

Central Valley School District #356

May 1, 2019 thru May 31, 2019

Base Menu Spreadsheet

Middle School Lunch

Portion Values - Detailed

Page 1

Generated on: 4/29/2019 11:17:43 AM

	Portion Size	Carb (g)
Wed - 05/01/2019		
Middle School Lunch	Total	
Chef Salad/Garlic Toast	1 each	34.97
Taco Salad 18	1 each	21.34
SALSA:COMMODITY	1 OZ	1.98
SOUR CREAM	1 oz	4.57
SUB SANDWICH 2012	1 each	38.0
Baked Chips - Variety	1 OZ	16.76
Pizza	slice	29.0
Chick on a Bun 2013	1 EACH	35.0
Chicken strips 2012	3 strips	9.95
Garlic Toast	2 each	22.0
Nachos2013ms	1/2 cup	55.99
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 Chickpeasms	1 each	12.0
ketchup bulk	1 oz	7.6
Mustard bulk	Tbbs	0.0
Light mayo pc	packet	1.0
BBQ SAUCE	1 OZ	9.65
PICKLES,DILL	2 EACH	0.73
RANCH DRESSING	2 TBSP	3.5
MILK - Variety	1 cup	27.68
Mrs. Dash	dash	0.0
Lemon Pepper	dash	0.0
pepper	dash	0.06
Weighted Daily Average		*17.26
% of Calories		*106.2
Nutrient Guideline		

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

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Central Valley School District #356

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Base Menu Spreadsheet

Middle School Lunch

Portion Values - Detailed

Page 2

Generated on: 4/29/2019 11:17:44 AM

	Portion Size	Carb (g)
Thu - 05/02/2019		
Middle School Lunch	Total	
Chef Salad/Garlic Toast	1 each	34.97
Yogurt Parfait MealMS 2012	1 each	109.68
SUB SANDWICH 2012	1 each	38.0
Baked Chips - Variety	1 OZ	16.76
Pizza	slice	29.0
CHEESEBURGER ON A BUN 2012	1 each	26.8
Mini-Corn Dogs Elem	6 pieces	33.0
Sweet & Sour Chicken N231 2012	3.92 oz	18.0
Rice, Brown	servings (1/2c)	27.81
Egg roll chicken Whole Wheat	5 oz	20.0
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
ketchup bulk	1 oz	7.6
Mustard bulk	Tbls	0.0
Light mayo pc	packet	1.0
BBQ SAUCE	1 OZ	9.65
PICKLES,DILL	2 EACH	0.73
RANCH DRESSING	2 TBSP	2.77
MILK - Variety	1 cup	27.68
Mrs. Dash	dash	0.0
Lemon Pepper	dash	0.0
pepper	dash	0.06
Weighted Daily Average		1.26
% of Calories		88.0%
Nutrient Guideline		

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Central Valley School District #356

May 1, 2019 thru May 31, 2019

Base Menu Spreadsheet

Middle School Lunch

Portion Values - Detailed

Page 3

Generated on: 4/29/2019 11:17:44 AM

	Portion Size	Carb (g)
Fri - 05/03/2019		
Middle School Lunch	Total	
Chef Salad/Garlic Toast	1 each	34.97
Chick Caesar Saladms/toast2012	1 each	34.24
SUB SANDWICH 2012	1 each	38.0
Baked Chips - Variety	1 OZ	16.76
Pizza	slice	29.0
Spicy/Regular Chick on a Bun	1 EACH	39.0
Popcorn Chicken MS	12 pieces	16.0
Garlic Toast	2 each	22.0
Grilled Cheese Sandwich18	sandwich	27.79
Baked Chips - Variety	1 OZ	16.76
Cook's Choice Dessert	1 each	21.14
APPLES,Fresh medium	1 EACH	19.06
BANANAS	1 EACH	23.07
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
ketchup bulk	1 oz	7.6
Mustard bulk	Tbls	0.0
Light mayo pc	packet	1.0
BBQ SAUCE	1 OZ	9.65
PICKLES,DILL	2 EACH	0.73
RANCH DRESSING	2 TBSP	3.5
MILK - Variety	1 cup	27.68
Mrs. Dash	dash	0.0
Lemon Pepper	dash	0.0
pepper	dash	0.06
Weighted Daily Average		9.13
% of Calories		107.8%
Nutrient Guideline		

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Central Valley School District #356

May 1, 2019 thru May 31, 2019

Base Menu Spreadsheet

Middle School Lunch

Portion Values - Detailed

Page 4

Generated on: 4/29/2019 11:17:44 AM

	Portion Size	Carb (g)
Mon - 05/06/2019		
Middle School Lunch	Total	
Chef Salad/Garlic Toast	1 each	34.97
Crispy Chicken Salad 2012	1 each	43.17
SUB SANDWICH 2012	1 each	38.0
Baked Chips - Variety	1 OZ	16.76
Pizza	slice	29.0
Chick on a Bun 2013	1 EACH	35.0
Spicy/Reg Popcorn Chicken 2013	12 pieces	16.0
BBQ SAUCE	2 OZ	19.29
Garlic Toast	2 each	22.0
Chicken strips 2012	3 strips	9.95
Dutch Waffle	1 each	43.0
Syrup, FSA signature	1 oz	18.43
APPLES,Fresh medium	1 EACH	19.06
STRAWBERRIES: frozen	1/4 cup	17.64
FRUIT,FRESH ASSORTED	1 each	17.26
LSM	1/2 c	1.26
Carrots, fresh	1/4 cup	4.21
Jicama Sticks	1/4 cup	*N/A*
ketchup bulk	1 oz	7.6
Mustard bulk	Tbls	0.0
Light mayo pc	packet	1.0
BBQ SAUCE	1 OZ	9.65
PICKLES,DILL	2 EACH	0.73
RANCH DRESSING	2 TBSP	2.77
MILK - Variety	1 cup	27.68
Mrs. Dash	dash	0.0
Lemon Pepper	dash	0.0
pepper	dash	0.06
Weighted Daily Average		17.26
% of Calories		106.2%
Nutrient Guideline		

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Central Valley School District #356

May 1, 2019 thru May 31, 2019

Base Menu Spreadsheet

Middle School Lunch

Portion Values - Detailed

Page 5

Generated on: 4/29/2019 11:17:44 AM

	Portion Size	Carb (g)
Tue - 05/07/2019		
Middle School Lunch	Total	
Chef Salad/Garlic Toast	1 each	34.97
Yogurt Parfait MealMS 2012	1 each	109.68
SUB SANDWICH 2012	1 each	38.0
Pizza	slice	29.0
hot turkey and cheese	1 each	31.6
CHEESEBURGER ON A BUN 2012	1 each	26.8
Shrimp Poppers	13 pieces	11.91
TARTAR SAUCE	2 TBSP	7.94
cornbread muffin	1 each	28.85
POTATO WEDGES	1/2 cup	30.77
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
ketchup bulk	1 oz	7.6
Mustard bulk	Tbls	0.0
Light mayo pc	packet	1.0
TARTAR SAUCE	2 TBSP	7.94
BBQ SAUCE	1 OZ	9.65
PICKLES,DILL	2 EACH	0.73
RANCH DRESSING	2 TBSP	3.5
MILK - Variety	1 cup	27.68
Mrs. Dash	dash	0.0
Lemon Pepper	dash	0.0
pepper	dash	0.06
Weighted Daily Average		68.48
% of Calories		67.9%
Nutrient Guideline		

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Central Valley School District #356

May 1, 2019 thru May 31, 2019

Base Menu Spreadsheet

Middle School Lunch

Portion Values - Detailed

Page 6

Generated on: 4/29/2019 11:17:44 AM

	Portion Size	Carb (g)
Wed - 05/08/2019		
Middle School Lunch	Total	
Chef Salad/Garlic Toast	1 each	34.97
Taco Salad 18	1 each	21.34
SALSA:COMMODITY	1 OZ	1.98
SOUR CREAM	1 oz	4.57
SUB SANDWICH 2012	1 each	38.0
Baked Chips - Variety	1 OZ	16.76
Pizza	slice	29.0
Chick on a Bun 2013	1 EACH	35.0
Spicy/Reg Popcorn Chicken 2013	12 pieces	16.0
Garlic Toast	2 each	22.0
Nachos2013ms	1/2 cup	55.99
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 Chickpeasms	1 each	12.0
ketchup bulk	1 oz	7.6
Mustard bulk	Tbbs	0.0
Light mayo pc	packet	1.0
BBQ SAUCE	1 OZ	9.65
PICKLES,DILL	2 EACH	0.73
RANCH DRESSING	2 TBSP	3.5
MILK - Variety	1 cup	27.68
Mrs. Dash	dash	0.0
Lemon Pepper	dash	0.0
pepper	dash	0.06
Weighted Daily Average		*0.00
% of Calories		*0.0%
Nutrient Guideline		

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Central Valley School District #356

May 1, 2019 thru May 31, 2019

Base Menu Spreadsheet

Middle School Lunch

Portion Values - Detailed

Page 7

Generated on: 4/29/2019 11:17:44 AM

	Portion Size	Carb (g)
Thu - 05/09/2019		
Middle School Lunch	Total	
Chef Salad/Garlic Toast	1 each	34.97
Yogurt Parfait MealMS 2012	1 each	109.68
SUB SANDWICH 2012	1 each	38.0
Baked Chips - Variety	1 OZ	16.76
Pizza	slice	29.0
CHEESEBURGER ON A BUN 2012	1 each	26.8
Hot ham and cheese	sandwich	32.72
Baked Chips - Variety	1 OZ	16.76
Mini-Corn Dogs Elem	6 pieces	33.0
Mac n Cheese WG 2012	3 oz	15.0
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
ketchup bulk	1 oz	7.6
Mustard bulk	Tbls	0.0
Light mayo pc	packet	1.0
BBQ SAUCE	1 OZ	9.65
PICKLES,DILL	2 EACH	0.73
RANCH DRESSING	2 TBSP	2.77
MILK - Variety	1 cup	27.68
BBQ SAUCE	1 OZ	9.65
Mrs. Dash	dash	0.0
Lemon Pepper	dash	0.0
pepper	dash	0.06
Weighted Daily Average		84.37
% of Calories		54.2%
Nutrient Guideline		

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Central Valley School District #356

May 1, 2019 thru May 31, 2019

Base Menu Spreadsheet

Middle School Lunch

Portion Values - Detailed

Page 8

Generated on: 4/29/2019 11:17:44 AM

	Portion Size	Carb (g)
Fri - 05/10/2019		
Middle School Lunch	Total	
Chef Salad/Garlic Toast	1 each	34.97
Chick Caesar Saladms/toast2012	1 each	34.24
SUB SANDWICH 2012	1 each	38.0
Baked Chips - Variety	1 OZ	16.76
Pizza	slice	29.0
Spicy/Regular Chick on a Bun	1 EACH	39.0
Cheese and Pepperoni Calzone	pocket	35.0
Marinara Sauce	1 oz	*N/A*
Spaghetti and Meat Sauce	3/4 cup	20.65
Garlic Toast	1 each	11.0
Cook's Choice Dessert	1 each	21.14
APPLES,Fresh medium	1 EACH	19.06
BANANAS	1 EACH	23.07
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
ketchup bulk	1 oz	7.6
Mustard bulk	Tbls	0.0
Light mayo pc	packet	1.0
BBQ SAUCE	1 OZ	9.65
PICKLES,DILL	2 EACH	0.73
RANCH DRESSING	2 TBSP	3.5
MILK - Variety	1 cup	27.68
Mrs. Dash	dash	0.0
Lemon Pepper pepper	dash	0.0
pepper	dash	0.06
Weighted Daily Average		*9.13
% of Calories		*107.8
Nutrient Guideline		

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Middle School Lunch

Portion Values - Detailed

Page 9

Generated on: 4/29/2019 11:17:44 AM

	Portion Size	Carb (g)
Mon - 05/13/2019		
Middle School Lunch	Total	
Chef Salad/Garlic Toast	1 each	34.97
Zesty Chicken	salad	22.44
SUB SANDWICH 2012	1 each	38.0
Baked Chips - Variety	1 OZ	16.76
Pizza	slice	29.0
Chick on a Bun 2013	1 EACH	35.0
Pizza Ripper	1 each	37.0
Marinara Sauce	1 oz	*N/A*
Cook's Choice	1	0.0
APPLES,Fresh medium	1 EACH	19.06
STRAWBERRIES: frozen	1/4 cup	17.64
FRUIT,FRESH ASSORTED	1 each	17.26
LSM	1/2 c	1.26
Carrots, fresh	1/4 cup	4.21
Jicama Sticks	1/4 cup	*N/A*
ketchup bulk	1 oz	7.6
Mustard bulk	Tbls	0.0
Light mayo pc	packet	1.0
BBQ SAUCE	1 OZ	9.65
PICKLES,DILL	2 EACH	0.73
RANCH DRESSING	2 TBSP	2.77
MILK - Variety	1 cup	27.68
Mrs. Dash	dash	0.0
Lemon Pepper	dash	0.0
pepper	dash	0.06
Weighted Daily Average		*17.26
% of Calories		*106.2
Nutrient Guideline		

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Base Menu Spreadsheet

Middle School Lunch

Portion Values - Detailed

Page 10

Generated on: 4/29/2019 11:17:44 AM

	Portion Size	Carb (g)
Tue - 05/14/2019		
Middle School Lunch	Total	
Chef Salad/Garlic Toast	1 each	34.97
Yogurt Parfait MealMS 2012	1 each	109.68
SUB SANDWICH 2012	1 each	38.0
Pizza	slice	29.0
pizza pocket	pocket	35.0
CHEESEBURGER ON A BUN 2012	1 each	26.8
POTATO WEDGES	1/2 cup	30.77
Chicken strips 2012	3 strips	9.95
CHICKEN FRIED STEAK 3z 2012	1 each	18.01
MASHED POTATOES:flakes,mlk+but	1/2 CUP	5.71
CHICKEN GRAVY	2 oz	6.02
Garlic Toast	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
ketchup bulk	1 oz	7.6
Mustard bulk	Tbls	0.0
Light mayo pc	packet	1.0
BBQ SAUCE	1 OZ	9.65
PICKLES,DILL	2 EACH	0.73
RANCH DRESSING	2 TBSP	3.5
MILK - Variety	1 cup	27.68
Mrs. Dash	dash	0.0
Lemon Pepper	dash	0.0
pepper	dash	0.06
Weighted Daily Average		19.06
% of Calories		106.2%
Nutrient Guideline		

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Base Menu Spreadsheet

Middle School Lunch

Portion Values - Detailed

Page 11

Generated on: 4/29/2019 11:17:44 AM

	Portion Size	Carb (g)
Wed - 05/15/2019		
Middle School Lunch	Total	
Chef Salad/Garlic Toast	1 each	34.97
Taco Salad 18	1 each	21.34
SALSA:COMMODITY	1 OZ	1.98
SOUR CREAM	1 oz	4.57
SUB SANDWICH 2012	1 each	38.0
Baked Chips - Variety	1 OZ	16.76
Pizza	slice	29.0
Chick on a Bun 2013	1 EACH	35.0
Chicken strips 2012	3 strips	9.95
Garlic Toast	2 each	22.0
Nachos2013ms	1/2 cup	55.99
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 Chickpeasms	1 each	12.0
ketchup bulk	1 oz	7.6
Mustard bulk	Tbbs	0.0
Light mayo pc	packet	1.0
BBQ SAUCE	1 OZ	9.65
PICKLES,DILL	2 EACH	0.73
RANCH DRESSING	2 TBSP	3.5
MILK - Variety	1 cup	27.68
Mrs. Dash	dash	0.0
Lemon Pepper	dash	0.0
pepper	dash	0.06
Weighted Daily Average		*17.26
% of Calories		*106.2
Nutrient Guideline		

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Middle School Lunch

Portion Values - Detailed

Page 12

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	Portion Size	Carb (g)
Thu - 05/16/2019		
Middle School Lunch	Total	
Chef Salad/Garlic Toast	1 each	34.97
Yogurt Parfait MealMS 2012	1 each	109.68
SUB SANDWICH 2012	1 each	38.0
Baked Chips - Variety	1 OZ	16.76
Pizza	slice	29.0
CHEESEBURGER ON A BUN 2012	1 each	26.8
CORN DOG:Turkey	1 each	33.0
Oriental Chicken	3.92 oz	18.0
Rice, Brown	servings (1/2c)	27.81
Egg roll chicken Whole Wheat	5 oz	20.0
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
Harvest of the Month	1/4 cup	*N/A*
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	2 TBSP	2.77
MILK - Variety	1 cup	27.68
Mrs. Dash	dash	0.0
Lemon Pepper	dash	0.0
pepper	dash	0.06
Weighted Daily Average		3.75
% of Calories		100.0%
Nutrient Guideline		

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Base Menu Spreadsheet

Middle School Lunch

Portion Values - Detailed

Page 13

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	Portion Size	Carb (g)
Fri - 05/17/2019		
Middle School Lunch	Total	
Chef Salad/Garlic Toast	1 each	34.97
Chick Caesar Saladms/toast2012	1 each	34.24
SUB SANDWICH 2012	1 each	38.0
Baked Chips - Variety	1 OZ	16.76
Pizza	slice	29.0
Spicy/Regular Chick on a Bun	1 EACH	39.0
Popcorn Chicken MS	12 pieces	16.0
Garlic Toast	2 each	22.0
Teriyaki Beef Dippers/element	4 Each	6.5
Brown Rice	1/2 cup	22.39
Egg roll chicken Whole Wheat	5 oz	20.0
Cook's Choice Dessert	1 each	21.14
APPLES,Fresh medium	1 EACH	19.06
BANANAS	1 EACH	23.07
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
ketchup bulk	1 oz	7.6
Mustard bulk	Tbls	0.0
Light mayo pc	packet	1.0
BBQ SAUCE	1 OZ	9.65
PICKLES,DILL	2 EACH	0.73
RANCH DRESSING	2 TBSP	3.5
MILK - Variety	1 cup	27.68
Mrs. Dash	dash	0.0
Lemon Pepper	dash	0.0
pepper	dash	0.06
Weighted Daily Average		9.13
% of Calories		107.8%
Nutrient Guideline		

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Central Valley School District #356

May 1, 2019 thru May 31, 2019

Base Menu Spreadsheet

Middle School Lunch

Portion Values - Detailed

Page 14

Generated on: 4/29/2019 11:17:44 AM

	Portion Size	Carb (g)
Mon - 05/20/2019		
Middle School Lunch	Total	
Chef Salad/Garlic Toast	1 each	34.97
Crispy Chicken Salad 2012	1 each	43.17
SUB SANDWICH 2012	1 each	38.0
Baked Chips - Variety	1 OZ	16.76
Pizza	slice	29.0
Chick on a Bun 2013	1 EACH	35.0
Popcorn Chicken MS	12 pieces	16.0
Garlic Toast	2 each	22.0
SLOPPY JOE ON A BUN/Secondary	1/3c + bun	25.41
Baked Chips - Variety	1 OZ	16.76
APPLES,Fresh medium	1 EACH	19.06
STRAWBERRIES: frozen	1/4 cup	17.64
FRUIT,FRESH ASSORTED	1 each	17.26
LSM	1/2 c	1.26
Carrots, fresh	1/4 cup	4.21
Jicama Sticks	1/4 cup	*N/A*
ketchup bulk	1 oz	7.6
Mustard bulk	Tbbs	0.0
Light mayo pc	packet	1.0
BBQ SAUCE	1 OZ	9.65
PICKLES,DILL	2 EACH	0.73
RANCH DRESSING	2 TBSP	2.77
MILK - Variety	1 cup	27.68
Mrs. Dash	dash	0.0
Lemon Pepper	dash	0.0
pepper	dash	0.06
Weighted Daily Average		17.26
% of Calories		106.2%
Nutrient Guideline		

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Central Valley School District #356

May 1, 2019 thru May 31, 2019

Base Menu Spreadsheet

Middle School Lunch

Portion Values - Detailed

Page 15

Generated on: 4/29/2019 11:17:44 AM

	Portion Size	Carb (g)
Tue - 05/21/2019		
Middle School Lunch	Total	
Chef Salad/Garlic Toast	1 each	34.97
Yogurt Parfait MealMS 2012	1 each	109.68
SUB SANDWICH 2012	1 each	38.0
Pizza	slice	29.0
Turkey and Cheese Sandwich	1 each	28.51
CHEESEBURGER ON A BUN 2012	1 each	26.8
POTATO WEDGES	1/2 cup	30.77
CINNAMON SWIRL FRENCH TOAST	2 each	44.76
Syrup, FSA signature	1 oz	18.43
Sausage Links, 1.4 oz each	2 each	2.63
Hash Brown	1 each	14.0
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
ketchup bulk	1 oz	7.6
Mustard bulk	Tbls	0.0
Light mayo pc	packet	1.0
BBQ SAUCE	1 OZ	9.65
PICKLES,DILL	2 EACH	0.73
RANCH DRESSING	2 TBSP	3.5
MILK - Variety	1 cup	27.68
Mrs. Dash	dash	0.0
Lemon Pepper pepper	dash	0.0
pepper	dash	0.06
Weighted Daily Average		19.06
% of Calories		106.2%
Nutrient Guideline		

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Central Valley School District #356

May 1, 2019 thru May 31, 2019

Base Menu Spreadsheet

Middle School Lunch

Portion Values - Detailed

Page 16

Generated on: 4/29/2019 11:17:44 AM

	Portion Size	Carb (g)
Wed - 05/22/2019		
Middle School Lunch	Total	
Chef Salad/Garlic Toast	1 each	34.97
Taco Salad 18	1 each	21.34
SALSA:COMMODITY	1 OZ	1.98
SOUR CREAM	1 oz	4.57
SUB SANDWICH 2012	1 each	38.0
Baked Chips - Variety	1 OZ	16.76
Pizza	slice	29.0
Chick on a Bun 2013	1 EACH	35.0
Spicy/Reg Popcorn Chicken 2013	12 pieces	16.0
Garlic Toast	2 each	22.0
Nachos2013ms	1/2 cup	55.99
SALSA:COMMODITY	1 OZ	1.98
SOUR CREAM	1 oz	4.57
GRAPES,Fresh	1/4 CUP	3.75
kiwi	1 each	11.14
FRUIT,FRESH ASSORTED	1 each	17.26
Spinach	1/2 cup	*N/A*
Carrots, fresh	1/4 cup	4.21
Roasted Chickpeasms	1 each	12.0
ketchup bulk	1 oz	7.6
Mustard bulk	Tbbs	0.0
Light mayo pc	packet	1.0
BBQ SAUCE	1 OZ	9.65
PICKLES,DILL	2 EACH	0.73
RANCH DRESSING	2 TBSP	3.5
MILK - Variety	1 cup	27.68
Mrs. Dash	dash	0.0
Lemon Pepper	dash	0.0
pepper	dash	0.06
Weighted Daily Average		*17.26
% of Calories		*106.2
Nutrient Guideline		

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Central Valley School District #356

May 1, 2019 thru May 31, 2019

Base Menu Spreadsheet

Middle School Lunch

Portion Values - Detailed

Page 17

Generated on: 4/29/2019 11:17:44 AM

	Portion Size	Carb (g)
Thu - 05/23/2019		
Middle School Lunch	Total	
Chef Salad/Garlic Toast	1 each	34.97
Yogurt Parfait MealMS 2012	1 each	109.68
SUB SANDWICH 2012	1 each	38.0
Hot ham and cheese sandwich		32.72
Baked Chips - Variety	1 OZ	16.76
Pizza	slice	29.0
CHEESEBURGER ON A BUN 2012	1 each	26.8
Chicken strips 2012	3 strips	9.95
MASHED POTATOES:flakes,mlk+but	1/2 CUP	5.71
CHICKEN GRAVY	2 oz	6.02
Garlic Toast	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
ketchup bulk	1 oz	7.6
Mustard bulk	Tbls	0.0
Light mayo pc	packet	1.0
BBQ SAUCE	1 OZ	9.65
PICKLES,DILL	2 EACH	0.73
RANCH DRESSING	2 TBSP	2.77
MILK - Variety	1 cup	27.68
Mrs. Dash	dash	0.0
Lemon Pepper	dash	0.0
pepper	dash	0.06
Weighted Daily Average		3.75
% of Calories		100.0%
Nutrient Guideline		

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Central Valley School District #356

May 1, 2019 thru May 31, 2019

Base Menu Spreadsheet

Middle School Lunch

Portion Values - Detailed

Page 18

Generated on: 4/29/2019 11:17:44 AM

	Portion Size	Carb (g)
Fri - 05/24/2019		
Middle School Lunch	Total	
Chef Salad/Garlic Toast	1 each	34.97
Chick Caesar Saladms/toast2012	1 each	34.24
SUB SANDWICH 2012	1 each	38.0
Baked Chips - Variety	1 OZ	16.76
Pizza	slice	29.0
Spicy/Regular Chick on a Bun	1 EACH	39.0
pizza pocket	pocket	35.0
CHICKEN ALFREDO/Elementary	1 cup	47.43
Garlic Toast	1 each	11.0
Cook's Choice Dessert	1 each	21.14
APPLES,Fresh medium	1 EACH	19.06
BANANAS	1 EACH	23.07
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
ketchup bulk	1 oz	7.6
Mustard bulk	Tbls	0.0
Light mayo pc	packet	1.0
BBQ SAUCE	1 OZ	9.65
PICKLES,DILL	2 EACH	0.73
RANCH DRESSING	2 TBSP	3.5
MILK - Variety	1 cup	27.68
Mrs. Dash	dash	0.0
Lemon Pepper	dash	0.0
pepper	dash	0.06
Weighted Daily Average		23.07
% of Calories		102.7%
Nutrient Guideline		

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Central Valley School District #356

May 1, 2019 thru May 31, 2019

Base Menu Spreadsheet

Middle School Lunch

Portion Values - Detailed

Page 19

Generated on: 4/29/2019 11:17:44 AM

	Portion Size	Carb (g)
Tue - 05/28/2019		
Middle School Lunch	Total	
Chef Salad/Garlic Toast	1 each	34.97
Yogurt Parfait MealMS 2012	1 each	109.68
SUB SANDWICH 2012	1 each	38.0
Pizza	slice	29.0
pizza pocket	pocket	35.0
CHEESEBURGER ON A BUN 2012	1 each	26.8
POTATO WEDGES	1/2 cup	30.77
CHICKEN FRIED STEAK 3z 2012	1 each	18.01
Chicken strips 2012	3 strips	9.95
MASHED POTATOES:flakes,mlk+but	1/2 CUP	5.71
CHICKEN GRAVY	2 oz	6.02
Garlic Toast	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
ketchup bulk	1 oz	7.6
Mustard bulk	Tbls	0.0
Light mayo pc	packet	1.0
BBQ SAUCE	1 OZ	9.65
PICKLES,DILL	2 EACH	0.73
RANCH DRESSING	2 TBSP	3.5
MILK - Variety	1 cup	27.68
Mrs. Dash	dash	0.0
Lemon Pepper	dash	0.0
pepper	dash	0.06
Weighted Daily Average		23.75
% of Calories		87.7%
Nutrient Guideline		

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Central Valley School District #356

May 1, 2019 thru May 31, 2019

Base Menu Spreadsheet

Middle School Lunch

Portion Values - Detailed

Page 20

Generated on: 4/29/2019 11:17:44 AM

	Portion Size	Carb (g)
Wed - 05/29/2019		
Middle School Lunch	Total	
Chef Salad/Garlic Toast	1 each	34.97
Taco Salad 18	1 each	21.34
SALSA:COMMODITY	1 OZ	1.98
SOUR CREAM	1 oz	4.57
SUB SANDWICH 2012	1 each	38.0
Baked Chips - Variety	1 OZ	16.76
Pizza	slice	29.0
Chick on a Bun 2013	1 EACH	35.0
Chicken strips 2012	3 strips	9.95
Garlic Toast	2 each	22.0
Nachos2013ms	1/2 cup	55.99
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 Chickpeasms	1 each	12.0
ketchup bulk	1 oz	7.6
Mustard bulk	Tbls	0.0
Light mayo pc	packet	1.0
BBQ SAUCE	1 OZ	9.65
PICKLES,DILL	2 EACH	0.73
RANCH DRESSING	2 TBSP	3.5
MILK - Variety	1 cup	27.68
Mrs. Dash	dash	0.0
Lemon Pepper	dash	0.0
pepper	dash	0.06
Weighted Daily Average		*17.26
% of Calories		*106.2
Nutrient Guideline		

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Central Valley School District #356

May 1, 2019 thru May 31, 2019

Base Menu Spreadsheet

Middle School Lunch

Portion Values - Detailed

Page 21

Generated on: 4/29/2019 11:17:44 AM

	Portion Size	Carb (g)
Thu - 05/30/2019		
Middle School Lunch	Total	
Chef Salad/Garlic Toast	1 each	34.97
Yogurt Parfait MealMS 2012	1 each	109.68
SUB SANDWICH 2012	1 each	38.0
Baked Chips - Variety	1 OZ	16.76
Pizza	slice	29.0
CHEESEBURGER ON A BUN 2012	1 each	26.8
Mini-Corn Dogs Elem	6 pieces	33.0
Sweet & Sour Chicken N231 2012	3.92 oz	18.0
Rice, Brown	servings (1/2c)	27.81
Egg roll chicken Whole Wheat	5 oz	20.0
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
ketchup bulk	1 oz	7.6
Mustard bulk	Tbls	0.0
Light mayo pc	packet	1.0
BBQ SAUCE	1 OZ	9.65
PICKLES,DILL	2 EACH	0.73
RANCH DRESSING	2 TBSP	2.77
MILK - Variety	1 cup	27.68
Mrs. Dash	dash	0.0
Lemon Pepper	dash	0.0
pepper	dash	0.06
Weighted Daily Average		1.26
% of Calories		88.0%
Nutrient Guideline		

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Central Valley School District #356

May 1, 2019 thru May 31, 2019

Base Menu Spreadsheet

Middle School Lunch

Portion Values - Detailed

Page 22

Generated on: 4/29/2019 11:17:45 AM

	Portion Size	Carb (g)
Fri - 05/31/2019		
Middle School Lunch	Total	
Chef Salad/Garlic Toast	1 each	34.97
Chick Caesar Saladms/toast2012	1 each	34.24
SUB SANDWICH 2012	1 each	38.0
Baked Chips - Variety	1 OZ	16.76
Pizza	slice	29.0
Spicy/Regular Chick on a Bun	1 EACH	39.0
Popcorn Chicken MS	12 pieces	16.0
Garlic Toast	2 each	22.0
Grilled Cheese Sandwich18	sandwich	27.79
Baked Chips - Variety	1 OZ	16.76
Cook's Choice Dessert	1 each	21.14
APPLES,Fresh medium	1 EACH	19.06
BANANAS	1 EACH	23.07
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
ketchup bulk	1 oz	7.6
Mustard bulk	Tbls	0.0
Light mayo pc	packet	1.0
BBQ SAUCE	1 OZ	9.65
PICKLES,DILL	2 EACH	0.73
RANCH DRESSING	2 TBSP	3.5
MILK - Variety	1 cup	27.68
Mrs. Dash	dash	0.0
Lemon Pepper	dash	0.0
pepper	dash	0.06
Weighted Daily Average		9.13
% of Calories		107.8%
Nutrient Guideline		

Weighted Average		*19.29
		*81.0%

Nutrient	Menu AVG	% of Cals	Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Carbohydrate (g)	19.29	81.05%			Missing			

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