

# Central Valley School District #356

Oct 1, 2019 thru Oct 31, 2019

Base Menu Spreadsheet

ELC Menu

Portion Values - Detailed

Page 1

Generated on: 9/27/2019 11:19:31 AM

	Portion Size	Carb (g)
Tue - 10/01/2019		
ELC Menu	Total	
Breakfast Pizza	1 each	19.0
Applesauce Cup	4 oz	22.0
MILK - Variety	3/4 cup	20.76
Yogurt, Yami Lowfat	4 oz	19.07
FRUIT JUICE,ASSORTED	4 fl.oz.	15.62
Hamburger on a bun 2012	1 EACH	26.0
ketchup bulk	1 oz	7.6
Mustard bulk	Tbls	0.0
LSM	1/2 c	1.26
RANCH DRESSING	2 TBSP	2.77
PEACHES: canned,light syrup	1/4 CUP	9.13
MILK - Variety	3/4 cup	20.76
muffin-assorted	1	26.0
MILK - Variety	1/2 cup	13.84
Weighted Daily Average		199.79
% of Calories		63.7%
Nutrient Guideline		

Wed - 10/02/2019		
ELC Menu	Total	
EGG,HARD-BOILED	1 EACH	0.56
PEACHES: canned,light syrup	1/2 CUP	18.26
MILK - Variety	3/4 cup	20.76
Applesauce Cup	4 oz	22.0
MILK - Variety	1/2 cup	13.84
pancake whole grain bulk	2 each	25.34
Sausage Link 2013	2 each	0.0
Syrup, FSA signature	1 oz	18.43
MIXED FRUIT	1/4 CUP	9.03
Hashbrown Stick	1 each	16.0
MILK - Variety	3/4 cup	20.76
SCOOBY DOO GRAHAM SNACKS	1 oz	21.0
FRUIT JUICE,ASSORTED	4 fl.oz.	15.62
Weighted Daily Average		167.27
% of Calories		63.0%
Nutrient Guideline		

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	Portion Size	Carb (g)
Thu - 10/03/2019		
ELC Menu	Total	
CEREAL,VARIETY	SERVING	24.77
BANANA	1	34.26
MILK - Variety	3/4 cup	20.76
MILK - Variety	1/2 cup	13.84
Animal Cookies	1 each	17.54
Chicken strips 2012	3 strips	9.95
Waffles	2	13.89
Syrup, FSA signature	1 oz	18.43
Apple Slices Elem.	1/4 cup	7.0
Carrots, fresh	1/4 cup	4.21
ketchup bulk	1 oz	7.6
MILK - Variety	3/4 cup	20.76
Cheese stick	1 oz	1.09
FRUIT JUICE,ASSORTED	4 fl.oz.	15.62
Weighted Daily Average		197.94
% of Calories		64.8%
Nutrient Guideline		

Fri - 10/04/2019		
ELC Menu	Total	
Baked Scone	1	*N/A*
MIXED FRUIT	1/2 CUP	18.07
MILK - Variety	3/4 cup	20.76
BAGELS,PLAIN,ENRICHED	1/2 EACH	17.93
CREAM CHEESE	1 TBSP	0.59
FRUIT JUICE,ASSORTED	4 fl.oz.	15.62
Grilled Cheese Sandwich18	sandwich	26.99
BROCCOLI,raw: fresh	1/4 cup	3.76
GRAPES,Fresh	1/4 CUP	3.75
MILK - Variety	3/4 cup	20.76
MIXED FRUIT	1/2 CUP	18.07
MILK - Variety	1/2 cup	13.84
Weighted Daily Average		101.44
% of Calories		75.7%
Nutrient Guideline		

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	Portion Size	Carb (g)
Mon - 10/07/2019		
ELC Menu	Total	
CINNAMON SWIRL FRENCH TOAST	1 each	22.38
Syrup, FSA signature	1 oz	18.43
Sausage Links, 1.4 oz each	2 each	2.63
PEARS: canned,light syrup	1/2 CUP	19.04
MILK - Variety	3/4 cup	20.76
muffin-assorted	1	26.0
FRUIT JUICE,ASSORTED	4 fl.oz.	15.62
Monte Cristo Sandwiches	1/2 sandwich	17.16
Apple Slices Elem.	1/4 cup	7.0
BROCCOLI,raw: fresh	1/4 cup	3.76
RANCH DRESSING	2 TBSP	3.5
MILK - Variety	3/4 cup	20.76
RAISINS	1/2 cup	57.41
MILK - Variety	1/4 cup	6.92
Weighted Daily Average		222.99
% of Calories		67.5%
Nutrient Guideline		

Tue - 10/08/2019		
ELC Menu	Total	
Waffles	2	13.89
Syrup, FSA signature	1 oz	18.43
STRAWBERRIES: frozen	1/2 cup	35.27
MILK - Variety	3/4 cup	20.76
Cheese stick	1 oz	1.09
FRUIT JUICE,ASSORTED	4 fl.oz.	15.62
Pizza Ripper	1 each	37.0
LSM	1/2 c	1.26
RANCH DRESSING	2 TBSP	2.77
kiwi	1/2 each	5.57
MILK - Variety	3/4 cup	20.76
Animal Cookies	1 each	17.54
MILK - Variety	1/2 cup	13.84
Weighted Daily Average		175.85
% of Calories		63.8%
Nutrient Guideline		

Wed - 10/09/2019		
ELC Menu	Total	
MUFFIN SQUARES	SERVINGS	8.21
PEACHES: canned,light syrup	1/2 CUP	18.26
MILK - Variety	3/4 cup	20.76
BANANA	1	34.26
MILK - Variety	1 cup	27.68
Oriental Chicken	3.92 oz	18.0
Brown Rice	1/2 cup	22.39
Cherry Tomatoes	1/4 CUP	0.73
MIXED FRUIT	1/4 CUP	9.03
MILK - Variety	3/4 cup	20.76
Sunbutter and Jelly Sandwich2	sandwich	63.66
MILK - Variety	1/2 cup	13.84

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	Portion Size	Carb (g)
Weighted Daily Average % of Calories		235.25 64.3%
Nutrient Guideline		

Thu - 10/10/2019		
ELC Menu	Total	
Yogurt, Yami Lowfat	4 oz	19.07
Biscuit	1 each	24.0
JELLY	1 TBSP	13.29
BANANA	1	34.26
MILK - Variety	3/4 cup	20.76
CEREAL, VARIETY	SERVING	24.77
MILK - Variety	1/2 cup	13.84
Soft Taco Beef 18	servings	38.08
APPLESAUCE:cnnd,unswtnd,+vit C	1/4 CUP	6.87
LSM	1/2 c	1.26
MILK - Variety	3/4 cup	20.76
Goldfish Crackers	1bag	16.64
FRUIT JUICE, ASSORTED	4 fl.oz.	15.62
Weighted Daily Average % of Calories		212.03 68.4%
Nutrient Guideline		

Mon - 10/14/2019		
ELC Menu	Total	
Breakfast Quesadilla	1	14.0
SALSA:COMMODITY	1 OZ	1.98
ORANGES HALVES	1 EACH	13.32
MILK - Variety	3/4 cup	20.76
Applesauce Cup	4 oz	22.0
MILK - Variety	1/2 cup	13.84
Pizza Ripper	1 each	37.0
kiwi	1/2 each	5.57
POTATO WEDGES	1/4 cup	15.39
ketchup bulk	1 oz	7.6
BBQ SAUCE	1 OZ	9.65
MILK - Variety	3/4 cup	20.76
SCOOBY DOO GRAHAM SNACKS	1 oz	21.0
FRUIT JUICE, ASSORTED	4 fl.oz.	15.62
Weighted Daily Average % of Calories		216.52 66.5%
Nutrient Guideline		

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	Portion Size	Carb (g)
Tue - 10/15/2019		
ELC Menu	Total	
Breakfast Pizza	1 each	19.0
Biscuit	1 each	24.0
JELLY	1 TBSP	13.29
BANANA	1	34.26
MILK - Variety	3/4 cup	20.76
Animal Cookies	1 each	17.54
MILK - Variety	1/2 cup	13.84
Chicken Wings	5 wings	11.0
cornbread muffin	1 each	28.85
PEACHES: canned,light syrup	1/4 CUP	9.13
MILK - Variety	3/4 cup	20.76
Cheese stick	1 oz	1.09
FRUIT JUICE,ASSORTED	4 fl.oz.	15.62
Weighted Daily Average		191.95
% of Calories		60.0%
Nutrient Guideline		

	Portion Size	Carb (g)
Wed - 10/16/2019		
ELC Menu	Total	
pancake whole grain bulk	1 each	12.67
Sausage Links, 1.4 oz each	1 each	1.32
Syrup, FSA signature	1 oz	18.43
PEACHES: canned,light syrup	1/2 CUP	18.26
MILK - Variety	3/4 cup	20.76
BAGELS,PLAIN,ENRICHED	1/2 EACH	17.93
JELLY	1 TBSP	13.29
MILK - Variety	1/2 cup	13.84
Cheese and Pepperoni Calzone	pocket	35.0
LSM	1/2 c	1.26
RANCH DRESSING	2 TBSP	2.77
pineapple chunks	1/4 CUP	8.47
MILK - Variety	3/4 cup	20.76
MIXED FRUIT	1/2 CUP	18.07
MILK - Variety	1/2 cup	13.84
Weighted Daily Average		199.33
% of Calories		70.6%
Nutrient Guideline		

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	Portion Size	Carb (g)
Thu - 10/17/2019		
ELC Menu	Total	
CEREAL,VARIETY	SERVING	24.77
BANANA	1	34.26
MILK - Variety	3/4 cup	20.76
muffin-assorted	1	26.0
FRUIT JUICE,ASSORTED	4 fl.oz.	15.62
CINNAMON SWIRL FRENCH TOAST	1 each	22.38
Syrup, FSA signature	1 oz	18.43
Sausage Link 2013	2 each	0.0
Apple Slices Elem.	1/4 cup	7.0
Potato Sticks	3 oz	23.0
ketchup bulk	1 oz	7.6
MILK - Variety	3/4 cup	20.76
RAISINS	1/4 cup	28.7
MILK - Variety	1/2 cup	13.84
Weighted Daily Average		237.76
% of Calories		69.7%
Nutrient Guideline		

	Portion Size	Carb (g)
Fri - 10/18/2019		
ELC Menu	Total	
Yogurt Parfait 2012	1 each	76.9
MILK - Variety	3/4 cup	20.76
Cheese stick	1 oz	1.09
FRUIT JUICE,ASSORTED	4 fl.oz.	15.62
Pulled Pork Sandwich	1	34.5
Coleslaw	1/4 cup	9.33
GRAPES,Fresh	1/4 CUP	3.75
MILK - Variety	3/4 cup	20.76
Animal Cookies	1 each	17.54
MILK - Variety	1/2 cup	13.84
Weighted Daily Average		147.61
% of Calories		66.6%
Nutrient Guideline		

	Portion Size	Carb (g)
Mon - 10/21/2019		
ELC Menu	Total	
ENGLISH MUFFINS,PLAIN,TOASTED	1/2 EACH	13.69
Sunbutter Dip	1 oz	6.61
MARGARINE	1 TBSP	0.1
PEARS: canned,light syrup	1/2 CUP	19.04
MILK - Variety	3/4 cup	20.76
BANANA	1	34.26
MILK - Variety	1/2 cup	13.84
Pizza, Cheese Nardone's e2013	piece	28.0
LSM	1/2 c	1.26
RANCH DRESSING	2 TBSP	2.77
APPLESAUCE:cnnd,unswtnd,+vit C	1/4 CUP	6.87
MILK - Variety	3/4 cup	20.76
Sunbutter and Jelly Sandwich2	sandwich	63.66
MILK - Variety	1/2 cup	13.84

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	Portion Size	Carb (g)
Weighted Daily Average % of Calories		245.46 52.6%
Nutrient Guideline		

Tue - 10/22/2019		
ELC Menu	Total	
EGG,HARD-BOILED	1 EACH	0.56
Biscuit	1 each	24.0
JELLY	1 TBSP	13.29
APPLESAUCE:cnnd,unswtnd,+vit C	1/2 CUP	13.75
MILK - Variety	3/4 cup	20.76
CEREAL,VARIETY	SERVING	24.77
MILK - Variety	1/2 cup	13.84
CHICKEN Hoops	5	16.0
BBQ SAUCE	1 OZ	9.65
Garlic Toast	1 each	11.0
POTATO WEDGES	1/4 cup	15.39
ketchup bulk	1 oz	7.6
MIXED FRUIT	1/4 CUP	9.03
MILK - Variety	3/4 cup	20.76
Goldfish Crackers	1bag	16.64
FRUIT JUICE,ASSORTED	4 fl.oz.	15.62
Weighted Daily Average % of Calories		176.91 60.6%
Nutrient Guideline		

Wed - 10/23/2019		
ELC Menu	Total	
MUFFIN SQUARES	SERVINGS	8.21
PEACHES: canned,light syrup	1/2 CUP	18.26
MILK - Variety	3/4 cup	20.76
Yogurt, Yami Lowfat	4 oz	19.07
FRUIT JUICE,ASSORTED	4 fl.oz.	15.62
Mac n Cheese WG 2012	6 oz	30.0
PEARS: canned,light syrup	1/4 CUP	9.52
Cherry Tomatoes	1/4 CUP	0.73
MILK - Variety	3/4 cup	20.76
muffin-assorted	1	26.0
MILK - Variety	1/2 cup	13.84
Weighted Daily Average % of Calories		182.77 68.9%
Nutrient Guideline		

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	Portion Size	Carb (g)
Thu - 10/24/2019		
ELC Menu	Total	
Baked Scone	1	26.2
BANANA	1	34.26
MILK - Variety	3/4 cup	20.76
Animal Cookies	1 each	17.54
MILK - Variety	1/2 cup	13.84
Meatballs w/Marinara18	5 meatballs	33.53
GREEN BEANS: frozen,boiled	1/4 CUP	2.18
kiwi	1/2 each	5.57
MILK - Variety	3/4 cup	20.76
Cheese stick	1 oz	1.09
FRUIT JUICE,ASSORTED	4 fl.oz.	15.62
Weighted Daily Average		185.79
% of Calories		60.8%
Nutrient Guideline		

Fri - 10/25/2019		
ELC Menu	Total	
CHEESE OMELET	1 each	1.0
Biscuit	1 each	24.0
JELLY	1 TBSP	13.29
PEARS: canned,light syrup	1/2 CUP	19.04
MILK - Variety	3/4 cup	20.76
BAGELS,PLAIN,ENRICHED	1/2 EACH	17.93
JELLY	1 TBSP	13.29
MILK - Variety	1/2 cup	13.84
Chick on a Bun 20122	1 EACH	38.25
GRAPES,Fresh	1/4 CUP	3.75
Tossed Salad LSM	1/2 c	1.26
RANCH DRESSING	2 TBSP	3.5
MILK - Variety	3/4 cup	20.76
MIXED FRUIT	1/2 CUP	18.07
MILK - Variety	1/2 cup	13.84
Weighted Daily Average		111.05
% of Calories		52.0%
Nutrient Guideline		

Mon - 10/28/2019		
ELC Menu	Total	
Breakfast Bread	1 each	44.0
ORANGES HALVES	1 EACH	13.32
MILK - Variety	3/4 cup	20.76
CEREAL,VARIETY	SERVING	24.77
MILK - Variety	1/2 cup	13.84
Fish n Chips	3 each	16.2
Apple Slices Elem.	1/4 cup	7.0
ketchup bulk	1 oz	7.6
TARTAR SAUCE	2 TBSP	7.94
MILK - Variety	3/4 cup	20.76
Goldfish Crackers	1bag	16.64
FRUIT JUICE,ASSORTED	4 fl.oz.	15.62

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	Portion Size	Carb (g)
Weighted Daily Average		192.96
% of Calories		65.7%
Nutrient Guideline		

Tue - 10/29/2019		
ELC Menu	Total	
Breakfast Pizza	1 each	19.0
Applesauce Cup	4 oz	22.0
MILK - Variety	3/4 cup	20.76
Yogurt, Yami Lowfat	4 oz	19.07
FRUIT JUICE,ASSORTED	4 fl.oz.	15.62
Hamburger on a bun 2012	1 EACH	26.0
ketchup bulk	1 oz	7.6
Mustard bulk	Tbls	0.0
LSM	1/2 c	1.26
RANCH DRESSING	2 TBSP	2.77
PEACHES: canned,light syrup	1/4 CUP	9.13
MILK - Variety	3/4 cup	20.76
muffin-assorted	1	26.0
MILK - Variety	1/2 cup	13.84
Weighted Daily Average		199.79
% of Calories		63.7%
Nutrient Guideline		

Wed - 10/30/2019		
ELC Menu	Total	
EGG,HARD-BOILED	1 EACH	0.56
PEACHES: canned,light syrup	1/2 CUP	18.26
MILK - Variety	3/4 cup	20.76
Applesauce Cup	4 oz	22.0
MILK - Variety	1/2 cup	13.84
pancake whole grain bulk	2 each	25.34
Sausage Link 2013	2 each	0.0
Syrup, FSA signature	1 oz	18.43
MIXED FRUIT	1/4 CUP	9.03
Hashbrown Stick	1 each	16.0
MILK - Variety	3/4 cup	20.76
SCOOBY DOO GRAHAM SNACKS	1 oz	21.0
FRUIT JUICE,ASSORTED	4 fl.oz.	15.62
Weighted Daily Average		167.27
% of Calories		63.0%
Nutrient Guideline		

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	Portion Size	Carb (g)
Thu - 10/31/2019		
ELC Menu	Total	
CEREAL,VARIETY	SERVING	24.77
BANANA	1	34.26
MILK - Variety	3/4 cup	20.76
MILK - Variety	1/2 cup	13.84
Animal Cookies	1 each	17.54
Chicken strips 2012	3 strips	9.95
Waffles	2	13.89
Syrup, FSA signature	1 oz	18.43
Apple Slices Elem.	1/4 cup	7.0
Carrots, fresh	1/4 cup	4.21
ketchup bulk	1 oz	7.6
MILK - Variety	3/4 cup	20.76
Cheese stick	1 oz	1.09
FRUIT JUICE,ASSORTED	4 fl.oz.	15.62
Weighted Daily Average		197.94
% of Calories		64.8%
Nutrient Guideline		

Weighted Average		189.35
		64.0%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	189.35	63.97%						

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