

Central Valley School District #356

Jun 3, 2019 thru Jun 14, 2019

Base Menu Spreadsheet

Mica Peak HS

Portion Values - Detailed

Page 1

Generated on: 5/29/2019 10:51:48 AM

	Portion Size	Carb (g)
Mon - 06/03/2019		
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 - 06/04/2019		
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*

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

1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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

Wed - 06/05/2019		
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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Page 3

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	Portion Size	Carb (g)
Thu - 06/06/2019		
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
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 - 06/07/2019		
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 - 06/10/2019		
Mica Peak HS	Total	
Cook's Choice	1	0.0
Cook's Choice	1	0.0
Cook's Choice Fruit	serving	13.32
Cook's Choice Fruit	serving	13.32
Cook's Choice Vegetable	serving	3.14
Cook's Choice Vegetable	serving	3.14
Cook's Choice Vegetable	serving	3.14
MILK - Variety	1 cup	27.68
KETCHUP: individual	Pkt 6g	1.57
MUSTARD: individual PC	Pkt 5g	0.29
Light mayo pc	packet	1.0
RANCH DRESSING	2 TBSP	3.5
BBQ SAUCE	1 OZ	9.65
Weighted Daily Average		44.90
% of Calories		73.7%
Nutrient Guideline		

Tue - 06/11/2019		
Mica Peak HS	Total	
Cook's Choice	1	0.0
Cook's Choice	1	0.0
Cook's Choice Fruit	serving	13.32
Cook's Choice Fruit	serving	13.32
Cook's Choice Vegetable	serving	3.14
Cook's Choice Vegetable	serving	3.14
Cook's Choice Vegetable	serving	3.14
MILK - Variety	1 cup	27.68
KETCHUP: individual	Pkt 6g	1.57
MUSTARD: individual PC	Pkt 5g	0.29
Light mayo pc	packet	1.0
RANCH DRESSING	2 TBSP	3.5
BBQ SAUCE	1 OZ	9.65
Weighted Daily Average		44.90
% of Calories		73.7%
Nutrient Guideline		

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	Portion Size	Carb (g)
Wed - 06/12/2019		
Mica Peak HS	Total	
Cook's Choice	1	0.0
Cook's Choice	1	0.0
Cook's Choice Fruit	serving	13.32
Cook's Choice Fruit	serving	13.32
Cook's Choice Vegetable	serving	3.14
Cook's Choice Vegetable	serving	3.14
Cook's Choice Vegetable	serving	3.14
RANCH DRESSING	2 TBSP	2.77
MILK - Variety	1 cup	27.68
KETCHUP: individual	Pkt 6g	1.57
MUSTARD: individual PC	Pkt 5g	0.29
Light mayo pc	packet	1.0
PICKLES,DILL	2 EACH	0.73
BBQ SAUCE	1 OZ	9.65
Weighted Daily Average		47.68
% of Calories		70.4%
Nutrient Guideline		

Thu - 06/13/2019		
Mica Peak HS	Total	
Cook's Choice	1	0.0
Cook's Choice	1	0.0
Cook's Choice Fruit	serving	13.32
Cook's Choice Fruit	serving	13.32
Cook's Choice Vegetable	serving	3.14
Cook's Choice Vegetable	serving	3.14
Cook's Choice Vegetable	serving	3.14
MILK - Variety	1 cup	27.68
KETCHUP: individual	Pkt 6g	1.57
MUSTARD: individual PC	Pkt 5g	0.29
Light mayo pc	packet	1.0
RANCH DRESSING	2 TBSP	3.5
BBQ SAUCE	1 OZ	9.65
Weighted Daily Average		44.90
% of Calories		73.7%
Nutrient Guideline		

Weighted Average		*80.43 *61.8%
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Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	80.43	61.76%			Missing			

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