	SERVING	24.77
UBR Breakfast Round	1 each	44.0
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		245.29
% of Calories		66.5%
Nutrient Guideline		

	Portion Size	Carb (g)
Thu - 10/10/2019		
High School Breakfast 2013	Total	
Yogurt Parfait 2012	1 each	76.9
Breakfast Sandwich Ham&Cheese	1 each	26.03
CEREAL,VARIETY	SERVING	24.77
UBR Breakfast Round	1 each	44.0
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		76.90
% of Calories		87.6%
Nutrient Guideline		

	Portion Size	Carb (g)
Fri - 10/11/2019		
High School Breakfast 2013	Total	
Baked Scone	1	26.2
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
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		24.80
% of Calories		44.3%
Nutrient Guideline		

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	Portion Size	Carb (g)
Mon - 10/14/2019		
High School Breakfast 2013	Total	
CINNAMON SWIRL FRENCH TOAST	1 each	22.38
Sausage Link 2013	2 each	0.0
Syrup, FSA signature	1 oz	18.43
Cheese Quesadilla	1 each	20.05
CEREAL,VARIETY	SERVING	24.77
UBR Breakfast Round	1 each	44.0
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		38.48
% of Calories		31.0%
Nutrient Guideline		

Tue - 10/15/2019		
High School Breakfast 2013	Total	
Breakfast Pizza	1 each	19.0
Waffle Sandwich	sandwich	14.69
CEREAL,VARIETY	SERVING	24.77
UBR Breakfast Round	1 each	44.0
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		19.00
% of Calories		47.5%
Nutrient Guideline		

Wed - 10/16/2019		
High School Breakfast 2013	Total	
muffin-assorted	1	26.0
egg muffin sand	1 each	25.8
CEREAL,VARIETY	SERVING	24.77
UBR Breakfast Round	1 each	44.0
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		245.29
% of Calories		66.5%
Nutrient Guideline		

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	Portion Size	Carb (g)
Thu - 10/17/2019		
High School Breakfast 2013	Total	
Yogurt Parfait 2012	1 each	76.9
Breakfast Sandwich Ham&Cheese	1 each	26.03
CEREAL,VARIETY	SERVING	24.77
UBR Breakfast Round	1 each	44.0
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		76.90
% of Calories		87.6%
Nutrient Guideline		

	Portion Size	Carb (g)
Fri - 10/18/2019		
High School Breakfast 2013	Total	
Baked Scone	1	26.2
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
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		24.80
% of Calories		44.3%
Nutrient Guideline		

	Portion Size	Carb (g)
Mon - 10/21/2019		
High School Breakfast 2013	Total	
CINNAMON SWIRL FRENCH TOAST	1 each	22.38
Sausage Link 2013	2 each	0.0
Syrup, FSA signature	1 oz	18.43
Cheese Quesadilla	1 each	20.05
CEREAL,VARIETY	SERVING	24.77
UBR Breakfast Round	1 each	44.0
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		38.48
% of Calories		31.0%
Nutrient Guideline		

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	Portion Size	Carb (g)
Tue - 10/22/2019		
High School Breakfast 2013	Total	
Breakfast Pizza	1 each	19.0
Waffle Sandwich	sandwich	14.69
CEREAL,VARIETY	SERVING	24.77
UBR Breakfast Round	1 each	44.0
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		19.00
% of Calories		47.5%
Nutrient Guideline		

	Portion Size	Carb (g)
Wed - 10/23/2019		
High School Breakfast 2013	Total	
muffin-assorted	1	26.0
egg muffin sand	1 each	25.8
CEREAL,VARIETY	SERVING	24.77
UBR Breakfast Round	1 each	44.0
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		245.29
% of Calories		66.5%
Nutrient Guideline		

	Portion Size	Carb (g)
Thu - 10/24/2019		
High School Breakfast 2013	Total	
Yogurt Parfait 2012	1 each	76.9
Breakfast Sandwich Ham&Cheese	1 each	26.03
CEREAL,VARIETY	SERVING	24.77
UBR Breakfast Round	1 each	44.0
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		76.90
% of Calories		87.6%
Nutrient Guideline		

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	Portion Size	Carb (g)
Fri - 10/25/2019		
High School Breakfast 2013	Total	
Baked Scone	1	26.2
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
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		24.80
% of Calories		44.3%
Nutrient Guideline		

Mon - 10/28/2019		
High School Breakfast 2013	Total	
CINNAMON SWIRL FRENCH TOAST	1 each	22.38
Sausage Link 2013	2 each	0.0
Syrup, FSA signature	1 oz	18.43
Cheese Quesadilla	1 each	20.05
CEREAL,VARIETY	SERVING	24.77
UBR Breakfast Round	1 each	44.0
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		38.48
% of Calories		31.0%
Nutrient Guideline		

Tue - 10/29/2019		
High School Breakfast 2013	Total	
Breakfast Pizza	1 each	19.0
Waffle Sandwich	sandwich	14.69
CEREAL,VARIETY	SERVING	24.77
UBR Breakfast Round	1 each	44.0
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		19.00
% of Calories		47.5%
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Portion Values - Detailed

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Generated on: 9/27/2019 11:18:01 AM

	Portion Size	Carb (g)
Wed - 10/30/2019		
High School Breakfast 2013	Total	
muffin-assorted	1	26.0
egg muffin sand	1 each	25.8
CEREAL,VARIETY	SERVING	24.77
UBR Breakfast Round	1 each	44.0
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		245.29
% of Calories		66.5%
Nutrient Guideline		

Thu - 10/31/2019		
High School Breakfast 2013	Total	
Yogurt Parfait 2012	1 each	76.9
Breakfast Sandwich Ham&Cheese	1 each	26.03
CEREAL,VARIETY	SERVING	24.77
UBR Breakfast Round	1 each	44.0
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		76.90
% of Calories		87.6%
Nutrient Guideline		

Weighted Average		85.18
		61.1%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	85.18	61.14%						

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