

Central Valley School District #356

May 1, 2019 thru May 31, 2019

Base Menu Spreadsheet

Elementary Choice Menu

Portion Values - Detailed

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	Portion Size	Carb (g)
Wed - 05/01/2019		
Elementary Choice Menu	Total	
Pizza, Cheese Nardone's e2013	piece	28.0
Turkey and Cheese Sandwich	1 each	28.51
MUSTARD: individual PC	Pkt 5g	0.29
Light mayo pc	packet	1.0
Goldfish Crackers	1bag	16.64
Cook's Choice	1	0.0
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
Weighted Daily Average		*17.93
% of Calories		*40.8%
Nutrient Guideline		

	Portion Size	Carb (g)
Thu - 05/02/2019		
Elementary Choice Menu	Total	
Chicken strips 2012	3 strips	9.95
Dutch Waffle	1 each	43.0
BBQ SAUCE	1 OZ	9.65
KETCHUP: individual	Pkt 6g	1.57
Syrup, FSA signature	1 oz	18.43
Hot Dog on a Bun 2012	SERVING	27.0
KETCHUP: individual	Pkt 6g	1.57
MUSTARD: individual PC	Pkt 5g	0.29
APPLES,Fresh medium	1 EACH	19.06
ORANGES HALVES	1/2 EACH	6.66
kiwi	1/2 each	5.57
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		28.87
% of Calories		38.4%
Nutrient Guideline		

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	Portion Size	Carb (g)
Fri - 05/03/2019		
Elementary Choice Menu	Total	
Oriental Chicken	3.92 oz	18.0
Beef and Broccoli ¹	1 CUP	8.72
Brown Rice	1/2 cup	22.39
SHERBET	4 oz	23.0
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		23.00
% of Calories		92.0%
Nutrient Guideline		

Mon - 05/06/2019		
Elementary Choice Menu	Total	
CINNAMON SWIRL FRENCH TOAST	2 each	44.76
pancake whole grain bulk	2 each	25.34
SCRAMBLED EGGS	1/2 CUP	3.29
Syrup, FSA signature	1 oz	18.43
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		178.00
% of Calories		62.9%
Nutrient Guideline		

Tue - 05/07/2019		
Elementary Choice Menu	Total	
Frito Chili Bowl	1	54.95
BBQ Chicken Drumstick	1 each	7.0
cornbread muffin	1 each	28.85
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		147.68
% of Calories		52.6%
Nutrient Guideline		

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	Portion Size	Carb (g)
Wed - 05/08/2019		
Elementary Choice Menu	Total	
Pizza	slice	29.0
Hot ham and cheese	sandwich	32.72
Goldfish Crackers	1bag	16.64
frosted cookie	1 each	25.0
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 Baby ind.PC	1/4 cup	1.54
Roasted Chickpeas Elem	1 each	6.12
RANCH DRESSING	2 TBSP	2.77
MILK - Variety	1 cup	27.68
Weighted Daily Average		*168.05
% of Calories		*53.9%
Nutrient Guideline		

Thu - 05/09/2019		
Elementary Choice Menu	Total	
Roasted Chicken	portion	0.0
MEATBALLS (Kings Command)	6 each	4.2
MASHED POTATOES:flakes,mlk+but	1/2 CUP	5.71
GravyII - HS 2012	1 oz	3.01
Biscuit	1 each	24.0
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		100.79
% of Calories		41.3%
Nutrient Guideline		

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	Portion Size	Carb (g)
Fri - 05/10/2019		
Elementary Choice Menu	Total	
Turkey and Cheese Sandwich	1 each	28.51
Light mayo pc	packet	1.0
MUSTARD: individual PC	Pkt 5g	0.29
snack mix	1 each	18.0
Chicken strips 2012	3 strips	9.95
Garlic Toast	1 each	11.0
KETCHUP: individual	Pkt 6g	1.57
BBQ SAUCE	1 OZ	9.65
Ice Cream Bar	1 each	25.0
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		168.28
% of Calories		59.4%
Nutrient Guideline		

	Portion Size	Carb (g)
Mon - 05/13/2019		
Elementary Choice Menu	Total	
Teriyaki Beef Dippers/element	4 Each	6.5
Oriental Chicken	3.92 oz	18.0
Brown Rice	1/2 cup	22.39
FORTUNE COOKIE	1 EACH	6.5
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		144.00
% of Calories		65.6%
Nutrient Guideline		

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	Portion Size	Carb (g)
Tue - 05/14/2019		
Elementary Choice Menu	Total	
Burrito, Chicken & Cheese	1 each	36.0
SALSA:COMMODITY	1 OZ	1.98
Chick on a Bun 2013	1 EACH	35.0
Light mayo pc	packet	1.0
PICKLES,DILL	2 EACH	0.73
Tater tots - elementary	1/2 cup	22.2
KETCHUP: individual	Pkt 6g	1.57
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		178.65
% of Calories		56.0%
Nutrient Guideline		

Wed - 05/15/2019		
Elementary Choice Menu	Total	
Meatballs w/Marinara18	5 meatballs	33.53
TEXAS CHEESE TOAST	1/2 each	21.5
Yogurt Parfait Meal 2012	1 each	*99.83
SNICKERDOODLE COOKIE	1 EACH	15.0
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		*237.22
% of Calories		*51.5%
Nutrient Guideline		

Thu - 05/16/2019		
Elementary Choice Menu	Total	
Pizza MaxStix, wholegrain 2012	2 each	31.0
Marinara Sauce	1 oz	*N/A*
BBQ Pork ON BUN	2.2 oz	28.67
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

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	Portion Size	Carb (g)
Weighted Daily Average		*123.55
% of Calories		*59.2%
Nutrient Guideline		

Fri - 05/17/2019		
Elementary Choice Menu	Total	
CHEESEBURGER ON A BUN 2012	1 each	26.8
PICKLES,DILL	1 EACH	0.36
CORN DOG:Turkey	1 each	33.0
KETCHUP: individual	Pkt 6g	1.57
MUSTARD: individual PC	Pkt 5g	0.29
SHERBET	4 oz	23.0
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		113.61
% of Calories		58.8%
Nutrient Guideline		

Mon - 05/20/2019		
Elementary Choice Menu	Total	
French Toast Sticks WG	3	34.0
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
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		0.00
% of Calories		0.0%
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	Portion Size	Carb (g)
Tue - 05/21/2019		
Elementary Choice Menu	Total	
SOFT TACO,Chicken/Elem	1 each	24.17
SALSA:COMMODITY	1 OZ	1.98
CHICKEN Hoops	5	16.0
Tater tots - elementary	1/2 cup	22.2
KETCHUP: individual	Pkt 6g	1.57
BBQ SAUCE	1 OZ	9.65
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		51.41
% of Calories		40.0%
Nutrient Guideline		

Wed - 05/22/2019		
Elementary Choice Menu	Total	
Pizza, Cheese Nardone's e2013	piece	28.0
Chef Saladelem	1 each	3.38
Garlic Toast	1 each	11.0
frosted cookie	1 each	25.0
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		*36.00
% of Calories		*60.0%
Nutrient Guideline		

Thu - 05/23/2019		
Elementary Choice Menu	Total	
Oriental Chicken	3.92 oz	18.0
Teriyaki Beef Dippers/element	4 Each	6.5
Brown Rice	1/2 cup	22.39
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

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	Portion Size	Carb (g)
Weighted Daily Average		0.00
% of Calories		0.0%
Nutrient Guideline		

Fri - 05/24/2019		
Elementary Choice Menu	Total	
Grilled Chicken Sandwich18	1 EACH	35.0
Light mayo pc	packet	1.0
PICKLES,DILL	2 EACH	0.73
Deli Bento Box	1 each	48.48
Pudding Cup	3.5 oz (cup)	20.0
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		21.73
% of Calories		73.4%
Nutrient Guideline		

Tue - 05/28/2019		
Elementary Choice Menu	Total	
TACO SALAD elementary 2012	1.5 oz	26.6
SALSA:COMMODITY	1 OZ	1.98
Pizza Stick WW Nardone 2012	stick	27.0
Marinara Sauce	1 oz	*N/A*
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		*27.00
% of Calories		*51.4%
Nutrient Guideline		

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Wed - 05/29/2019		
Elementary Choice Menu	Total	
Pizza, Cheese Nardone's e2013	piece	28.0
fishwich on a bun	1 each	40.0
Goldfish Crackers	1bag	16.64
Brownie	1 each	32.0
FRUIT,FRESH ASSORTED	1 each	17.26
GRAPES,Fresh	1/4 CUP	3.75
kiwi	1/2 each	5.57
Spinach	1/2 cup	*N/A*
Carrots Baby ind.PC	1/4 cup	1.54
Roasted Chickpeas Elem	1 each	6.12
RANCH DRESSING	2 TBSP	2.77
MILK - Variety	1 cup	27.68
Weighted Daily Average		*32.00
% of Calories		*67.4%
Nutrient Guideline		

	Portion Size	Carb (g)
Thu - 05/30/2019		
Elementary Choice Menu	Total	
Chicken Drumstick	1 EACH	0.0
mini chicken corn dog nuggets	4 each	22.0
Mac n Cheese WG 2012	3 oz	15.0
KETCHUP: individual	Pkt 6g	1.57
MUSTARD: individual PC	Pkt 5g	0.29
Apple Slices Elem.	1/4 cup	7.0
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		1.87
% of Calories		71.8%
Nutrient Guideline		

	Portion Size	Carb (g)
Fri - 05/31/2019		
Elementary Choice Menu	Total	
Grilled Cheese Sandwich18	sandwich	27.79
BYOyogurtparfait18	1 each	*99.83
Ice Cream Bar	1 each	25.0
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 % of Calories		*25.00 *62.5%
Nutrient Guideline		

Weighted Average		*91.23 *55.2%
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Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	91.23	55.17%			Missing			

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