

# Central Valley School District #356

May 1, 2019 thru May 31, 2019

Base Menu Spreadsheet

Mica Peak HS

Portion Values - Detailed

Page 1

Generated on: 4/29/2019 11:23:17 AM

	Portion Size	Carb (g)
Wed - 05/01/2019		
Mica Peak HS	Total	
Chick on a Bun 20122	1 EACH	38.25
Teriyaki Beef Dippers/element	4 Each	6.5
Brown Rice	1/2 cup	22.39
FRUIT,FRESH ASSORTED	1 EACH	17.26
APPLES,Fresh medium	1 EACH	19.06
LSM	1 c	2.51
BROCCOLI,raw: fresh	.5 cup	7.53
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	1 TBSP	1.75
MILK - Variety	1 cup	27.68
Mrs. Dash	dash	0.0
Lemon Pepper	dash	0.0
pepper	dash	0.06
tabasco	dash	*N/A*
Weighted Daily Average		*66.30
% of Calories		*63.5%
Nutrient Guideline		

	Portion Size	Carb (g)
Thu - 05/02/2019		
Mica Peak HS	Total	
Pizza	slice	29.0
Chef salads/garlic toast 2012	1 each	36.09
subsandwichMPHS	1 each	59.86
Baked Chips - Variety	1 OZ	16.76
Oriental Chicken	3.92 oz	18.0
Brown Rice	1/2 cup	22.39
Egg roll chicken Whole Wheat	5 oz	20.0
GRAPES,Fresh	1/2 CUP	7.5
fruit sorbet	2.25 oz	22.0
romaine salad	1 CUP	3.21
Carrots Baby ind.PC	1/2 cup	3.08
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	1 TBSP	1.75
MILK - Variety	1 cup	27.68
Mrs. Dash	dash	0.0
Lemon Pepper	dash	0.0
pepper	dash	0.06
tabasco	dash	*N/A*
Weighted Daily Average		*101.24
% of Calories		*60.7%
Nutrient Guideline		

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	Portion Size	Carb (g)
Fri - 05/03/2019		
Mica Peak HS	Total	
Chef salads/garlic toast 2012	1 each	36.09
subsandwichMPHS	1 each	59.86
Baked Chips - Variety	1 OZ	16.76
Pizza Ripper	1 each	37.0
Nachos2013ms	2 ounces	111.98
SOUR CREAM	1 oz	4.57
SALSA:COMMODITY	1 OZ	1.98
Ice Cream Sandwich	1 each	25.0
FRUIT,FRESH ASSORTED	1 EACH	17.26
APPLES,Fresh medium	1 EACH	19.06
LSM	1 c	2.51
Black beans	1/2 cup	9.94
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	1 TBSP	1.75
MILK - Variety	1 cup	27.68
Mrs. Dash	dash	0.0
Lemon Pepper	dash	0.0
pepper	dash	0.06
tabasco	dash	*N/A*
Weighted Daily Average		*136.37
% of Calories		*49.3%
Nutrient Guideline		

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Mica Peak HS

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	Portion Size	Carb (g)
Mon - 05/06/2019		
Mica Peak HS	Total	
Pizza	slice	29.0
Chef saladhs/garlic toast 2012	1 each	36.09
SUB SANDWICH 2012	1 each	38.0
Baked Chips - Variety	1 OZ	16.76
Frito Chili Bowl	1	54.95
SOUR CREAM	1 oz	4.57
SALSA:COMMODITY	1 OZ	1.98
APPLES,Fresh medium	1 EACH	19.06
craisins	1/4 cup	24.75
LSM	1 c	2.51
Carrots Baby ind.PC	1/2 cup	3.08
ketchup bulk	1 oz	7.6
Mustard bulk	Tbbs	0.0
mayo lite bulk	tbbs	0.95
BBQ SAUCE	1 OZ	9.65
PICKLES,DILL	2 EACH	0.73
RANCH DRESSING	1 TBSP	1.38
MILK - Variety	1 cup	27.68
Mrs. Dash	dash	0.0
Lemon Pepper	dash	0.0
pepper	dash	0.06
tabasco	dash	*N/A*
Weighted Daily Average		*112.48
% of Calories		*58.0%
Nutrient Guideline		

Tue - 05/07/2019		
Mica Peak HS	Total	
Pizza	slice	29.0
Chef saladhs/garlic toast 2012	1 each	36.09
sub obsolete	1 each	36.95
Baked Chips - Variety	1 OZ	16.76
Pizza Ripper	1 each	37.0
STRAWBERRIES: frozen	1/2 cup	35.27
FRUIT,FRESH ASSORTED	1 EACH	17.26
romaine salad	1 CUP	3.21
Cherry Tomatoes	1/2 CUP	1.46
ketchup bulk	1 oz	7.6
Mustard bulk	Tbbs	0.0
mayo lite bulk	tbbs	0.95
BBQ SAUCE	1 OZ	9.65
PICKLES,DILL	2 EACH	0.73
RANCH DRESSING	1 TBSP	1.38
MILK - Variety	1 cup	27.68
Mrs. Dash	dash	0.0
Lemon Pepper	dash	0.0
pepper	dash	0.06
tabasco	dash	*N/A*

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	Portion Size	Carb (g)
Weighted Daily Average		*93.85
% of Calories		*78.0%
Nutrient Guideline		

Wed - 05/08/2019		
Mica Peak HS	Total	
Teriyaki Beef Dippers/element	4 Each	6.5
Chicken strips 2012	3 strips	9.95
MASHED POTATOES:flakes,mlk+but	1/2 CUP	5.71
GravyII - HS 2012	2 oz	6.02
Biscuit	1 each	24.0
FRUIT,FRESH ASSORTED	1 EACH	17.26
APPLES,Fresh medium	1 EACH	19.06
LSM	1 c	2.51
BROCCOLI,raw: fresh	.5 cup	7.53
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
TARTAR SAUCE	2 TBSP	7.94
RANCH DRESSING	1 TBSP	1.75
MILK - Variety	1 cup	27.68
Mrs. Dash	dash	0.0
Lemon Pepper	dash	0.0
pepper	dash	0.06
tabasco	dash	*N/A*
Weighted Daily Average		*65.90
% of Calories		*70.2%
Nutrient Guideline		

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	Portion Size	Carb (g)
Thu - 05/09/2019		
Mica Peak HS	Total	
Pizza	slice	29.0
Chef saladhs/garlic toast 2012	1 each	36.09
SUB SANDWICH 2012	1 each	38.0
Baked Chips - Variety	1 OZ	16.76
Chicken Teriyaki,	2.6 oz	20.17
Brown Rice	1/2 cup	22.39
GRAPES,Fresh	1/2 CUP	7.5
fruit sorbet	2.25 oz	22.0
romaine salad	1 CUP	3.21
Carrots Baby ind.PC	1/2 cup	3.08
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	1 TBSP	1.75
MILK - Variety	1 cup	27.68
Mrs. Dash	dash	0.0
Lemon Pepper	dash	0.0
pepper	dash	0.06
tabasco	dash	*N/A*
Weighted Daily Average		*115.65
% of Calories		*51.7%
Nutrient Guideline		

	Portion Size	Carb (g)
Fri - 05/10/2019		
Mica Peak HS	Total	
Chef Salad/Garlic Toast	1 each	34.97
SUB SANDWICH 2012	1 each	38.0
mini chicken corn dog nuggets	6 each	33.0
Cheesesteak Sandwich18	1 each	30.19
POTATO WEDGES	1/2 cup	30.77
TARTAR SAUCE	2 TBSP	7.94
frosted cookie	1 each	25.0
Applesauce Cup	4 oz	22.0
FRUIT,FRESH ASSORTED	1 EACH	17.26
LSM	1 c	2.51
BROCCOLI,raw: fresh	.5 cup	7.53
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	1 TBSP	1.75
MILK - Variety	1 cup	27.68
Mrs. Dash	dash	0.0
Lemon Pepper	dash	0.0
pepper	dash	0.06
tabasco	dash	*N/A*

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	Portion Size	Carb (g)
Weighted Daily Average		*153.64
% of Calories		*52.9%
Nutrient Guideline		

Mon - 05/13/2019		
Mica Peak HS	Total	
Pizza	slice	29.0
Chef salads/garlic toast 2012	1 each	36.09
SUB SANDWICH 2012	1 each	38.0
Baked Chips - Variety	1 OZ	16.76
BBQ Chicken Drumstick	2 each	14.0
cornbread muffin	1 each	28.85
APPLES,Fresh medium	1 EACH	19.06
craisins	1/4 cup	24.75
LSM	1 c	2.51
Carrots Baby ind.PC	1/2 cup	3.08
ketchup bulk	1 oz	7.6
Mustard bulk	Tbbs	0.0
mayo lite bulk	tbbs	0.95
BBQ SAUCE	1 OZ	9.65
PICKLES,DILL	2 EACH	0.73
RANCH DRESSING	1 TBSP	1.38
MILK - Variety	1 cup	27.68
Mrs. Dash	dash	0.0
Lemon Pepper	dash	0.0
pepper	dash	0.06
tabasco	dash	*N/A*
Weighted Daily Average		*314.28
% of Calories		*63.8%
Nutrient Guideline		

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	Portion Size	Carb (g)
Tue - 05/14/2019		
Mica Peak HS	Total	
Pizza	slice	29.0
Chef saladhs/garlic toast 2012	1 each	36.09
sub obsolete	1 each	36.95
Baked Chips - Variety	1 OZ	16.76
Baked Potato w/chili/cheese	1 EACH	520.42
SOUR CREAM	1 oz	4.57
STRAWBERRIES: frozen	1/2 cup	35.27
FRUIT,FRESH ASSORTED	1 EACH	17.26
romaine salad	1 CUP	3.21
Cherry Tomatoes	1/2 CUP	1.46
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	1 TBSP	1.38
MILK - Variety	1 cup	27.68
Mrs. Dash	dash	0.0
Lemon Pepper	dash	0.0
pepper	dash	0.06
tabasco	dash	*N/A*
Weighted Daily Average		*328.58
% of Calories		*10.3%
Nutrient Guideline		

	Portion Size	Carb (g)
Wed - 05/15/2019		
Mica Peak HS	Total	
Cheese and Pepperoni Calzone	pocket	35.0
mini chicken corn dog nuggets	6 each	33.0
Garlic Toast	1 each	11.0
FRUIT,FRESH ASSORTED	1 EACH	17.26
APPLES,Fresh medium	1 EACH	19.06
LSM	1 c	2.51
BROCCOLI,raw: fresh	.5 cup	7.53
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	1 TBSP	1.75
MILK - Variety	1 cup	27.68
Mrs. Dash	dash	0.0
Lemon Pepper	dash	0.0
pepper	dash	0.06
tabasco	dash	*N/A*
Weighted Daily Average		*78.29
% of Calories		*67.3%
Nutrient Guideline		

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	Portion Size	Carb (g)
Thu - 05/16/2019		
Mica Peak HS	Total	
Pizza	slice	29.0
Chef saladhs/garlic toast 2012	1 each	36.09
SUB SANDWICH 2012	1 each	38.0
Popcorn Chicken MS	12 pieces	16.0
Garlic Toast	1 each	11.0
POTATO WEDGES	1/2 cup	30.77
KETCHUP: individual	Pkt 6g	1.57
GRAPES,Fresh	1/2 CUP	7.5
fruit sorbet	2.25 oz	22.0
romaine salad	1 CUP	3.21
Carrots Baby ind.PC	1/2 cup	3.08
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	1 TBSP	1.75
MILK - Variety	1 cup	27.68
Mrs. Dash	dash	0.0
Lemon Pepper	dash	0.0
pepper	dash	0.06
tabasco	dash	*N/A*
Weighted Daily Average		*103.50
% of Calories		*52.6%
Nutrient Guideline		

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	Portion Size	Carb (g)
Fri - 05/17/2019		
Mica Peak HS	Total	
Chef salads/garlic toast 2012	1 each	36.09
subsandwichMPHS	1 each	59.86
Baked Chips - Variety	1 OZ	16.76
Pizza MaxStix, wholegrain 2012	2 each	31.0
Marinara Sauce	1 oz	*N/A*
Chicken strips 2012	3 strips	9.95
Dutch Waffle	1 each	43.0
Syrup, FSA signature	1 oz	18.43
SHERBET	4 oz	23.0
FRUIT,FRESH ASSORTED	1 EACH	17.26
APPLES,Fresh medium	1 EACH	19.06
LSM	1 c	2.51
Black beans	1/2 cup	9.94
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	1 TBSP	1.75
MILK - Variety	1 cup	27.68
Mrs. Dash	dash	0.0
Lemon Pepper	dash	0.0
pepper	dash	0.06
tabasco	dash	*N/A*
Weighted Daily Average		*83.69
% of Calories		*60.3%
Nutrient Guideline		

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	Portion Size	Carb (g)
Mon - 05/20/2019		
Mica Peak HS	Total	
Pizza	slice	29.0
Chef saladhs/garlic toast 2012	1 each	36.09
SUB SANDWICH 2012	1 each	38.0
Baked Chips - Variety	1 OZ	16.76
pancake whole grain bulk	2 each	25.34
Sausage Links, 1.4 oz each	2 each	2.63
Syrup, FSA signature	1 oz	18.43
APPLES,Fresh medium	1 EACH	19.06
craisins	1/4 cup	24.75
LSM	1 c	2.51
Carrots Baby ind.PC	1/2 cup	3.08
ketchup bulk	1 oz	7.6
Mustard bulk	TbIs	0.0
mayo lite bulk	tbls	0.95
BBQ SAUCE	1 OZ	9.65
PICKLES,DILL	2 EACH	0.73
RANCH DRESSING	1 TBSP	1.38
MILK - Variety	1 cup	27.68
Mrs. Dash	dash	0.0
Lemon Pepper	dash	0.0
pepper	dash	0.06
tabasco	dash	*N/A*
Weighted Daily Average		*127.68
% of Calories		*59.0%
Nutrient Guideline		

Tue - 05/21/2019		
Mica Peak HS	Total	
Pizza	slice	29.0
Chef saladhs/garlic toast 2012	1 each	36.09
sub obsolete	1 each	36.95
Baked Chips - Variety	1 OZ	16.76
Chicken Nuggets/Elementary	5 each	13.4
Mac n Cheese WG 2012	6 oz	30.0
STRAWBERRIES: frozen	1/2 cup	35.27
FRUIT,FRESH ASSORTED	1 EACH	17.26
romaine salad	1 CUP	3.21
Cherry Tomatoes	1/2 CUP	1.46
ketchup bulk	1 oz	7.6
Mustard bulk	TbIs	0.0
mayo lite bulk	tbls	0.95
BBQ SAUCE	1 OZ	9.65
PICKLES,DILL	2 EACH	0.73
RANCH DRESSING	1 TBSP	1.38
MILK - Variety	1 cup	27.68
Mrs. Dash	dash	0.0
Lemon Pepper	dash	0.0
pepper	dash	0.06
tabasco	dash	*N/A*

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	Portion Size	Carb (g)
Weighted Daily Average % of Calories		*100.38 *70.2%
Nutrient Guideline		

Wed - 05/22/2019		
Mica Peak HS	Total	
Teriyaki Beef Dippers/element	4 Each	6.5
Chicken strips 2012	3 strips	9.95
MASHED POTATOES:flakes,mlk+but	1/2 CUP	5.71
GravyII - HS 2012	2 oz	6.02
Biscuit	1 each	24.0
FRUIT,FRESH ASSORTED	1 EACH	17.26
APPLES,Fresh medium	1 EACH	19.06
LSM	1 c	2.51
BROCCOLI,raw: fresh	.5 cup	7.53
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	1 TBSP	1.75
MILK - Variety	1 cup	27.68
Mrs. Dash	dash	0.0
Lemon Pepper	dash	0.0
pepper	dash	0.06
tabasco	dash	*N/A*
Weighted Daily Average % of Calories		*66.21 *58.4%
Nutrient Guideline		

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	Portion Size	Carb (g)
Thu - 05/23/2019		
Mica Peak HS	Total	
Pizza	slice	29.0
Chef saladhs/garlic toast 2012	1 each	36.09
sub obsolete	1 each	36.95
Baked Chips - Variety	1 OZ	16.76
CHEESEBURGER ON A BUN 2012	1 each	26.8
GRAPES,Fresh	1/2 CUP	7.5
fruit sorbet	2.25 oz	22.0
romaine salad	1 CUP	3.21
Carrots Baby ind.PC	1/2 cup	3.08
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	1 TBSP	1.75
MILK - Variety	1 cup	27.68
Mrs. Dash	dash	0.0
Lemon Pepper	dash	0.0
pepper	dash	0.06
tabasco	dash	*N/A*
Weighted Daily Average		*97.84
% of Calories		*59.0%
Nutrient Guideline		

Fri - 05/24/2019		
Mica Peak HS	Total	
Chef saladhs/garlic toast 2012	1 each	36.09
SUB SANDWICH 2012	1 each	38.0
Pizza Ripper	1 each	37.0
Tater tots - elementary	1/2 cup	22.2
Soft Taco Beef 18	servings	20.65
SOUR CREAM	1 oz	4.57
SALSA:COMMODITY	1 OZ	1.98
Tater tots - elementary	1/2 cup	22.2
Cook's Choice Dessert	1 each	21.14
FRUIT,FRESH ASSORTED	1 EACH	17.26
APPLES,Fresh medium	1 EACH	19.06
LSM	1 c	2.51
Black beans	1/2 cup	9.94
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	1 TBSP	1.75
MILK - Variety	1 cup	27.68
Mrs. Dash	dash	0.0
Lemon Pepper	dash	0.0
pepper	dash	0.06
tabasco	dash	*N/A*

\*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

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# Central Valley School District #356

May 1, 2019 thru May 31, 2019

Base Menu Spreadsheet

Mica Peak HS

Portion Values - Detailed

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	Portion Size	Carb (g)
Weighted Daily Average		*89.89
% of Calories		*57.9%
Nutrient Guideline		

Tue - 05/28/2019		
Mica Peak HS	Total	
Pizza	slice	29.0
Chef saladhs/garlic toast 2012	1 each	36.09
subsandwichMPHS	1 each	59.86
Baked Chips - Variety	1 OZ	16.76
CHICKEN FRIED STEAK 3z 2012	1 each	18.01
chicken patty (sub CFS)	1 each	10.25
MASHED POTATOES:flakes,mlk+but	1/2 CUP	5.71
Gravy - HS 2012	2 TBSP	5.9
Garlic Toast	1 each	11.0
STRAWBERRIES: frozen	1/2 cup	35.27
FRUIT,FRESH ASSORTED	1 EACH	17.26
romaine salad	1 CUP	3.21
Cherry Tomatoes	1/2 CUP	1.46
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	1 TBSP	1.38
MILK - Variety	1 cup	27.68
Mrs. Dash	dash	0.0
Lemon Pepper	dash	0.0
pepper	dash	0.06
tabasco	dash	*N/A*
Weighted Daily Average		*116.45
% of Calories		*58.7%
Nutrient Guideline		

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# Central Valley School District #356

May 1, 2019 thru May 31, 2019

Base Menu Spreadsheet

Mica Peak HS

Portion Values - Detailed

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Generated on: 4/29/2019 11:23:17 AM

	Portion Size	Carb (g)
Wed - 05/29/2019		
Mica Peak HS	Total	
Chick on a Bun 20122	1 EACH	38.25
Teriyaki Beef Dippers/element	4 Each	6.5
Brown Rice	1/2 cup	22.39
FRUIT,FRESH ASSORTED	1 EACH	17.26
APPLES,Fresh medium	1 EACH	19.06
LSM	1 c	2.51
BROCCOLI,raw: fresh	.5 cup	7.53
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	1 TBSP	1.75
MILK - Variety	1 cup	27.68
Mrs. Dash	dash	0.0
Lemon Pepper	dash	0.0
pepper	dash	0.06
tabasco	dash	*N/A*
Weighted Daily Average		*66.30
% of Calories		*63.5%
Nutrient Guideline		

	Portion Size	Carb (g)
Thu - 05/30/2019		
Mica Peak HS	Total	
Pizza	slice	29.0
Chef salads/garlic toast 2012	1 each	36.09
subsandwichMPHS	1 each	59.86
Baked Chips - Variety	1 OZ	16.76
Oriental Chicken	3.92 oz	18.0
Brown Rice	1/2 cup	22.39
Egg roll chicken Whole Wheat	5 oz	20.0
GRAPES,Fresh	1/2 CUP	7.5
fruit sorbet	2.25 oz	22.0
romaine salad	1 CUP	3.21
Carrots Baby ind.PC	1/2 cup	3.08
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	1 TBSP	1.75
MILK - Variety	1 cup	27.68
Mrs. Dash	dash	0.0
Lemon Pepper	dash	0.0
pepper	dash	0.06
tabasco	dash	*N/A*
Weighted Daily Average		*101.24
% of Calories		*60.7%
Nutrient Guideline		

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# Central Valley School District #356

May 1, 2019 thru May 31, 2019

Base Menu Spreadsheet

Mica Peak HS

Portion Values - Detailed

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Generated on: 4/29/2019 11:23:17 AM

	Portion Size	Carb (g)
Fri - 05/31/2019		
Mica Peak HS	Total	
Chef salads/garlic toast 2012	1 each	36.09
subsandwichMPHS	1 each	59.86
Baked Chips - Variety	1 OZ	16.76
Pizza Ripper	1 each	37.0
Nachos2013ms	2 ounces	111.98
SOUR CREAM	1 oz	4.57
SALSA:COMMODITY	1 OZ	1.98
Ice Cream Sandwich	1 each	25.0
FRUIT,FRESH ASSORTED	1 EACH	17.26
APPLES,Fresh medium	1 EACH	19.06
LSM	1 c	2.51
Black beans	1/2 cup	9.94
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	1 TBSP	1.75
MILK - Variety	1 cup	27.68
Mrs. Dash	dash	0.0
Lemon Pepper	dash	0.0
pepper	dash	0.06
tabasco	dash	*N/A*
Weighted Daily Average		*136.37
% of Calories		*49.3%
Nutrient Guideline		

Weighted Average		*120.73 *37.2%
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Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	120.73	37.19%			Missing			

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