

Central Valley School District #356

May 1, 2019 thru May 31, 2019

Base Menu Spreadsheet

Elementary Clean Menu

Portion Values - Detailed

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| | Portion Size | Carb (g) |
|--|--------------|----------|
| Wed - 05/01/2019 | | |
| Elementary Clean Menu | Total | |
| Chix and Blk Bean Quesadilla ¹⁸ | 1 each | 35.64 |
| SOUR CREAM | 1 oz | 4.57 |
| SALSA:COMMODITY | 1 OZ | 1.98 |
| Apple and Sunbutter Boat | 1 | 42.67 |
| GRAPES,Fresh | 1/4 CUP | 3.75 |
| FRUIT,FRESH ASSORTED | 1 each | 17.26 |
| kiwi | 1/2 each | 5.57 |
| Spinach | 1/2 cup | *N/A* |
| Carrots, fresh | 1/4 cup | 4.21 |
| Roasted Chickpeas Elem | 1 each | 6.12 |
| RANCH DRESSING | 2 TBSP | 2.77 |
| MILK - Variety | 1 cup | 27.68 |
| Weighted Daily Average | | *1.98 |
| % of Calories | | *77.8% |
| Nutrient Guideline | | |

| | Portion Size | Carb (g) |
|--------------------------------------|--------------|----------|
| Thu - 05/02/2019 | | |
| Elementary Clean Menu | Total | |
| Build Your Own Burger | 1 | 27.46 |
| mini offer bar sandwiches | 1 | *12.7 |
| Chix Caesar Salad Elem ¹⁸ | 1 each | 37.88 |
| BREAD STICK | 1 each | 11.0 |
| APPLES,Fresh medium | 1 EACH | 19.06 |
| ORANGES HALVES | 1/2 EACH | 6.66 |
| GRAPES,Fresh | 1/4 CUP | 3.75 |
| LSM | 1/2 c | 1.26 |
| Cherry Tomatoes | 1/4 CUP | 0.73 |
| CAULIFLOWER,raw: fresh | 1/4 CUP | 1.24 |
| RANCH DRESSING | 2 TBSP | 3.5 |
| MILK - Variety | 1 cup | 27.68 |
| Weighted Daily Average | | *61.58 |
| % of Calories | | *45.5% |
| Nutrient Guideline | | |

| | Portion Size | Carb (g) |
|--------------------------------------|--------------|----------|
| Fri - 05/03/2019 | | |
| Elementary Clean Menu | Total | |
| Pepper Steak Rice Bowl ¹⁸ | 1/3 cup beef | *36.35 |
| Deli Bento Box | 1 each | 48.48 |
| APPLES,Fresh medium | 1 EACH | 19.06 |
| BANANAS | 1/2 EACH | 11.53 |
| PEACHES: canned,light syrup | 1/4 CUP | 9.13 |
| romaine salad | 1/2 CUP | 1.6 |
| BROCCOLI,raw: fresh | 1/4 cup | 3.76 |
| beets | 1/4 cup | 4.39 |
| RANCH DRESSING | 2 TBSP | 3.5 |
| 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 Size | Carb (g) |
|---------------------------|--------------|----------|
| Mon - 05/06/2019 | | |
| Elementary Clean Menu | Total | |
| Build Your Own Burger | 1 | 27.46 |
| POTATO WEDGES | 1/2 cup | 30.77 |
| mini offer bar sandwiches | 1 | *12.7 |
| Apple and Sunbutter Boat | 1 | 42.67 |
| APPLES,Fresh small | 1 EACH | 14.64 |
| FRUIT,FRESH ASSORTED | 1 each | 17.26 |
| STRAWBERRIES: frozen | 1/4 cup | 17.64 |
| LSM | 1/2 c | 1.26 |
| Carrots, fresh | 1/4 cup | 4.21 |
| Jicama Sticks | 1/4 cup | *N/A* |
| RANCH DRESSING | 2 TBSP | 3.5 |
| MILK - Variety | 1 cup | 27.68 |
| Weighted Daily Average | | *188.35 |
| % of Calories | | *54.1% |
| Nutrient Guideline | | |

| | | |
|--------------------------|----------|--------|
| Tue - 05/07/2019 | | |
| Elementary Clean Menu | Total | |
| Beef and Broccoli18 | 4.4 oz | 38.39 |
| Brown Rice | 1/2 cup | 22.39 |
| Chef Saladelem | 1 each | 3.38 |
| BREAD STICK | 1 each | 11.0 |
| APPLES,Fresh medium | 1 EACH | 19.06 |
| strawberries and bananas | 1/4 cup | 12.54 |
| ORANGES HALVES | 1/2 EACH | 6.66 |
| romaine salad | 1/2 CUP | 1.6 |
| Snow Peas | 1/4 CUP | 0.59 |
| Bean Choice | 1/4 CUP | 11.21 |
| RANCH DRESSING | 2 TBSP | 3.5 |
| MILK - Variety | 1 cup | 27.68 |
| Weighted Daily Average | | 145.07 |
| % of Calories | | 70.5% |
| Nutrient Guideline | | |

| | | |
|------------------------|-------------|-------|
| Wed - 05/08/2019 | | |
| Elementary Clean Menu | Total | |
| Meatballs w/Marinara18 | 5 meatballs | 33.53 |
| PASTA | 1/2 cup | 20.41 |
| Yogurt Meal | 1 each | 49.94 |
| GRAPES,Fresh | 1/4 CUP | 3.75 |
| kiwi | 1/4 each | 2.79 |
| FRUIT,FRESH ASSORTED | 1 each | 17.26 |
| Spinach | 1/2 cup | *N/A* |
| Carrots, fresh | 1/4 cup | 4.21 |
| Roasted Chickpeas Elem | 1 each | 6.12 |
| RANCH DRESSING | 2 TBSP | 2.77 |
| MILK - Variety | 1 cup | 27.68 |

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| | Portion Size | Carb (g) |
|------------------------|--------------|----------|
| Weighted Daily Average | | *168.45 |
| % of Calories | | *55.9% |
| Nutrient Guideline | | |

| Thu - 05/09/2019 | | |
|-----------------------------|----------|---------|
| Elementary Clean Menu | Total | |
| CINNAMON SWIRL FRENCH TOAST | 2 each | 44.76 |
| SCRAMBLED EGGS | 1/2 CUP | 3.29 |
| Syrup, FSA signature | 1 oz | 18.43 |
| Turkey and Cheese Sandwich | 1 each | 28.51 |
| mini offer bar sandwiches | 1 | *12.7 |
| APPLES,Fresh medium | 1 EACH | 19.06 |
| ORANGES HALVES | 1/2 EACH | 6.66 |
| GRAPES,Fresh | 1/4 CUP | 3.75 |
| LSM | 1/2 c | 1.26 |
| Cherry Tomatoes | 1/4 CUP | 0.73 |
| CAULIFLOWER,raw: fresh | 1/4 CUP | 1.24 |
| RANCH DRESSING | 2 TBSP | 3.5 |
| MILK - Variety | 1 cup | 27.68 |
| Weighted Daily Average | | *160.14 |
| % of Calories | | *56.0% |
| Nutrient Guideline | | |

| Fri - 05/10/2019 | | |
|-----------------------------|----------|---------|
| Elementary Clean Menu | Total | |
| Chicken strips 2012 | 3 strips | 9.95 |
| MACARONI AND CHEESE | 1/2 CUP | 20.58 |
| KETCHUP: individual | Pkt 6g | 1.57 |
| BBQ SAUCE | 1 OZ | 9.65 |
| Hummus and Pita 18 | 1 each | *62.67 |
| APPLES,Fresh medium | 1 EACH | 19.06 |
| BANANAS | 1/2 EACH | 11.53 |
| PEACHES: canned,light syrup | 1/4 CUP | 9.13 |
| romaine salad | 1/2 CUP | 1.6 |
| BROCCOLI,raw: fresh | 1/4 cup | 3.76 |
| beets | 1/4 cup | 4.39 |
| RANCH DRESSING | 2 TBSP | 3.5 |
| MILK - Variety | 1 cup | 27.68 |
| Weighted Daily Average | | *156.47 |
| % of Calories | | *63.9% |
| Nutrient Guideline | | |

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| | Portion Size | Carb (g) |
|------------------------|--------------|----------|
| Mon - 05/13/2019 | | |
| Elementary Clean Menu | Total | |
| Chicken strips 2012 | 3 strips | 9.95 |
| Waffles | 2 | 13.89 |
| BBQ SAUCE | 1 OZ | 9.65 |
| KETCHUP: individual | Pkt 6g | 1.57 |
| Syrup, FSA signature | 1 oz | 18.43 |
| Deli Bento Box | 1 each | 48.48 |
| APPLES,Fresh medium | 1 EACH | 19.06 |
| FRUIT,FRESH ASSORTED | 1 each | 17.26 |
| STRAWBERRIES: frozen | 1/4 cup | 17.64 |
| LSM | 1/2 c | 1.26 |
| Jicama Sticks | 1/4 cup | *N/A* |
| Carrots, fresh | 1/4 cup | 4.21 |
| RANCH DRESSING | 2 TBSP | 3.5 |
| MILK - Variety | 1 cup | 27.68 |
| Weighted Daily Average | | 132.36 |
| % of Calories | | 67.2% |
| Nutrient Guideline | | |

| | | |
|---------------------------|----------|--------|
| Tue - 05/14/2019 | | |
| Elementary Clean Menu | Total | |
| Build Your Own Nachoselem | 1 each | 35.59 |
| SALSA:COMMODITY | 1 OZ | 1.98 |
| SOUR CREAM | 1 oz | 4.57 |
| Apple and Sunbutter Boat | 1 | 42.67 |
| APPLES,Fresh medium | 1 EACH | 19.06 |
| strawberries and bananas | 1/4 cup | 12.54 |
| ORANGES HALVES | 1/2 EACH | 6.66 |
| romaine salad | 1/2 CUP | 1.6 |
| Snow Peas | 1/4 CUP | 0.59 |
| Bean Choice | 1/4 CUP | 11.21 |
| RANCH DRESSING | 2 TBSP | 3.5 |
| MILK - Variety | 1 cup | 27.68 |
| Weighted Daily Average | | 163.55 |
| % of Calories | | 48.6% |
| Nutrient Guideline | | |

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| | Portion Size | Carb (g) |
|----------------------------|--------------|----------|
| Wed - 05/15/2019 | | |
| Elementary Clean Menu | Total | |
| Grilled Chicken Sandwich18 | 1 EACH | 35.0 |
| mini offer bar sandwiches | 1 | *12.7 |
| TACO SALAD elementary 2012 | 1 each | 17.73 |
| Tortilla Chips 2012 | 1 oz | 19.04 |
| SALSA:COMMODITY | 1 OZ | 1.98 |
| SOUR CREAM | 1 oz | 4.57 |
| GRAPES,Fresh | 1/4 CUP | 3.75 |
| kiwi | 1/2 each | 5.57 |
| FRUIT,FRESH ASSORTED | 1 each | 17.26 |
| Spinach | 1/2 cup | *N/A* |
| Carrots, fresh | 1/4 cup | 4.21 |
| Roasted Chickpeas Elem | 1 each | 6.12 |
| RANCH DRESSING | 2 TBSP | 2.77 |
| MILK - Variety | 1 cup | 27.68 |
| Weighted Daily Average | | *122.77 |
| % of Calories | | *39.6% |
| Nutrient Guideline | | |

| | Portion Size | Carb (g) |
|------------------------|--------------|----------|
| Thu - 05/16/2019 | | |
| Elementary Clean Menu | Total | |
| Pizza | slice | 29.0 |
| BYOyogurtparfait18 | 1 each | *99.83 |
| APPLES,Fresh medium | 1 EACH | 19.06 |
| ORANGES HALVES | 1/2 EACH | 6.66 |
| GRAPES,Fresh | 1/4 CUP | 3.75 |
| LSM | 1/2 c | 1.26 |
| Cherry Tomatoes | 1/4 CUP | 0.73 |
| CAULIFLOWER,raw: fresh | 1/4 CUP | 1.24 |
| RANCH DRESSING | 2 TBSP | 3.5 |
| MILK - Variety | 1 cup | 27.68 |
| Weighted Daily Average | | *192.71 |
| % of Calories | | *52.5% |
| Nutrient Guideline | | |

| | Portion Size | Carb (g) |
|-----------------------------|--------------|----------|
| Fri - 05/17/2019 | | |
| Elementary Clean Menu | Total | |
| Oven Roasted Chicken | piece | *N/A* |
| SUB SANDWICH 2012 | 1 each | 38.0 |
| mini offer bar sandwiches | 1 | *12.7 |
| Roasted Potatoes18 | 1/2 cup | 18.03 |
| KETCHUP: individual | Pkt 6g | 1.57 |
| APPLES,Fresh medium | 1 EACH | 19.06 |
| BANANAS | 1/2 EACH | 11.53 |
| PEACHES: canned,light syrup | 1/4 CUP | 9.13 |
| romaine salad | 1/2 CUP | 1.6 |
| BROCCOLI,raw: fresh | 1/4 cup | 3.76 |
| beets | 1/4 cup | 4.39 |
| RANCH DRESSING | 2 TBSP | 3.5 |
| MILK - Variety | 1 cup | 27.68 |

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| | Portion Size | Carb (g) |
|------------------------|--------------|----------|
| Weighted Daily Average | | *121.89 |
| % of Calories | | *61.2% |
| Nutrient Guideline | | |

| Mon - 05/20/2019 | | |
|------------------------------|-----------|--------|
| Elementary Clean Menu | Total | |
| Cheese Ravioli w/Marinara18 | 7 ravioli | 5.21 |
| BREAD STICK | 1 each | 11.0 |
| Ham and Cheese on a Bun 2012 | 1 each | 28.92 |
| mini offer bar sandwiches | 1 | *12.7 |
| APPLES,Fresh medium | 1 EACH | 19.06 |
| FRUIT,FRESH ASSORTED | 1 each | 17.26 |
| STRAWBERRIES: frozen | 1/4 cup | 17.64 |
| LSM | 1/2 c | 1.26 |
| Carrots, fresh | 1/4 cup | 4.21 |
| Jicama Sticks | 1/4 cup | *N/A* |
| RANCH DRESSING | 2 TBSP | 3.5 |
| MILK - Variety | 1 cup | 27.68 |
| Weighted Daily Average | | *12.70 |
| % of Calories | | *84.8% |
| Nutrient Guideline | | |

| Tue - 05/21/2019 | | |
|-------------------------------|----------|--------|
| Elementary Clean Menu | Total | |
| Taco Tato | 1 | 36.62 |
| Cobb Salad/Garlic Toastelem18 | 1 each | *6.58 |
| APPLES,Fresh medium | 1 EACH | 19.06 |
| strawberries and bananas | 1/4 cup | 12.54 |
| ORANGES HALVES | 1/2 EACH | 6.66 |
| romaine salad | 1/2 CUP | 1.6 |
| Snow Peas | 1/4 CUP | 0.59 |
| Bean Choice | 1/4 CUP | 11.21 |
| RANCH DRESSING | 2 TBSP | 3.5 |
| MILK - Variety | 1 cup | 27.68 |
| Weighted Daily Average | | *6.58 |
| % of Calories | | *16.8% |
| Nutrient Guideline | | |

| Wed - 05/22/2019 | | |
|---------------------------|----------|--------|
| Elementary Clean Menu | Total | |
| Grilled Cheese Sandwich18 | sandwich | 27.79 |
| Hummus and Pita 18 | 1 each | *62.67 |
| Ice Cream Bar | 1 each | 25.0 |
| GRAPES,Fresh | 1/4 CUP | 3.75 |
| FRUIT,FRESH ASSORTED | 1 each | 17.26 |
| kiwi | 1/2 each | 5.57 |
| Spinach | 1/2 cup | *N/A* |
| Carrots, fresh | 1/4 cup | 4.21 |
| Roasted Chickpeas Elem | 1 each | 6.12 |
| RANCH DRESSING | 2 TBSP | 2.77 |
| MILK - Variety | 1 cup | 27.68 |

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| | Portion Size | Carb (g) |
|--------------------------------------|--------------|------------------|
| Weighted Daily Average % of Calories | | *25.00 *62.5% |
| Nutrient Guideline | | |

| Thu - 05/23/2019 | | |
|--------------------------------------|----------|--------------|
| Elementary Clean Menu | Total | |
| Breakfast Sandwich Ham&Cheese | 1 each | 26.03 |
| Yogurt Meal | 1 each | 49.94 |
| Hash Brown | 1 each | 14.0 |
| KETCHUP: individual | Pkt 6g | 1.57 |
| APPLES,Fresh medium | 1 EACH | 19.06 |
| ORANGES HALVES | 1/2 EACH | 6.66 |
| GRAPES,Fresh | 1/4 CUP | 3.75 |
| LSM | 1/2 c | 1.26 |
| Cherry Tomatoes | 1/4 CUP | 0.73 |
| Harvest of the Month | 1/4 cup | *N/A* |
| RANCH DRESSING | 2 TBSP | 3.5 |
| MILK - Variety | 1 cup | 27.68 |
| Weighted Daily Average % of Calories | | 0.00 0.0% |
| Nutrient Guideline | | |

| Fri - 05/24/2019 | | |
|--------------------------------------|----------|------------------|
| Elementary Clean Menu | Total | |
| Build Your Own Burger | 1 | 27.46 |
| mini offer bar sandwiches | 1 | *12.7 |
| Apple and Sunbutter Boat | 1 | 42.67 |
| APPLES,Fresh medium | 1 EACH | 19.06 |
| BANANAS | 1/2 EACH | 11.53 |
| PEACHES: canned,light syrup | 1/4 CUP | 9.13 |
| romaine salad | 1/2 CUP | 1.6 |
| Carrots, fresh | 1/4 cup | 4.21 |
| beets | 1/4 cup | 4.39 |
| RANCH DRESSING | 2 TBSP | 3.5 |
| MILK - Variety | 1 cup | 27.68 |
| Weighted Daily Average % of Calories | | *55.37 *40.1% |
| Nutrient Guideline | | |

| Tue - 05/28/2019 | | |
|--------------------------|----------|--------|
| Elementary Clean Menu | Total | |
| BBQ Beef on a Bun18 | sandwich | 40.31 |
| BYOyogurtparfait18 | 1 each | *99.83 |
| APPLES,Fresh medium | 1 EACH | 19.06 |
| strawberries and bananas | 1/4 cup | 12.54 |
| ORANGES HALVES | 1/2 EACH | 6.66 |
| romaine salad | 1/2 CUP | 1.6 |
| Snow Peas | 1/4 CUP | 0.59 |
| Bean Choice | 1/4 CUP | 11.21 |
| RANCH DRESSING | 2 TBSP | 3.5 |
| MILK - Variety | 1 cup | 27.68 |

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|------------------------|--------------|----------|
| Weighted Daily Average | | *0.00 |
| % of Calories | | *0.0% |
| Nutrient Guideline | | |

| Wed - 05/29/2019 | | |
|---------------------------|----------|--------|
| Elementary Clean Menu | Total | |
| Chicken Drumstick | 1 EACH | 0.0 |
| Italian Sub Sandwich 2013 | 1 each | 38.12 |
| mini offer bar sandwiches | 1 | *12.7 |
| Roasted Potato Wedge18 | 1/2 cup | 36.1 |
| GRAPES,Fresh | 1/4 CUP | 3.75 |
| kiwi | 1/2 each | 5.57 |
| FRUIT,FRESH ASSORTED | 1 each | 17.26 |
| Spinach | 1/2 cup | *N/A* |
| Carrots, fresh | 1/4 cup | 4.21 |
| Roasted Chickpeas Elem | 1 each | 6.12 |
| RANCH DRESSING | 2 TBSP | 2.77 |
| MILK - Variety | 1 cup | 27.68 |
| Weighted Daily Average | | *12.70 |
| % of Calories | | *84.8% |
| Nutrient Guideline | | |

| Thu - 05/30/2019 | | |
|--------------------------|----------|-------|
| Elementary Clean Menu | Total | |
| Cheesesteak Sandwich18 | 1 each | 30.19 |
| Apple and Sunbutter Boat | 1 | 42.67 |
| APPLES,Fresh medium | 1 EACH | 19.06 |
| ORANGES HALVES | 1/2 EACH | 6.66 |
| GRAPES,Fresh | 1/4 CUP | 3.75 |
| LSM | 1/2 c | 1.26 |
| Cherry Tomatoes | 1/4 CUP | 0.73 |
| CAULIFLOWER,raw: fresh | 1/4 CUP | 1.24 |
| RANCH DRESSING | 2 TBSP | 3.5 |
| 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) |
|-----------------------------|--------------|----------|
| Fri - 05/31/2019 | | |
| Elementary Clean Menu | Total | |
| Chicken Teriyaki, | 2.0 oz | 15.52 |
| Brown Rice | 1/2 cup | 22.39 |
| Egg Roll, 1.5 oz | 1 each | 10.67 |
| TERIYAKI SAUCE | 2 TBSP | 9.58 |
| Deli Bento Box | 1 each | 48.48 |
| APPLES,Fresh medium | 1 EACH | 19.06 |
| BANANAS | 1 EACH | 23.07 |
| PEACHES: canned,light syrup | 1/4 CUP | 9.13 |
| BROCCOLI,raw: fresh | 1/4 cup | 3.76 |
| romaine salad | 1/2 CUP | 1.6 |
| beets | 1/4 cup | 4.39 |
| RANCH DRESSING | 2 TBSP | 3.5 |
| MILK - Variety | 1 cup | 27.68 |
| Weighted Daily Average | | 68.73 |
| % of Calories | | 58.0% |
| Nutrient Guideline | | |

| | | |
|------------------|--|--------|
| Weighted Average | | *99.80 |
| | | *54.5% |

| Nutrient | Menu AVG | % of Cals | Target | % of Target | Miss Data | Shortfall | Overage | Error Messages (if any) |
|------------------|----------|-----------|--------|-------------|-----------|-----------|---------|-------------------------|
| Carbohydrate (g) | 99.80 | 54.46% | | | Missing | | | |

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